



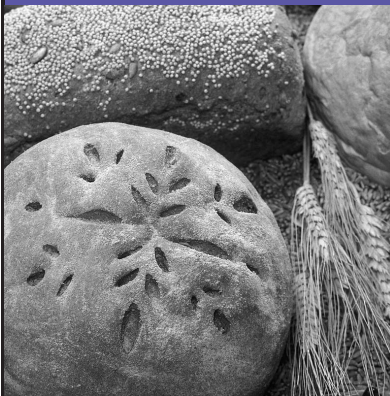
## HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.  
706 N. Broadway  
Rochester MN 55906  
(507) 286-1101  
www.greatharvestrochester.com



**MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM**

**Bread.**  
The way it  
*ought to be.*



USDA Dietary Guidelines recommend eating at least three servings of whole grains a day to help control weight. Grains offer other health benefits, including a reduced risk of cancer, heart attacks and diabetes. Great Harvest has the freshest and most nutritious whole grains anywhere!  
Store bread is made from flour that is weeks or months old. Because of that, nutrients are lost; and unhealthy fats, oils, dough conditioners, and preservatives are added. But with our onsite milling and baking process, nutrients are naturally preserved. That's why it tastes so delicious.

## JANUARY Bread Schedule

### EVERYDAY

Honey Whole Wheat · Old Fashioned White · Challah

### MONDAY

Cinnamon Chip White · High 5 Fiber w/ Berries · Red Pepper Swiss

### TUESDAY

Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

### WEDNESDAY

Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

### THURSDAY

9 Grain · Cinnamon Chip White · Garden Wheat

Sourdough (available after 1PM)

Jan 2 - Whole Grain White

Jan 9 - 3 Cheese

Jan 16 - Sundried Tomato

Jan 23 - White

Jan 30 - Jalapeno Cheddar

### FRIDAY

Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar

### SATURDAY

Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

## JANUARY Sweet Spot

### EVERYDAY

Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

### MONDAY

Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread

Double Chocolate Chip Cookie

### TUESDAY

Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin · Jumble Cookie

### WEDNESDAY

Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread

Peanut Butter Chocolate Chip Cookie

### THURSDAY

Triple Chocolate Scone · Coconut Muffin · Snickerdoodle Cookie

### FRIDAY

Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread

Salted Caramel Cookie · Cinnamon Roll

### SATURDAY

Berry Cream Cheese Scone · Coconut Muffin · Turtle Cookie · Cinnamon Roll