

**Recipe: 107501 - GR 7501 4 CT BANANA WALNUT MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20750100000 - 4CT BANANA WALNUT MUFFINS**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

<b>Nutrition Facts</b>			
Serving Size	1 Muffin (142g)		
Servings Per Container	4		
<b>Amount Per Serving</b>			
<b>Calories</b>	600	Calories from Fat	300
% Daily Value *			
<b>Total Fat</b>	34g		<b>52%</b>
Saturated Fat	5g		<b>25%</b>
Trans Fat	0g		
<b>Cholesterol</b>	60mg		<b>20%</b>
<b>Sodium</b>	400mg		<b>17%</b>
<b>Total Carbohydrate</b>	65g		<b>22%</b>
Dietary Fiber	1g		<b>6%</b>
Sugars	35g		
<b>Protein</b>	9g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	401%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Banana, Walnuts, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dairy Whey (Milk), Salt, Mono & Diglycerides, Natural Flavor, Xanthan Gum, Enzyme, Walnuts, White Sugar (Sugar, Carnauba Wax)

Allergens: WHEAT, MILK, SOY, EGGS, TREE NUTS (WALNUTS)

Bioengineered: None

**Recipe: 107505 - GR 7505 4 CT BLUEBERRY MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20750500000 - 4CT BLUEBERRY MUFFINS**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Muffin (142g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	490	Calories from Fat	180
% Daily Value *			
<b>Total Fat</b>	20g		<b>30%</b>
Saturated Fat	4g		<b>20%</b>
Trans Fat	0g		
<b>Cholesterol</b>	65mg		<b>21%</b>
<b>Sodium</b>	420mg		<b>18%</b>
<b>Total Carbohydrate</b>	74g		<b>25%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	43g		
<b>Protein</b>	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	0%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Bleached Wheat Flour, Sugar, Water, Blueberries, Eggs, Soybean Oil, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural Flavor, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, Butter Flavor Streusel (Bleached Wheat Flour, Sugar, Margarine [Palm Oil, Water, Soybean Oil, Contains 2% Or Less of: Salt, Mono And Diglycerides, Soy Lecithin, Natural Flavor, Citric Acid [Preservative], Beta Carotene Color, Vitamin A Palmitate Added], Natural And Artificial Flavor [Milk], Sodium Propionate [Preservative]), Turbinado Sugar

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 107515 - GR 7515 4 CT CARROT MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20751500000 - 4 CT CARROT MUFFINS**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

<h2>Nutrition Facts</h2>			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	390	Calories from Fat	140
% Daily Value *			
<b>Total Fat</b>	15g		<b>23%</b>
Saturated Fat	2.5g		<b>13%</b>
Trans Fat	0g		
<b>Cholesterol</b>	55mg		<b>18%</b>
<b>Sodium</b>	350mg		<b>15%</b>
<b>Total Carbohydrate</b>	59g		<b>20%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	33g		
<b>Protein</b>	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	6%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Eggs, Soybean Oil, Molasses, Raisins, Modified Food Starch, Carrots, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Spice, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme  
 Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 107525 - GR 7525 4 CT CHOCOLATE CHIP MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20752500000 - 4CT CHOCOLATE CHIP MUFFINS**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	460	Calories from Fat	140
% Daily Value *			
<b>Total Fat</b>	16g		<b>25%</b>
Saturated Fat	5g		<b>25%</b>
Trans Fat	0g		
<b>Cholesterol</b>	35mg		<b>12%</b>
<b>Sodium</b>	250mg		<b>10%</b>
<b>Total Carbohydrate</b>	74g		<b>25%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	55g		
<b>Protein</b>	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	10%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin [An Emulsifier], Vanilla), Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural Flavor, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, Turbinado Sugar, Chocolate Chips (Unsweetened Chocolate, Sugar, Soy Lecithin, Vanillin [Artificial Flavor], Milk)

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 107526 - GR 7526 4 CT CINNAMON CHIP MUFFINS**  
**Recipe Owning Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20752600000 - 4CT CINNAMON CHIP MUFFINS**  
**Production Item Owning Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	390	Calories from Fat	140
% Daily Value *			
<b>Total Fat</b>	15g		<b>23%</b>
Saturated Fat	4g		<b>21%</b>
Trans Fat	0g		
<b>Cholesterol</b>	45mg		<b>14%</b>
<b>Sodium</b>	300mg		<b>13%</b>
<b>Total Carbohydrate</b>	61g		<b>20%</b>
Dietary Fiber	<1g		<b>3%</b>
Sugars	49g		
<b>Protein</b>	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	6%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Cinnamon Flakes (Sugar, Vegetable Oil [Palm Oil, Palm Kernel], Cinnamon, Soy Lecithin, Wheat Flour), Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Cinnamon, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil), Cinnamon  
 Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 107538 - GR 7538 4 CT CHERRY ALMOND MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20753800000 - 4CT CHERRY ALMOND MUFFIN**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	540	Calories from Fat	180
% Daily Value *			
<b>Total Fat</b>	20g		<b>31%</b>
Saturated Fat	1.5g		<b>7%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	5mg		<b>0%</b>
<b>Total Carbohydrate</b>	80g		<b>27%</b>
Dietary Fiber	4g		<b>16%</b>
Sugars	73g		
<b>Protein</b>	8g		
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	6%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Turbinado Sugar, Almonds, Bleached Wheat Flour, Sugar, Water, Eggs, Soybean Oil, Maraschino Cherries, (Cherries, High Fructose Corn Syrup, Granulated Pure Sugar, Water, Potassium Sorbate [Preservative], Sodium Benzoate [Preservative], Citric Acid, Artificial Flavor, F.D.&C. Red #40, Sulphur Dioxide [Preservative]), Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dairy Whey (Milk), Salt, Mono & Diglycerides, Natural And Artificial Flavor, Xanthan Gum, Enzyme

Allergens: WHEAT, MILK, SOY, EGGS, TREE NUTS (ALMONDS)

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 107511 - GR 7511 4 CT BUTTER RUM MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20751100000 - 4 CT BUTTER RUM MUFFINS**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts	
Serving Size	1 Muffin (142g)
Servings Per Container	4
Amount Per Serving	
<b>Calories</b>	530
Calories from Fat	190
% Daily Value *	
<b>Total Fat</b>	21g <b>32%</b>
Saturated Fat	4g <b>20%</b>
Trans Fat	0g
<b>Cholesterol</b>	70mg <b>23%</b>
<b>Sodium</b>	460mg <b>19%</b>
<b>Total Carbohydrate</b>	80g <b>27%</b>
Dietary Fiber	1g <b>5%</b>
Sugars	48g
<b>Protein</b>	6g
Vitamin A	0%
Vitamin C	0%
Calcium	8%
Iron	0%
* 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
Total Carbohydrate	300g 375g
Dietary Fibre	25g 30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Butterscotch Chips (Sugar, Hydrogenated Palm Kernel Oil And Coconut Oil, Whey [Milk], Soy Lecithin [Emulsifier], Natural And Artificial Flavor, Artificial Color [F. D. & C. Yellow #6 Lake, Yellow #5 Lake, And Blue #2 Lake], And Salt), Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dairy Whey (Milk), Salt, Natural And Artificial Flavor, Mono & Diglycerides, Xanthan Gum, Enzyme, Butter Flavor Streusel (Bleached Wheat Flour, Sugar, Margarine [Palm Oil, Water, Soybean Oil, Contains 2% Or Less of: Salt, Mono And Diglycerides, Soy Lecithin, Natural Flavor, Citric Acid [Preservative], Beta Carotene Color, Vitamin A Palmitate Added], Natural And Artificial Flavor [Milk], Sodium Propionate [Preservative]), Turbinado Sugar  
 Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: None

**Recipe: 107546 - GR 7546 4 CT CRANBERRY ORANGE MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20754600000 - 4CT CRANBERRY ORANGE MUFFINS**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	410	Calories from Fat	120
% Daily Value *			
<b>Total Fat</b>	13g		<b>20%</b>
Saturated Fat	3g		<b>16%</b>
Trans Fat	0g		
<b>Cholesterol</b>	40mg		<b>13%</b>
<b>Sodium</b>	290mg		<b>12%</b>
<b>Total Carbohydrate</b>	71g		<b>24%</b>
Dietary Fiber	<1g		<b>3%</b>
Sugars	48g		
<b>Protein</b>	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Bleached Wheat Flour, Sugar, Water, Cranberries, Eggs, Soybean Oil, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dairy Whey (Milk), Salt, Mono & Diglycerides, Oil of Orange, Xanthan Gum, Annatto Color, Enzyme, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 107567 - GR 7567 4 CT LEMON POPPYSEED MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20756700000 - 4CT LEMON POPPY MUFFINS**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	440	Calories from Fat	140
% Daily Value *			
<b>Total Fat</b>	15g		<b>23%</b>
Saturated Fat	3g		<b>16%</b>
Trans Fat	0g		
<b>Cholesterol</b>	40mg		<b>13%</b>
<b>Sodium</b>	310mg		<b>13%</b>
<b>Total Carbohydrate</b>	73g		<b>24%</b>
Dietary Fiber	<1g		<b>3%</b>
Sugars	50g		
<b>Protein</b>	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	6%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Modified Food Starch, Poppy Seeds, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural Flavor, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, Turmeric For Color, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 107550 - GR 7550 4 CT DOUBLE DUTCH MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20755000000 - 4CT DOUBLE DUTCH MUFFINS**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	440	Calories from Fat	170
% Daily Value *			
<b>Total Fat</b>	19g		<b>29%</b>
Saturated Fat	4g		<b>20%</b>
Trans Fat	0g		
<b>Cholesterol</b>	30mg		<b>10%</b>
<b>Sodium</b>	580mg		<b>24%</b>
<b>Total Carbohydrate</b>	61g		<b>20%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	39g		
<b>Protein</b>	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	11%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Water, Bleached Wheat Flour, Eggs, Soybean Oil, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin [An Emulsifier], Vanilla), Cocoa Powder Treated With Alkali, Modified Food Starch, Dairy Whey (Milk), Leavening (Baking Soda, Monocalcium Phosphate), Buttermilk Solids, Salt, Caramel Color, Natural Flavor, Mono & Diglycerides, Xanthan Gum, Enzyme  
 Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 107580 - GR 7580 4 CT PISTACHIO MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20758000000 - 4CT PISTACHIO MUFFIN**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	440	Calories from Fat	130
% Daily Value *			
<b>Total Fat</b>	14g		<b>22%</b>
Saturated Fat	3.5g		<b>17%</b>
Trans Fat	0g		
<b>Cholesterol</b>	40mg		<b>13%</b>
<b>Sodium</b>	320mg		<b>13%</b>
<b>Total Carbohydrate</b>	73g		<b>24%</b>
Dietary Fiber	<1g		<b>3%</b>
Sugars	50g		
<b>Protein</b>	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural Pistachio Flavor, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, Fd&C Yellow #5, Fd&C Blue #1, And Fd&C Red #40, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)

Allergens: WHEAT, MILK, SOY, EGGS, TREE NUTS (PISTACHIOS)

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 107590 - GR 7590 4 CT PUMPKIN MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20759000000 - 4CT PUMPKIN MUFFINS**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

<h2>Nutrition Facts</h2>			
Serving Size	1 Muffin (191g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	750	Calories from Fat	220
% Daily Value *			
<b>Total Fat</b>	24g		<b>38%</b>
Saturated Fat	5g		<b>27%</b>
Trans Fat	0g		
<b>Cholesterol</b>	70mg		<b>23%</b>
<b>Sodium</b>	520mg		<b>22%</b>
<b>Total Carbohydrate</b>	125g		<b>42%</b>
Dietary Fiber	1g		<b>6%</b>
Sugars	87g		
<b>Protein</b>	7g		
Vitamin A	0%	Vitamin C	0%
Calcium	10%	Iron	10%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Pumpkin, Eggs, Soybean Oil, Water, Modified Food Starch, Molasses, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Spice, Dairy Whey (Milk), Salt, Mono & Diglycerides, Caramel Color, Xanthan Gum, Enzyme, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 107600 - GR 7600 4 CT RAISIN BRAN MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20760000000 - 4CT RAISIN BRAN MUFFINS**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

<b>Nutrition Facts</b>			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
<b>Amount Per Serving</b>			
<b>Calories</b>	420	Calories from Fat	120
% Daily Value *			
<b>Total Fat</b>	14g		<b>21%</b>
Saturated Fat	2.5g		<b>13%</b>
Trans Fat	0g		
<b>Cholesterol</b>	40mg		<b>14%</b>
<b>Sodium</b>	260mg		<b>11%</b>
<b>Total Carbohydrate</b>	67g		<b>22%</b>
Dietary Fiber	10g		<b>40%</b>
Sugars	24g		
<b>Protein</b>	7g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	10%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Bleached Wheat Flour, Sugar, Water, Eggs, Soybean Oil, Raisins, Wheat Bran, Molasses, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dairy Whey (Milk), Salt, Mono & Diglycerides, Caramel Color, Xanthan Gum, Enzyme, Whole Grain Rolled Oats

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 107607 - GR 7607 4 CT RED VELVET MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20760700000 - 4CT RED VELVET MUFFIN**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	490	Calories from Fat	180
% Daily Value *			
<b>Total Fat</b>	20g		<b>31%</b>
Saturated Fat	6g		<b>30%</b>
Trans Fat	0g		
<b>Cholesterol</b>	35mg		<b>11%</b>
<b>Sodium</b>	300mg		<b>13%</b>
<b>Total Carbohydrate</b>	75g		<b>25%</b>
Dietary Fiber	2g		<b>7%</b>
Sugars	56g		
<b>Protein</b>	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	10%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Soybean Oil, Eggs, Confectionary Drops (Sugar, Rspo Hydrogenated Vegetable Oil [Palm Kernel, Palm, Coconut], Cocoa Processed With Alkali, Dextrose, Cocoa Powder, Whey [Milk], Soy Lecithin [Emulsifier], Vanilla), Modified Food Starch, Cocoa Powder, Leavening (Baking Soda, Sodium Aluminum Phosphate), Mono And Diglycerides, Salt, Natural And Artificial Flavor, Rice Starch, Caramel Color, Dairy Whey (Milk), Soy Flour, Wheat Gluten, Fd&C Red #40, Enzyme, Turbinado Sugar, Chocolate Chips (Unsweetened Chocolate, Sugar, Soy Lecithin, Vanillin [Artificial Flavor], Milk)

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 107619 - GR 7619 4 CT ORANGE PINEAPPLE MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20761900000 - 4 ct Orange Pineapple Muffins**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	430	Calories from Fat	120
% Daily Value *			
<b>Total Fat</b>	14g		<b>21%</b>
Saturated Fat	3g		<b>16%</b>
Trans Fat	0g		
<b>Cholesterol</b>	35mg		<b>12%</b>
<b>Sodium</b>	300mg		<b>12%</b>
<b>Total Carbohydrate</b>	72g		<b>24%</b>
Dietary Fiber	<1g		<b>3%</b>
Sugars	50g		
<b>Protein</b>	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	6%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Pineapple, Orange Peel (Orange Peel, Water, Citric Acid), Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dairy Whey (Milk), Salt, Mono & Diglycerides, Oil Of Orange, Annatto For Color, Xanthan Gum, Enzyme, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 107620 - GR 7620 4 CT APPLE SPICE MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20762000000 - 4CT APPLE SPICE MUFFINS**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

<b>Nutrition Facts</b>			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
<b>Amount Per Serving</b>			
<b>Calories</b>	310	Calories from Fat	100
% Daily Value *			
<b>Total Fat</b>	11g		<b>17%</b>
Saturated Fat	3g		<b>14%</b>
Trans Fat	0g		
<b>Cholesterol</b>	30mg		<b>10%</b>
<b>Sodium</b>	250mg		<b>11%</b>
<b>Total Carbohydrate</b>	50g		<b>17%</b>
Dietary Fiber	<1g		<b>3%</b>
Sugars	42g		
<b>Protein</b>	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	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
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Ingredients Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Apples, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Pyrophosphate, Monocalcium Phosphate), Spice, Natural Flavor, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme. Contains: Wheat, Egg, And Dairy (Milk). This Product is Manufactured On Equipment Exposed To Almond, Coconut, Pecan, Pistachio, Soy, And Walnut Products. Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil), Cinnamon  
 Allergens: WHEAT, MILK, SOY, EGGS, TREE NUT.

Bioengineered: None

**Recipe: 107622 - GR 7622 4 CT PEACH MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20762200000 - 4CT PEACH MUFFINS**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

<h2>Nutrition Facts</h2>			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	420	Calories from Fat	120
% Daily Value *			
<b>Total Fat</b>	13g		<b>20%</b>
Saturated Fat	3g		<b>16%</b>
Trans Fat	0g		
<b>Cholesterol</b>	40mg		<b>13%</b>
<b>Sodium</b>	290mg		<b>12%</b>
<b>Total Carbohydrate</b>	72g		<b>24%</b>
Dietary Fiber	<1g		<b>3%</b>
Sugars	50g		
<b>Protein</b>	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Bleached Wheat Flour, Sugar, Water, Eggs, Soybean Oil, Peaches, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural Flavor, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)  
 Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 107623 - GR 7623 4 CT RASPBERRY MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20762300000 - 4CT RASPBERRY MUFFIN**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	440	Calories from Fat	130
% Daily Value *			
<b>Total Fat</b>	14g		<b>22%</b>
Saturated Fat	4g		<b>19%</b>
Trans Fat	0g		
<b>Cholesterol</b>	45mg		<b>14%</b>
<b>Sodium</b>	310mg		<b>13%</b>
<b>Total Carbohydrate</b>	74g		<b>25%</b>
Dietary Fiber	<1g		<b>3%</b>
Sugars	51g		
<b>Protein</b>	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Raspberry Bits (Sugar, Hydrogenated Palm Oil, Corn Flour, Corn Starch, Citric Acid, Natural Flavor, Red #40 Lake, Dried Raspberries, Blue #1 Lake), Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural Flavor, Raspberries, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, FD&C Red #40, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)  
 Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

**Recipe: 107528 - GR 7528 4 CT KEY LIME MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20752800000 - 4 CT Key Lime Muffins**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	560	Calories from Fat	200
% Daily Value *			
<b>Total Fat</b>	22g		<b>34%</b>
Saturated Fat	4g		<b>21%</b>
Trans Fat	0g		
<b>Cholesterol</b>	65mg		<b>22%</b>
<b>Sodium</b>	480mg		<b>20%</b>
<b>Total Carbohydrate</b>	85g		<b>28%</b>
Dietary Fiber	1g		<b>5%</b>
Sugars	51g		
<b>Protein</b>	6g		
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	6%
* 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
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Ingredients Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural Flavor, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, F.D. & C. Yellow #5, F.D. & C. Blue #1, And F.D. & C. Red #40. Contains: Wheat, Egg, And Dairy (Milk). This Product is Manufactured On Equipment Exposed To Almond, Coconut, Pecan, Pistachio, Soy, And Walnut Products. Butter Flavor Streusel (Bleached Wheat Flour, Sugar, Margarine [Palm Oil, Water, Soybean Oil, Contains 2% Or Less of: Salt, Mono And Diglycerides, Soy Lecithin, Natural Flavor, Citric Acid [Preservative], Beta Carotene Color, Vitamin A Palmitate Added], Natural And Artificial Flavor [Milk], Sodium Propionate [Preservative]), Turbinado Sugar  
 Allergens: WHEAT, MILK, SOY, EGGS, TREE NUT.

Bioengineered: None

**Recipe: 107608 - GR 7608 4 CT TRIPLE BERRY MUFFINS**  
**Recipe Owing Business Unit: 100000 - East - Grand Rapids**  
**Production Item: 20760800000 - 4CT TRIPLE BERRY MUFFINS**  
**Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size	1 Muffin (113g)		
Servings Per Container	4		
Amount Per Serving			
<b>Calories</b>	410	Calories from Fat	120
% Daily Value *			
<b>Total Fat</b>	13g		<b>20%</b>
Saturated Fat	3g		<b>16%</b>
Trans Fat	0g		
<b>Cholesterol</b>	35mg		<b>12%</b>
<b>Sodium</b>	290mg		<b>12%</b>
<b>Total Carbohydrate</b>	71g		<b>24%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	49g		
<b>Protein</b>	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%
* 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
Cholestrol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Bleached Wheat Flour, Sugar, Water, Eggs, Soybean Oil, Blueberries, Cranberries, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Raspberries, Dairy Whey (Milk), Salt, Mono & Diglycerides, Natural And Artificial Flavor, Xanthan Gum, Enzyme, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient