

SBI CODE #	 Product Nutrition At A Glance 2020	CALORIES	TOTAL FAT (g)	% CAL FROM FAT	SAT FAT (g)	% CAL FROM SAT FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	TOTAL SUGARS (g)	% SUGAR BY WEIGHT	PROTEIN (g)	GRAIN EQUIV	% OF WHOLE GRAIN	PEANUT / TREE NUT FREE	KOSHER	SMART SNACK
BUNS & DONUTS-FORTIFIED																		
6000	80-2.5oz. (70g) Original Super Bun®	270	15	50.0%	4.5	15.0%	0	150	31	1	9	12.9%	5	1 3/4		✓	K	
18300	80-1.9 oz (54g) MVP® Breakfast	150	4.5	27.0%	1.5	9.0%	0	150	24	1	11	20.4%	4	1	54%	✓	K	S
18350	80-1.9 oz (54g) Whole Grain Super Donut®	150	4.5	27.0%	1.5	9.0%	0	150	24	1	11	20.4%	4	1	54%	✓	K	S
19000	80-3.0 oz (85g) Whole Grain Super Plus®	250	9	32.4%	3.5	12.6%	0	230	37	2	17	20.0%	6	2	51%	✓	K	
26001	80-2.2 oz (62g) Original Super Donut (40 count)	210	10	42.9%	4.0	17.1%	5	260	27	1	13	24.2%	4	1 1/2		✓	K	
BUNS & DONUTS-NON FORTIFIED																		
6060	80-2.75oz. (78g) Whole Grain GoodyBun®	240	11	41.3%	4.5	16.9%	0	270	34	3	10	12.8%	5	2	56%	✓	K	
6065	80-2.9oz. (82g) Ultra® Baked Cinnamon Swirl	240	8	30.0%	3.0	11.3%	5	300	39	3	14	17.1%	5	2	60%	PF	K	
6070	72-2.9oz (82g) Ultra® Whole Grain Baked Cinnamon Bun	240	7	26.3%	3.0	11.3%	5	280	40	3	16	19.5%	5	2	60%	PF	K	
7010	100-1.9oz (54g) Super Stik® Whole Grain Dunkin Stik	170	4.5	23.8%	1.5	7.9%	0	180	29	2	14	25.9%	3	1	51%	✓	K	
7012	60-3.2oz (91g) Super Stik® Whole Grain Twin Pack Dunkin Stik	300	10	30.0%	4.0	12.0%	0	360	48	3	23	25.3%	5	2	51%	✓	K	
7786	72-3.0oz. (85g)GoodyMan® Mini Choc. Enrobed Whole Grain Donut.6pk	320	16	45.0%	9.0	25.3%	0	310	42	3	19	22.4%	5	2	51%	✓	K	
7787	72-3.0oz. (85g) GoodyMan® Mini Powdered Whole Grain Donut. 6pk	270	11	36.7%	4.5	15.0%	0	290	41	2	19	22.4%	4	2	51%	PF	K	
9202	160-1.3oz (37g) Super Stars® Whole Grain Powdered Donut Hole	110	3.5	28.6%	1.0	8.2%	0	110	18	1	8	21.6%	2	1	54%	✓	K	
9210	400/0.5oz Ultra® Mini Donut Holes - Chocolate Cake w/ Powdered Sugar	150	6	36.0%	3.5	21.0%	0	120	21	1	10	23.3%	2	1	54%	PF	K	
9211	400/0.5oz Ultra® Mini Donut Holes - Honey Wheat w/ Cinnamon Coating	140	5	32.1%	3.0	19.3%	0	125	22	1	11	25.6%	2	1	54%	PF	K	
15010	99-1.25oz. (35g) GoodyMan® Assorted Cake - Cinnamon (Bulk)	140	9	57.9%	3.5	22.5%	5	170	14	1	6	17.1%	2	1			K	
15010	99-1.25oz. (35g) GoodyMan®Assorted Cake - Plain (Bulk)	140	9	57.9%	3.5	22.5%	5	190	13	0	5	14.3%	2	1			K	
15010	99-1.25oz. (35g) GoodyMan® Assorted Cake - Powdered (Bulk)	140	9	57.9%	3.5	22.5%	5	170	14	0	6	17.1%	2	1			K	
18200	80-1.9 oz (54g) Ultra Power® Cocoa Breakfast	160	7	39.4%	2.5	14.1%	0	130	24	2	11	12.9%	4	1	54%	✓	K	
18400	80-2.5 oz (71g) Whole Grain GoodyRing®	220	10	40.9%	4.0	16.4%	0	250	30	2	8	9.4%	4	2	51%	✓	K	
19100	80-3.0 oz (85g) Whole Grain GoodyMan® Plus	250	9	32.4%	3.5	12.6%	0	320	40	2	18	21.2%	5	2	51%	✓	K	
19200	80-3.0 oz (85g) Whole Grain Ultra Power Cocoa Plus	260	10	34.6%	4.5	15.6%	0	210	37	3	18	21.2%	6	2	51%	✓	K	

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ULTRA MINI LOAFS & ULTRA MUFFINS																		
7030	120-2.0oz (57g) Whole Grain Ultra® Mini Loaf Super Berry	160	5	28.1%	1.0	5.6%	0	150	28	1	16	28.1%	3	1	51%	✓	K	S
7031	120-2.0oz (57g) Whole Grain Ultra® Mini Loaf Super Orange	160	5	28.1%	1.0	5.6%	0	150	28	1	16	28.1%	3	1	51%	✓	K	S
7055	120-2.0oz (57g) Whole Grain Ultra® Mini Loaf Super Blueberry	160	5	28.1%	1.0	5.6%	0	150	28	1	16	28.1%	3	1	51%	✓	K	S
7056	120-2.0oz (57g) Whole Grain Ultra® Mini Loaf Super Banana	160	4.5	25.3%	1.0	5.6%	0	140	27	1	16	28.1%	3	1	51%	✓	K	S
7057	120-2.0oz (57g) Whole Grain Ultra® Mini Loaf Super Apple	160	5	28.1%	1.0	5.6%	0	140	27	1	16	28.1%	3	1	51%	✓	K	S
7058	120-2.0oz (57g) Whole Grain Ultra® Mini Loaf Chocolate Chip	160	5	28.1%	1.0	5.6%	0	140	27	1	16	28.1%	3	1	51%	✓	K	S
7059	120-2.0oz (57g) Whole Grain Ultra® Mini Loaf Super Lemon	160	5	28.1%	1.0	5.6%	0	150	28	1	16	28.1%	3	1	51%	✓	K	S
9050	72-2.0oz (57g) Whole Grain Ultra® Muffin Blueberry	160	5	28.1%	1.0	5.6%	0	150	27	1	16	28.1%	3	1	51%	✓	K	S
9052	72-2.0oz (57g) Whole Grain Ultra® Muffin Banana	160	4.5	25.3%	1.0	5.6%	0	140	27	1	16	28.1%	3	1	51%	✓	K	S
9053	60-2.4oz (68g) Whole Grain Ultra® Muffin Corn	190	6	28.4%	1.0	4.7%	0	190	32	1	17	25.0%	3	2	51%	✓	K	S
9055	60-2.4 oz(68g) Whole Grain Ultra® Muffin Jalapeno Corn	190	6	28.4%	1.0	4.7%	0	180	31	1	16	23.5%	3	2	51%	✓	K	S
9065	96-2.0 oz (57g) Whole Grain Super Muffin® Banana with cream filling	140	3.5	22.5%	0.5	3.2%	25	160	24	1	11	19.3%	4	1	51%	✓	K	S
9066	96-2.0 oz (57g) Whole Grain Super Muffin® Chocolate with cream filling	130	4	27.7%	1.0	6.9%	20	160	23	2	10	17.5%	4	1	51%	✓	K	S
SUPER SLICE® BREAD SLICES-WHOLE GRAIN																		
6047	70-3.4oz (96g) Super Lemon® RS Whole Grain Bread Slice	230	8	31.3%	1.5	5.9%	0	250	44	2	15	15.6%	5	2	51%	✓	K	
6071	70-3.4oz (96g) Super Banana® Whole Grain Bread Slice	260	8	27.7%	1.5	5.2%	0	240	45	2	24	25.0%	5	2	51%	✓	K	
6072	70-3.4oz (96g) Super Zucchini® Whole Grain Bread Slice	260	8	27.7%	1.5	5.2%	0	240	44	2	23	24.0%	5	2	51%	✓	K	
6073	70-3.4 oz (96g) Super Blueberry® Whole Grain Bread Slice	270	8	26.7%	1.5	5.0%	0	250	45	2	24	25.0%	5	2	51%	✓	K	
6074	70-3.4 oz (96g) Super Cinnamon Burst™ Whole Grain Bread Slice	270	8	26.7%	1.5	5.0%	0	240	46	2	25	26.0%	5	2	51%	✓	K	
6075	70-3.4 oz (96g) Super Pumpkin™ Whole Grain Bread Slice	260	8	27.7%	1.5	5.2%	0	240	44	2	24	25.0%	5	2	51%	✓	K	
6076	70-3.4 oz (96g) Super Cocoa® Whole Grain Bread Slice	250	8	28.8%	1.5	5.4%	0	240	43	3	22	22.9%	5	2	51%	✓	K	
6090	5-14/3.4 oz (96g) Super Banana® Whole Grain Sliced Bread Loaf - Bulk	260	8	27.7%	1.5	5.2%	0	240	45	2	24	25.0%	5	2	51%	✓	K	
6091	5-14/3.4 oz (96g) Super Pumpkin™ Whole Grain Sliced Bread Loaf - Bulk	260	8	27.7%	1.5	5.2%	0	240	44	2	24	25.0%	5	2	51%	✓	K	
6092	5-14/3.4 oz (96g) Super Lemon® RS Whole Grain Sliced Bread Loaf - Bulk	230	8	31.3%	1.5	5.9%	0	250	44	2	15	15.6%	5	2	51%	✓	K	

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CRISPYS & CUPCAKES & BROWNIE																		
9080	96 - 1.4 oz (40g) Super Brownie™ Bite	140	5	32.1%	1.0	6.4%	5	100	23	1	14	35.0%	2	1/2	51%	✓	K	S
9430	100-.8 oz (23g) Super Crispy® Whole Grain Crispy Square	90	2.5	25.0%	0.5	5.0%	0	20	11	0	8	34.8%	1	1/2	100%	✓		S
9432	50-1.6 oz (45g) Super Crispy® Whole Grain Crispy Square	180	4.5	22.5%	1.5	7.5%	0	35	21	0	12	26.7%	2	1	100%	✓		S
9478	72-1.5 oz (43g) Whole GrainHappy Birthday Chocolate Cake/Icing	150	3	18.0%	1.0	6.0%	20	200	26	2	8	18.6%	2	1/2	51%		K	S
9479	72-1.5 oz (43g) Whole Grain Happy Birthday Vanilla Cake/Icing	150	2.5	15.0%	0.5	3.0%	20	170	27	1	7	16.3%	2	1/2	51%		K	S
9488	72-1.5 oz (43g) Whole Grain Let's Celebrate Chocolate Cake/Icing	150	3	18.0%	1.0	6.0%	20	200	26	2	8	18.6%	2	1/2	51%		K	S
9489	72-1.5 oz (43g) Whole Grain Let's Celebrate Vanilla Cake/Icing	150	2.5	15.0%	0.5	3.0%	20	170	27	1	7	16.3%	2	1/2	51%		K	S
9499	96 - 1.5 oz (44g) Happy Birthday Cupcake - Vanilla w/ cream filling	100	3	27.0%	0.5	4.5%	15	95	18	1	10	23.3%	2	1/2	51%	✓	K	S
ULTRA SLIDER, BUNS & PULLMAN LOAF																		
7669	288-1.3oz. (37g) Ultra Whole Grain Ultra® Slider Roll	90	1.5	15.0%	0.0	0.0%	0	140	17	2	1	2.7%	4	1	100%	✓	K	S
7671	128-2.0oz. (57g) Ultra Whole Grain Ultra® Hamburger Bun	140	2	12.9%	0.5	3.2%	0	210	26	4	3	5.3%	6	2	100%	✓	K	
7675	144-2.0 oz (57g) Ultra Whole Grain Ultra® Hot Dog Bun	130	2	13.8%	0.5	3.5%	0	280	26	3	3	5.3%	6	2	100%	✓	K	
7677	8-28.0 (828g) Ultra Whole Grain Ultra® Pullman Loaf	80	1.5	16.9%	0.0	0.0%	0	160	15	2	1	3.2%	4	1	100%	✓	K	S
MISCELLANEOUS																		
3381	90-2.3oz (65g) Egg and Cheese Scrambler	160	6	33.8%	2.5	14.1%	40	220	21	2	1	1.5%	6	1.5	55%	✓		
3382	90-2.3oz (65g) Turkey Sausage, Egg , and Cheese Scrambler	160	6	33.8%	2.0	11.3%	40	240	21	2	1	1.5%	6	1.5	55%	✓		
3397	64-4.0 oz (114g) Ultra Dog-Uncured Turkey Frank IW	270	12	40.0%	3.0	10.0%	60	380	29	3	5	4.4%	12	2	55%			
6022	48-2.0oz. (57g) Snack & Smile® Apple Danish	190	7	33.2%	3.0	14.2%	5	170	28	0	15	26.3%	3	1 1/4		PF	K	
6023	48-2.0oz. (57g) Snack & Smile® Raspberry Danish	190	7	33.2%	3.0	14.2%	5	170	29	0	15	26.3%	3	1 1/4		PF	K	
6024	48-2.0oz. (57g) Snack & Smile® Cheese Danish	190	7	33.2%	3.5	16.6%	5	180	29	0	14	24.6%	3	1 1/4		PF	K	
6085	120-1.3oz (37g) Super Cookie® Happy Birthday Cake Minis	140	5	32.1%	1.5	9.6%	0	95	24	1	10	27.0%	1	1	51%		K	S
NORTH EAST									SOUTH EAST									
Mike Luch, michael.luch@superbakery.com, 734-679-7090									Wanda McDowell, wanda.mcdowell@superbakery.com, 864-316-0559									
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*** All Super Bakery Products are Peanut Free

✓ = Produced in a Peanut / Treenut Free Facility / PF = Peanut Free not Tree Nut Free facility