

Fast and Fresh Bakery Nutritional Information

Item Name	PLU	Serving Size	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Prot (g)	Vit D (mcg)	Calc % DV	Iron % DV	Pot % DV
Muffins																	
Blueberry Muffin	21188	1 muffin	520	25	4.5	0	75	440	67	1	35	33	6	0	2	15	2
Chocolate Chip Muffin	21187	1 muffin	580	29	8	0	75	460	75	2	44	43	6	0	2	20	4
Donut Holes																	
Cinnamon Sugared Donut Holes	21481 & 21485	6 donut holes	510	26	12	0	20	660	66	0	32	30	6	0	4	10	4
Sugared Donut Holes	21479 & 21480	6 donut holes	510	26	12	0	20	660	66	0	32	30	6	0	4	10	4
Cinnamon Rolls																	
Cinnamon Roll	21162	2 oz portion	220	11	5	0	5	95	28	1	16	15	2	0	2	6	0
Cinnamon Roll, 6.5 oz	21669	1 cinnamon roll	1040	51	24	0	35	450	133	4	72	70	12	0	10	20	7
Cinnamon Roll, 4.5 oz	21670	1 cinnamon roll	770	38	18	0	25	330	98	3	55	54	8	0	6	15	5
Bakery Bars																	
Banana Bar	21460 & 21461	1 bar	330	16	5	0	30	320	44	0	34	32	3	0	2	6	2
Pumpkin Bar	21663 & 21674	1 bar	350	17	4.5	0	30	220	45	1	35	34	3	0	2	6	2
Chocolate Chip Blondie	21053 & 21054	1 bar	260	13	3.5	0	10	140	37	1	24	24	2	0	0	6	2
Caramel Iced Brownie	21051 & 21052	1 bar	360	14	4.5	0	10	250	57	2	43	42	2	0	2	15	4
Cream Cheese Iced Brownie	21458 & 21459	1 bar	400	16	5	0	20	260	61	2	47	47	3	0	2	15	4
Fudge Iced Brownie	21661 & 21673	1 bar	470	21	7	0	10	290	69	3	53	52	3	0	2	30	6
Crispy Bites																	
Chocolate Peanut Butter Crispy Bites	21666	7 pieces	490	21	8	0	0	280	68	2	40	37	9	0	2	30	6
Rice Crispy Bites	21667	7 pieces	260	6	3.5	0	20	190	53	0	23	23	2	0	0	40	0
Bakery Buns																	
Bakery Hamburger Buns, 8 ct	21495	1 bun	140	1.5	0	0	5	125	27	1	5	2	6	0	4	10	2
Bakery Hot Dog Buns, 8 ct	21491	1 bun	140	1.5	0	0	5	125	27	1	5	2	6	0	4	10	2
Bakery Sweet Yeasty Buns, 6 ct	21498	1 bun	270	4	0	0	0	410	52	2	15	13	9	0	2	15	2
Warm David's Cookies																	
Apple Caramel Crisp	21547	1 cookie	540	26	11	0.5	60	420	74	2	39	33	7	0	4	15	2
Chaos	21149	1 cookie	570	29	14	1	75	500	74	2	38	31	8	0	2	20	2
Chocolate Caramel Nut, Snickers	21082	1 cookie	580	29	11	0	50	380	73	2	44	42	9	0	4	10	2
Chocolate Chunk with M&Ms	21086	1 cookie	560	27	13	0	45	290	79	3	50	48	7	0	4	30	4
Cookies & Cream	21464	1 cookie	560	26	14	0.5	55	410	76	1	46	44	7	0	8	15	2
Frosting Filled	21614	1 cookie	410	18	9	0	50	270	56	1	32	30	5	0	2	10	2
Fudge Filled	21918	1 cookie	410	19	9	0	45	210	58	2	35	34	5	0	2	15	4
Lemon Blueberry	21150	1 cookie	550	25	9	0	45	370	79	1	45	34	6	0	2	10	2
PB&J Filled	21610	1 cookie	370	17	6	0	40	280	51	1	30	27	5	0	2	6	2
Peanut Butter Chocolate Chunk, Butterfinger	21609	1 cookie	590	31	13	0	50	520	70	2	39	37	11	0	6	15	6
Pumpkin White Chocolate Pecan	21615	1 cookie	570	33	13	0	55	220	65	2	41	39	6	0	6	10	2
Red Velvet	21599	1 cookie	570	27	14	0	50	270	78	2	50	48	7	0	6	15	4
Reese's Peanut Butter Cup	21085	1 cookie	630	38	17	0	40	480	66	2	46	43	11	0	4	10	6
Salted Caramel, Heath	21608	1 cookie	580	28	13	0.5	60	430	77	1	48	47	6	0	4	10	2
S'Mores	21156	1 cookie	540	23	12	0	45	330	79	3	53	52	6	0	2	30	6
Triple Chocolate	21562	1 cookie	570	28	14	0	45	290	78	3	49	48	7	0	4	30	4
White Chocolate Macadamia Nut	21155	1 cookie	620	36	29	0.5	45	330	69	2	43	40	8	0	8	10	2
Ambient David's Cookies																	
Apple Caramel Crisp	21958	1 cookie	540	26	11	0.5	60	420	74	2	39	33	7	0	4	15	2
Chaos	21965	1 cookie	570	29	14	1	75	500	74	2	38	31	8	0	2	20	2
Chocolate Caramel Nut, Snickers	21957	1 cookie	580	29	11	0	50	380	73	2	44	42	9	0	4	10	2
Chocolate Chunk with M&Ms	21955	1 cookie	560	27	13	0	45	290	79	3	50	48	7	0	4	30	4
Cookies & Cream	21465	1 cookie	560	26	14	0.5	55	410	76	1	46	44	7	0	8	15	2

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Frosting Filled	21988	1 cookie	410	18	9	0	50	270	56	1	32	30	5	0	2	10	2
Fudge Filled	21997	1 cookie	410	19	9	0	45	210	58	2	35	34	5	0	2	15	4
Lemon Blueberry	21962	1 cookie	550	25	9	0	45	370	79	1	45	34	6	0	2	10	2
PB&J Filled	21987	1 cookie	370	17	6	0	40	280	51	1	30	27	5	0	2	6	2
Peanut Butter Chocolate Chunk, Butterfinger	21968	1 cookie	590	31	13	0	50	520	70	2	39	37	11	0	6	15	6
Pumpkin White Chocolate Pecan	21989	1 cookie	570	33	13	0	55	220	65	2	41	39	6	0	6	10	2
Red Velvet	21959	1 cookie	570	27	14	0	50	270	78	2	50	48	7	0	6	15	4
Reese's Peanut Butter Cup	21953	1 cookie	630	38	17	0	40	480	66	2	46	43	11	0	4	10	6
Salted Caramel, Heath	21967	1 cookie	580	28	13	0.5	60	430	77	1	48	47	6	0	4	10	2
S'Mores	21960	1 cookie	540	23	12	0	45	330	79	3	53	52	6	0	2	30	6
Triple Chocolate	21956	1 cookie	570	28	14	0	45	290	78	3	49	48	7	0	4	30	4
White Chocolate Macadamia Nut	21966	1 cookie	620	36	29	0.5	45	330	69	2	43	40	8	0	8	10	2