

23 North Center
 Barnes, Kansas
www.Our-DailyBread.com
 or www.barnesks.net

Give us this day
OUR DAILY BREAD

785-763-4269
 1-866-50 – BREAD
 e-mail: ourdailybread@barnesks.net
 Open Mon-Sat 9am-4pm
 Lunch served 11am-2:30pm



BAKE SHOPPE & BISTRO

"I am that Bread of Life" ...John 6:48

*We bring you wonderful taste as well as the feeling of home,
 of times gone by, of good quality, of healthy food and warm hearts.*

We welcome our guests to take advantage of our Handicap Entrance and Beautiful Deck Area which is located at the rear of the building just off the I.O.O.F. Park

October 2010

"He makes grass grow for the cattle, and plants for man to cultivate- bringing forth food from the earth; wine that gladdens the heart, oil to make his face shine, and bread that sustains his heart. Psalm 104:14-15



"Destroy a country's Bread, and you will destroy a country's Health." It is a quote from a book that I read back in 1979 when my children were young. I was on the quest to improve my family's eating habits as well as my own. I began to realize that we can live in an ocean of information, but as an individual we can remain practically ignorant, until we have the desire to seek out the answers. I guess that proves out that verse of "Seek and you will find". Along with lots of enlightening facts about bread being the staple of life, and rather frightening information about what we do to the amazing kernel of wheat to destroy the nutritional value and make sure that it has more shelf life, I was given a little paperback book called **"Please, doctor, do something! A modern physician looks at health and nutrition** By [J. D. Nichols](#)

This little book was filled with all kinds of basic information about hydrogenated oils, whole grains, and ways to improve my family's diet by getting back to basic foods and avoiding over processing the natural foods all around us. One of the simple recommendations was to eat only foods that will go bad, and eat them before they do. Another suggestion was to concentrate on the outside ile at the

grocery store, where all of the fresh products tend to be located. I was thrilled to find that this little book is still available on "amazon.com" for those who would be intrested in i tidbits of wisdom. It has proven it self several times over since it was written in 1975, as more and more is being learned about the long term consequences of what we have done to our food and our health by overprocessing, and our insistance that our meals be fast and cheap. We enjoy serving food at our Bake Shoppe that is made from scratch, using wholesome ingredients, and no preservatives. There in lies the reason that we choose to use freezing as the way to preserve our handmade items for our customers. It has been a battle to train our customers to value the difference in what we make here, but it seems to be finally coming full circle. I was taught as a child to value what is important, that "where your treasure isthere your heart will be also." Our heart has been placed here for a reason...and we thank you for the value that you place on what we do!

....blessings.....cindy+

One of the Ladies of Our Daily Bread

Sometimes your greatest bravery and courage is purely accidentally....But necessary!

.....Quote from a friend!



Planning an Event?.....

We were recently contacted by the KU Medical Center to provide box lunches for their Heart Healthy Clinic held at the Hanover Hospital. Participants were treated to a delicious sandwich made with our "Health Bread", turkey breast, baby swiss cheese, leaf lettuce and mayonnaise made from olive oil. Sides in the gingham lined tissue box were lowfat yogart, and fresh fruit. All of the items were chosen for their heart healthy qualities, but most important quality is tastiness..and it certainly was! Contact us next time your group has a need for box lunches on site.

Grant forms are Available

through the "Simply Kansas" program for up to \$250 to encourage using



Kansas Products for your next event. Our Daily Bread along with many other proud Kansas producers are listed on their web site at:

<http://www.simplykansas.com/eventplanning/Pages/default.aspx>

Look for us on Facebook!

Our Daily Bread now has a Facebook Page. Check us out...become a fan...leave us a note...locate articles written about us.... Keep track of Special Events..

<http://www.facebook.com/#!/OurDailyBreadBarnes?ref=ts>



A Special Note:

For our guests who will be joining us from away from our local area we would love to recommend several unique lodging opportunities close to Barnes. [Gloria's Bed & Breakfast](#) is located in Barnes, and the [Victorian Charm Bed & Breakfast](#) and the [Historic Weaver Hotel](#) is located just 4 miles east in Waterville, Kansas. The links to these sites are also found on the Barnes Web Site and our web site under [Links](#).



Our Daily Bread... Wholesome, handmade breads made from scratch, with no preservatives.

Our made from scratch Breads, along with our Poppy Seed Dressing, Cookies, Muffins and Fruit Pies can arrive to you next day if you are lucky enough to live in Kansas or any of our neighboring states. The cost for shipping on the Web site is an estimate...we only charge you exactly what it costs us.

Check out our On-Line Store at:
www.our-dailybread.com



Breads, Cinnamon Rolls, Pies, & More
Frozen Fresh - Thaw & Serve
In This Grocer's Freezer

“Would you like to see this sign in your hometown Grocer's Windowtell them so....”

You can currently buy our breads, cinnamon rolls, pies, & muffins at:

Shoen's Market in Washington
Jack's Foodmarket in Linn

Ask your local grocer to carry
“Our Daily Bread” frozen fresh products!

Our Daily Bread is a Bake Shoppe, which also serves lunch. Our fresh baked goods, pies and entrees are served daily but are also available for your family. Because they are made fresh for you –order ahead so that we can work your order into our schedule.

“The Garden Room” is available for Groups wishing to arrange an evening event by contacting our Events Coordinator, Kate Olson either by calling the Bake Shoppe at 1-866-50-BREAD or by emailing her at kolson@bluevalley.net

To download our Event guide containing our pricing and capabilities for groups

Go to : <http://barnesks.net/Garden.html>

Give us an opportunity to provide a unique dining experience for your prearranged group

That Special touch..... is our Signature!

**Rural Kansas
Come... and get it!**
NEXT EXIT

*Kansas State & Nebraska Fans...
Call ahead to make sure your
tailgate goodies are ready for
pickup for the Big Game....or
better yet...Stop for lunch on the
way to the Game!*

Heavenly Oatmeal Bread Made with Kansas honey, oatmeal, and white flour. Combining the flour and oatmeal together in this bread makes a complete protein and a delicious flavor.

Heavenly Oatmeal Cinnamon Swirl The delicious oatmeal bread with cinnamon and sugar, rolled to make a unique swirl that creates an enjoyable breakfast bread or a sweet snack.

Whole Wheat Bread Unlike supermarket wheat bread our bread is made from whole wheat flour. Our bread offers the wonderful taste and texture of delicious whole wheat bread and the goodness of whole wheat to your diet.

Whole Wheat Cinnamon Swirl Bread Delicious, hearty whole wheat bread baked with cinnamon and sugar to create a sweet delectable bread.

Harvest Grain Bread This hearty bread includes honey, white flour, whole wheat flour, multigrain flour, and cracked wheat. It receives its nutty texture from poppy seeds, sesame seeds, and sunflower seeds. Together the ingredients create a hearty bread that tastes amazing and is amazing for you.

Health Bread Precisely as it is named, this bread is made with whole wheat flour, flaxseed, sunflower seeds, cracked wheat, canola oil, honey, and molasses to make a bread that tastes delicious and is great for you.