



Wheat Hamburger Bun

Nutrition Facts	
Serving Size 1 Bun (78g) Servings Per Container 12	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%
Thiamin 15%	• Riboflavin 6%
Niacin 15%	• Folate 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
Saturated 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: WHOLE WHEAT FLOUR, WATER, VITAL WHEAT GLUTEN, SUGAR, VEGETABLE OIL SHORTENING (MAY CONTAIN ONE OR MORE OF THE FOLLOWING: PARTIALLY HYDROGENATED SOYBEAN, COTTONSEED, OR PALM OIL), CONTAINS 2% OR LESS OF: YEAST, MONO & DIGLYCERIDES, CELLULOSE, SALT, WHEAT BRAN, VINEGAR, DIACETYL TARTARIC ACID ESTERS OF MONO & DIGLYCERIDES, CALCIUM SULFATE, POTASSIUM BROMATE, CALCIUM PROPIONATE, ASCORBIC ACID, (PRESERVATIVES), SOY OIL, L. CYSTEIN, ENZYMES, AND AZODICARBONAMIDE.

Wheat Bun Dough (Schools) Contains: Soy and Wheat.

Processed in a Facility that Manufactures Milk, Egg, Tree Nuts and Peanuts.

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