



A+ Nutrition
A+ Taste

Lots of whole grain favorites
One trusted source

every day, all day

Whole Grain RICH.



Rich's offers 30 delicious products made with 51%* or more whole grain goodness. Our breakfast, lunch and snack solutions help meet your goals for nutrition and participation with taste kids love.



richsfoodservice.com/k12

the taste kids love is **Whole Grain RICH.**

PRODUCT CODE	PRODUCT NAMES	BAKED WEIGHT (oz)	WHOLE GRAINS (g)	% WHOLE GRAIN*	SERVING SIZE	FOOD BASED SERVING CREDITS	CALORIES	FAT (g)	SATURATED FAT (g)	CHOL. (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)	PACK SIZE	CASE NET WEIGHT (LBS)	
Ultimate Breakfast Rounds																		
07943	Cinnamon UBR® - 1.5 oz	1.42	17	100	1 piece	1.25B	160	5	1.5	0	135	26	4	11	3	240	22.5	
07816	Cinnamon UBR® - 2.5 oz	2.4	29	100	1 piece	2B	270	8	3	0	230	44	6	18	5	140	21.875	
08295	Razzberry Dazzle™ UBR®	2.4	31	100	1 piece	2B	260	8	2	0	220	42	6	16	5	140	21.875	
09431	Bluesberry™ UBR®	2.3	29	100	1 piece	2B	250	5	1	5	220	45	7	18	5	140	21.875	
09858	Sunberry Blast™ UBR®	2.3	27	100	1 piece	2B	240	5	1	5	210	44	6	18	5	140	21.875	
08733	Cinnamon UBR® Baked IW - 2.2 oz	2.2	30	100	1 piece	2B	270	8	3	0	210	43	6	18	5	126	17.325	
Cinnamon Rolls																		
10204	Cinnamon Breakfast Swirl Made with Whole Grains/51	2.3	14.7	51	2 rolls	2B	170	1	0	0	135	35	3	11	5	240	18.75	
Biscuits																		
09315	Biscuit Dough Made with Whole Grains/51	2.1	12	51	1 biscuit	2B	170	7	4.5	0	380	23	3	3	4	216/2.1 oz	28.35	
Handheld Snacks & Meals																		
65233	BFY Stuffed Crust Pizza Dippers - 1 oz	4	13.3	51	4 pieces	2M/MA/2B	250	6	3	15	570	29	2	6	18	5/5 lb	25	
65234	Turkey Pizzata®	4.93	14.25	51	2 pieces	2M/MA/2B	280	9	3.5	25	680	29	3	5	19	9/3 lb	27	
65278	BFY 2 oz Pizza Dippers Made with Whole Grains	2	13	51	1 piece	1M/MA/1B	150	7	3	10	350	14	1	2	9	10/2.7 lb	27	
65302	Bar-B-Q Chicken Sandwich Melt	4.75	17.2	51	2 pieces	2M/MA/2B	290	9	4.5	30	740	32	3	6	21	10/2.5 lb	25	
65303	Meatball Marinara Sandwich Melt	4.74	15.02	51	2 pieces	2M/MA/2B	300	13	6	30	660	30	3	4	20	10/2.5 lb	25	
Cheese Sticks/Crunchers																		
65224	Buffalo Cheese Crunchers®	5.8	29	51	4 pieces	2MA, 2B	510	30	8	0.5	830	40	4	3	21	8/3/13 lb	25	
65225	Pizza Cheese Crunchers®	5.6	28.78	51	4 pieces	2M/MA/2B	400	19	8	30	820	41	5	3	20	8/3.14 lb	25.2	
65219	BFY Reduced Sodium Cheese Sticks Made with Whole Grains	4.5	21	67	5 pieces	2MA, 2B	370	18	7	25	410	35	3	1	19	8/3 lb	24	
65220	BFY Breaded Mozzarella Cheese Sticks	4.58	25.06	51	6 pieces	2M/MA/2B	320	12	3.5	15	620	37	4	2	20	8/3 lb	24	
Breaded Shrimp																		
47039	Shrimp Poppers Made with Whole Grains	3	16	51	20 pieces	1M, 1.5B	230	11	1.5	60	490	22	3	1	12	5/2 lb	10	
Pizza Dough, Crusts & Flatbreads																		
00825	12" x 12" Whole Grain Extra Thin Oven-Fired Flats	1.76	24.9	100	1/3 crust	1.75B	160	6	1	0	220	22	4	2	4	50	16.56	
04646	12" White Wheat Crust Pizza Dough	1.97	15.32	52	1/6 crust	2B	150	3	0	0	270	27	3	2	5	24/12 oz	19.93	
04647	14" White Wheat Crust Pizza Dough	1.97	15.31	52	1/9 crust	2B	150	2.5	0	0	260	26	3	2	5	12/18 oz	13.5	
09718	16" 51% Whole Grain Sheeted Pizza Dough	2.4	19	51	1/8 crust	2B	180	1.5	0	0	260	34	4	3	6	24/22 oz	33	
10342	Wheat Pizza Dough Ball - 5 oz	4.35	39.3	51	1 crust	5B	330	3	0.5	0	450	64	5.01	8	12	96	31.6	
10344	Wheat Pizza Dough Ball - 11 oz	9.57	86	51	1 crust	11.25B	730	7	1.5	0	1010	141	11.03	17	27	48	34.53	
10345	Wheat Pizza Dough Ball - 19 oz	16.52	148.5	51	1 crust	19.25B	1260	12	2.5	0	1740	243	19.05	29	47	24	30.228	
10346	Wheat Pizza Dough Ball - 26 oz	22.6	203.3	51	1 crust	27B	1730	16	3	0	2380	332	26.07	39	64	20	34.288	
04648	16" White Wheat Par-Baked Crust	2.9	21.96	51	1/8 crust	2.5B	213	4	0.56	0	386.25	37.75	4.08	1.75	6.88	12	19.53	
04649	9" x 9" White Wheat Oven-Fired Flatbread	2	15.47	51	1/3 flatbread	2B	143	2.3	0.3	0	276.6	25.67	2.72	1.33	4.67	80	30	
Dinner Rolls & Breadsticks																		
05295	RTO Made with Whole Grain Dinner Roll Dough	1.69	17.3	68	1 roll	1.75B	140	2.5	0.5	0	130	16	3	2	4	180	22.5	
08818	Rip Stick™ Breadstick Dough Made with Whole Grains	0.9	8.7	58	1 stick	1B	70	.75	0	0	140	12.5	1.5	1.5	2.5	250	20	
Sandwich Breads																		
08763	Sub Roll Dough Made with Whole Grains	6.35	53.3	51	12" roll	7B	540	9	2	0	780	94	12	10	20	60	28.13	

*Whole Grain percentage is based on flour content.

For detailed product information, please visit richsfoodservice.com/k12.

One Robert Rich Way Buffalo, New York 14213

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