



8806 FRUITRIDGE RD.SACRAMENTO CA 95826

Date: 09/18/25
Supersedes: 03/11/25

PRODUCT SPECIFICATIONS

* Individual Wrapped (available in both 3.5 oz & 6.5 oz).



Poppy Seed Muffins with Almonds

Item #: **MUFFIN27 (EA)**
Net Wt: **2.0 oz**
Topping: **Sliced Almonds**

(Individual Wrapped), MUFFIN17
(EA)
3.5 oz
Sliced Almonds

(Individual Wrapped), MUFFIN07
(EA)
6.5 oz
Sliced Almonds

Nutrition Facts	
1 serving per container	
Serving size	57 g (1 Muffin)
Amount per serving	
Calories	270
% Daily Value *	
Total Fat 16g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 220mg	9%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 15g Added Sugars	30%
Protein 4g	
Vitamin D 0.3mcg	2%
Calcium 40mg	4%
Iron 1.3mg	8%
Potassium 90mg	2%
Vitamin A 0mcg	0%
Folate 15mcg DFE (10mcg Folic Acid)	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	99 g (1 Muffin)
Amount per serving	
Calories	430
% Daily Value *	
Total Fat 24g	31%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 70mg	24%
Sodium 350mg	15%
Total Carbohydrate 49g	18%
Dietary Fiber 2g	6%
Total Sugars 25g	
Includes 24g Added Sugars	48%
Protein 6g	
Vitamin D 0.4mcg	2%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 130mg	2%
Vitamin A 0mcg	0%
Folate 20mcg DFE (20mcg Folic Acid)	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	184 g (1 Muffin)
Amount per serving	
Calories	780
% Daily Value *	
Total Fat 43g	55%
Saturated Fat 7g	37%
Trans Fat 0g	
Cholesterol 130mg	44%
Sodium 650mg	28%
Total Carbohydrate 91g	33%
Dietary Fiber 3g	10%
Total Sugars 47g	
Includes 45g Added Sugars	90%
Protein 11g	
Vitamin D 0.8mcg	4%
Calcium 110mg	8%
Iron 3.7mg	20%
Potassium 220mg	4%
Vitamin A 0mcg	0%
Folate 35mcg DFE (35mcg Folic Acid)	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BASE (SUGAR, ENRICHED WHEAT FLOUR BLEACHED [FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], FOOD STARCH-MODIFIED, SOYBEAN OIL, CONTAINS 2% OR LESS OF: DEFATTED SOY FLOUR, EGGS, LEAVENING [ALUMINUM SULFATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATTY ACIDS, SALT, SODIUM STEAROYL LACTYLATE, VITAL WHEAT GLUTEN, WHEY), EGGS, SOYBEAN OIL, WATER, NATURAL ALMONDS, ENRICHED WHEAT FLOUR BLEACHED ([NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], ASCORBIC ACID, ENZYME [IMPROVES YEAST BAKING]), POPPY SEEDS, NATURAL ALMOND EMULSION (WATER, NATURAL ALMOND OIL, PROPYLENE GLYCOL, XANTHAN GUM), POTASSIUM SORBATE.

CONTAINS: ALMONDS, EGGS, MILK, SOY, WHEAT

Produced in a facility that also uses: Milk, Eggs, Fish (Lox), Tree Nuts, Wheat, Soybeans and Sesame



8806 FRUITRIDGE RD.SACRAMENTO CA 95826

Date: 09/18/25
Supersedes: 03/06/25

PRODUCT SPECIFICATIONS

Apple Cinnamon Muffins



Item #:	MUFFIN21
Net Wt:	2.0 oz
Topping:	N/A

Item #:	MUFFIN11
Net Wt:	3.5 oz
Topping:	N/A

Item #:	MUFFIN01
Net Wt:	6.5 oz
Topping:	N/A

Nutrition Facts	
1 serving per container	
Serving size	57 g (1 Muffin)
Amount per serving	
Calories	240
% Daily Value *	
Total Fat 12g	16%
Saturated Fat 2.5g	11%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 220mg	10%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	2%
Total Sugars 17g	
Includes 14g Added Sugars	29%
Protein 3g	
Vitamin D 0.2mcg	2%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 50mg	2%
Vitamin A 0mcg	0%
Folate 10mcg DFE (10mcg Folic Acid)	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	99 g (1 Muffin)
Amount per serving	
Calories	350
% Daily Value *	
Total Fat 18g	23%
Saturated Fat 3.5g	16%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 320mg	14%
Total Carbohydrate 44g	16%
Dietary Fiber 1g	3%
Total Sugars 24g	
Includes 21g Added Sugars	42%
Protein 4g	
Vitamin D 0.4mcg	2%
Calcium 30mg	2%
Iron 1.5mg	8%
Potassium 80mg	2%
Vitamin A 0mcg	0%
Folate 15mcg DFE (15mcg Folic Acid)	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	184 g (1 Muffin)
Amount per serving	
Calories	690
% Daily Value *	
Total Fat 35g	45%
Saturated Fat 7g	33%
Trans Fat 0g	
Cholesterol 125mg	41%
Sodium 640mg	28%
Total Carbohydrate 88g	32%
Dietary Fiber 2g	6%
Total Sugars 47g	
Includes 42g Added Sugars	84%
Protein 9g	
Vitamin D 0.7mcg	4%
Calcium 60mg	4%
Iron 3mg	15%
Potassium 160mg	4%
Vitamin A 0mcg	0%
Folate 30mcg DFE (35mcg Folic Acid)	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BASE (SUGAR, ENRICHED WHEAT FLOUR BLEACHED [FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], FOOD STARCH-MODIFIED, SOYBEAN OIL, CONTAINS 2% OR LESS OF: DEFATTED SOY FLOUR, EGGS, LEAVENING [ALUMINUM SULFATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATTY ACIDS, SALT, SODIUM STEAROYL LACTYLATE, VITAL WHEAT GLUTEN, WHEY), EGGS, SOYBEAN OIL, APPLES (ASCORBIC ACID, CITRIC ACID), WATER, APPLE FILLING ([PREPARED WITH SODIUM SULFITE AND CALCIUM CHLORIDE], HIGH FRUCTOSE CORN SYRUP, WATER, SUGAR, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF THE FOLLOWING: LEMON JUICE, APPLE JUICE CONCENTRATE, CINNAMON, POTASSIUM SORBATE [PRESERVATIVE], SALT, CITRIC ACID, NUTMEG), ENRICHED WHEAT FLOUR BLEACHED ([NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], ASCORBIC ACID, ENZYME [IMPROVES YEAST BAKING]), CINNAMON, POTASSIUM SORBATE.
CONTAINS: EGGS, MILK, SOY, WHEAT

Produced in a facility that also uses: Milk, Eggs, Fish (Lox), Tree Nuts, Wheat, Soybeans and Sesame



8806 FRUITRIDGE RD.SACRAMENTO CA 95826

PRODUCT SPECIFICATIONS

* Individual Wrapped (available in both 3.5 oz & 6.5 oz).



Banana Nut Muffins

Item #:	MUFFIN22 (EA)
Net Wt:	2.0 oz
Topping:	Walnuts

Item #:	IPMUFFIN12 (Individual Wrapped), MUFFIN12 (EA)
Net Wt:	3.5 oz
Topping:	Walnuts

Item #:	IPMUFFIN02 (Individual Wrapped), MUFFIN02 (EA)
Net Wt:	6.5 oz
Topping:	Walnuts

Nutrition Facts	
1 serving per container	
Serving size	57 g (1 Muffin)
Amount per serving	
Calories	220
% Daily Value *	
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 160mg	7%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	3%
Total Sugars 12g	
Includes 11g Added Sugars	22%
Protein 3g	
Vitamin D 0.2mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 80mg	2%
Vitamin A 0mcg	0%
Folate 10mcg DFE (10mcg Folic Acid)	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	99 g (1 Muffin)
Amount per serving	
Calories	350
% Daily Value *	
Total Fat 21g	27%
Saturated Fat 3.5g	16%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 250mg	11%
Total Carbohydrate 37g	14%
Dietary Fiber 1g	5%
Total Sugars 19g	
Includes 17g Added Sugars	35%
Protein 5g	
Vitamin D 0.3mcg	2%
Calcium 30mg	2%
Iron 1.5mg	8%
Potassium 130mg	2%
Vitamin A 0mcg	0%
Folate 20mcg DFE (15mcg Folic Acid)	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	184 g (1 Muffin)
Amount per serving	
Calories	630
% Daily Value *	
Total Fat 37g	48%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 90mg	31%
Sodium 450mg	20%
Total Carbohydrate 67g	24%
Dietary Fiber 2g	8%
Total Sugars 35g	
Includes 31g Added Sugars	63%
Protein 9g	
Vitamin D 0.5mcg	2%
Calcium 50mg	4%
Iron 2.7mg	15%
Potassium 230mg	4%
Vitamin A 0mcg	0%
Folate 35mcg DFE (25mcg Folic Acid)	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BASE (SUGAR, ENRICHED WHEAT FLOUR BLEACHED [FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], FOOD STARCH-MODIFIED, SOYBEAN OIL, CONTAINS 2% OR LESS OF: DEFATTED SOY FLOUR, EGGS, LEAVENING [ALUMINUM SULFATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATTY ACIDS, SALT, SODIUM STEAROYL LACTYLATE, VITAL WHEAT GLUTEN, WHEY), EGGS, SOYBEAN OIL, WALNUTS, BANANAS, WATER, ENRICHED WHEAT FLOUR BLEACHED ([NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], ASCORBIC ACID, ENZYME [IMPROVES YEAST BAKING]), NATURAL BANANA EXTRACT (ALCOHOL, WATER, NATURAL FLAVOR), POTASSIUM SORBATE. CONTAINS: EGGS, MILK, TREE NUTS (WALNUTS), SOY, WHEAT

Produced in a facility that also uses: Milk, Eggs, Fish (Lox), Tree Nuts, Wheat, Soybeans and Sesame



8806 FRUITRIDGE RD.SACRAMENTO CA 95826

Date: 09/18/25
Supersedes: 04/21/25

PRODUCT SPECIFICATIONS

* Individual Wrapped (available in both 3.5 oz & 6.5 oz).



Bluberry Muffins

Item #:	MUFFIN23 (EA)
Net Wt:	2.0 oz
Topping:	N/A

Item #:	IPMUFFIN13 (Individual Wrapped), MUFFIN13 (EA)
Net Wt:	3.5 oz
Topping:	N/A

Item #:	IPMUFFIN03 (Individual Wrapped), MUFFIN03 (EA)
Net Wt:	6.5 oz
Topping:	N/A

Nutrition Facts	
1 serving per container	
Serving size	57 g (1 Muffin)
Amount per serving	
Calories	220
	% Daily Value *
Total Fat 11g	15%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 190mg	8%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	3%
Total Sugars 15g	
Includes 13g Added Sugars	27%
Protein 3g	
Vitamin D 0.2mcg	2%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 50mg	2%
Vitamin A 0mcg	0%
Folate 10mcg DFE (10mcg Folic Acid)	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	99 g (1 Muffin)
Amount per serving	
Calories	340
	% Daily Value *
Total Fat 17g	22%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 300mg	13%
Total Carbohydrate 42g	15%
Dietary Fiber 1g	4%
Total Sugars 23g	
Includes 20g Added Sugars	41%
Protein 4g	
Vitamin D 0.3mcg	2%
Calcium 30mg	2%
Iron 1.5mg	8%
Potassium 80mg	2%
Vitamin A 0mcg	0%
Folate 15mcg DFE (15mcg Folic Acid)	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	184 g (1 Muffin)
Amount per serving	
Calories	640
	% Daily Value *
Total Fat 33g	43%
Saturated Fat 6g	31%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 570mg	25%
Total Carbohydrate 81g	29%
Dietary Fiber 2g	7%
Total Sugars 43g	
Includes 39g Added Sugars	78%
Protein 8g	
Vitamin D 0.7mcg	4%
Calcium 50mg	4%
Iron 2.8mg	15%
Potassium 140mg	4%
Vitamin A 0mcg	0%
Folate 30mcg DFE (30mcg Folic Acid)	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BASE (SUGAR, ENRICHED WHEAT FLOUR BLEACHED [FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], FOOD STARCH-MODIFIED, SOYBEAN OIL, CONTAINS 2% OR LESS OF: DEFATTED SOY FLOUR, EGGS, LEAVENING [ALUMINUM SULFATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATTY ACIDS, SALT, SODIUM STEAROYL LACTYLATE, VITAL WHEAT GLUTEN, WHEY), BLUEBERRIES, EGGS, SOYBEAN OIL, WATER, ENRICHED WHEAT FLOUR BLEACHED ((NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ASCORBIC ACID, ENZYME [IMPROVES YEAST BAKING]), POTASSIUM SORBATE.

CONTAINS: EGGS, MILK, SOY, WHEAT

Produced in a facility that also uses: Milk, Eggs, Fish, Tree Nuts, Wheat, Soybeans and Sesame



Date: 05/24/23
Supersedes: 05/16/18

8806 FRUITRIDGE RD.SACRAMENTO CA 95826

PRODUCT SPECIFICATIONS

Muffins

Bran Muffins



Item #: MUFFIN24
Net Wt: 2.0 oz
Topping: N/A

Item #: MUFFIN14
Net Wt: 3.5 oz
Topping: N/A

Item #: MUFFIN04
Net Wt: 6.5 oz
Topping: N/A

Nutrition Facts	
1 serving per container	
Serving size	57 g (2 oz)
Amount per serving	
Calories	230
	% Daily Value *
Total Fat 9g	12%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 460mg	20%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	15%
Total Sugars 21g	
Includes 5g Added Sugars	9%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1.5mg	8%
Potassium 190mg	4%
Vitamin A 10mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 Carbohydrate 4 Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	99 g (3.5 oz)
Amount per serving	
Calories	340
	% Daily Value *
Total Fat 14g	18%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 690mg	30%
Total Carbohydrate 53g	19%
Dietary Fiber 6g	23%
Total Sugars 32g	
Includes 7g Added Sugars	13%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 2.2mg	10%
Potassium 290mg	6%
Vitamin A 10mcg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 Carbohydrate 4 Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	184 g (6.5 oz)
Amount per serving	
Calories	640
	% Daily Value *
Total Fat 26g	33%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1280mg	56%
Total Carbohydrate 99g	36%
Dietary Fiber 12g	43%
Total Sugars 59g	
Includes 13g Added Sugars	25%
Protein 14g	
Vitamin D 0.1mcg	0%
Calcium 160mg	10%
Iron 4.2mg	25%
Potassium 530mg	10%
Vitamin A 20mcg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 Carbohydrate 4 Protein 4	

INGREDIENTS: SUGAR, WHEAT BRAN, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), MILK POWDER, BUTTERMILK POWDER, SODIUM BICARBONATE AND SALT, WATER, EGGS, SOYBEAN OIL, HONEY, CONTAINS 2% OR LESS OF: POTASSIUM SORBATE
CONTAINS: EGGS, MILK, SOY, WHEAT

Produced in a facility that also uses: Milk, Eggs, Fish (Lox), Tree Nuts, Peanuts, Wheat, Soybeans and Sesame



Date: 09/18/25
Supersedes: 09/11/24

8806 FRUITRIDGE RD.SACRAMENTO CA 95826

PRODUCT SPECIFICATION

Carrot Muffin

* Individual Wrapped (available in 6.5 oz only)



Item #	
Net Weight:	6.5 oz
Topping:	None
Storage:	Room Temp
Shelf Life:	17 Days (from MD)
Sell By:	Month, Day and Year

Nutrition Facts	
1 serving per container	
Serving size	184 g (1 Muffin)
Amount per serving	
Calories	780
% Daily Value *	
Total Fat 42g	53%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 135mg	44%
Sodium 690mg	30%
Total Carbohydrate 95g	35%
Dietary Fiber 2g	8%
Total Sugars 51g	
Includes 45g Added Sugars	91%
Protein 10g	
Vitamin D 0.8mcg	4%
Calcium 60mg	4%
Iron 3mg	15%
Potassium 240mg	6%
Vitamin A 170mcg	20%
Folate 35mcg DFE (35mcg Folic Acid)	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BASE (SUGAR, ENRICHED WHEAT FLOUR BLEACHED [FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], FOOD STARCH-MODIFIED, SOYBEAN OIL, CONTAINS 2% OR LESS OF: DEFATTED SOY FLOUR, EGGS, LEAVENING [ALUMINUM SULFATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATTY ACIDS, SALT, SODIUM STEAROYL LACTYLATE, VITAL WHEAT GLUTEN, WHEY), EGGS, SOYBEAN OIL, CARROTS, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCONUT (DESICCATED COCONUT, POWDER SUGAR, WATER, PROPYLENE GLYCOL, SALT), POTASSIUM SORBATE.

CONTAINS: EGGS, MILK, SOY, WHEAT

Produced in a facility that also uses: Milk, Eggs, Fish (Lox), Tree Nuts, Wheat, Soybeans and Sesame

Muffins, Posh



8806 FRUITRIDGE RD.SACRAMENTO CA 95826

Date: 04/21/25
Supersedes: 09/03/24

PRODUCT SPECIFICATIONS

* Individual Wrapped (available in both 3.5 oz & 6.5 oz).



Item #: **MUFFIN73 (EA)**
Net Wt: **2.0 oz**
Topping: **N/A**

(Individual Wrapped),
Item #: **MUFFIN53 (EA)**
Net Wt: **3.5 oz**
Topping: **N/A**

(Individual Wrapped),
Item #: **IPMUFFIN06 (Individual Wrapped),
MUFFIN33 (EA)**
Net Wt: **6.5 oz**
Topping: **N/A**

Nutrition Facts	
1 serving per container	
Serving size	57 g (2 oz)
Amount per serving	
Calories	240
% Daily Value *	
Total Fat 12g	16%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 45mg	14%
Sodium 210mg	9%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	3%
Total Sugars 16g	
Includes 15g Added Sugars	29%
Protein 3g	
Vitamin D 0.2mcg	2%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 60mg	2%
Vitamin A 0mcg	0%
Folate 10mcg DFE (10mcg Folic Acid)	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	99 g (3.5 oz)
Amount per serving	
Calories	350
% Daily Value *	
Total Fat 18g	23%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 65mg	21%
Sodium 310mg	14%
Total Carbohydrate 45g	16%
Dietary Fiber 1g	4%
Total Sugars 23g	
Includes 22g Added Sugars	43%
Protein 5g	
Vitamin D 0.4mcg	2%
Calcium 30mg	2%
Iron 1.6mg	8%
Potassium 80mg	2%
Vitamin A 0mcg	0%
Folate 15mcg DFE (15mcg Folic Acid)	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	184 g (6.5 oz)
Amount per serving	
Calories	670
% Daily Value *	
Total Fat 35g	44%
Saturated Fat 6g	32%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 590mg	26%
Total Carbohydrate 84g	31%
Dietary Fiber 2g	8%
Total Sugars 44g	
Includes 41g Added Sugars	82%
Protein 9g	
Vitamin D 0.7mcg	4%
Calcium 50mg	4%
Iron 3mg	15%
Potassium 160mg	4%
Vitamin A 0mcg	0%
Folate 30mcg DFE (30mcg Folic Acid)	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BASE (SUGAR, ENRICHED WHEAT FLOUR BLEACHED [FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], FOOD STARCH-MODIFIED, SOYBEAN OIL, CONTAINS 2% OR LESS OF: DEFATTED SOY FLOUR, EGGS, LEAVENING [ALUMINUM SULFATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATTY ACIDS, SALT, SODIUM STEAROYL LACTYLATE, VITAL WHEAT GLUTEN, WHEY), CRANBERRIES, EGGS, SOYBEAN OIL, WATER, ENRICHED WHEAT FLOUR BLEACHED ([NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], ASCORBIC ACID, ENZYME [IMPROVES YEAST BAKING]), POTASSIUM SORBATE, COLOR (WATER, HIGH FRUCTOSE CORN SYRUP, GLYCERINE, FD&C YELLOW 6, SUGAR, MODIFIED FOOD STARCH, CARRAGEENAN GUM, POTASSIUM SORBATE, SODIUM BENZOATE [AS PRESERVATIVES], XANTHAN GUM, CITRIC ACID).
CONTAINS: EGGS, MILK, SOY, WHEAT

Produced in a facility that also uses: Milk, Eggs, Fish, Tree Nuts, Wheat, Soybeans and Sesame



8806 FRUITRIDGE RD. SACRAMENTO CA 95826

Date: 09/20/22
Supersedes: 07/21/20

PRODUCT SPECIFICATIONS

Muffins

Cornbread



Item #:		MUFFIN50	
Net Wt:	2.0 oz	3.5 oz	
Topping:	N/A	N/A	

Nutrition Facts	
1 serving per container	
Serving size	99 g (3.5 oz)
Amount per serving	
Calories	330
	% Daily Value *
Total Fat 10g	13%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 480mg	21%
Total Carbohydrate 53g	19%
Dietary Fiber 2g	5%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 9.5mcg	50%
Calcium 50mg	4%
Iron 1.6mg	8%
Potassium 100mg	2%
Vitamin A 30mcg	4%
Folate 85mcg DFE (45mcg Folic Acid)	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

INGREDIENTS: UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN MEAL, MILK, PURE CANE SUGAR, SOYBEAN OIL, EGGS, BAKING POWDER, SALT
CONTAINS: EGGS, MILK, SOY, WHEAT

Produced in a facility that also uses: Milk, Eggs, Fish, Tree Nuts, Peanuts, Wheat, Soybeans, Sesame.



8806 FRUITRIDGE RD.SACRAMENTO CA 95826

Date: 10/09/25
Supersedes: 04/21/25

PRODUCT SPECIFICATIONS

Muffins

* Individual Wrapped (available in both 3.5 oz & 6.5 oz).



Item #:	MUFFIN29 (EA)	IPMUFFIN19 (Individual Wrapped), MUFFIN19 (EA)	IPMUFFIN09 (Individual Wrapped), MUFFIN09 (EA)
Net Wt:	2.0 oz	3.5 oz	6.5 oz
Topping:	Chocolate Chips	Chocolate Chips	Chocolate Chips
Vegan:	No	No	No

Nutrition Facts	
1 serving per container	
Serving size	57 g (2 oz)
Amount per serving	
Calories	250
% Daily Value *	
Total Fat 14g	17%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 260mg	11%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein 3g	
Vitamin D 0.2mcg	2%
Calcium 30mg	2%
Iron 1.6mg	8%
Potassium 110mg	2%
Vitamin A 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	99 g (3.5 oz)
Amount per serving	
Calories	400
% Daily Value *	
Total Fat 21g	27%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 410mg	18%
Total Carbohydrate 49g	18%
Dietary Fiber 2g	6%
Total Sugars 29g	
Includes 28g Added Sugars	56%
Protein 5g	
Vitamin D 0.4mcg	2%
Calcium 50mg	4%
Iron 2.5mg	15%
Potassium 180mg	4%
Vitamin A 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	184 g (6.5 oz)
Amount per serving	
Calories	730
% Daily Value *	
Total Fat 40g	51%
Saturated Fat 9g	43%
Trans Fat 0g	
Cholesterol 125mg	41%
Sodium 790mg	34%
Total Carbohydrate 91g	33%
Dietary Fiber 3g	10%
Total Sugars 53g	
Includes 51g Added Sugars	101%
Protein 10g	
Vitamin D 0.7mcg	4%
Calcium 90mg	6%
Iron 4.5mg	25%
Potassium 320mg	6%
Vitamin A 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BASE (SUGAR, ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH-MODIFIED, COCOA PROCESSED WITH ALKALI, SOYBEAN OIL, WHEY, CONTAINS 2% OR LESS OF: ARTIFICIAL FLAVOR, CARAMEL COLOR, DEFATTED SOY FLOUR, EGGS, LEAVENING (ALUMINUM SULFATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), MONO- AND DIGLYCERIDES, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATTY ACIDS, RED 40, SALT, SODIUM STEAROYL LACTYLATE, SULFITES, VITAL WHEAT GLUTEN), EGGS, SOYBEAN OIL, WATER, SEMISWEET CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SUNFLOWER LECITHIN), ENRICHED WHEAT FLOUR BLEACHED ([NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], ASCORBIC ACID, ENZYME ([IMPROVES YEAST BAKING])), POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Produced in a facility that also uses: Milk, Eggs, Fish (Lox), Tree Nuts, Wheat, Soybeans and Sesame



Date: 09/18/25
Supersedes: 12/19/25

8806 FRUITRIDGE RD.SACRAMENTO CA 95826

PRODUCT SPECIFICATION

Lemon Muffin

* Individual Wrapped (available in 6.5 oz only)



Item #	
Net Weight:	6.5 oz
Topping:	None
Storage:	Room Temp
Shelf Life:	17 Days (from MD)
Sell By:	Month, Day and Year

Nutritional Information

Nutrition Facts	
1 serving per container	
Serving size	184 g (6.5 oz)
Amount per serving	
Calories	780
	% Daily Value *
Total Fat 41g	53%
Saturated Fat 8g	38%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 700mg	30%
Total Carbohydrate 96g	35%
Dietary Fiber 1g	4%
Total Sugars 50g	
Includes 48g Added Sugars	97%
Protein 10g	
Vitamin D 0.8mcg	4%
Calcium 60mg	4%
Iron 2.9mg	15%
Potassium 160mg	4%
Vitamin A 0mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BASE (SUGAR, ENRICHED WHEAT FLOUR BLEACHED [FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], FOOD STARCH-MODIFIED, SOYBEAN OIL, CONTAINS 2% OR LESS OF: DEFATTED SOY FLOUR, EGGS, LEAVENING [ALUMINUM SULFATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATTY ACIDS, SALT, SODIUM STEAROYL LACTYLATE, VITAL WHEAT GLUTEN, WHEY), EGGS, SOYBEAN OIL, WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NATURAL LEMON EMULSION (GLYCERIN, LEMON OIL, XANTHAN GUM, CITRIC ACID, WATER), POTASSIUM SORBATE, COLOR (WATER, HIGH FRUCTOSE CORN SYRUP, GLYCERINE, FD&C YELLOW 5, SUGAR, FOOD MODIFIED STARCH, CARRAGEENAN, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), XANTHAN GUM, CITRIC ACID).

CONTAINS: EGGS, MILK, SOY, WHEAT

Produced in a facility that also uses: Milk, Eggs, Fish (Lox), Tree Nuts, Wheat, Soybeans and Sesame



8806 FRUITRIDGE RD.SACRAMENTO CA 95826

Date: 09/18/25
Supersedes: 03/11/25

PRODUCT SPECIFICATIONS

Pumpkin Muffins



Item #:	MUFFIN82 (EA)	MUFFIN81 (EA)	MUFFIN80 (EA)
Net Wt:	2.0 oz	3.5 oz	6.5 oz
Topping:	Brown Sugar	Brown Sugar	Brown Sugar

Nutrition Facts	
1 serving per container	
Serving size	57 g (1 Muffin)
Amount per serving	
Calories	260
% Daily Value *	
Total Fat 13g	17%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 220mg	10%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	3%
Total Sugars 18g	
Includes 17g Added Sugars	33%
Protein 3g	
Vitamin D 0.2mcg	2%
Calcium 30mg	2%
Iron 1.3mg	6%
Potassium 50mg	2%
Vitamin A 1310mcg	150%
Folate 10mcg DFE (10mcg Folic Acid)	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	99 g (1 Muffin)
Amount per serving	
Calories	370
% Daily Value *	
Total Fat 19g	24%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 320mg	14%
Total Carbohydrate 48g	18%
Dietary Fiber 1g	5%
Total Sugars 26g	
Includes 25g Added Sugars	50%
Protein 5g	
Vitamin D 0.4mcg	2%
Calcium 40mg	4%
Iron 1.8mg	10%
Potassium 60mg	2%
Vitamin A 1890mcg	210%
Folate 15mcg DFE (20mcg Folic Acid)	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	184 g (1 Muffin)
Amount per serving	
Calories	750
% Daily Value *	
Total Fat 38g	49%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 650mg	28%
Total Carbohydrate 95g	35%
Dietary Fiber 3g	10%
Total Sugars 51g	
Includes 48g Added Sugars	96%
Protein 9g	
Vitamin D 0.7mcg	4%
Calcium 80mg	6%
Iron 3.7mg	20%
Potassium 160mg	4%
Vitamin A 3850mcg	430%
Folate 30mcg DFE (35mcg Folic Acid)	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BASE (SUGAR, ENRICHED WHEAT FLOUR BLEACHED [FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], FOOD STARCH-MODIFIED, SOYBEAN OIL, CONTAINS 2% OR LESS OF: DEFATTED SOY FLOUR, EGGS, LEAVENING [ALUMINUM SULFATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATTY ACIDS, SALT, SODIUM STEAROYL LACTYLATE, VITAL WHEAT GLUTEN, WHEY), EGGS, SOYBEAN OIL, NATURAL PUMPKIN, ENRICHED WHEAT FLOUR BLEACHED ([NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], ASCORBIC ACID, ENZYME [IMPROVES YEAST BAKING]), WATER, BROWN SUGAR, PUMPKIN PIE SPICE, CINNAMON, POTASSIUM SORBATE.

CONTAINS: EGGS, MILK, SOY, WHEAT

Produced in a facility that also uses: Milk, Eggs, Fish (Lox), Tree Nuts, Wheat, Soybeans and Sesame



8806 FRUITRIDGE RD.SACRAMENTO CA 95826

Date: 09/11/24
Supersedes: 04/01/20

PRODUCT SPECIFICATIONS

Muffins

* Individual Wrapped (available in both 3.5 oz & 6.5 oz).



Raisin Bran Muffins

Item #:	MUFFIN73 (EA)	IPMUFFIN18 (Individual Wrapped), MUFFIN53 (EA)	IPMUFFIN08 (Individual Wrapped), MUFFIN33 (EA)
Net Wt:	2.0 oz	3.5 oz	6.5 oz
Topping:	N/A	N/A	N/A

Nutrition Facts	
1 serving per container	
Serving size	57 g (2 oz)
Amount per serving	
Calories	230
% Daily Value *	
Total Fat 9g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 430mg	19%
Total Carbohydrate 39g	14%
Dietary Fiber 4g	15%
Total Sugars 24g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1.5mg	8%
Potassium 230mg	4%
Vitamin A 10mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	99 g (3.5 oz)
Amount per serving	
Calories	400
% Daily Value *	
Total Fat 15g	19%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 740mg	32%
Total Carbohydrate 67g	24%
Dietary Fiber 7g	26%
Total Sugars 41g	
Includes 7g Added Sugars	14%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 2.6mg	15%
Potassium 400mg	8%
Vitamin A 10mcg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
1 serving per container	
Serving size	184 g (6.5 oz)
Amount per serving	
Calories	750
% Daily Value *	
Total Fat 28g	36%
Saturated Fat 5g	27%
Trans Fat 0g	
Cholesterol 100mg	34%
Sodium 1370mg	60%
Total Carbohydrate 124g	45%
Dietary Fiber 14g	49%
Total Sugars 77g	
Includes 13g Added Sugars	27%
Protein 16g	
Vitamin D 0.1mcg	0%
Calcium 180mg	15%
Iron 4.9mg	25%
Potassium 750mg	15%
Vitamin A 20mcg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: SUGAR, WHEAT BRAN, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), MILK POWDER, BUTTERMILK POWDER, SODIUM BICARBONATE AND SALT, WATER, RAISINS, EGGS, SOYBEAN OIL, HONEY, POTASSIUM SORBATE
CONTAINS: EGGS, MILK, SOY, WHEAT

Produced in a facility that also uses: Milk, Eggs, Fish (Lox), Tree Nuts, Peanuts, Wheat, Soybeans and Sesame