

Rockland Bakery Inc.
Phone: 845-623-5800
Fax: 845-623-6921

Delivery to: Bergen, Essex, Morris, Passaic, Hudson, Warren, Sussex and Union Counties

Bid No. 10-X-20745
September 30, 2009
S0001
Breads, Fresh Baked

All counties can have six day service.

Group A= Breads

Prod. Name	Prod.#	Price Line#	Pack	Price	Weight	Slice	Serv size(g)	Calories	Fat(g)	Sat fat(g)	Tran fat(g)	Sodm(mg)	Potm(mg)	Protien(g)	Fiber(g)	Sugar(g)	Carbs(g)
White bread	243	1	1	1.35	28oz	28	1sl / 28g	70	1	0	0	150		2	1	2	14
Wheat bread	244	2	1	1.35	28oz	28	1sl / 28g	70	1	0	0	150		2	1	2	14
Rye bread	23	3	1	3.40	40oz	33	1sl / 28g	70	0.5	0	0	200		3	1	0	14
Pumpernickle bread	60	4	1	3.40	40oz	33	1sl / 28g	70	0.5	0	0	200		3	1	0	14
Italian White bread (D'Italiano style)	1521	6	1	1.80	20oz	19	1sl / 30g	60	1.5	0	0	190		3	1	0	15
texas toast	734	7	1	1.70	24oz	16	1sl / 43g	120	1	0	0	230		4	1	2	23
Raisin bread	146	8	1	2.75	16oz	18	1sl / 31g	90	1	0	0	130		2	1	6	20

Group B= Buns

Prod. Name	Prod.#	Price Line#	Pack	Price	Weight	Slice	Serv size(g)	Calories	Fat(g)	Sat fat(g)	Tran fat(g)	Sodm(mg)	Potm(mg)	Protien(g)	Fiber(g)	Sugar(g)	Carbs(g)
Hot dog buns	183	16	1	1.35	18oz	12	1 bun / 43g	140	1.5	0	0	240		4	1	5	27
Wheat hot dog buns	1402	17	1	1.55	18oz	12	1 bun / 43g	120	1.5	0	0	240		4	1	4	23
Hamburger buns	184	18	1	1.35	21oz	12	1 bun / 54g	150	2	0	0	290		5	1	4	30
Wheat hamburger buns	1403	19	1	1.55	21oz	12	1 bun / 54g	160	2	0	0	280		6	2	3	31

Group C= Rolls round

Prod. Name	Prod.#	Price Line#	Pack	Price	Weight	Slice	Serv size(g)	Calories	Fat(g)	Sat fat(g)	Tran fat(g)	Sodm(mg)	Potm(mg)	Protien(g)	Fiber(g)	Sugar(g)	Carbs(g)
Small kaiser dinner rolls	121	24	1	1.75	18oz	12	1 roll / 45g	130	1.5	0	0	240		4	1	4	25
Plain dinner rolls	140	25	1	1.75	18oz	12	1 roll / 45g	130	1.5	0	0	240		4	1	4	25
Sesame dinner rolls	142	25	1	1.75	18oz	12	1 roll / 45g	130	1.5	0	0	240		4	1	4	25
Poppy dinner rolls	143	25	1	1.75	18oz	12	1 roll / 45g	130	1.5	0	0	240		4	1	3	24
Whole wheat dinner rolls	144	25	1	1.75	18oz	12	1 roll / 45g	130	1.5	0	0	240		4	1	2	24
Rye dinner rolls	149	25	1	1.75	18oz	12	1 roll / 45g	120	1	0	0	280		5	1	2	24
Pumpernickle dinner rolls	150	25	1	1.75	18oz	12	1 roll / 45g	120	1	0	0	240		5	1	2	23
Small egg twist dinner rolls	152	27	1	1.75	18oz	12	1 roll / 45g	130	1.5	0	0	240		4	1	4	25
Soft split top dinner rolls	452	28	1	1.95	18oz	16	1 roll / 32g	90	1	0	0	150		3	1	2	17
Med. "School" kaiser	249	29	1	1.95	30oz	12	1 roll / 71g	210	2			340		7	1	2	36
Med. "School" kaiser sliced	250	29	1	1.95	30oz	12	1 roll / 71g	210	2			340		7	1	2	36
Med. "School" wheat kaiser	1407	30	1	2.05	30oz	12	1 roll / 71g	210	2			340		8	7	2	38
Med. "School" wheat kaiser sliced	1408	30	1	2.05	30oz	12	1 roll / 71g	210	2			340		8	7	2	38
Lg. kaiser	402	31	1	2.00	39oz.	12	1 roll / 92g	240	3	1	0	440		8	2	3	47
Lg. kaiser sliced	471	31	1	2.00	39oz.	12	1 roll / 92g	240	3	1	0	440		8	2	3	47
Lg. wheat kaiser	1405	32	1	2.10	36oz	12	1 roll / 85g	240	2.5	1	0	410		9	8	3	45
Lg. wheat kaiser sliced	1406	32	1	2.10	36oz	12	1 roll / 85g	240	2.5	1	0	410		9	8	3	45

Group D= Sandwich Roll long

Prod. Name	Prod.#	Price Line#	Pack	Price	Weight	Slice	Serv size(g)	Calories	Fat(g)	Sat fat(g)	Tran fat(g)	Sodm(mg)	Potm(mg)	Protien(g)	Fiber(g)	Sugar(g)	Carbs(g)
4" "school" club roll	246	43	1	1.95	30oz	12	1 roll / 71g	210	2			350		7	1	2	36
4" "school" club roll sliced	247	43	1	1.95	30oz	12	1 roll / 71g	210	2			350		7	1	2	36
4" "school" wheat club roll	1412	44	1	2.05	30oz	12		210	2			340		8	7	2	38
4" "school" wheat club roll sliced	1413	44	1	2.05	30oz	12		210	2			340		8	7	2	38
6" club roll	118	45	1	2.00	39oz	12	1 roll / 92g	240	3	1	0	440		8	2	3	47
6" club roll sliced	395	45	1	2.00	39oz	12	1 roll / 92g	240	3	1	0	440		8	2	3	47
6" wheat club roll	1410	46	1	2.10	36oz	12	1 roll / 85g	240	2.5	1	0	410		9	8	3	45
6" wheat club roll sliced	1411	46	1	2.10	36oz	12	1 roll / 85g	240	2.5	1	0	410		9	8	3	45

Group E= Bastone

Prod. Name	Prod.#	Price Line#	Pack	Price	Weight	Slice	Serv size(g)	Calories	Fat(g)	Sat fat(g)	Tran fat(g)	Sodm(mg)	Potm(mg)	Protien(g)	Fiber(g)	Sugar(g)	Carbs(g)
French bread	108	53	1	1.10	15oz	1	1sl / 57g	140	1	0	0	300		5	1	1	29
Whole wheat french bread	1409	54	1	1.20	15oz	1	1sl / 57g	140	1	0	0	300		5	1	1	29
Italian bastone	111	51	1	1.10	15oz	1	1sl / 57g	140	1	0	0	300		5	1	1	29

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Whole wheat bastone	83	52	1	1.20	15oz	1	1sl / 57g	140	1	0	0	0	300		5	1	1	29
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Group F= Pitas

Prod. Name	Prod.#	Price Line#	Pack	Price	Weight	Slice	Serv size(g)	Calories	Fat(g)	Sat fat(g)	Tran fat(g)	Sodm(mg)	Potm(mg)	Protien(g)	Fiber(g)	Sugar(g)	Carbs(g)
White pita 6"	174	59	1	2.00	24	12	1 pita / 56g	160	0	0	0	160		7	1	2	33
Wheat pita 6"	248	60	1	2.00	24	12	1 pita / 56g	150	0	0	0	225		6	3	2	30

Group G= Bagels

Prod. Name	Prod.#	Price Line#	Pack	Price	Weight	Slice	Serv size(g)	Calories	Fat(g)	Sat fat(g)	Tran fat(g)	Sodm(mg)	Potm(mg)	Protien(g)	Fiber(g)	Sugar(g)	Carbs(g)
Plain bagels	165	64	1	3.10	48oz	12	1 bagel /113g	300	1.5	0	0	620		13	3	11	60
Poppy bagels	166	65	1	3.10	48oz	12	1 bagel /113g	300	1.5	0	0	620		13	3	11	60
Sesame bagels	167	67	1	3.10	48oz	12	1 bagel /113g	300	1.5	0	0	620		13	3	11	60
Cinn raisin bagels	175	68	1	3.10	48oz	12	1 bagel /113g	300	1.5	0	0	620		10	4	12	70
Plain mini bagels	342	63	1	2.95	24oz	12	1 bagel / 57g	150	0.5	0	0	310		6	1	6	30
Plaind bagels sliced	461	64	1	3.10	48oz	12	1 bagel /113g	300	1.5	0	0	620		13	3	11	60
Poppy bagels sliced	462	66	1	3.10	48oz	12	1 bagel /113g	300	1.5	0	0	620		13	3	11	60
Sesame bagels sliced	463	67	1	3.10	48oz	12	1 bagel /113g	300	1.5	0	0	620		13	3	11	60
Cinn raisin bagels sliced	464	68	1	3.10	48oz	12	1 bagel /113g	300	1.5	0	0	620		10	4	12	70

Group H= English muffins

Prod. Name	Prod.#	Price Line#	Pack	Price	Weight	Slice	Serv size(g)	Calories	Fat(g)	Sat fat(g)	Tran fat(g)	Sodm(mg)	Potm(mg)	Protien(g)	Fiber(g)	Sugar(g)	Carbs(g)
English muffins	178	75	1	2.05	24oz	12	1 bun / 57g	150	1	0	0	220		6	1	2	30
Wheat english muffins	1414	76	1	2.25	24oz	12	1 bun / 57g	130	1.5	0	0	240		6	3	1	24

Group J= Single serving bread

Prod. Name	Prod.#	Price Line#	Pack	Price	Weight	Slice	Serv size(g)	Calories	Fat(g)	Sat fat(g)	Tran fat(g)	Sodm(mg)	Potm(mg)	Protien(g)	Fiber(g)	Sugar(g)	Carbs(g)
Wrapped white slices	544	83	box	9.50	100oz	100	1sl / 28g	70	1	0	0	150		2	1	2	14
Wrapped wheat slices	545	84	box	9.50	100oz	100	1sl / 28g	70	1	0	0	150		2	1	2	14
Wrapped rye slices	546	85	box	10.95	120oz	100	1sl / 28g	70	0.5	0	0	200		3	1	0	14
Wrapped low salt slices	547	86	box	10.25	100oz	100	1sl / 28g	70	0.5	0	0	0		2	0	1	12
Wrapped plain dinner rolls	550	87	1	2.05	18oz	12	1 roll / 45g	130	1.5	0	0	240		4	1	4	25
Wrapped split top dinner rolls	251	88	1	2.05	14oz	12	1 roll / 32g	90	1	0	0	150		3	1	2	17
Wrapped wheat dinner rolls	252	89	1	2.05	18oz	12	1 roll / 45g	130	1.5	0	0	240		4	1	2	24
Wrapped sm.kaiser dinner roll	574	90	1	2.05	18oz	12		130	1.5	0	0	240		4	1	4	25
Wrapped sm.egg twist dinner	578	91	1	2.05	18oz	12		130	1.5	0	0	240		4	1	4	25
Wrapped plain mini bagels	535	92	1	3.25	24oz	12	1 bagel / 57g	150	0.5	0	0	310		6	1	6	30

Group K= Bread crumbs

Prod. Name	Prod.#	Price Line#	Pack	Price	Weight	Slice	Serv size(g)	Calories	Fat(g)	Sat fat(g)	Tran fat(g)	Sodm(mg)	Potm(mg)	Protien(g)	Fiber(g)	Sugar(g)	Carbs(g)
Bread crumbs	200	104	1	0.96	16oz		28g	73	1			133		2	1	1	14

Group M= Delivery area by County

County	Delivery days
Bergen	6 days, Mon thru Sat
Essex	6 days, Mon thru Sat
Morris	6 days, Mon thru Sat
Passaic	6 days, Mon thru Sat
Hudson	6 days, Mon thru Sat
Warren	6 days, Mon thru Sat
Sussex	6 days, Mon thru Sat
Union	6 days, Mon thru Sat