Premade Entrees

Ultimate Breakfast Rounds

Graham Crackers

French Toast Sticks

Muffins – Harvest Bran

Muffin Mix, Blueberry

Muffin Mix, Basic

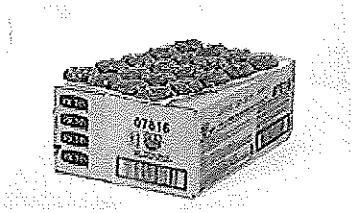
Pancakes, Whole Grain

Waffle Sticks

Waffles

DISTRIBUTOR PRODUCT SPEC SHEET

07816 UBR - THE ULTIMATE BREAKFAST ROUND - CINNAMON



PACKAGING

SCC Code:	00049800078161	Item UPC:	
Kosher:	UNITED MEHADRIN KOSHER		
Unit Quantity:	140	Unit Size:	2.5 OZ
Ambient Shelf Life:	3 days		
Refrigerated Shelf Life:	3 days	Pallet High:	9
Frozen Shelf Life:	270 days	Pallet Tie:	10
Case Gross Weight (imperial):	23.09 LB	Case Net Weight (imperial):	21.88 LB
Case Width (imperial):	11.56 IN	Case Length (imperial):	15.81 IN
Case Height (imperial):	7.25 IN	Case Cube (feet):	0.77 FT

PRODUCT CLAIMS

Good Source of Fiber	Good Source of Protein
Low Fat	Made with Whole Grain

NUTRITION

Nutrition Facts

Serving Size: 1 BREAKFAST ROUND (67 G)

Amount Per Serving

Calories 270 — Calories from Fat 80

	Per Serving	% Daily Value*
Total Fat	8 g	12%
Saturated Fat	3 g	15%
Trans Fat	0 g	
Cholesterol	5 mg	2%
Sodium	230 mg	10%
Total Carbohydrate	44 g	15%
Dietary Fiber	6 g	24%
Sugars	18 g	
Protein	5 g	

	Per Serving		Per Serving
Vitamin A	0 %	**Vitamin C**	0 %
Calcium	4 %	**Iron**	10 %
Ash	%	**Folate**	0 %
Niacin	8 %	**Riboflavin**	0 %
Thiamin	8 %		

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 | Total Carbohydrate 4 | Protein 4

GENERAL DESCRIPTION

A hearty and great tasting, 2.5 oz chewy, round breakfast/snack item, made with 100% whole grain, zero trans fat, and with a good source of fiber. Cinnamon and Brown Sugar flavor.

LIST OF INGREDIENTS

INGREDIENTS FOR U.S. MARKET: WHOLE WHEAT FLOUR, SUGAR, OATS, WATER, SOYBEAN AND PALM OILS, CINNAMON DROPS (SUGAR, PALM OIL, CINNAMON, NONFAT DRY MILK, SOY LECITHIN (AN EMULSIFIER)), INULIN, MOLASSES, EGGS, CONTAINS LESS THAN 2% OF THE FOLLOWING: LEAVENING (BAKING SODA), MODIFIED CORN STARCH, CINNAMON, NATURAL AND ARTIFICIAL FLAVOR, SALT. MANUFACTURED ON SHARED EQUIPMENT WITH PEANUTS AND TREE NUTS.

PREPARATION AND COOKING INSTRUCTIONS

1. KEEP FROZEN AT 0 F (-18 C) UNTIL READY TO USE.
2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN.
3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300 F (150 C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300 F (150 C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350 F (175 C), 10 - 12 MINUTES, RACK OVEN AT 350 F (175 C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350 F (175 C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300 F (150 C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300 F (150 C), FOR APPROXIMATELY 20 - 22 MINUTES.
4. REMOVE FROM OVEN AND COOL ON SHEET PAN.

SPECIFICATIONS

3.6" x 0.81"

...RIBOFLAVIN [VITAM... ...ACID), GRAHA... CANOLA OIL, SUGAR, VEGETABLE FIBER (PEA), CORN SYRUP, MOLASSES, HONEY, CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR.

CONTAINS WHEAT AND SOY INGREDIENTS.

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Consumers: Visit Keebler.com or call 1-877-453-5837

*10% or more per 30g (4 crackers)

Nutrition Facts Serv. Size: 1 Package, Amount Per Serving: **Calories** 100, Fat Cal. 30, **Total Fat** 3g (5% DV), Sat. Fat 0g (0% DV), *Trans* Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 100mg (4% DV), **Total Carb.** 17g (6% DV), Fiber 2g (8% DV), Sugars 4g, **Protein** 2g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B_1], RIBOFLAVIN [VITAMIN B_2], FOLIC ACID), GRAHAM FLOUR, CANOLA OIL, SUGAR, VEGETABLE FIBER (PEA), CORN SYRUP, MOLASSES, HONEY, CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR.

CONTAINS WHEAT AND SOY INGREDIENTS.

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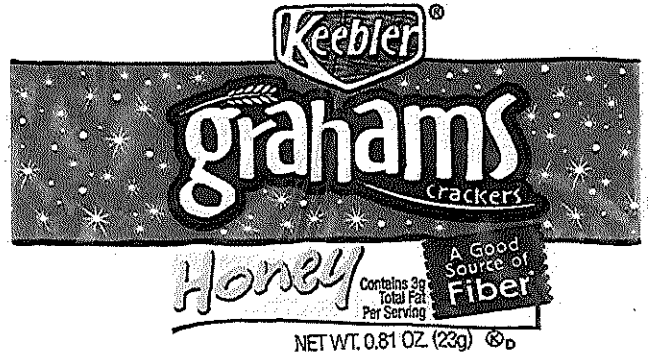
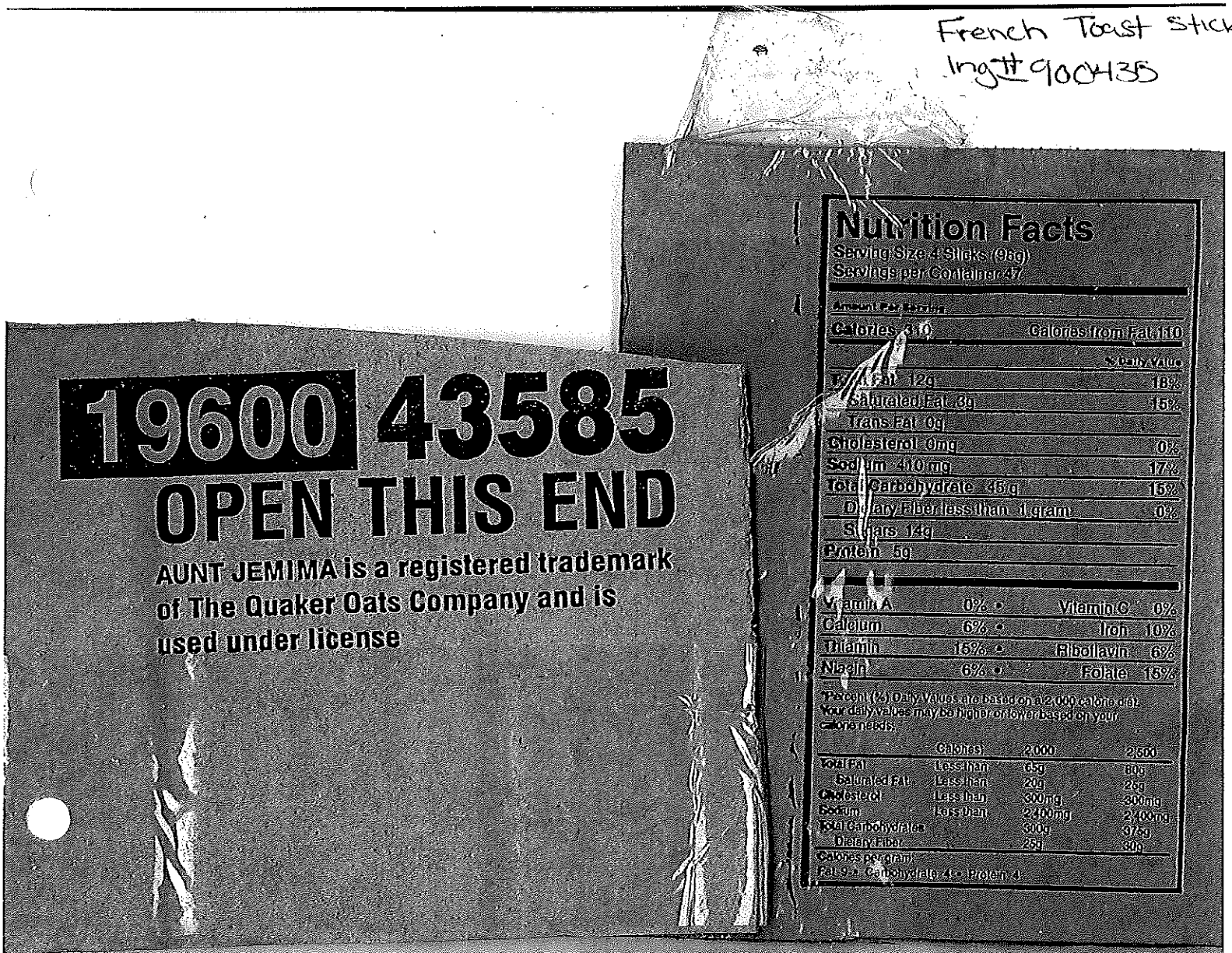
NET WT. 0.81 OZ. (23g) ®D



NET WT. 0.81 OZ. (23g) ®D

Graham Cracker
Ing # 904169

French Toast Sticks
Ing# 900435



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OPEN THIS END

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Nutrition Facts

Serving Size 4 Sticks (96g)
Servings per Container 4.7

Amount Per Serving	
Calories 310	Calories from Fat 110
	% Daily Value
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	17%
Total Carbohydrate 45g	15%
Dietary Fiber less than 1 gram	0%
Sugars 14g	
Protein 5g	

Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	10%
Thiamin	15%	Riboflavin	6%
Niacin	6%	Folate	15%

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated 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 • Carbohydrate 4 • Protein 4

INGREDIENTS: BREAD (ENRICHED BLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SALT, SOYBEAN OIL, WHEAT GLUTEN, CALCIUM PROPIONATE [PRESERVATIVE], MONO DIGLYCERIDES, ETHOXYLATED MONO-DIGLYCERIDES, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, TURMERIC [COLOR], AMMONIUM SULFATE, CALCIUM PEROXIDE, SOY LECITHIN), BATTER MIX (SUGAR, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], NATURAL FLAVOR, MODIFIED CORN STARCH, SALT AND ARTIFICIAL FLAVOR), WATER, VEGETABLE OIL (COTTONSEED, AND/OR CANOLA, AND/OR SUNFLOWER, AND/OR SOYBEAN) WITH TBHQ AND CITRIC ACID AS PRESERVATIVES, PREDUST (WHEAT FLOUR [ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SALT, SOYBEAN OIL), BATTER (ENRICHED BLEACHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], DEXTROSE, GELATINIZED WHEAT STARCH, SALT, WHEY, SUGAR, LEAVENING [SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE], SOYBEAN OIL, ARTIFICIAL FLAVOR, OLEORESIN PAPRIKA).
CONTAINS: SOY, WHEAT, MILK

SYSCO #3276581
$.28/ea

Otis Spunkmeyer, Inc.,
14490 Catalina Street,
San Leandro, CA 94577

Date last updated: 15 September 2009

Otis Spunkmeyer® Muffins

Harvest Bran

Item Code: 07110	Item Size: 2.25oz - Bulk - 24 Muffins/Tray/4Trays
Case Pack: 96	Net Case Weight: 13.5lb

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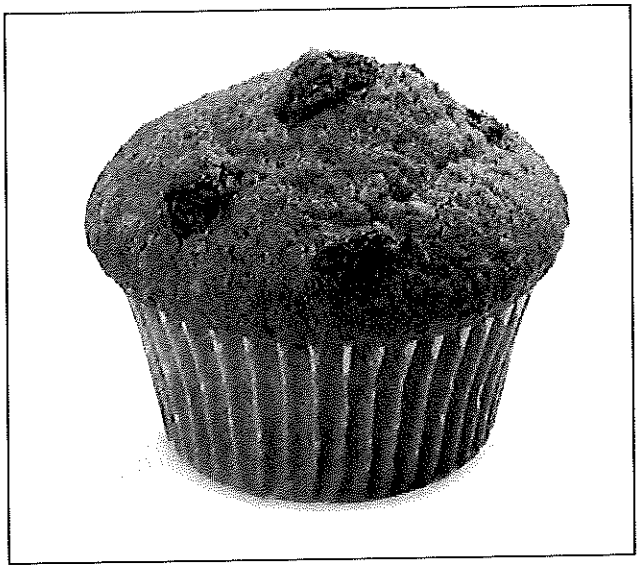

The health benefits of bran in a moist, delicious muffin.

1 Bread Serving

Nutrition Facts

Serving Size 2.25 oz. (64g)
Servings Per Container

Amount Per Serving	
Calories 230	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 230mg	10%
Potassium 210mg	6%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 18g	
Protein 4g	

Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 8%
Thiamin 10%	• Riboflavin 8%
Niacin 6%	• Folate 8%
Phosphorus 15%	• Magnesium 6%
Zinc 4%	

*Percent Daily Values are based on a 2,000 calorie diet.

Shelf Life

6 months (unopened) from the date of production when stored at or below 0° F (-18° C).
14 days (unopened) when thawed at room temperature, wrapped and stored in the original packaging.
2 days when thawed at room temperature and and stored in our display or other container.

Defrosting / Handling Tips

Thaw in original packaging.

Ingredients
Enriched Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Eggs, Raisins, Oat Bran, Apples, Water, High Fructose Corn Syrup, Wheat Bran. Contains 2% or less of the following: Food Starch - Modified, Soy Flour, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Whey, Salt, Potassium Sorbate as a preservative, Propylene Glycol Monostearate, Mono- and Diglycerides, Sodium Stearoyl Lactylate, Caramel Color, Natural and Artificial Flavors, Cinnamon, Xanthan Gum, Calcium Sulfate, Lecithin.

Contains: Wheat, Eggs, Soy, Milk

Muffin Mix
Irg II 402039

BakerSource®

ARTIFICIALLY FLAVORED

Blueberry Muffin Mix

WITH IMITATION BLUEBERRY PIECES

Nutrition Facts

Serving Size 1/3 cup mix (42g)
(amount for one, 2 oz muffin)
Servings Per Container about 54

Amount Per Serving	
Calories 180	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 260mg	**11%**
Total Carbohydrate 31g	**10%**
Dietary Fiber < 1g	**3%**
Sugars 14g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 4%	•	Iron 4%

*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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Partially Hydrogenated Soybean And Cottonseed Oils, Imitation Blueberry Pieces (Dextrose, Fractionated Palm Kernel Oil, Enriched Bleached Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Citric Acid, Cellulose Gum, Maltodextrin, Artificial Flavor, Red 40, Blue 1, Blue 2), Dextrose. Contains 2% or less of the following: Sodium Bicarbonate, Monocalcium Phosphate, Sodium Aluminum Phosphate, Salt, Soy Flour, Mono-Diglycerides, Propylene Glycol Monoester, Sodium Stearoyl Lactylate, Soy Lecithin, Soy Fiber, Egg Yolks, Artificial Flavor.

CONTAINS: Wheat, Soy and Eggs.

Made on equipment that makes products containing wheat, eggs, milk, soy and tree nuts.

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