

Epic Harvests LLC

NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Chocolate Chip Cookie
PRODUCT CODE: 22508FIW
PORTION SIZE: 1.5 oz.
PACKED: 100 Individual Wrapped
CASE NET WEIGHT: 20 lbs.
CASE DIMENSIONS: 15.9"x10.4"x 6.8"
PALLETIZING: 9 ti X 10 hi
MEAL CONTRIBUTION:

EACH WHOLE GRAIN EQUIVALENT Chocolate chip Cookie: The equivalent of 1 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain.

INGREDIENTS: Whole grain flour, enriched flour, water, eggs, sugar, semi sweet chocolate chips, margarine, Brown Sugar, soybean oil, salt, natural flavors, and imitation vanilla.

ALLERGENS: Gluten, wheat, soy and eggs.

SERVING DIRECTIONS: Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

Name: Tom Rykalsky

Title: CEO

Signature: *Tom Rykalsky* **Date:** April 2016



Nutrition Facts

Serving Size 1 cookie (43g)
Servings Per Container 1

Amount Per Serving	
Calories 149	Calories from Fat 41
% Daily Values*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 8g	16%
Vitamin A 10%	Iron 8%

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Sugar Cookie
PRODUCT CODE: 22510FIW
PORTION SIZE: 1.5 oz.
PACKED: 100 Individual Wrapped
CASE NET WEIGHT: 20 lbs.
CASE DIMENSIONS: 15.9"x10.4"x 6.8"
PALLETIZING: 9 ti X 10 hi
MEAL CONTRIBUTION:

**EACH WHOLE GRAIN EQUIVALENT Sugar Cookie: The equivalent of 1 servings
of WHOLE GRAIN, contains minimum 51% of the flour as whole grain.**

INGREDIENTS: Whole grain flour, enriched flour, water, eggs, sugar, margarine, Brown Sugar, soybean oil, salt, natural flavors, and imitation vanilla.

ALLERGENS: Gluten, wheat, soy and eggs.

SERVING DIRECTIONS: Thaw at room temperature 2 hours
prior to serving.

I certify that the above information is accurate at present
on this date.

Name: Tom Rykalsky

Title: CEO

Signature: *Tom Rykalsky* **Date:** April 2016

Nutrition Facts			
Serving Size 1 cookie (43g)			
Servings Per Container 1			
Amount Per Serving			
Calories 146		Calories from Fat 41	
% Daily Values*			
Total Fat 5g		8%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 5mg		2%	
Sodium 95mg		4%	
Total Carbohydrate 25g		8%	
Dietary Fiber 2g		8%	
Sugars 10.8g			
Protein 2g		4%	
Vitamin A 10%		•	Iron 8%
*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Epic Harvest LLC

NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Chocolate Chocolate Chip Cookie
PRODUCT CODE: 22501FIW
PORTION SIZE: 1.5 oz.
PACKED: 100 Individual Wrapped
CASE NET WEIGHT: 20 lbs.
CASE DIMENSIONS: 15.9"x10.4"x 6.8"
PALLETIZING: 9 ti X 10 hi
MEAL CONTRIBUTION:

EACH WHOLE GRAIN EQUIVALENT Double Chocolate chip Cookie: The equivalent of 1 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain.

INGREDIENTS: Whole grain flour, enriched flour, water, eggs, sugar, semi sweet chocolate chips, cocoa, margarine, Brown Sugar, soybean oil, salt, natural flavors, and imitation vanilla.

ALLERGENS: Gluten, wheat, soy and eggs.

SERVING DIRECTIONS: Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

Name: Tom Rykalsky

Title: CEO

Signature: *Tom Rykalsky* **Date:** April 2016

Nutrition Facts			
Serving Size 1 cookie (43g)			
Servings Per Container 1			
Amount Per Serving			
Calories 149		Calories from Fat 41	
% Daily Values*			
Total Fat 5g			8%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 95mg			4%
Total Carbohydrate 25g			9%
Dietary Fiber 2g			8%
Sugars 11g			
Protein 8g			16%
Vitamin A 10%		•	Iron 8%
*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Epic Harvests LLC

NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Festive Chip Cookie
PRODUCT CODE: 22526FIW
PORTION SIZE: 1.5 oz.
PACKED: 100 Individual Wrapped
CASE NET WEIGHT: 20 lbs.
CASE DIMENSIONS: 15.9"x10.4"x 6.8"
PALLETIZING: 9 ti X 10 hi
MEAL CONTRIBUTION:

EACH WHOLE GRAIN EQUIVALENT Festive chip Cookie: The equivalent of 1 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain.

INGREDIENTS: Whole grain flour, enriched flour, water, eggs, sugar, Coated semi sweet chocolate chips, margarine, Brown Sugar, soybean oil, salt, natural flavors, and imitation vanilla.

ALLERGENS: Gluten, wheat, soy and eggs.

SERVING DIRECTIONS: Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

Name: Tom Rykalsky

Title: CEO

Signature: *Tom Rykalsky* **Date:** April 2016



Nutrition Facts

Serving Size 1 cookie (43g)
Servings Per Container 1

Amount Per Serving	
Calories 149	Calories from Fat 41
% Daily Values*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 8g	16%
Vitamin A 10%	Iron 8%

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Snickerdoodle Cookie
PRODUCT CODE: 22509FIW
PORTION SIZE: 1.5 oz.
PACKED: 100 Individual Wrapped
CASE NET WEIGHT: 20 lbs.
CASE DIMENSIONS: 15.9"x10.4"x 6.8"
PALLETIZING: 9 ti X 10 hi
MEAL CONTRIBUTION:

EACH WHOLE GRAIN EQUIVALENT Snickerdoodle Cookie: The equivalent of 1 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain.

INGREDIENTS: Whole grain flour, enriched flour, water, eggs, sugar, margarine, Brown Sugar, soybean oil, salt, natural flavors, and imitation vanilla.

ALLERGENS: Gluten, wheat, soy and eggs.

SERVING DIRECTIONS: Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

Name: Tom Rykalsky

Title: CEO

Signature: *Tom Rykalsky* **Date:** April 2016



Nutrition Facts	
Serving Size 1 cookie (43g)	
Servings Per Container 1	
Amount Per Serving	
Calories 146	Calories from Fat 41
% Daily Values*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 10.8g	
Protein 2g	4%
Vitamin A 10%	Iron 8%
*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 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g