

Product Code: 1415

(0445) RP

4-2-14



WG Dinner Roll 1 oz. (school)

Nutrition Facts	
Serving Size 1 roll 1oz (28g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	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
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, Wheat Flour Enriched (Niacin, Ferrous Sulfate, Thiamine Mononitrite, Riboflavin, Folic Acid, Malted Barley), Salt, Vegetable Shortening (Soybean, Cottonseed, and/or Canola Oils), Dextrose, Sugar, Soy Flour, Mono and Diglycerides, Corn Starch, Contains 2% or Less of: (Ascorbic Acid, L-Cysteine Hydrochloride, Enzyme), Wheat Gluten, Soybean Oil, Yeast.

Contains Soy, Wheat.

The information listed above has been compiled from publications of the USDA data provided from Rockland Bakery suppliers