

# Chocolate Cherry

## Nutrition Facts

Serving Size 1 bagel (81g/2.9oz)  
Servings Per Container 5

| Amount Per Serving            |                      |
|-------------------------------|----------------------|
| <b>Calories</b> 230           | Calories from Fat 40 |
| % Daily Value*                |                      |
| <b>Total Fat</b> 4g           | <b>6%</b>            |
| Saturated Fat 2g              | <b>9%</b>            |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 310mg           | <b>13%</b>           |
| <b>Potassium</b> 190mg        | <b>5%</b>            |
| <b>Total Carbohydrate</b> 43g | <b>14%</b>           |
| Dietary Fiber 4g              | <b>15%</b>           |
| Sugars 13g                    |                      |
| <b>Protein</b> 8g             |                      |
| Vitamin A 0%                  | Vitamin C 0%         |
| Calcium 6%                    | Iron 15%             |
| Thiamin 25%                   | Riboflavin 15%       |
| Niacin 15%                    | Folic Acid 25%       |

\*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 |
| Potassium          |           | 3,500mg | 3,500mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

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

Full of flavor, Chocolate Cherry bagels offer a delightfully delicious treat for breakfast, a snack or anytime during the day. Enjoy the rich chocolaty-cherry flavor with a cup of coffee or glass of milk!

9 grams of whole grain per serving

# French Toast

## Nutrition Facts

Serving Size 1 bagel (81g/2.9oz)  
Servings Per Container 5

| Amount Per Serving            |                      |
|-------------------------------|----------------------|
| <b>Calories</b> 220           | Calories from Fat 15 |
| % Daily Value*                |                      |
| <b>Total Fat</b> 2g           | <b>3%</b>            |
| Saturated Fat 1g              | <b>4%</b>            |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 370mg           | <b>15%</b>           |
| <b>Potassium</b> 120mg        | <b>3%</b>            |
| <b>Total Carbohydrate</b> 46g | <b>15%</b>           |
| Dietary Fiber 3g              | <b>14%</b>           |
| Sugars 11g                    |                      |
| <b>Protein</b> 7g             |                      |
| Vitamin A 0%                  | Vitamin C 0%         |
| Calcium 10%                   | Iron 10%             |
| Thiamin 25%                   | Riboflavin 15%       |
| Niacin 15%                    | Folic Acid 20%       |

\*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 |
| Potassium          |           | 3,500mg | 3,500mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

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

Chewy and sweet, spice up breakfast with a delectable French Toast bagel. Serve with cream cheese for a different take on stuffed French toast or pair it with maple syrup, sausage and eggs for an alternative & satisfying meal.

12 grams of whole grain per serving

# Lemon Poppy Seed

## Nutrition Facts

Serving Size 1 bagel (81g/2.9oz)  
Servings Per Container 5

| Amount Per Serving            |                      |
|-------------------------------|----------------------|
| <b>Calories</b> 220           | Calories from Fat 15 |
| % Daily Value*                |                      |
| <b>Total Fat</b> 1.5g         | <b>3%</b>            |
| Saturated Fat 0g              | <b>0%</b>            |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 360mg           | <b>15%</b>           |
| <b>Potassium</b> 130mg        | <b>4%</b>            |
| <b>Total Carbohydrate</b> 47g | <b>16%</b>           |
| Dietary Fiber 3g              | <b>12%</b>           |
| Sugars 11g                    |                      |
| <b>Protein</b> 7g             |                      |
| Vitamin A 0%                  | Vitamin C 0%         |
| Calcium 10%                   | Iron 10%             |
| Thiamin 25%                   | Riboflavin 15%       |
| Niacin 15%                    | Folic Acid 25%       |

\*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 |
| Potassium          |           | 3,500mg | 3,500mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

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

A twist on the traditional muffin, this Lemon Poppy Seed bagel is still a perfect pair with your morning cup of coffee, and even better with afternoon tea. An ideal mix of sweet and savory, serve this bagel at your next Sunday brunch!

13 grams of whole grain per serving

Contact us today to learn more!

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