

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **22112**

NUTRIENT INFORMATION PER SERVING

Item Name	KIX CEREAL(LOW SUGAR)Strawberry Waffle	CALORIES 272.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN 3.2 (GM)
CN Number:		CARBOHYDRATES 54.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT 4.4 (GM)
Package Size:	5.96 (oz) 168.97 (g)	SATURATED FAT 0.6 (GM)
Servings Per Package:	1	MonoFat
Weight Per Serving:	5.96 (oz) 168.97 (g)	PolyFat
Nutrients based on:	1 Serving	% Calories from Fat 14.6 (%)
Product Composition:	Consists of one 5.96 oz unit of Kix Cereal, Strawberry Waffle Crackers and Fruit Juice.	CHOLESTEROL 0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A 225.0 (RE)
	2.00 grain/bread equivalent	VITAMIN C 74.7 (MG)
	1/2 cup fruit/vegetable	THIAMIN 0.4 (MG)
Preparation Instructions:	Store at room temperature. Use within 3 months.	RIBOFLAVIN 0.5 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN 5.3 (MG)
		CALCIUM 345.0 (MG)
		IRON 8.5 (MG)
		POTASSIUM 25.0 (MG)
		PHOSPHORUS
		SODIUM 246.0 (MG)
		Fiber 1.1 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163

22112

FRUIT JUICE, STAWBERRY WAFFLE SNAPS, KIX CEREAL

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; STAWBERRY WAFFLE SNAPS (enriched wheat flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, graham flour, vegetable shortening (partially hydrogenated soybean and cottonseed oils with TBHQ and citric acid added to help protect flavor), high fructose corn syrup, dextrose, soy lecithin, natural and artificial flavors, baking powder (sodium acid pyrophosphate, sodium bicarbonate, wheat starch, monocalcium phosphate), soda, salt); KIX CEREAL.

CONTAINS: SOY, WHEAT

PREPARATION: STORE AT ROOM TEMPERATURE. USE WITHIN 3 MONTHS.

22112-PRE5

24 5.96 OZ. UNITS (NET WEIGHT 8.94 LBS.)

STORE IN ROOM TEMPERATURE INSTITUTIONAL USE ONLY

Reviewed by: Julie McNichols R.D., L.D.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **22113**

NUTRIENT INFORMATION PER SERVING

<p>Item Name APPLE FRUIT MUFFIN Blended Fruit Jucie</p> <p>Brand: Preferred Meal Systems, Inc.</p> <p>CN Number:</p> <p>Basis for Data Submitted: As Served</p> <p>Package Size: 9.23 (oz) 261.67 (g)</p> <p>Servings Per Package: 1</p> <p>Weight Per Serving: 9.23 (oz) 261.67 (g)</p> <p>Nutrients based on: 1 Serving</p> <p>Product Composition: Contains one 9.23oz serving of Apple Fruit Muffin with Fruit Punch</p> <p>Meal Contributions: 0.25 oz.meat/meat alternative 3.00 grain/bread equivalent 1 cup fruit/vegetable</p> <p>Preparation Instructions: Keep frozen thaw within 48 hours</p> <p>Source of Nutritional Information: Ingredient suppliers and/or USDA database</p>	<p>CALORIES 503.5 (KCAL)</p> <p>PROTEIN 13.9 (GM)</p> <p>CARBOHYDRATES 75.7 (GM)</p> <p>TOTAL FAT 17.0 (GM)</p> <p>SATURATED FAT 2.5 (GM)</p> <p>MonoFat 4.5 (GM)</p> <p>PolyFat 9.2 (GM)</p> <p>% Calories from Fat 30.4 (%)</p> <p>CHOLESTEROL 27.9 (MG)</p> <p>VITAMIN A 11.8 (RE)</p> <p>VITAMIN C 64.0 (MG)</p> <p>THIAMIN 0.4 (MG)</p> <p>RIBOFLAVIN 0.3 (MG)</p> <p>NIACIN 3.2 (MG)</p> <p>CALCIUM 184.8 (MG)</p> <p>IRON 2.4 (MG)</p> <p>POTASSIUM 168.9 (MG)</p> <p>PHOSPHORUS 137.7 (MG)</p> <p>SODIUM 347.1 (MG)</p> <p>Fiber 1.9 (GM)</p>
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No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

22113

APPLE FRUITY MUFFIN, FRUIT JUICE

INGREDIENTS: APPLE FRUITY MUFFIN (enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), applesauce (apples, corn syrup and water), soybean oil, pear or pineapple juice concentrate, sugar, diced apples (apples, water, salt, ascorbic acid, citric acid), whole eggs, baking powder (monocalcium phosphate, sodium bicarbonate (baking soda) and corn starch), salt, flavoring (artificial flavor, propylene glycol, water), ground cinnamon, potassium sorbate, xanthan gum, sodium stearoyl lactylate); **FRUIT JUICE FROM CONCENTRATE..**

CONTAINS: EGGS, SOY, WHEAT

Cooking Instructions: KEEP FROZEN. THAW AND SERVE WITHIN 48 HOURS.

22113-PRE1

24 9.23 OZ UNITS (NET WEIGHT 13.85 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: _____

Julie Mc Nichols R.D. LON

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **22114**

NUTRIENT INFORMATION PER SERVING

Item Name	RICE KRISPIES CEREAL Blueberry MuffinApple Juice	CALORIES	522.8 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	6.0 (GM)
CN Number:		CARBOHYDRATES	92.4 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	14.3 (GM)
Package Size:	8.86 (oz) 251.18 (g)	SATURATED FAT	2.1 (GM)
Servings Per Package:	1	MonoFat	3.8 (GM)
Weight Per Serving:	8.86 (oz) 251.18 (g)	PolyFat	7.7 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	24.6 (%)
Product Composition:	Consists of one 8.86 oz unit of Rice Krispies Cereal, Blueberry Muffin, and Apple Juice	CHOLESTEROL	25.2 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative 3.00 grain/bread equivalent 1/2 cup fruit/vegetable	VITAMIN A	237.3 (RE)
Preparation Instructions:	Keep frozen, thaw within 48 hours.	VITAMIN C	62.4 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	0.4 (MG)
		RIBOFLAVIN	0.5 (MG)
		NIACIN	4.7 (MG)
		CALCIUM	149.6 (MG)
		IRON	4.7 (MG)
		POTASSIUM	242.1 (MG)
		PHOSPHORUS	92.0 (MG)
		SODIUM	389.1 (MG)
		Fiber	1.4 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

22114

FRUIT JUICE, BLUEBERRY MUFFIN, RICE KRISPIES CEREAL

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; BLUEBERRY MUFFIN (water, sugar, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), liquid margarine (soybean oil; water; partially hydrogenated cottonseed and soya oils, colored with beta carotene; propylene glycol, artificially flavored; corn oil, vitamin A palmitate), whole eggs, invert sugar syrup (inverted cane sugar syrup), flavoring (sugar, corn syrup, corn cereal, modified food starch, partially hydrogenated vegetable oil (cottonseed and/or soybean), natural and artificial blueberry flavor, citric acid, blue #2, red #40, blue #1), salt, baking powder (monocalcium phosphate, sodium bicarbonate (baking soda) and corn starch), artificial flavor, potassium sorbate, xanthan gum, sodium stearoyl lactylate); RICE KRISPIES CEREAL.
CONTAINS: EGGS, SOY, WHEAT

PREPARATION: KEEP FROZEN. THAW AND SERVE WITHIN 48 HOURS.

22114-PRE3

24 8.86 OZ UNITS (NET WEIGHT 13.29 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: _____

Julie Mc Nichols R.D., L.D.N.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

22115

NUTRIENT INFORMATION PER SERVING

Item Name	CINNAMON SUPERSTIX Jungle Crackers Apple Juice	<table border="0"> <tr><td>CALORIES</td><td>350.0 (KCAL)</td></tr> <tr><td>PROTEIN</td><td>6.0 (GM)</td></tr> <tr><td>CARBOHYDRATES</td><td>70.0 (GM)</td></tr> <tr><td>TOTAL FAT</td><td>5.5 (GM)</td></tr> <tr><td>SATURATED FAT</td><td>1.0 (GM)</td></tr> <tr><td>MonoFat</td><td>1.5 (GM)</td></tr> <tr><td>PolyFat</td><td>1.0 (GM)</td></tr> <tr><td>% Calories from Fat</td><td>14.1 (%)</td></tr> <tr><td>CHOLESTEROL</td><td>5.0 (MG)</td></tr> <tr><td>VITAMIN A</td><td>20.0 (RE)</td></tr> <tr><td>VITAMIN C</td><td>60.0 (MG)</td></tr> <tr><td>THIAMIN</td><td></td></tr> <tr><td>RIBOFLAVIN</td><td></td></tr> <tr><td>NIACIN</td><td></td></tr> <tr><td>CALCIUM</td><td>220.0 (MG)</td></tr> <tr><td>IRON</td><td>2.2 (MG)</td></tr> <tr><td>POTASSIUM</td><td>130.0 (MG)</td></tr> <tr><td>PHOSPHORUS</td><td></td></tr> <tr><td>SODIUM</td><td>295.0 (MG)</td></tr> <tr><td>Fiber</td><td>2.0 (GM)</td></tr> </table>	CALORIES	350.0 (KCAL)	PROTEIN	6.0 (GM)	CARBOHYDRATES	70.0 (GM)	TOTAL FAT	5.5 (GM)	SATURATED FAT	1.0 (GM)	MonoFat	1.5 (GM)	PolyFat	1.0 (GM)	% Calories from Fat	14.1 (%)	CHOLESTEROL	5.0 (MG)	VITAMIN A	20.0 (RE)	VITAMIN C	60.0 (MG)	THIAMIN		RIBOFLAVIN		NIACIN		CALCIUM	220.0 (MG)	IRON	2.2 (MG)	POTASSIUM	130.0 (MG)	PHOSPHORUS		SODIUM	295.0 (MG)	Fiber	2.0 (GM)
CALORIES	350.0 (KCAL)																																									
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CARBOHYDRATES	70.0 (GM)																																									
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SODIUM	295.0 (MG)																																									
Fiber	2.0 (GM)																																									
Brand:	Preferred Meal Systems, Inc.																																									
CN Number:																																										
Basis for Data Submitted:	As Served																																									
Package Size:	7.33 (oz) 207.81 (g)																																									
Servings Per Package:	1																																									
Weight Per Serving:	7.33 (oz) 207.81 (g)																																									
Nutrients based on:	1 Serving																																									
Product Composition:	Consists of 7.33oz serving of Cinnamon Superstix, Jungle Crackers, and Fruit Juice.																																									
Meal Contributions:	0.00 oz.meat/meat alternative 3.00 grain/bread equivalent 1/2 cup fruit/vegetable																																									
Preparation Instructions:	Keep frozen, thaw and serve within 48 hours																																									
Source of Nutritional Information:	Ingredient suppliers and/or USDA database																																									

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

22115

FRUIT JUICE, PRETZEL CINNAMON BUN, JUNGLE CRACKERS

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; PRETZEL CINNAMON BUN (enriched bleached and unbleached wheat flour (bleached and unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, cream cheese (milk and cream, cheese cultures, salt, stabilizers (carob bean gum and/or xanthan and/or guar gums), yeast, high fructose corn syrup, modified tapioca starch, fructose, salt, oat fiber, palm oil, cinnamon, corn meal, mono- and diglycerides, brown sugar, acesulfame potassium, egg whites, caramel color, baking soda, natural flavor, potassium sorbate (preservative), elderberry extract, annatto (color), bicarbonates and carbonates of soda. Icing (powdered sugar, water, corn syrup, titanium dioxide, salt, agar gum, potassium sorbate (preservative), sodium benzoate (preservative), mono & diglyceride, natural and artificial flavor); JUNGLE CRACKERS.
CONTAINS: EGGS, MILK, WHEAT

PREPARATION: KEEP FROZEN. THAW AND SERVE WITHIN 48 HOURS.

22115-PRE3

24 7.33 OZ UNITS (NET WEIGHT 11.00 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: _____

Julie McNichols R.D., L.D.N.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

22116

NUTRIENT INFORMATION PER SERVING

Item Name	MINI WHEATS LITTLE BITES Strawberry Waffle CrackersFruit	CALORIES	292.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	5.2 (GM)
CN Number:		CARBOHYDRATES	59.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	4.9 (GM)
Package Size:	6.33 (oz) 179.46 (g)	SATURATED FAT	0.6 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	6.33 (oz) 179.46 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	15.1 (%)
Product Composition:	Consists of 6.33oz serving of Mini Wheats Little Bites, Strawberry Waffle Crackers, and Fruit Juice	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	165.0 (RE)
	2.00 grain/bread equivalent	VITAMIN C	69.9 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.4 (MG)
Preparation Instructions:	Store at room temperature, use witin 3 months.	RIBOFLAVIN	0.5 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	5.3 (MG)
		CALCIUM	265.0 (MG)
		IRON	12.1 (MG)
		POTASSIUM	
		PHOSPHORUS	80.0 (MG)
		SODIUM	231.0 (MG)
		Fiber	4.1 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

22116

FRUIT JUICE, WAFFLE SNAP CRACKERS (STRAWBERRY FLAVOR), MINI-WHEATS CEREAL

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; WAFFLE SNAP CRACKERS (STRAWBERRY FLAVOR) (enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, graham flour, vegetable shortening (partially hydrogenated soybean and cottonseed oil with TBHQ and citric acid added to help protect flavor), high fructose corn syrup, dextrose, soy lecithin, natural and artificial flavors, enrichment (calcium sulfate, tricalcium phosphate, ascorbic acid, ferric pyrophosphate, niacinamide, pyrodoxine, thiamine mononitrate, vitamin A, riboflavin, vitamin B12), baking powder (sodium acid pyrophosphate, sodium bicarbonate, wheat starch, monocalcium phosphate), soda, salt); **MINI-WHEATS LITTLE BITES CHOCOLATE CEREAL.**
CONTAINS: SOY, WHEAT

Preparation: STORE AT ROOM TEMPERATURE. USE WITHIN 3 MONTHS.

22116-PRE7

24 6.33 OZ UNITS (NET WEIGHT 9.50 LBS)

STORE IN ROOM TEMPERATURE INSTITUTIONAL USE ONLY

Reviewed by: Julie McNichols R.D., L.D.N.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

22117

NUTRIENT INFORMATION PER SERVING

Item Name	CORN FLAKES Apple Waffle Crackers Blended Fruit Juice	CALORIES	260.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	3.0 (GM)
CN Number:		CARBOHYDRATES	52.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	3.5 (GM)
Package Size:	6.08 (oz) 172.37 (g)	SATURATED FAT	0.5 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	6.08 (oz) 172.37 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	12.1 (%)
Product Composition:	Consists of one 6.08oz unit of Corn Flakes, Apple Waffle Crackers, and Fruit Punch	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	210.0 (RE)
	2.00 grain/bread equivalent	VITAMIN C	72.6 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.2 (MG)
Preparation Instructions:	Store at room temperature. Use within 3 months.	RIBOFLAVIN	0.3 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	3.0 (MG)
		CALCIUM	250.0 (MG)
		IRON	9.0 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	265.0 (MG)
		Fiber	2.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

22117

FRUIT JUICE, APPLE CINNAMON WAFFLE SNAPS, CORN FLAKES CEREAL

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; APPLE CINNAMON WAFFLE SNAPS (enriched wheat flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, graham flour, partially hydrogenated soybean oil, high fructose corn syrup, dextrose, soy lecithin, natural and artificial flavors, baking powder (sodium acid pyrophosphate, sodium bicarbonate, wheat starch, monocalcium phosphate), baking soda, salt); CORN FLAKES CEREAL.
CONTAINS: SOY, WHEAT

PREPARATION: STORE AT ROOM TEMPERATURE. USE WITHIN 3 MONTHS.

22117-PRE6

24 6.08 OZ. UNITS (NET WEIGHT 9.12 LBS.)

STORE IN ROOM TEMPERATURE INSTITUTIONAL USE ONLY

Reviewed by: _____

Julie McNichols R.D., L.D.

Wednesday, June 16, 2010 2:31:20PM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **22118**

NUTRIENT INFORMATION PER SERVING

Item Name	SUPERSTIXW/STRAWBERRY CREAM CHEESEJungle	CALORIES 360.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN 7.0 (GM)
CN Number:		CARBOHYDRATES 68.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT 8.0 (GM)
Package Size:	7.33 (oz) 207.81 (g)	SATURATED FAT 3.0 (GM)
Servings Per Package:	1	MonoFat 1.5 (GM)
Weight Per Serving:	7.33 (oz) 207.81 (g)	PolyFat 1.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat 20.0 (%)
Product Composition:	Consists of 7.33 oz serving of Super Stick with Strawberry Cream Cheese, Jungle Crackers, and Fruit Juice	CHOLESTEROL 10.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A 20.0 (RE)
	3.00 grain/bread equivalent	VITAMIN C 60.0 (MG)
	1/2 cup fruit/vegetable	THIAMIN 0.2 (MG)
Preparation Instructions:	Keep frozen thaw and serve within 48 hours	RIBOFLAVIN 0.1 (MG)
		NIACIN 1.6 (MG)
		CALCIUM 220.0 (MG)
		IRON 2.2 (MG)
		POTASSIUM
		PHOSPHORUS
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	SODIUM 305.0 (MG)
		Fiber 1.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163

22118

FRUIT JUICE, STUFFED SOFT PRETZEL STICK (STRAWBERRY CREAM CHEESE), JUNGLE CRACKERS

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; STUFFED SOFT PRETZEL STICK (strawberry cream cheese) (enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), strawberry cream cheese filling (pasteurized milk and cream, sugar, strawberries, modified food starch, salt, orange solids, cheese culture, natural flavor, stabilizers (caro beam and/or xanthan and/or guar gums), potassium sorbate and sodium benzoate (preservatives), citric acid, FD&C red 40, blue 1), water, graham cracker crumb topping (enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), graham flour, sugar, partially hydrogenated vegetable shortening (soybean and cottonseed oils), brown sugar, honey, salt, baking soda, coloring (water, high fructose corn syrup, glycerine, FD&C red 40, sugar, modified food starch, FD&C red 3, sodium benzoate, carrageenan, potassium sorbate, xanthan gum, citric acid), artificial flavor), yeast, sweet base (wheat flour, partially hydrogenated soybean oil, mono- and diglycerides, malted barley flour), natural & artificial strawberry flavor, sugar, salt, bicarbonates and carbonates of soda); JUNGLE CRACKERS.
CONTAINS: MILK, SOY, WHEAT

COOKING INSTRUCTIONS: KEEP FROZEN. THAW AND SERVE WITHIN 48 HOURS.

22118-PRE3

24 7.33 OZ UNITS (NET WEIGHT 11.00 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: Julie Mc Nichols R.D., L.D.

Monday, July 26, 2010 1:50:09PM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

22119

NUTRIENT INFORMATION PER SERVING

Item Name	MULTIGRAIN CHEERIOS Banana Muffin Apple Grape Juice	CALORIES	522.2 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	7.4 (GM)
CN Number:		CARBOHYDRATES	90.4 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	15.4 (GM)
Package Size:	8.92 (oz) 252.88 (g)	SATURATED FAT	2.1 (GM)
Servings Per Package:	1	MonoFat	3.8 (GM)
Weight Per Serving:	8.92 (oz) 252.88 (g)	PolyFat	7.8 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	26.5 (%)
Product Composition:	Consists of one 8.92 oz unit of Multigrain Cheerios, Banana Muffin, and Fruit Juice.	CHOLESTEROL	25.3 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	260.4 (RE)
	3.00 grain/bread equivalent	VITAMIN C	69.3 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.5 (MG)
Preparation Instructions:	Keep Frozen, thaw and serve within 48 hours.	RIBOFLAVIN	0.5 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	6.0 (MG)
		CALCIUM	211.8 (MG)
		IRON	6.8 (MG)
		POTASSIUM	298.4 (MG)
		PHOSPHORUS	108.0 (MG)
		SODIUM	449.8 (MG)
		Fiber	3.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

22119

FRUIT JUICE, BANANA MUFFIN, MULTIGRAIN CHEERIOS

INGREDIENTS: FRUIT JUICE; BANANA MUFFIN (water, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), liquid margarine (soybean oil; water; partially hydrogenated cottonseed and soya oils, colored with beta carotene; propylene glycol, artificially flavored; corn oil, vitamin A palmitate), whole eggs, invert sugar syrup (inverted cane sugar syrup), flavoring (maltodextrin and gum arabic), baking powder (monocalcium phosphate, sodium bicarbonate (baking soda) and corn starch), salt, potassium sorbate, xanthan gum, sodium stearoyl lactylate, caramel coloring); MULTI-GRAIN CHEERIOS.

CONTAINS: EGGS, SOY, TREENUTS, WHEAT

PREPARATION: KEEP FROZEN. THAW AND SERVE WITHIN 48 HOURS.

22119-PRE3

24 8.92 OZ UNITS (NET WEIGHT 13.38 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: _____

Julie McNichols R.D., L.D.

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **22121**

NUTRIENT INFORMATION PER SERVING

Item Name	FROSTED FLAKES (LOW SUGAR)Chocolate Graham	CALORIES	300.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	3.0 (GM)
CN Number:		CARBOHYDRATES	64.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	4.5 (GM)
Package Size:	6.23 (oz) 176.62 (g)	SATURATED FAT	1.5 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	6.23 (oz) 176.62 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	13.5 (%)
Product Composition:	Consists of 6.23 ounce of Frosted Flakes Cereal, Chocolate Graham Crackers, and Fruit Juice	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	100.0 (RE)
	2.00 grain/bread equivalent	VITAMIN C	66.0 (MG)
	1/2 cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Store at Room Temperature Use within 3 months.	RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	
		CALCIUM	200.0 (MG)
		IRON	5.6 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	290.0 (MG)
		Fiber	1.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163

22121

FRUIT JUICE, FROSTED FLAKES CEREAL, GRAHAM CRACKERS

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; FROSTED FLAKES CEREAL; GRAHAM CRACKERS (enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), sugar, vegetable oil (partially hydrogenated soybean, cottonseed and hydrogenated cottonseed oil with TBHQ and citric acid for freshness), graham flour, cocoa processed with alkali, high fructose corn syrup, contains two percent or less of calcium carbonate, artificial flavor, baking soda, salt, soy lecithin).
CONTAINS: SOY, WHEAT

COOKING INSTRUCTIONS: STORE AT ROOM TEMPERATURE. USE WITHIN 3 MONTHS.

22121-PRE7

24 6.23 OZ UNITS (NET WEIGHT 9.35 LBS)

STORE IN ROOM TEMPERATURE INSTITUTIONAL USE ONLY

Reviewed by: Julie Mc Nichols R.D., L.D.N.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

22122

NUTRIENT INFORMATION PER SERVING

Item Name	CRISPIX CEREAL Honey Grahams Apple Juice	CALORIES	228.4 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.5 (GM)
CN Number:		CARBOHYDRATES	47.4 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	2.8 (GM)
Package Size:	5.73 (oz) 162.45 (g)	SATURATED FAT	0.6 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	5.73 (oz) 162.45 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	11.0 (%)
Product Composition:	Consists of 5.73 ounces of Crispix Cereal, Honey Graham Crackers, and Apple Juice	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	60.0 (RE)
	2.00 grain/bread equivalent	VITAMIN C	63.6 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.4 (MG)
Preparation Instructions:	Store at Room Temperature Use within 3 months.	RIBOFLAVIN	0.4 (MG)
		NIACIN	5.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	CALCIUM	105.7 (MG)
		IRON	6.0 (MG)
		POTASSIUM	130.0 (MG)
		PHOSPHORUS	
		SODIUM	239.4 (MG)
		Fiber	0.4 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

22122

FRUIT JUICE, GRAHAM CRACKERS, CRIPIX CEREAL

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; GRAHAM CRACKERS (enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), cottonseed oil and partially hydrogenated soybean oil with TBHQ added for freshness, sugar, whole wheat flour, high fructose corn syrup, corn syrup, molasses, contains two percent or less of calcium carbonate, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), salt, artificial flavor, soy lecithin); CRIPIX CEREAL.
CONTAINS: SOY, WHEAT

PREPARATION: STORE AT ROOM TEMPERATURE. USE WITHIN 3 MONTHS.

22122-PRE5

24 5.73 OZ UNITS (NET WEIGHT 8.6 LBS)

STORE IN ROOM TEMPERATURE INSTITUTIONAL USE ONLY

Reviewed by:

Julia Mc Nichols R D, L D V

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **22123**

NUTRIENT INFORMATION PER SERVING

Item Name	CINNAMON TOAST CRUNCHBlueberry MuffinKiwi	CALORIES	404.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	3.7 (GM)
CN Number:		CARBOHYDRATES	73.6 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	10.8 (GM)
Package Size:	9.23 (oz) 261.67 (g)	SATURATED FAT	1.7 (GM)
Servings Per Package:	1	MonoFat	2.1 (GM)
Weight Per Serving:	9.23 (oz) 261.67 (g)	PolyFat	4.2 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	24.0 (%)
Product Composition:	Consists of one 9.23 oz Cinnamon Toast Crunch Cereal, Blueberry Muffin, and Fruit Juice.	CHOLESTEROL	13.8 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	187.8 (RE)
	2.00 grain/bread equivalent	VITAMIN C	64.8 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.5 (MG)
Preparation Instructions:	Keep frozen, thaw and serve within 48 hours	RIBOFLAVIN	0.5 (MG)
		NIACIN	5.5 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	CALCIUM	207.1 (MG)
		IRON	4.7 (MG)
		POTASSIUM	101.3 (MG)
		PHOSPHORUS	50.3 (MG)
		SODIUM	339.3 (MG)
		Fiber	1.7 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163

22123

FRUIT JUICE, BLUEBERRY LOAF, CINNAMON TOAST CRUNCH CEREAL

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; BLUEBERRY LOAF (flour (enriched wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, soy oil, water, eggs, nulomoline, soy flour, salt, blueberries, baking powder, pure vanilla, potassium sorbate, mono diglycerides, butter flavor, xanthan gum); CINNAMON TOAST CRUNCH CEREAL.
 CONTAINS: EGGS, SOY, WHEAT

PREPARATION: KEEP FROZEN. THAW AND SERVE WITHIN 48 HOURS.

22123-PRE3

24 9.23 OZ UNITS (NET WEIGHT 13.85 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

Julie Mc Nichols R.D, L.D.N

Monday, July 26, 2010 1:52:58PM

Product Specification Sheet

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Preferred Meal Systems, Inc.
Product Specification Sheet



Item **22124**

NUTRIENT INFORMATION PER SERVING

Item Name	FROOT LOOPSCinnamon Belly BearsKiwi Strawberry Juice	CALORIES	280.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	3.0 (GM)
CN Number:		CARBOHYDRATES	56.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	4.5 (GM)
Package Size:	5.98 (oz) 169.53 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	5.98 (oz) 169.53 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	14.5 (%)
Product Composition:	Consists of one 5.98 oz Fruit Loops Cereal, Cinnamon Belly Bears, and Fruit Juice.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	60.0 (RE)
	2.00 grain/bread equivalent	VITAMIN C	69.0 (MG)
	1/2 cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Store at Room Temperature	RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	
		CALCIUM	200.0 (MG)
		IRON	3.8 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	215.0 (MG)
		Fiber	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163

22124

FRUIT JUICE, CINNAMON GRAHAM BELLY BEARS, FRUIT LOOPS CEREAL

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; CINNAMON GRAHAM BELLY BEARS (Enriched Wheat Flour (contains: Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Canola Oil, Graham Flour, Cinnamon, High Fructose Corn Syrup, Calcium Carbonate, Leavening (Baking Soda, Monocalcium Phosphate), Salt, Natural Flavor); FRUIT LOOPS CEREAL.
 CONTAINS: SOY, WHEAT

PREPARATION: STORE AT ROOM TEMPERATURE. USE WITHIN 3 MONTHS.

22124-PRE5

24 5.98 OZ UNITS (NET WEIGHT 8.97 LBS)

STORE IN ROOM TEMPERATURE INSTITUTIONAL USE ONLY

Reviewed by: Julie Mc Nichols R.D., L.D.N.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

22125

NUTRIENT INFORMATION PER SERVING

Item Name	MAPLE EGGO CRUNCH CEREAL Cinnamon Grahams Apple	CALORIES	280.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	3.0 (GM)
CN Number:		CARBOHYDRATES	55.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	5.0 (GM)
Package Size:	6.03 (oz) 170.95 (g)	SATURATED FAT	1.0 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	6.03 (oz) 170.95 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	16.1 (%)
Product Composition:	Consists of 6.03 oz of Maple Eggo Crunch Cereal, Cinnamon Graham Crackers and Fruit Juice.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative 2.00 grain/bread equivalent 1/2 cup fruit/vegetable	VITAMIN A	60.0 (RE)
Preparation Instructions:	Store at Room Temperature. Use within 3 months.	VITAMIN C	69.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	0.2 (MG)
		RIBOFLAVIN	0.3 (MG)
		NIACIN	3.0 (MG)
		CALCIUM	200.0 (MG)
		IRON	3.4 (MG)
		POTASSIUM	130.0 (MG)
		PHOSPHORUS	
		SODIUM	220.0 (MG)
		Fiber	1.8 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

22125

FRUIT JUICE, CINNAMON GRAHAM CRACKERS, MAPLE EGGO CRUNCH CEREAL

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; CINNAMON GRAHAM CRACKERS (enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), sugar, vegetable oil (partially hydrogenated soybean, cottonseed and hydrogenated cottonseed oil with TBHQ and citric acid for freshness), graham flour, honey, contains two percent or less of calcium carbonate, molasses, salt, baking soda, cinnamon, soy lecithin); MAPLE SYRUP EGGO CEREAL.
CONTAINS: SOY, WHEAT

22125-PRE6

PREPARATION: STORE AT ROOM TEMPERATURE. USE WITHIN 3 MONTHS.

10117

24 6.03 OZ UNITS (NET WEIGHT 9.05 LBS)

STORE IN ROOM TEMPERATURE

INSTITUTIONAL USE ONLY

Reviewed by:

Julie Mc Nichols R.D., L.D.N.

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

22126

NUTRIENT INFORMATION PER SERVING

Item Name	COCOA KRISPIESJungle CrackersBlended Fruit Juice	CALORIES	307.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	3.0 (GM)
CN Number:		CARBOHYDRATES	63.5 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	4.0 (GM)
Package Size:	6.33 (oz) 179.46 (g)	SATURATED FAT	0.5 (GM)
Servings Per Package:	1	MonoFat	1.5 (GM)
Weight Per Serving:	6.33 (oz) 179.46 (g)	PolyFat	1.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	11.7 (%)
Product Composition:	Consists of 6.33 ounces of Cocoa Puffs Cereal, Jungle Crackers, and Fruit Juice.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	98.2 (RE)
	2.00 grain/bread equivalent	VITAMIN C	74.7 (MG)
	1/2 cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Store at Room Temperature. Use within 3 months.	RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	
		CALCIUM	239.3 (MG)
		IRON	5.1 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	261.4 (MG)
		Fiber	1.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163

22126

FRUIT JUICE, COCOA KRISPIES, JUNGLE CRACKERS

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; COCOA KRISPIES CEREAL; JUNGLE CRACKERS.
 CONTAINS: MILK, SOY, WHEAT

PREPARATION: STORE AT ROOM TEMPERATURE. USE WITHIN 3 MONTHS.

22126-PRE6

24 6.33 OZ UNITS (NET WEIGHT 9.50 LBS)

STORE IN ROOM TEMPERATURE INSTITUTIONAL USE ONLY

Reviewed by: Julie Mc Nichols R.D., L.D.N.

Monday, July 26, 2010 1:51:38PM

Product Specification Sheet

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Preferred Meal Systems, Inc.
Product Specification Sheet



Item

22128

NUTRIENT INFORMATION PER SERVING

Item Name	BERRY BERRY KIX Honey Belly Bears Blended Fruit Juice	CALORIES	280.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	3.0 (GM)
CN Number:		CARBOHYDRATES	55.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	5.0 (GM)
Package Size:	5.98 (oz) 169.53 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	5.98 (oz) 169.53 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	16.1 (%)
Product Composition:	Consists of 5.98 ounces of Berry Berry Kix Cereal, Honey Graham Belly Bears, and Fruit Juice.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative 2.00 grain/bread equivalent 1/2 cup fruit/vegetable	VITAMIN A	80.0 (RE)
Preparation Instructions:	Store at Room Temperature. Use within 3 months.	VITAMIN C	64.8 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	0.3 (MG)
		RIBOFLAVIN	0.3 (MG)
		NIACIN	4.0 (MG)
		CALCIUM	240.0 (MG)
		IRON	4.3 (MG)
		POTASSIUM	30.0 (MG)
		PHOSPHORUS	
		SODIUM	230.0 (MG)
		Fiber	0.0 (GM)
		REFINED SUGAR	29.0 (GM)
		TRANS FAT	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163

22128

FRUIT JUICE, HONEY GRAHAM BELLY BEARS, BERRY BERRY KIX CEREAL

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; HONEY GRAHAM BELLY BEARS (enriched wheat flour (contains: niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated vegetable shortening (soybean oil and cottonseed oils), graham flour, honey, salt, baking soda, natural flavor, monocalcium phosphate); BERRY BERRY KIX CEREAL.
 CONTAINS: SOY, WHEAT

22128-PRE1

COOKING INSTRUCTIONS: STORE AT ROOM TEMPERATURE. USE WITHIN 3 MONTHS.

24 5.98 OZ UNITS (NET WEIGHT 8.97 LBS)

STORE IN ROOM TEMPERATURE INSTITUTIONAL USE ONLY

Reviewed by:

Julia Mc Nichols R.D., L.D.

Friday, July 23, 2010 8:42:32AM

Product Specification Sheet

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Preferred Meal Systems, Inc.
Product Specification Sheet



Item

22129

NUTRIENT INFORMATION PER SERVING

Item Name	FROOT LOOPS(LOW SUGAR) Raisin Bran MuffinFruit Juice	CALORIES	441.9 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	4.8 (GM)
CN Number:		CARBOHYDRATES	81.9 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	13.0 (GM)
Package Size:	8.25 (oz) 233.89 (g)	SATURATED FAT	1.8 (GM)
Servings Per Package:	1	MonoFat	3.3 (GM)
Weight Per Serving:	8.25 (oz) 233.89 (g)	PolyFat	6.8 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	26.5 (%)
Product Composition:	Consists of 8.25 ounces Low Sugar Fruit Loops, Raisin Bran Muffin, and Fruit Juice.	CHOLESTEROL	23.8 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	172.3 (RE)
	2.25 grain/bread equivalent	VITAMIN C	75.3 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.2 (MG)
Preparation Instructions:	Keep Frozen, thaw and serve within 48 hours	RIBOFLAVIN	0.1 (MG)
		NIACIN	1.4 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	CALCIUM	177.6 (MG)
		IRON	16.9 (MG)
		POTASSIUM	323.4 (MG)
		PHOSPHORUS	91.0 (MG)
		SODIUM	354.5 (MG)
		Fiber	4.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163

22129

FRUIT JUICE, RAISIN BRAN MUFFIN, FRUIT LOOPS CEREAL

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; RAISIN BRAN MUFFIN (water, brown sugar, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), seedless raisins, liquid margarine (soybean oil; water; partially hydrogenated cottonseed and soya oils, colored with beta carotene; propylene glycol, artificially flavored; corn oil, vitamin A palmitate), wheat bran, enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), whole eggs, invert sugar syrup (inverted cane sugar syrup), molasses, baking powder (monocalcium phosphate, sodium bicarbonate (baking soda) and corn starch), salt, vanilla extract (water, alcohol, sugar and vanilla bean extractives), ground cinnamon, potassium sorbate, caramel color, xanthan gum, sodium stearoyl lactylate); FRUIT LOOPS CEREAL.
 CONTAINS: EGGS, SOY, WHEAT

PREPARATION: KEEP FROZEN. THAW AND SERVE WITHIN 48 HOURS.

22129-PRE6

24 8.25 OZ UNITS (NET WEIGHT 12.38 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

Julie Mc Nichols R.D., L.D.N.

Monday, July 26, 2010 1:53:57PM

Product Specification Sheet

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Preferred Meal Systems, Inc.

Product Specification Sheet



Item

22130

NUTRIENT INFORMATION PER SERVING

Item Name	APPLE JACKS Cinnamon Belly Bears Blended Fruit Juice	CALORIES	260.6 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	3.0 (GM)
CN Number:		CARBOHYDRATES	50.1 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	4.0 (GM)
Package Size:	5.86 (oz) 166.13 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	5.86 (oz) 166.13 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	13.8 (%)
Product Composition:	Consists of 5.86 ounces of Apple Jacks, Cinnamon Belly Bears and Fruit Punch	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	40.3 (RE)
	2.00 grain/bread equivalent	VITAMIN C	66.0 (MG)
	1/2 cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Store at Room Temperature. Use within 3 months.	RIBOFLAVIN	
		NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	CALCIUM	200.0 (MG)
		IRON	2.9 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	200.6 (MG)
		Fiber	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

22130

FRUIT JUICE, CINNAMON BELLY BEARS, APPLE JACKS CEREAL

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; CINNAMON BELLY BEARS (enriched wheat flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, canola oil, graham flour, cinnamon, high fructose corn syrup, calcium carbonate, leavening (bake soda, monocalcium phosphate), salt, natural flavor); **APPLE JACKS CEREAL.**
CONTAINS: WHEAT

PREPARATION: STORE AT ROOM TEMPERATURE. USE WITHIN 3 MONTHS.

22130-PRE3

24 5.86 OZ UNITS (NET WEIGHT 8.79 LBS)

STORE IN ROOM TEMPERATURE INSTITUTIONAL USE ONLY

Reviewed by: _____

Julie Mc Nichols R.D., L.D.N.

Wednesday, June 16, 2010 3:55:29PM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **22131**

NUTRIENT INFORMATION PER SERVING

Item Name	GOLDEN GRAHAM CEREAL Honey Grahams100% Apple Juice	CALORIES	258.4 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.5 (GM)
CN Number:		CARBOHYDRATES	52.4 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	3.8 (GM)
Package Size:	5.88 (oz) 166.70 (g)	SATURATED FAT	0.6 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	5.88 (oz) 166.70 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	13.2 (%)
Product Composition:	Consists of 5.88 ounces of Golden Graham Cereal, Honey Graham Crackers, and Fruit Juice.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	80.0 (RE)
	2.00 grain/bread equivalent	VITAMIN C	64.8 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.3 (MG)
Preparation Instructions:	Store at Room Temperature. Use within 3 months.	RIBOFLAVIN	0.3 (MG)
		NIACIN	4.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	CALCIUM	185.7 (MG)
		IRON	4.2 (MG)
		POTASSIUM	175.0 (MG)
		PHOSPHORUS	
		SODIUM	349.4 (MG)
		Fiber	1.4 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163

22131

FRUIT JUICE, HONEY GRAHAM CRACKERS, GOLDEN GRAHAM CEREAL

INGREDIENTS: FRUIT JUICE FROM CONCENTRATE; HONEY GRAHAM CRACKERS (whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, high fructose corn syrup, honey, salt, leavening (sodium bicarbonate, ammonium bicarbonate), molasses, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamine mononitrate, maltodextrin as carrier), extract of annatto); GOLDEN GRAHAM CEREAL.
 CONTAINS: SOY, WHEAT

22131-PRE4

PREPARATION: STORE AT ROOM TEMPERATURE. USE WITHIN 3 MONTHS.

24 5.88 OZ UNITS (NET WEIGHT 8.82 LBS)

STORE IN ROOM TEMPERATURE INSTITUTIONAL USE ONLY

Reviewed by: Yvonne McNichols R.D., L.D.N.

Monday, July 26, 2010 1:53:24PM

Product Specification Sheet

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