



Arnie's Bakery
815 Leonard St NW
Grand Rapids, MI 49504

To Whom It May Concern:

The following products are a 1 bread equivalent and meet the 2014/2015 school lunch program requirements.

A handwritten signature in black ink, appearing to read "Randy Schaap", enclosed within a simple oval outline.

Randy Schaap
Director of Food Safety & Quality

Whole Grain Muffin Nutritionals

Chocolate Whole Grain Muffins

Nutrition Facts	
Serving Size 1 muffin (55g)	
Servings Per Container 72	
Amount Per Serving	
Calories 190	Calories from Fat 90
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	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 230mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 3g	
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Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• 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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cinnamon Whole Grain Muffins

Nutrition Facts	
Serving Size 1 muffin (55g)	
Servings Per Container 72	
Amount Per Serving	
Calories 200	Calories from Fat 90
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	% Daily Value*
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 220mg	9%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 3g	
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Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• 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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Banana Whole Grain Muffins

Nutrition Facts	
Serving Size 1 muffin (55g)	
Servings Per Container 72	
Amount Per Serving	
Calories 170	Calories from Fat 70
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	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 230mg	10%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 3g	
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Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• 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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Blueberry Whole Grain Muffins

Nutrition Facts	
Serving Size 1 muffin (55g)	
Servings Per Container 72	
Amount Per Serving	
Calories 170	Calories from Fat 70
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	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 230mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 3g	
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Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• 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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Whole Grain Muffin Ingredients

WHOLE GRAIN CHOCOLATE MUFFINS

WHOLE WHEAT FLOUR, SUGAR, FOOD STARCH-MODIFIED, SOYBEAN OIL, DRY WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), VITAL WHEAT GLUTEN, SALT, MONO & DIGLYCERIDES, SORBITAN MONOSTEARATE, POLYSORBATE 60, NATURAL FLAVOR, WATER, CITRIC ACID, WHOLE EGGS, WATER, SOYBEAN OIL, COCOA PROCESSED WITH ALKALI, BUTTER FLAVOR

WHOLE GRAIN CINNAMON MUFFINS

WHOLE WHEAT FLOUR, SUGAR, FOOD STARCH-MODIFIED, SOYBEAN OIL, DRY WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), VITAL WHEAT GLUTEN, SALT, MONO & DIGLYCERIDES, SORBITAN MONOSTEARATE, POLYSORBATE 60, NATURAL FLAVOR, WATER, CITRIC ACID, WHOLE EGGS, WATER, PARTIALLY HYDROGENATED PALM KERNEL OIL, REDUCED MINERAL WHEY POWDER, GROUND CINNAMON, NONFAT DRY MILK SOLIDS, ANHYDROUS DEXTROSE, SOYA LECITHIN (AN EMULSIFIER), SALT, ARTIFICIAL FLAVOR, YELLOW LAKE #5, YELLOW LAKE #6, BLUE LAKE #2, CINNAMON, BUTTER FLAVOR

WHOLE GRAIN BANANA MUFFINS

WHOLE WHEAT FLOUR, SUGAR, FOOD STARCH-MODIFIED, SOYBEAN OIL, DRY WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), VITAL WHEAT GLUTEN, SALT, MONO & DIGLYCERIDES, SORBITAN MONOSTEARATE, POLYSORBATE 60, NATURAL FLAVOR, WATER, CITRIC ACID, WHOLE EGGS, BANANA, WATER

WHOLE GRAIN BLUEBERRY MUFFINS

WHOLE WHEAT FLOUR, SUGAR, FOOD STARCH-MODIFIED, SOYBEAN OIL, DRY WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), VITAL WHEAT GLUTEN, SALT, MONO & DIGLYCERIDES, SORBITAN MONOSTEARATE, POLYSORBATE 60, HIGH FRUCTOSE CORN SYRUP, WATER, NATURAL FLAVOR, CITRIC ACID, WHOLE EGGS, WATER, BLUEBERRIES, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, MARGARINE (PARTIALLY HYDROGENATED SOYBEAN OIL, WATER, PARTIALLY HYDROGENATED COTTONSEED OIL, SALT, MONO- AND DIGLYCERIDES, COLORED WITH ANNATTO/TURMERIC, CALCIUM EDTA ADDED AS A PRESERVATIVE, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE ADDED), INVERT SUGAR, BUTTER FLAVOR, SALT, BOURBANAISE VANILLA (WATER, ALCOHOL, CARAMEL COLOR, NATURAL AND ARTIFICIAL FLAVORS.)