

Breakfast Bakery															
ITEM	Portion (Size)	Calories (k)	Fat Calories (k)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Total Sugar (g)	Protein (g)	ALLERGENS CONTAINS:		
Apple Fritter, Glazed, Maplehurst, Rich's	1 each (111g/3.9 oz)	480	220	25	12	0	0	270	59	1	35	4	CONTAINS: EGG, MILK, SOY, WHEAT		
Apple Fritter, Glazed, Maplehurst, Rich's, 2pk	2 each (222g/7.8 oz)	960	440	50	24	0	0	540	118	2	70	8	CONTAINS: EGG, MILK, SOY, WHEAT		
Apple Fritter, Glazed, Maplehurst, Rich's, 8pk	8 each (888g/31.20 oz)	3840	1760	200	96	0	0	2160	472	8	280	32	CONTAINS: EGG, MILK, SOY, WHEAT		
Apple Fritter, Glazed, Maplehurst, Rich's, 12pk	12 each (1332g/46.8 oz)	5760	2640	300	144	0	0	3240	708	12	420	48	CONTAINS: EGG, MILK, SOY, WHEAT		
Bavarian Bismark with Chocolate Icing, Maplehurst, Rich's	1 each (144g/5 oz)	480	190	21	10	0	0	400	67	1	38	5	CONTAINS: EGG, MILK, SOY, WHEAT		
Bavarian Bismark with Chocolate Icing, Maplehurst, Rich's, 2pk	2 each (288g/10 oz)	960	380	42	20	0	0	800	134	2	76	10	CONTAINS: EGG, MILK, SOY, WHEAT		
Bavarian Bismark with Chocolate Icing, Maplehurst, Rich's, 8pk	8 each (1152g/40 oz)	3840	1520	168	80	0	0	3200	536	8	304	40	CONTAINS: EGG, MILK, SOY, WHEAT		
Bavarian Bismark with Chocolate Icing, Maplehurst, Rich's, 12pk	12 each (1728g/60 oz)	5760	2280	252	120	0	0	4800	804	12	456	60	CONTAINS: EGG, MILK, SOY, WHEAT		
Blueberry Cake Donut, Glazed, Maplehurst, Rich's	1 each (111g/3.9 oz)	420	140	16	7	0	25	350	65	1	47	4	CONTAINS: EGG, MILK, SOY, WHEAT		
Blueberry Cake Donut, Glazed, Maplehurst, Rich's, 2pk	2 each (222g/7.8 oz)	840	280	32	14	0	50	700	130	2	94	8	CONTAINS: EGG, MILK, SOY, WHEAT		
Blueberry Cake Donut, Glazed, Maplehurst, Rich's, 8pk	8 each (888g/31.20 oz)	3360	1120	128	56	0	200	2800	520	8	376	32	CONTAINS: EGG, MILK, SOY, WHEAT		
Blueberry Cake Donut, Glazed, Maplehurst, Rich's, 12pk	12 each (1332g/46.8 oz)	5040	1680	192	84	0	300	4200	780	12	564	48	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Cake Donut, Glazed, Maplehurst, Rich's	1 each (111g/3.9 oz)	430	160	18	8	0	25	380	62	1	44	4	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Cake Donut, Glazed, Maplehurst, Rich's, 2pk	2 each (222g/7.8 oz)	860	320	36	16	0	50	760	124	2	88	8	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Cake Donut, Glazed, Maplehurst, Rich's, 8pk	8 each (888g/31.20 oz)	3440	1280	144	64	0	200	3040	496	8	352	32	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Cake Donut, Glazed, Maplehurst, Rich's, 12pk	12 each (1332g/46.8 oz)	5160	1920	216	96	0	300	4560	744	12	528	48	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Chip Cookies, Rich's	1 each (52g/1.8 oz)	260	110	13	6	0	5	160	33	1	19	2	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Chip Cookies, Rich's, 2pk	2 each (104g/3.6 oz)	520	220	26	12	0	10	320	66	2	38	4	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Chip Cookies, Rich's, 8pk	8 each (416g/14.4 oz)	2080	880	104	48	0	40	1280	264	8	152	16	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Chip Cookies, Rich's, 12pk	12 each (624g/21.6 oz)	3120	1320	156	72	0	60	1920	396	12	228	24	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Iced Bar, Maplehurst, Rich's	1 each (92g/3.2 oz)	320	100	11	5	0	0	300	53	1	29	4	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Iced Bar, Maplehurst, Rich's	2 each (184g/6.4 oz)	640	200	22	10	0	0	600	106	2	58	8	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Iced Bar, Maplehurst, Rich's	8 each (736g/25.6 oz)	2560	800	88	40	0	0	2400	424	8	232	32	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Iced Bar, Maplehurst, Rich's	12 each (1104g/38.4 oz)	3840	1200	132	60	0	0	3600	636	12	348	48	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Iced Bar with Peanuts, Maplehurst, Rich's	1 each (106g/3.7 oz)	400	160	18	6	0	0	350	56	2	30	7	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT		
Chocolate Iced Bar with Peanuts, Maplehurst, Rich's, 2pk	2 each (212g/7.4 oz)	800	320	36	12	0	0	700	112	4	60	14	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT		
Chocolate Iced Bar with Peanuts, Maplehurst, Rich's, 8pk	8 each (848g/29.6 oz)	3200	1280	144	48	0	0	2800	448	16	240	56	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT		
Chocolate Iced Bar with Peanuts, Maplehurst, Rich's, 12pk	12 each (1272g/44.4 oz)	4800	1920	216	72	0	0	4200	672	24	360	84	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT		
Chocolate Iced Donut, Maplehurst, Rich's	1 each (99g/3.5 oz)	350	110	13	6	0	0	330	55	1	30	5	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Iced Donut, Maplehurst, Rich's, 2pk	2 each (198g/7 oz)	700	220	26	12	0	0	660	110	2	60	10	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Iced Donut, Maplehurst, Rich's, 8pk	8 each (792g/28 oz)	2800	880	104	48	0	0	2640	440	8	240	40	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Iced Donut, Maplehurst, Rich's, 12pk	12 each (1188g/42 oz)	4200	1320	156	72	0	0	3960	660	12	360	60	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Iced Fluff Bar with White Drizzle, Maplehurst, Rich's	1 each (138g/4.9 oz)	510	160	18	9	0	0	380	82	1	53	5	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Iced Fluff Bar with White Drizzle, Maplehurst, Rich's, 2pk	2 each (276g/9.8 oz)	1020	320	36	18	0	0	760	164	2	106	10	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Iced Fluff Bar with White Drizzle, Maplehurst, Rich's, 8pk	8 each (1104g/39.2 oz)	4080	1280	144	72	0	0	3040	656	8	424	40	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Iced Fluff Bar with White Drizzle, Maplehurst, Rich's, 12pk	12 each (1656g/58.8 oz)	6120	1920	216	108	0	0	4560	984	12	636	60	CONTAINS: EGG, MILK, SOY, WHEAT		
Chocolate Iced Peanut Butter Bar, Maplehurst, Rich's	1 each (134g/4.7 oz)	500	170	19	9	0	0	370	78	1	50	5	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT		
Chocolate Iced Peanut Butter Bar, Maplehurst, Rich's, 2pk	2 each (268g/9.4 oz)	1000	340	38	18	0	0	740	156	2	100	10	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT		
Chocolate Iced Peanut Butter Bar, Maplehurst, Rich's, 8pk	8 each (1072g/37.6 oz)	4000	1360	152	72	0	0	2960	624	8	400	40	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT		
Chocolate Iced Peanut Butter Bar, Maplehurst, Rich's, 12pk	12 each (1608g/56.4 oz)	6000	2040	228	108	0	0	4440	936	12	600	60	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT		
Chocolate Iced Peanut Butter Bar with Maple Drizzle, Maplehurst, Rich's	1 each (138g/4.9 oz)	510	170	19	9	0	0	370	81	1	53	5	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT		
Chocolate Iced Peanut Butter Bar with Maple Drizzle, Maplehurst, Rich's, 2pk	2 each (276g/9.8 oz)	1020	340	38	18	0	0	740	162	2	106	10	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT		
Chocolate Iced Peanut Butter Bar with Maple Drizzle, Maplehurst, Rich's, 8pk	8 each (1104g/39.2 oz)	4080	1360	152	72	0	0	2960	648	8	424	40	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT		
Chocolate Iced Peanut Butter Bar with Maple Drizzle, Maplehurst, Rich's, 12pk	12 each (1656g/58.8 oz)	6120	2040	228	108	0	0	4440	972	12	636	60	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT		
Cinnamon Sugar Twist Donut, Maplehurst	1 each (63g/2.2 oz)	240	110	12	5	0	0	270	29	1	2	4	CONTAINS: EGG, MILK, SOY, WHEAT		
Cinnamon Sugar Twist Donut, Maplehurst, 2pk	2 each (126g/4.4 oz)	480	220	24	10	0	0	540	58	2	4	8	CONTAINS: EGG, MILK, SOY, WHEAT		
Cinnamon Sugar Twist Donut, Maplehurst, 8pk	8 each (504g/17.6 oz)	1920	880	96	40	0	0	2160	232	8	16	32	CONTAINS: EGG, MILK, SOY, WHEAT		
Cinnamon Sugar Twist Donut, Maplehurst, 12pk	12 each (756g/26.4 oz)	2880	1320	144	60	0	0	3240	348	12	24	48	CONTAINS: EGG, MILK, SOY, WHEAT		
Donut Holes Raspberry Filled, 10 ct, Glazed, Maplehurst, Rich's	10 each (183g/6.5 oz)	580	180	20	9	0	0	530	95	1	50	8	CONTAINS: EGG, MILK, SOY, WHEAT		
German Butter Kringle Cake, J. Lord	1 slice (94g/3.3 oz)	380	170	19	4	0	0	220	44	0	28	4	CONTAINS: EGG, MILK, SOY, WHEAT		
Glazed Persian, Maplehurst, Rich's	1 each (125g/4.4 oz)	460	150	17	9	0	5	390	69	3	36	6	CONTAINS: EGG, MILK, SOY, WHEAT		
Glazed Persian, Maplehurst, Rich's, 2pk	2 each (150g/8.8 oz)	920	300	34	18	0	10	780	138	6	72	12	CONTAINS: EGG, MILK, SOY, WHEAT		
Glazed Persian, Maplehurst, Rich's, 8pk	8 each (1000g/35.2 oz)	3680	1200	136	72	0	40	3120	552	24	288	48	CONTAINS: EGG, MILK, SOY, WHEAT		
Glazed Persian, Maplehurst, Rich's, 12pk	12 each (1500g/52.8 oz)	5520	1800	204	108	0	60	4680	828	36	432	72	CONTAINS: EGG, MILK, SOY, WHEAT		
Glazed Twist Donut, Maplehurst, Rich's	1 each (100g/3.5 oz)	350	110	12	5	0	0	270	58	1	34	4	CONTAINS: EGG, MILK, SOY, WHEAT		
Glazed Twist Donut, Maplehurst, Rich's, 2pk	2 each (200g/7 oz)	700	220	24	10	0	0	540	116	2	68	8	CONTAINS: EGG, MILK, SOY, WHEAT		
Glazed Twist Donut, Maplehurst, Rich's, 8pk	8 each (800g/28 oz)	2800	880	96	40	0	0	2160	464	8	272	32	CONTAINS: EGG, MILK, SOY, WHEAT		
Glazed Twist Donut, Maplehurst, Rich's, 12pk	12 each (1200g/42 oz)	4200	1320	144	60	0	0	3240	696	12	408	48	CONTAINS: EGG, MILK, SOY, WHEAT		
Gourmet Cinnamon Roll with Cream Cheese Icing, Maplehurst, Rich's	1 each (113g/4 oz)	360	150	17	9	0	5	400	44	3	11	6	CONTAINS: EGG, MILK, SOY, WHEAT		
Gourmet Cinnamon Roll with Cream Cheese Icing, Maplehurst, Rich's, 2pk	2 each (226g/8 oz)	720	300	34	18	0	10	800	88	6	22	12	CONTAINS: EGG, MILK, SOY, WHEAT		
Gourmet Cinnamon Roll with Cream Cheese Icing, Maplehurst, Rich's, 8pk	8 each (904g/32 oz)	2880	1200	136	72	0	40	3200	352	24	88	48	CONTAINS: EGG, MILK, SOY, WHEAT		
Gourmet Cinnamon Roll with Cream Cheese Icing, Maplehurst, Rich's, 12pk	12 each (1356g/48 oz)	4320	1800	204	108	0	60	4800	528	36	132	72	CONTAINS: EGG, MILK, SOY, WHEAT		
Honey Dip Donuts, Maplehurst, Rich's	1 each (104g/3.7 oz)	370	110	13	6	0	0	290	59	1	35	5	CONTAINS: EGG, MILK, SOY, WHEAT		
Honey Dip Donuts, Maplehurst, Rich's, 2pk	2 each (208g/7.4 oz)	740	220	26	12	0	0	580	118	2	70	10	CONTAINS: EGG, MILK, SOY, WHEAT		
Honey Dip Donuts, Maplehurst, Rich's, 8pk	8 each (832g/29.6 oz)	2960	880	104	48	0	0	2320	472	8	280	40	CONTAINS: EGG, MILK, SOY, WHEAT		
Honey Dip Donuts, Maplehurst, Rich's, 12pk	12 each (1248g/44.4 oz)	4440	1320	156	72	0	0	3480	708	12	420	60	CONTAINS: EGG, MILK, SOY, WHEAT		

Breakfast Bakery																
ITEM	Portion (Size)	Calories	Fat Calories	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Total	Protein	ALLERGENS			
		(k)	(k)	(g)	Fat (g)	(g)	(mg)	(mg)	(g)	(g)	Sugar (g)	(g)	CONTAINS:			
Lemon Yogurt Cake, Morrison's	1 slice (113g/4 oz)	430	190	21	4	0	75	450	57	1	32	5	CONTAINS: EGG, MILK, NUTS, SOY, WHEAT			
Macadamia Nut Cookies, Rich's	1 each (52g/1.8 oz)	270	130	15	6	0	5	170	32	1	17	2	CONTAINS: EGG, MACADAMIA NUTS, MILK, SOY, WHEAT			
Macadamia Nut Cookies, Rich's, 2pk	2 each (104g/3.6 oz)	540	260	30	12	0	10	340	64	2	34	4	CONTAINS: EGG, MACADAMIA NUTS, MILK, SOY, WHEAT			
Macadamia Nut Cookies, Rich's, 8pk	8 each (416g/14.4 oz)	2160	1040	120	48	0	40	1360	256	8	136	16	CONTAINS: EGG, MACADAMIA NUTS, MILK, SOY, WHEAT			
Macadamia Nut Cookies, Rich's, 12pk	12 each (624g/21.6 oz)	3240	1560	180	72	0	60	2040	384	12	204	24	CONTAINS: EGG, MACADAMIA NUTS, MILK, SOY, WHEAT			
Maple Iced Donuts, Maplehurst, Rich's	1 each (99g/3.5 oz)	350	110	13	6	0	0	320	54	1	30	5	CONTAINS: EGG, MILK, SOY, WHEAT			
Maple Iced Donuts, Maplehurst, Rich's, 2pk	2 each (198g/7 oz)	700	220	26	12	0	0	640	108	2	60	10	CONTAINS: EGG, MILK, SOY, WHEAT			
Maple Iced Donuts, Maplehurst, Rich's, 8pk	8 each (792g/28 oz)	2800	880	104	48	0	0	2560	432	8	240	40	CONTAINS: EGG, MILK, SOY, WHEAT			
Maple Iced Donuts, Maplehurst, Rich's, 12pk	12 each (1188g/42 oz)	4200	1320	156	72	0	0	3840	648	12	360	60	CONTAINS: EGG, MILK, SOY, WHEAT			
Maple Iced Persian, Maplehurst, Rich's	1 each (120g/4.2 oz)	440	150	17	9	0	5	420	64	3	31	6	CONTAINS: EGG, MILK, SOY, WHEAT			
Maple Iced Persian, Maplehurst, Rich's, 2pk	2 each (240g/8.4 oz)	880	300	34	18	0	10	840	128	6	62	12	CONTAINS: EGG, MILK, SOY, WHEAT			
Maple Iced Persian, Maplehurst, Rich's, 8pk	8 each (960g/33.6 oz)	3520	1200	136	72	0	40	3360	512	24	248	48	CONTAINS: EGG, MILK, SOY, WHEAT			
Maple Iced Persian, Maplehurst, Rich's, 12pk	12 each (1440g/50.4 oz)	5280	1800	204	108	0	60	5040	768	36	372	72	CONTAINS: EGG, MILK, SOY, WHEAT			
Maple Iced Persian with Bacon, Maplehurst, Rich's	1 each (127g/4.5 oz)	470	170	19	10	0	15	520	64	3	31	8	CONTAINS: EGG, MILK, SOY, WHEAT			
Maple Iced Persian with Bacon, Maplehurst, Rich's, 2pk	2 each (254g/9 oz)	940	340	38	20	0	30	1040	128	6	62	16	CONTAINS: EGG, MILK, SOY, WHEAT			
Maple Iced Persian with Bacon, Maplehurst, Rich's, 8pk	8 each (1016g/36 oz)	3760	1360	152	80	0	120	4160	512	24	248	64	CONTAINS: EGG, MILK, SOY, WHEAT			
Maple Iced Persian with Bacon, Maplehurst, Rich's, 12pk	12 each (1524g/54 oz)	5640	2040	228	120	0	180	6240	768	36	372	96	CONTAINS: EGG, MILK, SOY, WHEAT			
Maple Iced Persian with Peanuts, Maplehurst, Rich's	1 each (134g/4.7 oz)	520	210	24	10	0	5	470	67	4	32	9	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT			
Maple Iced Persian with Peanuts, Maplehurst, Rich's, 2pk	2 each (268g/9.4 oz)	1040	420	48	20	0	10	940	134	8	64	18	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT			
Maple Iced Persian with Peanuts, Maplehurst, Rich's, 8pk	8 each (1072g/37.6 oz)	4160	1680	192	80	0	40	3760	536	32	256	72	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT			
Maple Iced Persian with Peanuts, Maplehurst, Rich's, 12pk	12 each (1608g/56.4 oz)	6240	2520	288	120	0	60	5640	804	48	384	108	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT			
Marble Yogurt Cake, Morrison's	1 slice (113g/4 oz)	430	200	23	4.5	0	85	430	52	1	28	5	CONTAINS: EGG, MILK, NUTS, SOY, WHEAT			
Mega Blueberry Muffin, White Iced, Morrison's, Rich's	1 each (177g/6.2 oz)	610	200	23	5	0	75	480	98	1	67	7	CONTAINS: EGG, MILK, SOY, WHEAT			
Oatmeal Raisin Cookies, Rich's	1 each (52g/1.8 oz)	240	90	10	4.5	0	5	200	34	1	17	3	CONTAINS: EGG, MILK, SOY, WHEAT			
Oatmeal Raisin Cookies, Rich's, 2pk	2 each (104g/3.6 oz)	480	180	20	9	0	10	400	68	2	34	6	CONTAINS: EGG, MILK, SOY, WHEAT			
Oatmeal Raisin Cookies, Rich's, 8pk	8 each (416g/14.4 oz)	1920	720	80	36	0	40	1600	272	8	136	24	CONTAINS: EGG, MILK, SOY, WHEAT			
Oatmeal Raisin Cookies, Rich's, 12pk	12 each (624g/21.6 oz)	2880	1080	120	54	0	60	2400	408	12	204	36	CONTAINS: EGG, MILK, SOY, WHEAT			
Original Crumb Cake, J. Lord	1 slice (170g/6 oz)	710	300	34	14	0	50	550	95	3	48	7	CONTAINS: EGG, MILK, SOY, WHEAT			
Peanut Butter Cookies, Rich's	1 each (52g/1.8 oz)	280	150	17	7	0	10	190	27	2	15	5	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT			
Peanut Butter Cookies, Rich's, 2pk	2 each (104g/3.6 oz)	560	300	34	14	0	20	380	54	4	30	10	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT			
Peanut Butter Cookies, Rich's, 8pk	8 each (416g/14.4 oz)	2240	1200	136	56	0	80	1520	216	16	120	40	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT			
Peanut Butter Cookies, Rich's, 12pk	12 each (624g/21.6 oz)	3360	1800	204	84	0	120	2280	324	24	180	60	CONTAINS: EGG, MILK, PEANUTS, SOY, WHEAT			
Plain Cake Donut, Glazed, Maplehurst, Rich's	1 each (111g/3.9 oz)	430	160	18	8	0	25	370	64	1	44	4	CONTAINS: EGG, MILK, SOY, WHEAT			
Plain Cake Donut, Glazed, Maplehurst, Rich's, 2pk	2 each (222g/7.8 oz)	860	320	36	16	0	50	740	128	2	88	8	CONTAINS: EGG, MILK, SOY, WHEAT			
Plain Cake Donut, Glazed, Maplehurst, Rich's, 8pk	8 each (888g/31.20 oz)	3440	1280	144	64	0	200	2960	512	8	352	32	CONTAINS: EGG, MILK, SOY, WHEAT			
Plain Cake Donut, Glazed, Maplehurst, Rich's, 12pk	12 each (1332g/46.8 oz)	5160	1920	216	96	0	300	4440	768	12	528	48	CONTAINS: EGG, MILK, SOY, WHEAT			
Plain Marble Cake, Morrison's	1 slice (113g/4 oz)	430	200	23	4.5	0	85	430	52	1	28	5	CONTAINS: EGG, MILK, NUTS, SOY, WHEAT			
Raspberry Bismark with White Icing, Maplehurst, Rich's	1 each (144g/5 oz)	480	170	19	9	0	0	410	73	1	42	5	CONTAINS: EGG, MILK, SOY, WHEAT			
Raspberry Bismark with White Icing, Maplehurst, Rich's, 2pk	2 each (288g/10 oz)	960	340	38	18	0	0	820	146	2	84	10	CONTAINS: EGG, MILK, SOY, WHEAT			
Raspberry Bismark with White Icing, Maplehurst, Rich's, 8pk	8 each (1152g/40 oz)	3840	1360	152	72	0	0	3280	584	8	336	40	CONTAINS: EGG, MILK, SOY, WHEAT			
Raspberry Bismark with White Icing, Maplehurst, Rich's, 12pk	12 each (1728g/60 oz)	5760	2040	228	108	0	0	4920	876	12	504	60	CONTAINS: EGG, MILK, SOY, WHEAT			
Raspberry Cream Cheese Croissant, White Iced, Rich's	1 each (142g/5 oz)	520	180	20	5	6	5	350	79	1	42	6	CONTAINS: MILK, SOY, WHEAT			
Raspberry Cream Cheese Croissant, White Iced, Rich's, 2pk	2 each (284g/10 oz)	1040	360	40	10	12	10	700	158	2	84	12	CONTAINS: MILK, SOY, WHEAT			
Raspberry Cream Cheese Croissant, White Iced, Rich's, 8pk	8 each (1136g/40 oz)	4160	1440	160	40	48	40	2800	632	8	336	48	CONTAINS: MILK, SOY, WHEAT			
Raspberry Cream Cheese Croissant, White Iced, Rich's, 12pk	12 each (1704g/60 oz)	6240	2160	240	60	72	60	4200	948	12	504	72	CONTAINS: MILK, SOY, WHEAT			
Blueberry Stick, White Iced, Rich's	1 each (105g/3.7 oz)	360	140	16	7	0	0	260	62	1	43	3	CONTAINS: SOY, WHEAT			
Blueberry Stick, White Iced, Rich's, 2pk	2 each (210g/7.4 oz)	720	280	32	14	0	0	520	124	2	86	6	CONTAINS: SOY, WHEAT			
Blueberry Stick, White Iced, Rich's, 8pk	8 each (840g/29.6 oz)	2880	1120	128	56	0	0	2080	496	8	344	24	CONTAINS: SOY, WHEAT			
Blueberry Stick, White Iced, Rich's, 12pk	12 each (1260g/44.4 oz)	4320	1680	192	84	0	0	3120	744	12	516	36	CONTAINS: SOY, WHEAT			
Sour Cream Cake Donut, Glazed, Maplehurst, Rich's	1 each (111g/3.9 oz)	430	140	16	7	0	15	350	68	1	47	3	CONTAINS: EGG, MILK, SOY, WHEAT			
Sour Cream Cake Donut, Glazed, Maplehurst, Rich's, 2pk	2 each (222g/7.8 oz)	860	280	32	14	0	30	700	136	2	94	6	CONTAINS: EGG, MILK, SOY, WHEAT			
Sour Cream Cake Donut, Glazed, Maplehurst, Rich's, 8pk	8 each (888g/31.20 oz)	3440	1120	128	56	0	120	2800	544	8	376	24	CONTAINS: EGG, MILK, SOY, WHEAT			
Sour Cream Cake Donut, Glazed, Maplehurst, Rich's, 12pk	12 each (1332g/46.8 oz)	5160	1680	192	84	0	180	4200	816	12	564	36	CONTAINS: EGG, MILK, SOY, WHEAT			
Sugar Cookies, Rich's	1 each (52g/1.8 oz)	280	140	16	7	0	10	330	31	0	15	2	CONTAINS: EGG, WHEAT			
Sugar Cookies, Rich's, 2pk	2 each (104g/3.6 oz)	560	280	32	14	0	20	660	62	0	30	4	CONTAINS: EGG, WHEAT			
Sugar Cookies, Rich's, 8pk	8 each (416g/14.4 oz)	2240	1120	128	56	0	80	2640	248	0	120	16	CONTAINS: EGG, WHEAT			
Sugar Cookies, Rich's, 12pk	12 each (624g/21.6 oz)	3360	1680	192	84	0	120	3960	372	0	180	24	CONTAINS: EGG, WHEAT			
Sugar Cookies with White Icing, Rich's	1 each (66g/2.3 oz)	320	140	16	7	0	0	340	42	0	26	2	CONTAINS: EGG, WHEAT			
Sugar Cookies with White Icing, Rich's, 2pk	2 each (132g/4.6 oz)	640	280	32	14	0	20	680	84	0	52	4	CONTAINS: EGG, WHEAT			
Sugar Cookies with White Icing, Rich's, 8pk	8 each (528g/18.4 oz)	2560	1120	128	56	0	80	2720	336	0	208	16	CONTAINS: EGG, WHEAT			
Sugar Cookies with White Icing, Rich's, 12pk	12 each (792g/27.6 oz)	3840	1680	192	84	0	120	4080	504	0	312	24	CONTAINS: EGG, WHEAT			
White Iced Donut, Maplehurst, Rich's	1 each (99g/3.5 oz)	350	110	13	6	0	0	310	55	1	31	5	CONTAINS: EGG, MILK, SOY, WHEAT			
White Iced Donut, Maplehurst, Rich's, 2pk	2 each (198g/7 oz)	700	220	26	12	0	0	620	110	2	62	10	CONTAINS: EGG, MILK, SOY, WHEAT			

Breakfast Bakery														
ITEM	Portion (Size)	Calories (k)	Fat Calories (k)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Total Sugar (g)	Protein (g)	ALLERGENS CONTAINS:	
White Iced Donut, Maplehurst, Rich's, 8pk	8 each (792g/28 oz)	2800	880	104	48	0	0	2480	440	8	248	40	CONTAINS: EGG, MILK, SOY, WHEAT	
White Iced Donut, Maplehurst, Rich's, 12pk	12 each (1188g/42 oz)	4200	1320	156	72	0	0	3720	660	12	372	60	CONTAINS: EGG, MILK, SOY, WHEAT	
White Iced Fluff Bar, Maplehurst, Rich's	1 each (134g/4.7 oz)	500	160	18	9	0	0	360	79	1	51	5	CONTAINS: EGG, MILK, SOY, WHEAT	
White Iced Fluff Bar, Maplehurst, Rich's, 2pk	2 each (268g/9.4 oz)	1000	320	36	18	0	0	720	158	2	102	10	CONTAINS: EGG, MILK, SOY, WHEAT	
White Iced Fluff Bar, Maplehurst, Rich's, 8pk	8 each (1072g/37.6 oz)	4000	1280	144	72	0	0	2880	632	8	408	40	CONTAINS: EGG, MILK, SOY, WHEAT	
White Iced Fluff Bar, Maplehurst, Rich's, 12pk	12 each (1608g/56.4 oz)	6000	1920	216	108	0	0	4320	948	12	612	60	CONTAINS: EGG, MILK, SOY, WHEAT	
Whole Grain Coffee Cake, Morison's	1 slice (113g/4 oz)	400	140	16	4	0	35	330	60	2	39	4	CONTAINS: EGG, MILK, NUTS, SOY, WHEAT	
10Pk Raspberry Filled Donut Holes, Maplehurst	1 donut cluster (57g/2 oz)	180	70	8	4	0	0	210	25	0	7	3	CONTAINS: EGGS, MILK, SOY, WHEAT	
Biscuit, Blueberry White Icing, 2-pack, RediMix, Rich's	1 biscuit (115g/4.1 oz)	410	130	15	4	5	5	550	68	2	35	6	CONTAINS: MILK, SOY, WHEAT	
2Pk Brownie, Chocolate Icing, Maplehurst, Dawn	1 brownie (67g/2.4 oz)	260	60	7	2	0	5	125	48	0	37	2	CONTAINS: EGGS, MILK, NUTS, WALNUTS, SOY, WHEAT	
Maple Donuts 6 Pack Glazed Donut	1 each (43g/1.5oz)	160	70	8	4	0	0	140	20	0	9	2	CONTAINS: EGG, MILK, SOY, WHEAT	
Maple Donuts 6 Pack Old Fashioned Sour Cream	1 each (47g/1.7oz)	200	110	12	5	0	5	170	23	0	13	2	CONTAINS: EGG, MILK, SOY, WHEAT	
Maple Donuts 6 Pack Old Fashioned Devils Food	1 each (47g/1.7oz)	190	110	12	5	0	5	125	19	0	10	1	CONTAINS: EGG, MILK, SOY, WHEAT	
Maple Donuts 6 Pack Cake Donut	1 each (47g/1.7oz)	190	100	11	5	0	5	260	20	1	6	2	CONTAINS: EGG, MILK, SOY, WHEAT	
Maple Donuts 4 Pack Cinnamon Swirl	1 each (85g/3oz)	330	160	17	7	0	0	450	40	2	15	5	CONTAINS: EGG, MILK, SOY, WHEAT	
Maple Donuts 4 Pack Apple Fritter	1 each (99g/3.5oz)	390	210	23	11	0	0	410	44	2	18	5	CONTAINS: EGG, MILK, SOY, WHEAT	
Maple Donuts 18 Pack Chocolate Gems	4 each (57g/2oz)	260	150	17	8	0	0	240	24	1	10	3	CONTAINS: EGG, MILK, SOY, WHEAT	
Chocolate Chunk Cookie, Maplehurst	1 cookie (80g/2.8 oz)	370	120	14	8	0	25	290	57	3	35	4	CONTAINS: EGGS, MILK, SOY, WHEAT	
Rocky Road Cookie, Maplehurst	1 cookie (76g/2.7 oz)	350	130	15	7	0	25	310	48	2	30	4	CONTAINS: MILK, NUTS, WALNUTS, SOY, WHEAT	
Trail Mix Cookie, Maplehurst	1 cookie (72g/2.5 oz)	350	160	18	6	0	5	230	41	2	22	5	CONTAINS: NUTS, ALMONDS, PECANS, MILK, WHEAT	
2Pk Chocolate Chunk Cookie, Maplehurst	2 cookies (160g/5.6 oz)	740	240	28	16	0	50	580	114	6	70	8	CONTAINS: EGGS, MILK, SOY, WHEAT	
2Pk Rocky Road Cookie, Maplehurst	2 cookies (152g/5.4 oz)	700	260	30	14	0	50	620	96	4	60	8	CONTAINS: MILK, NUTS, WALNUTS, SOY, WHEAT	
2Pk Trail Mix Cookie, Maplehurst	2 cookies (144g/5 oz)	700	320	36	12	0	10	460	82	4	44	10	CONTAINS: NUTS, ALMONDS, PECANS, MILK, WHEAT	
6Pk Chocolate Chunk Cookie, Maplehurst	6 cookies (480g/16.8 oz)	2220	720	84	48	0	150	1740	342	18	210	24	CONTAINS: EGGS, MILK, SOY, WHEAT	
6Pk Rocky Road Cookie, Maplehurst	6 cookies (456g/16.1 oz)	2100	780	90	42	0	150	1860	288	12	180	24	CONTAINS: MILK, NUTS, WALNUTS, SOY, WHEAT	
6Pk Trail Mix Cookie, Maplehurst	6 cookies (432g/15 oz)	2100	960	108	36	0	30	1380	246	12	132	30	CONTAINS: NUTS, ALMONDS, PECANS, MILK, WHEAT	
8Pk Chocolate Chunk Cookie, Maplehurst	8 cookies (640g/22.6 oz)	2960	960	112	64	0	200	2320	456	24	280	32	CONTAINS: EGGS, MILK, SOY, WHEAT	
8Pk Rocky Road Cookie, Maplehurst	8 cookies (608g/21.4 oz)	2800	1040	120	56	0	200	2480	384	16	240	32	CONTAINS: MILK, NUTS, WALNUTS, SOY, WHEAT	
8Pk Trail Mix Cookie, Maplehurst	8 cookies (576g/20.3 oz)	2800	1280	144	48	0	40	1840	328	16	176	40	CONTAINS: NUTS, ALMONDS, PECANS, MILK, WHEAT	
12Pk Chocolate Chunk Cookie, Maplehurst	12 cookies (960g/33.9 oz)	4440	1440	168	96	0	300	3480	684	36	420	48	CONTAINS: EGGS, MILK, SOY, WHEAT	
12Pk Rocky Road Cookie, Maplehurst	12 cookies (912g/32.2 oz)	4200	1560	180	84	0	300	3720	576	24	360	48	CONTAINS: MILK, NUTS, WALNUTS, SOY, WHEAT	
12Pk Trail Mix Cookie, Maplehurst	12 cookies (864g/30.5 oz)	4200	1920	216	72	0	60	2760	492	24	264	60	CONTAINS: NUTS, ALMONDS, PECANS, MILK, WHEAT	
David's Cookie Dough Chocolate Chunk	1 cookie (128g/4.5 oz)	570	240	27	13	0	45	280	79	3	50	7	CONTAINS: EGGS, MILK, SOY, WHEAT	
David's Cookie Dough Reese's PB Cup	1 cookie (128g/4.5 oz)	630	340	37	17	0	40	450	67	3	45	11	CONTAINS: EGGS, MILK, PEANUT, SOY, WHEAT	
David's Cookie Dough Triple Chocolate	1 cookie (128g/4.5 oz)	570	250	28	14	0	45	290	78	3	48	7	CONTAINS: EGGS, MILK, SOY, WHEAT	
David's Cookie Dough Oatmeal Raisin	1 cookie (128g/4.5 oz)	520	180	20	8	0	40	300	82	4	45	7	CONTAINS: EGGS, MILK, SOY, WHEAT	
David's Cookie Dough Sugar Crystal	1 cookie (128g/4.5 oz)	580	270	30	11	0	50	380	72	1	36	7	CONTAINS: EGGS, MILK, SOY, WHEAT	
David's Brownie Chocolate Chip	1 Brownie (114g/4 oz)	500	250	28	11	0	90	180	63	3	47	5	CONTAINS: EGGS, MILK, SOY, WHEAT	
David's Brownie Blondie Bar	1 Brownie (113g/4 oz)	540	310	34	10	0	35	360	60	4	35	6	CONTAINS: EGGS, MILK, SOY, WHEAT, TREE NUTS	
David's Muffin Blueberry Crumb	1 Muffin (170g/6 oz)	670	300	34	6	0	130	450	83	1	45	9	CONTAINS: EGGS, MILK, SOY, WHEAT	
David's Muffin Banana Nut	1 Muffin (170g/6 oz)	670	300	34	6	0	130	450	83	1	45	9	CONTAINS: EGGS, MILK, SOY, WHEAT, TREE NUTS	
David's Muffin Chocolate Chip	1 Muffin (170g/6 oz)	710	330	38	9	0	135	450	88	2	51	9	CONTAINS: EGGS, MILK, SOY, WHEAT	
David's Muffin Cinnamon Chip	1 Muffin (170g/6 oz)	750	350	39	10	0	125	450	91	1	53	9	CONTAINS: EGGS, MILK, SOY, WHEAT	
David's Muffin Double Chocolate Chip	1 Muffin (170g/6 oz)	700	320	37	8	0	135	450	87	4	48	10	CONTAINS: EGGS, MILK, SOY, WHEAT	
David's Muffin Cranberry Orange	1 Muffin (170g/6 oz)	660	290	33	6	0	140	450	82	2	45	9	CONTAINS: EGGS, MILK, SOY, WHEAT	
David's Muffin Apple Streusel	1 Muffin (170g/6 oz)	670	300	34	6	0	130	480	84	2	45	9	CONTAINS: EGGS, MILK, SOY, WHEAT	
David's Muffin Berry Mountain	1 Muffin (170g/6 oz)	660	290	33	6	0	140	450	82	2	45	9	CONTAINS: EGGS, MILK, SOY, WHEAT	
David's Cinnamon Roll	1 Roll (170g/6 oz)	530	100	11	3	0	0	700	97	4	36	11	CONTAINS: MILK, SOY, WHEAT	

2,000 calories a day is used for general nutrition advice, but calorie needs vary.