

Bread Nutrition Facts



Nutrition Facts	
WG Catered Kaiser	
Serving Size	1 Roll
Amount Per Serving	
Calories	120
Total Fat	1.5g
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	270mg
Total Carb.	23g
Fiber	3g
Sugar	2g
Protein	5g

Nutrition Facts	
WG Cater Torpedo	
Serving Size	1.5oz
Amount Per Serving	
Calories	120
Total Fat	1g
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	260mg
Total Carb.	23g
Fiber	3g
Sugar	1g
Protein	5g



Nutrition Facts	
WG Dinner Roll	
Serving Size	1.25oz
Amount Per Serving	
Calories	100
Total Fat	1g
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	210mg
Total Carb.	18g
Fiber	2g
Sugar	1g
Protein	4g



Nutrition Facts	
WW Hamburger Roll	
Serving Size	1 Roll
Amount Per Serving	
Calories	130
Total Fat	2g
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	260mg
Total Carb.	25g
Fiber	5g
Sugar	3g
Protein	6g



Nutrition Facts	
WW Hot Dog Roll	
Serving Size	1 Roll
Amount Per Serving	
Calories	130
Total Fat	1.5g
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	280mg
Total Carb.	25g
Fiber	4g
Sugar	3g
Protein	6g



Nutrition Facts	
WG White Bread	
Serving Size	2 Slices
Amount Per Serving	
Calories	130
Total Fat	1.5g
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	240mg
Total Carb.	25g
Fiber	2g
Sugar	4g
Protein	5g



Nutrition Facts	
Wheat Bread	
Serving Size	1 Slice
Amount Per Serving	
Calories	90
Total Fat	1g
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	200mg
Total Carb.	17g
Fiber	1g
Sugar	2g
Protein	3g



Nutrition Facts	
WG Torpedo Roll	
Serving Size	2.75oz
Amount Per Serving	
Calories	200
Total Fat	.5g
Saturated Fat	0
Trans Fat	0
Cholesterol	0
Sodium	430mg
Total Carb.	38g
Fiber	5g
Sugar	2g
Protein	8g



Nutrition Facts	
WG 10" Wrap	
Serving Size	1 Wrap
Amount Per Serving	
Calories	
Total Fat	
Saturated Fat	
Trans Fat	
Cholesterol	
Sodium	
Total Carb.	
Fiber	
Sugar	
Protein	