

Breads

Updated: July 1, 2010

Product Name	Brand Name	Allowable (Yes or No)	Product Description	Product Size (in oz)	Reason if not allowable:
Arnold Natural 100% Natural Soft Whole Wheat Bread	Arnold Natural	Yes	loaf	22	
Bashas' 100% Whole Wheat Bread (from store bakery)	Bashas'	Yes	loaf	16	
Bashas' Premium Grains 100% Whole Wheat Bread	Holsum Bakery	Yes	loaf	24	
Coast To Coast Deli Heartland Style 100% Whole Wheat Bread	Heartland	Yes	loaf	24	
EarthGrains 100% Natural Thin Buns (100% Whole Wheat)	Sara Lee	Yes	buns	12	
Ella Branco 100% Whole Wheat Bread (from store bakery)	Ella Branco	Yes	loaf	16	
Family Manufacturing Sprouted 100% Whole Wheat Bread	Family Manufacturing	Yes	loaf	16	
Fry's 100% Whole Wheat Bread (from store bakery)	Fry's	Yes	loaf	16	
Great Value 100% Whole Wheat Bread	Holsum Bakery	Yes	loaf	24	
Healthy Life 100% Whole Wheat Whole Grain Bread	Healthy Life	Yes	loaf	16	
Healthy Life Loaf Sliced 100% Whole Grain Wheat Bread	Healthy Life	Yes	loaf	16	
Healthy Life Loaf Sliced Southern Country Style 100% Whole Wheat Bread	Healthy Life	Yes	loaf	20	
Hearthstone Milling Premium Grains 100% Whole Wheat Bread	Holsum Bakery	Yes	loaf	24	
Las Mexicanas 100% Whole Wheat Bread (from store bakery)	Las Mexicanas	Yes	loaf	16	
Merita Country 100% Whole Wheat Bread	Interstate Bakeries Corperation	Yes	loaf	20	
Nature's Cupboard Bread 100% Whole Wheat Bread	Nature's Cupboard	Yes	loaf	24	
Nature's Own 100% Whole Wheat Hamburger Buns	Nature's Own	Yes	buns	16	
Nature's Own 100% Whole Wheat Hot Dog Buns	Nature's Own	Yes	buns	16	
Nature's Own 100% Whole Wheat 8 Hot Dog Rolls	Nature's Own	Yes	buns	12	
Nature's Own 100% Whole Wheat Rounds (Buns)	Nature's Own	Yes	buns	12	
Nature's Own 100% Whole Wheat 8 Sandwich Rolls	Nature's Own	Yes	buns	15	
Nature's Own 100% Whole Wheat Sandwich Rounds	Nature's Own	Yes	buns	16	
Nature's Own 100% Whole Wheat Sliced Bread	Nature's Own	Yes	loaf	20	
Nature's Own 100% Whole Wheat Sugar Free Bread	Nature's Own	Yes	loaf	16	
Nature's Pride 100 Percent Whole Wheat Bread	Nature's Pride	Yes	loaf	20	
Oroweat 100% Whole Wheat Bread	Oroweat	Yes	loaf	24	
Oroweat 100% Whole Wheat Buns	Oroweat	Yes	buns	11	
Oroweat 100% Whole Wheat Buns	Oroweat	Yes	buns	21	
Oroweat 100% Whole Wheat Dinner Rolls	Oroweat	Yes	rolls	14	
Oroweat 100% Whole Wheat Sandwich Thins	Oroweat	Yes	buns	12	
Oroweat 100% Whole Wheat Sliced Bread	Oroweat	Yes	loaf	24	
Oroweat Country 100% Whole Wheat Bread	Oroweat	Yes	loaf	24	
Oroweat Dutch Country Smooth Texture 100% Whole Wheat Bread	Oroweat	Yes	loaf	24	
Oroweat Premium 100% Whole Wheat Hot Dog Buns	Oroweat	Yes	buns	14	
Oroweat Soft Family 100% Whole Wheat Bread	Oroweat	Yes	loaf	20	
Pepperidge Farm Classic Soft 100% Whole Wheat Hamburger Buns	Pepperidge Farm	Yes	buns	12.25	
Private Selection 100% Whole Wheat Bread	Private Selection	Yes	loaf	24	
Roman Meal 100% Whole Wheat Bread	Roman Meal	Yes	loaf	16	
Roman Meal Sungrain 100% Whole Wheat Bread	Roman Meal	Yes	loaf	16	
Royal Hearth 100% Whole Wheat Bread	Holsum Bakery	Yes	loaf	24	
Safeway 100% Whole Wheat Bread	Safeway	Yes	loaf	22	
Safeway Select 100% Whole Wheat Country Bread	Safeway	Yes	loaf	24	

Sara Lee 100% Whole Wheat Bakery Buns	Sara Lee	Yes	buns	21	
Sara Lee Classic 100% Whole Wheat Bread	Sara Lee	Yes	loaf	16	
Sara Lee Classic 100% Whole Wheat Bread	Sara Lee	Yes	loaf	20	
Sara Lee Hearty & Delicious 100% Whole Wheat Bread	Sara Lee	Yes	loaf	24	
Sara Lee Hearty & Delicious 100% Whole Wheat Hamburger Buns	Sara Lee	Yes	buns	23	
Sara Lee Soft & Smooth 100% Whole Wheat Hamburger Buns (8ct)	Sara Lee	Yes	buns	16	
Sara Lee Soft & Smooth 100% Whole Wheat Hot Dog Buns	Sara Lee	Yes	buns	16	
Sara Lee Soft & Smooth 100% Whole Wheat Mini Buns (12ct mini buns)	Sara Lee	Yes	buns	16	
Sara Lee Soft And Smooth 100% Whole Wheat Bread	Sara Lee	Yes	loaf	20	
Sara Lee Soft And Smooth 100% Whole Wheat Sandwich Bread	Sara Lee	Yes	loaf	24	
Wonder 100% Whole Wheat Bread	Interstate Bakeries Corporation	Yes	loaf	16	
Aunt Hattie's Soft Wheat Bread	Aunt Hattie's	No	loaf	16	Not 100% whole wheat
Aunt Hattie's Whole Wheat Bread	Aunt Hattie's	No	loaf	24	Not labeled 100% whole wheat
Cobblestone Mill Whole Wheat Hot Dog Buns	Cobblestone Mill	No	buns	15	Not labeled 100% whole wheat
Cobblestone Mill Whole Wheat Sandwich Buns	Cobblestone Mill	No	buns	15	Not labeled 100% whole wheat
Home Pride Bread Wheat	Home Pride	No	loaf	20	Not labeled 100% whole wheat
Kroger Value Wheat bread	Kroger	No	loaf	16	Not labeled 100% whole wheat
Natural Ovens Bakery 100% Whole Wheat Whole Grain Bagels	Natural Ovens Bakery	No	bagels	15	Bagels aren't allowed
Nature's Own Whitewheat Round Top Bread	Nature's Own	No	loaf	20	Not labeled 100% whole wheat
Nature's Own 100% Whole Grain Sugar Free Bread	Nature's Own	No	loaf	16	Not "100% whole wheat" in title
Nature's Own 100% Whole Wheat 8 Thin Sliced Bagels	Nature's Own	No	bagels	16	Bagels aren't allowed
Oroweat 100% Whole Wheat Mini Loaf Bread	Oroweat	No	loaf	14	Mini loaves aren't allowed
Oroweat Bread Masters Winter Wheat	Oroweat	No	loaf	24	Not labeled 100% whole wheat
Oroweat Light 100% Whole Wheat Bread	Oroweat	No	loaf	16	Light breads aren't allowed
Oroweat Sliced 100% Whole Wheat English Muffins	Oroweat	No	english muffins	12	English muffins aren't allowed
Prairie Grain Bread Co Whole Wheat Bread	Prairie Grain Bread Co	No	loaf	24	Not labeled 100% whole wheat
Prairie Grain Bread Co. Honey Whole Wheat Bread	Prairie Grain Bread Co	No	loaf	32	Not labeled 100% whole wheat
Roman Meal Natural Whole Grain Goodness Sandwich Bread	Roman Meal	No	loaf	24	Not labeled 100% whole wheat
Roman Meal Original Bread	Roman Meal	No	loaf	24	Not labeled 100% whole wheat
Roman Meal Roman Whole Grain Bread	Roman Meal	No	loaf	20	Not labeled 100% whole wheat
Safeway Crushed Wheat Bread	Safeway	No	loaf	22	Not labeled 100% whole wheat
Safeway Premium Wheat Bread	Safeway	No	loaf	22	Not labeled 100% whole wheat
Sara Lee 100% Whole Wheat Bakery Bread With Honey	Sara Lee	No	loaf	24	Honey added
Sara Lee Classic Wheat Bread	Sara Lee	No	loaf	20	Not labeled 100% whole wheat
Sara Lee Hearty & Delicious 100% Whole Wheat with Honey Bread	Sara Lee	No	loaf	24	Honey added
Sara Lee Honey Wheat Bread	Sara Lee	No	loaf	20	Not labeled 100% whole wheat
Sara Lee Soft & Smooth 100% Whole Wheat with DHA Omega-3 Bread	Sara Lee	No	loaf	20	Added Omega-3s are not allowed
Schwebel's 100 Percent Whole Wheat Bagels	Schwebel's	No	bagels	15	Bagels aren't allowed
Thomas' Hearty Grains 100% Whole Wheat English Muffin	Thomas'	No	english muffins	12	English muffins aren't allowed
Thomas' Hearty Grains 100% Whole Wheat Pre-Sliced Bagels	Thomas'	No	bagels	16	Bagels aren't allowed
Thomas' Hearty Grains 100% Whole Wheat Pre-Sliced Bagels	Thomas'	No	bagels	20	Bagels aren't allowed
Village Hearth 100% Whole Wheat Bagels	Village Hearth	No	bagels	24	Bagels aren't allowed
Wheat Montana Farms Prairie Gold Whole Wheat Bread	Wheat Montana Farms	No	loaf	18	Not labeled 100% whole wheat