

MRE-Z BAKED GOODS INFORMATION



Minimum order is 3 cases of any product, you may mix or match. Typically schools are ordering for cases to ensure a wide selection. *NO UP FRONT COST****

Item	Quantity per case	Unit Price	Cost per case	Total Cases Order	Total price by item
Cinnamon Bun	100	\$1.45	\$145		
First Strike Energy Bar	140	\$1.15	\$161		
Fudge Brownie	120	\$1.00	\$120		
Lemon Poppy Seed Pound Cake	100	\$1.10	\$110		
Vanilla Pound Cake	100	\$1.10	\$110		
M&M Cookie	140	\$.80	\$112		
Filled French Toast	100	\$1.45	\$145		
				Sub Total Price:	

Product Pictures and Descriptions Follow



Cinnamon Bun (IW)

Your Price: \$1.45 each, You Sell for: \$2.50 Profit of 75%

Nutrition Facts

Serving Size 1 buns (3.5 oz.) (99g)

Servings per Container 1

Amount per Serving

Calories 290 Calories from Fat 20

% Daily Value

Total Fat	2.5 g		4%
Saturated Fat	0.5 g		3%
Trans Fat	0.5 g		
Cholesterol	0 mg		0%
Sodium	115 mg		5%
Total Carbohydrate	67 g		22%
Dietary Fiber	3 g		12%
Sugars	41 g		
Protein	2 g		
Vitamin A	0%	Vitamin C	4%
Calcium	6%	Thiamin	20%
Riboflavin	10%	Iron	4%



First Strike Chocolate Energy Bar (IW)

Your Price: \$1.15 each, You Sell for: \$2.00 Profit of 76%

Nutrition Facts

Serving Size 1 Cookie (2 oz.) (60 g)

Servings per Container 1

Amount per Serving

Calories 280 Calories from Fat 120

% Daily Value

Total Fat	14 g		21%
Saturated Fat	4.5 g		22%
Trans Fat	3.5 g		
Cholesterol	10 mg		4%
Sodium	220 mg		9%
Total Carbohydrate	37 g		12%
Dietary Fiber	1 g		3%
Sugars	18 g		
Protein	3 g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	8%



Fudge Brownie (IW)

Your Price: \$1.00 each, You Sell for: \$2.00 Profit of 101%

Nutrition Facts

Serving Size 1 Bar (3 oz.) (85g)

Servings per Container 1

Amount per Serving

Calories 320 **Calories from Fat** 150

% Daily Value

Total Fat	17 g	26%	
Saturated Fat	6 g	28%	
Trans Fat	4 g		
Cholesterol	40 mg	13%	
Sodium	115 mg	5%	
Total Carbohydrate	43 g	14%	
Dietary Fiber	2 g	10%	
Sugars	28 g		
Protein	4 g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	15%



Lemon Poppy Seed Pound Cake (IW)

Your Price: \$1.10 each, You Sell for: \$2.00 Profit of 90%

Nutrition Facts

Serving Size 1 cake (2.5 oz.) (71g)

Servings per Container 1

Amount per Serving

Calories 300 **Calories from Fat** 130

% Daily Value

Total Fat	14 g	4%	
Saturated Fat	3 g	3%	
Trans Fat	2 g		
Cholesterol	30 mg	0%	
Sodium	250 mg	5%	
Total Carbohydrate	40 g	22%	
Dietary Fiber	0 g	12%	
Sugars	22 g		
Protein	3 g		
Vitamin A	0%	Vitamin C	2%
Calcium	6%	Thiamin	8%
Riboflavin	6%	Iron	8%
Niacin	6%	Folic Acid	6%



Vanilla Pound Cake (IW)

Your Price: \$1.10 each, You Sell for: \$2.00 Profit of 90%

Nutrition Facts

Serving Size 1 Bar (2.5 oz.) (71g)

Servings per Container 1

Amount per Serving

Calories 310 **Calories from Fat** 140

% Daily Value

Total Fat	16 g		25%
Saturated Fat	4 g		20%
Trans Fat	3 g		
Cholesterol	30 mg		10%
Sodium	270 mg		11%
Total Carbohydrate	38 g		13%
Dietary Fiber	0 g		0%
Sugars	20 g		
Protein	3 g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	8%



M&M Cookies (IW)

Your Price: \$.80 each, You Sell for: \$1.50 Profit of 90%

Nutrition Facts

Serving Size 1 Cookie (2 oz.) (60 g)

Servings per Container 1

Amount per Serving

Calories 280 **Calories from Fat** 120

% Daily Value

Total Fat	14 g		21%
Saturated Fat	4.5 g		22%
Trans Fat	3.5 g		
Cholesterol	10 mg		4%
Sodium	220 mg		9%
Total Carbohydrate	37 g		12%
Dietary Fiber	1 g		3%
Sugars	18 g		
Protein	3 g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	8%



Filled French Toast (IW)

Your Price: \$1.45 each, You Sell for: \$2.50 Profit of 75%

Nutrition Facts

Serving Size 1 buns (3.5 oz.) (99g)

Servings per Container 1

Amount per Serving

Calories 290 **Calories from Fat** 80

% Daily Value

Total Fat	9g	12%
Saturated Fat	3g	8%
Trans Fat	1.5g	
Cholesterol	0mg	0%
Sodium	360mg	3%
Total Carbohydrate	50g	12%
Dietary Fiber	2g	12%
Sugars	19g	
Protein	8g	
Vitamin A	0%	Vitamin C 4%
Calcium	6%	Thiamin 20%
Riboflavin	10%	

