

# Crusty Bolillo Roll Single roll

Nutrition Facts			
Serving Size 1 roll (70g)			
Serving Per Container1			
Amount Per Serving			
Calories 200		Calories from Fat 20	
% Daily Values*			
Total Fat 2g		3 %	
Saturated Fat 0		0 %	
Trans Fat 0		%	
Polyunsaturated Fat 0		%	
Monounsaturated Fat 0		%	
Cholesterol less than 5 milligrams		0 %	
Sodium 380mg		16 %	
Total Carbohydrate 37g		12 %	
Dietary Fiber 1g		4 %	
Sugars 1g		1 %	
Protein 7g		14 %	
Vitamin A 0%		●	Vitamin C 0%
Calcium 6%		●	Iron 15%
Vitamin E 0%		●	Vitamin B6 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	●	Carbohydrates 4	● Protein 4

INGREDIENTS: Bolillo Rolls  
(INGREDIENTS: ENRICHED FLOUR  
(WHEAT FLOUR, MALTED BARLEY FLOUR,  
NIACIN, REDUCED IRON, THIAMIN  
MONONITRATE, RIBOFLAVIN, FOLIC  
ACID), WATER, YEAST, SOYBEAN OIL,  
CONTAINS LESS THAN 2% OF SALT,  
SUGAR, DEXTROSE, EGG YOLKS, MONO-  
AND DIGLYCERIDES, ASCORBIC ACID,  
WHEAT GLUTEN, ENZYMES, CALCIUM  
PROPIONATE (PRESERVATIVE). ).

Contains: Eggs, Soy, Wheat

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Crusty Bolillo Roll Single ( Key Name: 6982R )

## Crusty Club Roll Single roll

Nutrition Facts			
Serving Size 1 roll (70g)			
Serving Per Container1			
Amount Per Serving			
Calories 220		Calories from Fat 15	
% Daily Values*			
Total Fat 1.5g		2 %	
Saturated Fat 0		0 %	
Trans Fat 0		%	
Polyunsaturated Fat 0		%	
Monounsaturated Fat 0		%	
Cholesterol less than 5 milligrams		0 %	
Sodium 430mg		18 %	
Total Carbohydrate 41g		14 %	
Dietary Fiber 2g		8 %	
Sugars 1g		1 %	
Protein 9g		18 %	
Vitamin A 0%		●	Vitamin C 0%
Calcium 10%		●	Iron 15%
Vitamin E 0%		●	Vitamin B6 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	●	Carbohydrates 4	● Protein 4

INGREDIENTS: Club Rolls ( ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF SALT, SOYBEAN OIL, CULTURED WHEAT SPONGE, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, AMMONIUM CHLORIDE, AMMONIUM SULFATE, ASCORBIC ACID, CALCIUM PEROXIDE, L-CYSTEINE, TRICALCIUM PHOSPHATE, WHEAT GLUTEN, ENZYMES, CALCIUM PROPIONATE (PRESERVATIVE). ).

Contains: Eggs, Soy, Wheat

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Crusty Club Roll Single( Key Name: 6243R )

# Crusty Hard French Roll Single roll

Nutrition Facts		
Serving Size 1 roll (35g)		
Serving Per Container1		
Amount Per Serving		
Calories 100	Calories from Fat 10	
% Daily Values*		
Total Fat 1g		2%
Saturated Fat 0		0%
Trans Fat 0		%
Polyunsaturated Fat 0		%
Monounsaturated Fat 0		%
Cholesterol less than 5 milligrams		0%
Sodium 190mg		8%
Total Carbohydrate 18g		6%
Dietary Fiber 1g		4%
Sugars 1g		1%
Protein 4g		8%
Vitamin A 0%	●	Vitamin C 0%
Calcium 2%	●	Iron 6%
Vitamin E 0%	●	Vitamin B6 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrates		300g 375g
Dietary Fiber		25g 30g
Calories per gram		
Fat 9	●	Carbohydrates 4 ● Protein 4

INGREDIENTS: French Hard Roll (enriched flour (wheat flour,malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid),water,yeast,contains less than 2% of soybean oil,salt,dextrose,sodium stearoyl lactylate,cultured wheat sponge,monocalcium phosphate,calcium sulfate,ammonium chloride,ammonium sulfate,calcium peroxide,ascorbic acid,wheat gluten,enzymes,calcium propionate (preservative). ).

Contains: Eggs, Soy

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Crusty Hard French Roll Single ( Key Name: 6242R )

# Crusty Kaiser Roll Single roll

Nutrition Facts			
Serving Size 1 roll (65g)			
Serving Per Container1			
Amount Per Serving			
Calories 200		Calories from Fat 35	
% Daily Values*			
Total Fat 4g		6 %	
Saturated Fat 0.5g		3 %	
Trans Fat 0		%	
Polyunsaturated Fat 0		%	
Monounsaturated Fat 0		%	
Cholesterol 5mg		2 %	
Sodium 320mg		13 %	
Total Carbohydrate 34g		11 %	
Dietary Fiber 1g		4 %	
Sugars 2g		3 %	
Protein 6g		12 %	
Vitamin A 0%		●	Vitamin C 0%
Calcium 2%		●	Iron 10%
Vitamin E 0%		●	Vitamin B6 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	●	Carbohydrates 4	● Protein 4

INGREDIENTS: Kaiser Rolls (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, CONTAINS LESS THAN 2% OF SALT, SUGAR, DEXTROSE, EGG YOLKS, MONO- AND DIGLYCERIDES, ASCORBIC ACID, WHEAT GLUTEN, ENZYMES, CALCIUM PROPIONATE (PRESERVATIVE). ).

Contains: Eggs, Soy, Wheat

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Crusty Kaiser Roll Single ( Key Name: 6250R )

# Crusty Steak Roll Single roll

Nutrition Facts			
Serving Size 1 roll (65g)			
Serving Per Container1			
Amount Per Serving			
Calories 190		Calories from Fat 15	
% Daily Values*			
Total Fat 1.5g		2 %	
Saturated Fat 0		0 %	
Trans Fat 0		%	
Polyunsaturated Fat 0		%	
Monounsaturated Fat 0		%	
Cholesterol less than 5 milligrams		0 %	
Sodium 0mg		0 %	
Total Carbohydrate 35g		12 %	
Dietary Fiber 1g		4 %	
Sugars 2g		3 %	
Protein 7g		14 %	
Vitamin A 0%		●	Vitamin C 6%
Calcium 4%		●	Iron 10%
Vitamin E 0%		●	Vitamin B6 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	●	Carbohydrates 4	● Protein 4

INGREDIENTS: Steak Rolls (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF SUGAR, SOYBEAN OIL, ASCORBIC ACID, WHEAT GLUTEN, ENZYMES, CALCIUM PROPIONATE (PRESERVATIVE). ).

Contains: Eggs, Soy, Wheat

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Crusty Steak Roll Single( Key Name: 6278R )

# Crusty Telera Roll Single roll

Nutrition Facts			
Serving Size 1 roll (95g)			
Serving Per Container1			
Amount Per Serving			
Calories 270		Calories from Fat 30	
% Daily Values*			
Total Fat 3.5g		5 %	
Saturated Fat 0.5g		3 %	
Trans Fat 0		%	
Polyunsaturated Fat 0		%	
Monounsaturated Fat 0		%	
Cholesterol less than 5 milligrams		0 %	
Sodium 490mg		20 %	
Total Carbohydrate 50g		17 %	
Dietary Fiber 2g		8 %	
Sugars 2g		3 %	
Protein 9g		18 %	
Vitamin A 0% ● Vitamin C 0%			
Calcium 8% ● Iron 15%			
Vitamin E 0% ● Vitamin B6 0%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	●	Carbohydrates 4	● Protein 4

INGREDIENTS: Telera Rolls (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF SALT, SOYBEAN OIL, SUGAR, CULTURED WHEAT SPONGE, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, AMMONIUM CHLORIDE, AMMONIUM SULFATE, ASCORBIC ACID, CALCIUM PEROXIDE, DATEM, WHEAT GLUTEN, ENZYMES, CALCIUM PROPIONATE (PRESERVATIVE). ).

Contains: Eggs, Soy, Wheat

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Crusty Telera Roll Single ( Key Name: 6984R )

**Crusty Wheat Club Roll Single  
roll**

Nutrition Facts			
Serving Size 1 roll (70g)			
Serving Per Container1			
Amount Per Serving			
<b>Calories</b> 190		Calories from Fat 15	
% Daily Values*			
<b>Total Fat</b>	1.5g		<b>2 %</b>
Saturated Fat	0		<b>0 %</b>
Trans Fat	0		<b>%</b>
Polyunsaturated Fat	0		<b>%</b>
Monounsaturated Fat	0		<b>%</b>
<b>Cholesterol</b>	less than 5 milligrams		<b>0 %</b>
<b>Sodium</b>	410mg		<b>17 %</b>
<b>Total Carbohydrate</b>	36g		<b>12 %</b>
Dietary Fiber	3g		<b>12 %</b>
Sugars	1g		<b>1 %</b>
<b>Protein</b>	9g		<b>18 %</b>
Vitamin A 0% ● Vitamin C 0%			
Calcium 2% ● Iron 10%			
Vitamin E 0% ● Vitamin B6 0%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat	9 ●	Carbohydrates	4 ● Protein 4

INGREDIENTS: Wheat Club Rolls (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, YEAST, RYE FLOUR, WHEAT GLUTEN, CONTAINS LESS THAN 2% OF SALT, SOYBEAN OIL, CRACKED WHEAT, OAT BRAN, DEXTROSE, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, ENZYMES, CALCIUM PROPIONATE (PRESERVATIVE)).

Contains: Eggs, Soy, Wheat

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