Item	Serv Size	Cal	Total Fat	Sat Fat	Cholesterol	Sodium	Net Carb	Total Carb	Fiber	Tot Sugar	Sugar alcohol	Protein	Dairy	Soy Lecethin	Milk	Tree Nuts	Walnuts	Coconut
Breads																		
Banana Bread Bar	1 Bar	330	28g	2.5g	55mg	240mg	3g	18g	3g	2g	12g	10g	x	x	x	x	x	
Banana Bread Loaf	1 Slice	330	28g	2.5g	55mg	240mg	3g	18g	3g	2g	12g	10g	x	x	x	x	x	
Coffee Cake Bar	1 Bar	360	32g	11g	65mg	310mg	3g	25g	5g	2g	17g	10g	x	x	x	x		
Coffee Cake Loaf	1 Slice	370	32g	11g	65mg	310mg	4g	26g	5g	2g	17g	10g	x	x	x	x		
Cakes and Deserts																		
Brookies	1 Bar	410	39g	8g	105mg	320mg	2g	30g	3g	<1g	25g	9g				x		
Bunt Cake - Chocolate and Vanilla	1 Cake	170	15g	4.5g	45mg	70mg	2g	10g	1g	0g	7g	4g	x	x	x	x		
Flowers - Apple Cinnamon	1 Flower	320	29g	8g	80mg	210mg	3g	19g	3g	2g	13g	8g	x	x	x	x		
Lemon Bites	1 Tart	160	14g	2.5g	55mg	55mg	1g	19g	2g	<1g	16g	5g						
Pecan Pie - Individual	1 pie	670	66g	25g	135mg	330mg	4g	30g	5g	2g	21g	8g	x		x	x		
Peanut Butter Brownie	1 Brownie	240	23g	7g	65mg	115mg	1g	16g	4g	0g	11g	5g		x	x	x		
CheeseCakes																		
Cheesecake Cranberry Individual	1 cake	180	16g	7g	60mg	110mg	1g	20g	1g	<1g	18g	4g	x		x	x		
Cheesecake Cranberry Full	1 slice	180	16g	7g	60mg	110mg	1g	20g	1g	<1g	18g	4g	x		x	x		
Cheesecake Sandwich Cookie	1 pie	220	21g	10g	70mg	100mg	1g	18g	2g	<1g	15g	5g	x		x	x		
Cheesecake Sandwich Cookie Full	1 Slice	220	21g	10g	70mg	100mg	1g	18g	2g	<1g	15g	5g	x		x	x		
No Bake Key Lime Individual	1 cake	240	23g	12g	60mg	140mg	2g	18g	<1g	<1g	16g	4g	x		x	x		
No Bake Key Lime Full	1 Slice	240	23g	12g	60mg	140mg	2g	18g	<1g	<1g	16g	4g	x		x	x		
No Bake Pumpkin Pie	1 pie	240	23g	12g	60mg	140mg	1g	18g	1g	<1g	16g	4g	x		x	x		
No Bake Pumpkin Pie Full	1 slice	240	23g	12g	60mg	140mg	1g	18g	1g	<1g	16g	4g	x		x	x		
Cookies																		
Chocolate Chocolate Chip Cookies	1 Cookie	150	13g	7g	30mg	100mg	1g	12g	3g	<1g	8g	3g	x	x	x	x		x
Chocolate Chip Cookies	1 Cookie	160	14g	7g	30mg	80mg	1g	12g	3g	<1g	8g	3g	x	x	x	x		x
Macaroons	1 Cookie	100	9g	8g	0mg	80mg	0	6g	4g	0g	3g	2g						x
Donuts																		
Donut - Cinnamon Sugar	1 donut	140	12g	1.5g	35mg	55mg	1g	8g	1g	1g	6g	4g				x		
Donut - Gingerbread Latte	1 Donut	180	16g	3.5g	50mg	85mg	1g	15g	2g	<1g	12g	5g	x	x	x	x		

Item	Serv Size	Cal	Total Fat	Sat Fat	Cholesterol	Sodium	Net Carb	Total Carb	Fiber	Tot Sugar	Sugar alcohol	Protein	Dairy	Soy Lecethin	Milk	Tree Nuts	Walnuts	Coconut
Donut - Hot Chocolate	1 Donut	200	18g	6g	60mg	90mg	2g	11g	3g	0g	6g	5g	x	x	x	x		
Donut - Lemon	1 Donut	150	13g	2.5g	45mg	85mg	1g	22g	2g	<1g	19g	5g	x	x	x	x		
Donut - Orange Cream	1 Donut	170	16g	3.5g	50mg	85mg	1g	14g	1g	0g	12g	5g	x	x	x	x		
Donut - Pumpkin Spice	1 Donut	180	16g	3.5g	50mg	85mg	1g	14g	1g	0g	12g	5g	x	x	x	x		
Donuts - RootBeer Float	1 Donut	180	16g	4g	55mg	85mg	2g	12g	1g	0g	9g	5g	x	x	x	x		
Muffins																		
Muffin - Apple Cinnamon	1 Muffin	260	24g	7g	65mg	170mg	2g	15g	2g	2g	11g	6g	x	x	x	x		
Muffin - Chocolate Banana Chip Muffin	1 Muffin	230	19g	6g	50mg	115mg	2g	16g	4g	0g	10g	6g	x	x	x	x		
Muffin - Chocolate Chip Pumpkin Spice	1 Muffin	260	23g	6g	65mg	210mg	1g	19g	3g	<1g	15g	6g	x	x	x	x		
Muffin - Chocolate Chocolate Chip	1 Muffin	160	14g	3.5g	40mg	160mg	2g	12g	2g	0g	8g	4g	x	x	x	x		
Muffin - Lemon Poppyseed	1 Muffin	250	24g	4.5g	55mg	170mg	1g	19g	2g	<1g	16g	5g	x	x	x	x		
Savory																		
Garlic Muffins	1 Muffin	220	20g	4.5g	65mg	170mg	1g	3g	2g	<1g	0g	7g	x	x	x	x		
Lasagna	1 pan	720	53g	30g	530mg	1160mg	8g	11g	3g	6g	0g	49g	x	x	x			x
Pizza Bar Nacho	1 Bar	330	29g	8g	90mg	380mg	2g	5g	3g	1g	0g	11g	x	x	x	x		
Pizza Bar Veggie	1 Bar	370	32g	7g	95g	280mg	4g	8g	4g	2g	0g	10g	x	x	x	x		
Halloween																		
Jack - O - Lantern large	1 cake	380	34g	10g	115mg	170mg	2g	26g	3g	<1g	21g	9g	x	x	x	x		
Jack - O - Lantern Small	1 cake	200	18g	5g	60mg	90mg	1g	14g	2g	<1g	11g	5g	x	x	x	x		
Skull - Large	1 cake	410	37g	11g	110mg	170mg	3g	26g	4g	<1g	19g	10g	x	x	x	x		
Skull - Small	1 cake	220	20g	6g	60mg	90mg	2g	14g	2g	<1g	10g	5g	x	x	x	x		