

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **808**

NUTRIENT INFORMATION PER SERVING

Item Name	BBQ Sauce	CALORIES	18.9 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	4.6 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.0 (GM)
Package Size:	0.43 (oz) 12.19 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	0.43 (oz) 12.19 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	0.0 (%)
Product Composition:	Consists of .43 ounces of bbq sauce	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	16.8 (RE)
	0.00 grain/bread equivalent	VITAMIN C	0.0 (MG)
	cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Store in a cool place to extend shelf life	RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	
		CALCIUM	0.0 (MG)
		IRON	0.2 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	96.6 (MG)
		Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Water, Tomato Paste, High Fructose Corn Syrup, Sugar, Vinegar, Molasses, Salt, Modified Food Starch, Soybean Oil, Natural Smoke Flavors, Spices, Onion Powder, Caramel Color, Garlic Powder, Sodium Benzoate, Potassium Sorbate and EDTA (as preservatives).

Reviewed by: Julia Mc Nichols R.D.L.D.V.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **835**

NUTRIENT INFORMATION PER SERVING

Item Name	Fat Free Italian Dressing		CALORIES	5.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:	0		CARBOHYDRATES	0.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	0.42 (oz)	11.99 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	0.42 (oz)	11.99 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 0.423oz serving of Italian Dressing		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	
	0.00	grain/bread equivalent	VITAMIN C	
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Dry Storage		RIBOFLAVIN	
			NIACIN	
			CALCIUM	
			IRON	
			POTASSIUM	
			PHOSPHORUS	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		SODIUM	190.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Water, Distilled Vinegar, High Fructose Corn Syrup, Salt, Contains less than 2% of Soybean Oil, Xanthan Gum, Garlic*, Red Bell Peppers*, Spices, Sodium Benzoate and Potassium Sorbate (preservatives), Calcium Disodium EDTA added to protect flavor, Onion*, Natural Flavor, Yellow 5, Red 40, Blue 1.

*Dehydrated

Reviewed by: _____

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

Preferred Meal Systems, Inc.
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Item **836**

NUTRIENT INFORMATION PER SERVING

Item Name	Fat Free Ranch Dressing	CALORIES	10.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	2.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.0 (GM)
Package Size:	0.43 (oz) 12.19 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	0.43 (oz) 12.19 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	0.0 (%)
Product Composition:	Consists of .43 ounces of ranch dressing	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	
	0.00 grain/bread equivalent	VITAMIN C	
	cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Store in a cool dry place to extend shelf life	RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	
		CALCIUM	
		IRON	
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	90.0 (MG)
		Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Water, Maltodextrin, Distilled Vinegar, Sugar, Corn Syrup, Contains less than 2% of Salt, Food Starch – Modified, Microcrystalline Cellulose and Sodium Carboxymethylcellulose, Sweet Cream Solids (Sweet Cream Solids, Lecithin and Tocopherols)**, Artificial Color, Garlic*, Onion*, Buttermilk Solids, Autolyzed Yeast, Xanthan Gum, Natural Flavor, Celery Seed, Sodium Benzoate and Potassium Sorbate (preservatives), Phosphoric Acid, Spices, Lactic Acid, Disodium Inosinate and Disodium Guanylate.

*Dehydrated **Adds a trivial amount of Fat

CONTAINS: MILK, EGG, SOY

Reviewed by: _____

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **837**

NUTRIENT INFORMATION PER SERVING

Item Name	Fat Free Mayonnaise		CALORIES	45.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:			CARBOHYDRATES	3.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	4.0 (GM)
Package Size:	0.43 (oz)	12.19 (g)	SATURATED FAT	
Servings Per Package:	1		MonoFat	
Weight Per Serving:	0.43 (oz)	12.19 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	80.0 (%)
Product Composition:	Contains one 0.43oz of Mayonnaise		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	
	0.00	grain/bread equivalent	VITAMIN C	
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Store in a cool place to extend shelf life		RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	
			IRON	
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	75.0 (MG)
			Fiber	

No Value-Indicates no information available

INGREDIENT STATEMENT

Water, Soybean Oil, Corn Syrup, Modified Corn Starch, Egg Yolks, Distilled Vinegar, Contains less than 2% of Salt, Sodium Benzoate and Potassium Sorbate (as preservatives), Spice, Citric Acid, Xanthan Gum, Natural Flavors, Calcium Disodium EDTA added to protect flavor, Yellow 5.
CONTAINS: EGG

Reviewed by: *Julian M. Melos RD/LD*

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

845

NUTRIENT INFORMATION PER SERVING

Item Name	Honey		CALORIES	25.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:	0		CARBOHYDRATES	7.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	0.32 (oz) 8.99 (g)		SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	0.32 (oz) 8.99 (g)		PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 0.317oz serving of Honey		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Store in cool place to extend shelf life		RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	0.0 (MG)
			IRON	0.0 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	0.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Honey

Reviewed by: _____

Julia Mc Nichols R D, L D N

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

850

NUTRIENT INFORMATION PER SERVING

Item Name	Ranch Dipping Cup(Fat Free)		CALORIES	30.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:			CARBOHYDRATES	7.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	1.00 (oz)	28.35 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	1.00 (oz)	28.35 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	1 - 1oz serving of Fat Free Ranch Dipping		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:			RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	0.0 (MG)
			IRON	0.0 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	430.0 (MG)
			Fiber	1.0 (GM)

No Value-Indicates no information available

INGREDIENTS:
 WATER, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, MALTODEXTRIN, CORN SYRUP SOLIDS, MODIFIED FOOD STARCH, SALT, CULTURED SKIM MILK POWDER*, MICROCRYSTALLINE CELLULOSE, WHEY POWDER, MONOSODIUM GLUTAMATE, ARTIFICIAL COLOR, SOUR CREAM POWDER*, ADIPIC ACID, NATURAL FLAVOR, GARLIC POWDER, XANTHAN GUM, CELLULOSE GUM, POTASSIUM SORBATE AND SODIUM BENZOATE ADDED AS PRESERVATIVES, SPICES, PROPYLENE GLYCOL ALGINATE, ONION POWDER, PHOSPHORIC ACID. *ADDS A TRIVIAL AMOUNT OF FAT

Reviewed by: Justin McMichals R.D., L.D.N.

Preferred Meal Systems, Inc.
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Item

851

NUTRIENT INFORMATION PER SERVING

Item Name	Relish		CALORIES	10.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:			CARBOHYDRATES	3.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	0.32 (oz)	9.07 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	0.32 (oz)	9.07 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 0.32oz serving of Relish		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Dry Storage		RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	0.0 (MG)
			IRON	0.0 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	60.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Cucumbers, Corn Syrup, Distilled Vinegar, Salt, Red Bell Peppers, Xanthan Gum, Natural Spices & Flavors, Turmeric, less than 0.1% Sodium Benzoate & Potassium Sorbate As Preservatives.

Reviewed by: _____

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

Preferred Meal Systems, Inc.
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Item

860a

NUTRIENT INFORMATION PER SERVING

Item Name	Mustard	CALORIES	3.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.2 (GM)
CN Number:		CARBOHYDRATES	0.2 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.2 (GM)
Package Size:	0.16 (oz) 4.51 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	0.1 (GM)
Weight Per Serving:	0.16 (oz) 4.51 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	60.0 (%)
Product Composition:	Contains one 0.159oz serving of Mustard	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	0.1 (MG)
	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Store in cool place to extend shelf life	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient Supplier and/or USDA Database	NIACIN	0.0 (MG)
		CALCIUM	3.0 (MG)
		IRON	0.1 (MG)
		POTASSIUM	6.0 (MG)
		PHOSPHORUS	5.0 (MG)
		SODIUM	51.0 (MG)
		Fiber	0.1 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Vinegar, Water, Mustard Seed, Salt, Turmeric and Paprika

Reviewed by: Julia McMichals RD, LRD

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

861A

NUTRIENT INFORMATION PER SERVING

Item Name	Catsup		CALORIES	7.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.1 (GM)
CN Number:			CARBOHYDRATES	1.8 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	0.25 (oz)	7.00 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	0.25 (oz)	7.00 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	One serving consists of one 0.2469oz packet of Ketchup.		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	3.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	1.1 (MG)
		cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Dry Storage.		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient supplier and/or USDA database		NIACIN	0.1 (MG)
			CALCIUM	1.0 (MG)
			IRON	0.0 (MG)
			POTASSIUM	27.0 (MG)
			PHOSPHORUS	2.0 (MG)
			SODIUM	78.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Tomato Concentrate Made from Red Ripe Tomatoes, Corn Syrup, High Fructose Corn Syrup, Distilled Vinegar, Salt, Spices and Natural Flavorings.

Reviewed by: Julie M. Nichols RD/LDN

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **863b**

NUTRIENT INFORMATION PER SERVING

Item Name	Margarine	CALORIES	30.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:	0	CARBOHYDRATES	0.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	2.5 (GM)
Package Size:	0.18 (oz) 5.00 (g)	SATURATED FAT	0.5 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	0.18 (oz) 5.00 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	75.0 (%)
Product Composition:	Contains one 0.1764 oz serving of Margarine	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	40.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	
	cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Keep Refrigerated	RIBOFLAVIN	
		NIACIN	
		CALCIUM	
		IRON	
		POTASSIUM	
		PHOSPHORUS	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	SODIUM	
		Fiber	

No Value-Indicates no information available

INGREDIENTS: Liquid Soybean Oil, Partially Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono and Diglycerides, Soy Lecithin, Potassium Sorbate and Citric Acid (added as preservatives), Vitamin A Palmitate, Colored with Beta Carotene, Artificially Flavored.

Reviewed by: _____

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

865

NUTRIENT INFORMATION PER SERVING

Item Name	Mayonnaise	CALORIES	70.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:	0	CARBOHYDRATES	0.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	7.0 (GM)
Package Size:	0.32 (oz) 8.99 (g)	SATURATED FAT	1.0 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	0.32 (oz) 8.99 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	90.0 (%)
Product Composition:	Consists of one 0.317oz serving of Mayonnaise	CHOLESTEROL	5.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	0.0 (MG)
	cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Store in cool place to extend shelf life	RIBOFLAVIN	
		NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	CALCIUM	0.0 (MG)
		IRON	0.0 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	45.0 (MG)
		Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENTS: SOYBEAN OIL, WATER, EGG YOLKS, DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF MUSTARD BRAN, HIGH FRUCTOSE CORN SYRUP, SALT, WHOLE EGGS, SPICE, LEMON JUICE CONCENTRATE, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR.
CONTAINS: EGG.

Reviewed by: _____

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **866**

NUTRIENT INFORMATION PER SERVING

Item Name	Tartar Sauce	CALORIES	30.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:	0	CARBOHYDRATES	2.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	2.5 (GM)
Package Size:	0.32 (oz) 8.99 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	0.32 (oz) 8.99 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	75.0 (%)
Product Composition:	Consists of one 0.317oz serving of Tartar Sauce	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	
	0.00 grain/bread equivalent	VITAMIN C	
	cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Dry Storage	RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	
		CALCIUM	
		IRON	
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	75.0 (MG)
		Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Water, Soybean Oil, High Fructose Corn Syrup, Dill Relish (Cured Cucumbers, Water, Vinegar, Salt, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (Preservatives), Natural Flavorings), Distilled Vinegar, Corn Syrup, Food Starch - Modified, Contains less than 2% of Salt, Buttermilk Solids, Egg Yolks, Spice, Natural Flavors, Apo Carotenal (color), Xanthan Gum, Potassium Sorbate and Sodium Benzoate (preservatives), Calcium Disodium EDTA added to protect flavor.
 Contains Milk, Egg.

Reviewed by: Julia McMichael R.D., L.D.N.

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **867**

NUTRIENT INFORMATION PER SERVING

Item Name	Soy Sauce		CALORIES	0.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:	0		CARBOHYDRATES	0.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	0.25 (oz)	6.97 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	0.25 (oz)	6.97 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 0.246 oz serving of Soy Sauce		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Dry Storage		RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	0.0 (MG)
			IRON	0.0 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	440.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available

Ingredients

Water, salt, molasses, caramel color, hydrolyzed vegetable protein, potassium sorbate.

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

868

NUTRIENT INFORMATION PER SERVING

Item Name	Ketchup		CALORIES	10.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:	0		CARBOHYDRATES	3.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	0.32 (oz) 8.99 (g)		SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	0.32 (oz) 8.99 (g)		PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	Consists of one .317 oz serving of Ketchup		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Store at room temperature.		RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	0.0 (MG)
			IRON	0.0 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	100.0 (MG)
			Fiber	

No Value-Indicates no information available

Ingredient Statement: Tomato concentrate (tomato paste, water), corn syrup, distilled vinegar, high fructose corn syrup, salt, natural flavors.

Reviewed by: _____

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **870**

NUTRIENT INFORMATION PER SERVING

Item Name	Syrup		CALORIES	73.3 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:			CARBOHYDRATES	18.6 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	1.00 (oz)	28.35 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	1.00 (oz)	28.35 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	Contains one 1oz serving of Syrup		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Store in cool place to extend shelf life		RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database		NIACIN	
			CALCIUM	0.0 (MG)
			IRON	0.0 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	3.3 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Corn Syrup, High Fructose Corn Syrup, Water, Cellulose Gum, Potassium Sorbate and Sodium Benzoate (as preservatives), Caramel Color, Natural & Artificial Flavor, Citric Acid, Salt.

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **871**

NUTRIENT INFORMATION PER SERVING

Item Name	Fat Free French Dressing		CALORIES	10.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:	0		CARBOHYDRATES	4.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	0.42 (oz)	11.99 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	0.42 (oz)	11.99 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 0.423oz serving of Fat Free French Dressing		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Store in dry storage.		RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	
			CALCIUM	0.0 (MG)
			IRON	0.0 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	140.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Water, High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Sugar, Salt, Contains less than 2% of Microcrystalline Cellulose & Sodium Carboxymethylcellulose, Food Starch – Modified, Xanthan Gum, Onion*, Spice, Sodium Benzoate and Potassium Sorbate (as preservatives), Lemon Juice Concentrate, Garlic*, Natural Flavor, Yellow6 & Red 40. *Dehydrated

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

873

NUTRIENT INFORMATION PER SERVING

Item Name	French Dressing		CALORIES	45.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:	0		CARBOHYDRATES	2.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	4.5 (GM)
Package Size:	0.42 (oz) 11.99 (g)		SATURATED FAT	0.5 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	0.42 (oz) 11.99 (g)		PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	90.0 (%)
Product Composition:	Consists of one .423oz serving of french dressing		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	
	0.00	grain/bread equivalent	VITAMIN C	
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Dry storage		RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	
			IRON	
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	85.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Soybean Oil, Water, High Fructose Corn Syrup, Distilled Vinegar, Contains Less Than 2% of Salt, Tomato Paste, Spice, Xanthan Gum, Potassium Sorbate and Sodium Benzoate as preservatives, Propylene Glycol Alginate, Natural Flavors, Apo Carotenal (color), Paprika, Onion*, Calcium Disodium EDTA added to protect flavor, Yellow 5 and 6.

*Dehydrated

Reviewed by: _____

Julie McMichols R.D., L.D.N.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

874

NUTRIENT INFORMATION PER SERVING

Item Name	Taco Sauce	CALORIES	5.0 (KCAL)
		PROTEIN	0.0 (GM)
		CARBOHYDRATES	1.0 (GM)
		TOTAL FAT	0.0 (GM)
		SATURATED FAT	0.0 (GM)
Brand:	Preferred Meal Systems, Inc.	MonoFat	
CN Number:	0	PolyFat	
Basis for Data Submitted:	As Served	% Calories from Fat	0.0 (%)
Package Size:	0.32 (oz) 8.99 (g)	CHOLESTEROL	0.0 (MG)
Servings Per Package:	1	VITAMIN A	20.0 (RE)
Weight Per Serving:	0.32 (oz) 8.99 (g)	VITAMIN C	0.0 (MG)
Nutrients based on:	1 Serving	THIAMIN	
Product Composition:	Consists of one 0.317oz serving of Taco Sauce	RIBOFLAVIN	
Meal Contributions:	0.00 oz.meat/meat alternative	NIACIN	
	0.00 grain/bread equivalent	CALCIUM	0.0 (MG)
	cup fruit/vegetable	IRON	0.0 (MG)
Preparation Instructions:	Store in cool place to extend shelf life	POTASSIUM	
		PHOSPHORUS	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	SODIUM	55.0 (MG)
		Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Water, Tomato Paste, Vinegar, Spices (including Chili Pepper), Salt, Sugar, Onion Powder, Garlic Powder, Less than 1/10% Potassium Sorbate and Sodium Benzoate as Preservatives.

Reviewed by: _____

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

875

NUTRIENT INFORMATION PER SERVING

Item Name	Salsa		CALORIES	5.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:			CARBOHYDRATES	1.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	0.50 (oz)	14.18 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	0.50 (oz)	14.18 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 0.5oz serving of Salsa		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	
	0.00	grain/bread equivalent	VITAMIN C	
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Dry Storage		RIBOFLAVIN	
			NIACIN	
			CALCIUM	
			IRON	
			POTASSIUM	
			PHOSPHORUS	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		SODIUM	95.0 (MG)
			Fiber	

No Value-Indicates no information available

INGREDIENT STATEMENT

Water, Crushed Tomatoes, Vinegar, Salt, Relish (Cucumbers, Corn Syrup, Distilled Vinegar, Salt, Red Bell Peppers, Xanthan Gum, Natural Spices & Flavors, Turmeric), Red Bell Pepper*, Tomato Paste, Onions*, Garlic Powder, Jalapenos*, Spice, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (preservatives). *Dehydrated

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

Reviewed by: _____

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

876

NUTRIENT INFORMATION PER SERVING

Item Name	Italian Dressing		CALORIES	35.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.1 (GM)
CN Number:			CARBOHYDRATES	1.3 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	3.4 (GM)
Package Size:	0.42 (oz)	11.99 (g)	SATURATED FAT	0.5 (GM)
Servings Per Package:	1		MonoFat	0.8 (GM)
Weight Per Serving:	0.42 (oz)	11.99 (g)	PolyFat	1.6 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	87.4 (%)
Product Composition:	Consists of one 0.423oz serving of Italian Dressing		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Dry storage		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	0.0 (MG)
			CALCIUM	1.0 (MG)
			IRON	0.1 (MG)
			POTASSIUM	6.0 (MG)
			PHOSPHORUS	1.0 (MG)
			SODIUM	198.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Water, Distilled Vinegar, High Fructose Corn Syrup, Salt, Contains less than 2% of Soybean Oil, Xanthan Gum, Garlic*, Red Bell Peppers*, Spices, Sodium Benzoate and Potassium Sorbate (preservatives), Calcium Disodium EDTA added to protect flavor, Onion*, Natural Flavor, Yellow 5, Red 40, Blue 1.
 *Dehydrated

Reviewed by: _____

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

877

NUTRIENT INFORMATION PER SERVING

Item Name	Thousand Island Dressing		CALORIES	40.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:	0		CARBOHYDRATES	3.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	2.5 (GM)
Package Size:	0.42 (oz) 11.99 (g)		SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	0.42 (oz) 11.99 (g)		PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	56.3 (%)
Product Composition:	Consists of one 0.423oz serving of Thousand Island dressing		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	
	0.00	grain/bread equivalent	VITAMIN C	
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Store in cool place to extend shelf life		RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	
			IRON	
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	105.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Water, Soybean Oil, High Fructose Corn Syrup, Distilled Vinegar, Sweet Relish (Cucumbers, High Fructose Corn Syrup, Vinegar, Onion, Salt, Red Bell Pepper*, Xanthan Gum, Sodium Benzoate & Potassium Sorbate (preservative), Natural Flavorings, Extractives of Tumeric), Corn Syrup, Food Starch-Modified, Tomato Paste, Contains less than 2% of Salt, Egg Yolks, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (preservatives), Onion*, Spice, Red & Green Bell Pepper*, Natural Flavor, Calcium Disodium EDTA to protect flavor.

*Dehydrated

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

880

NUTRIENT INFORMATION PER SERVING

Item Name	Assorted Jelly		CALORIES	35.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:			CARBOHYDRATES	9.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	0.50 (oz)	14.20 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	0.50 (oz)	14.20 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	Contains one 0.501oz serving of Assorted Jelly		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Dry Storage		RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	0.0 (MG)
			IRON	0.0 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	0.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Grape Jelly – Grape Juice, Corn Syrup, High Fructose Corn Syrup, Pectin, Citric Acid and Potassium Sorbate

Apple Jelly – Apple Juice, Corn Syrup, High Fructose Corn Syrup, Pectin, Citric Acid and Potassium Sorbate

Mixed Fruit Jelly – Corn Syrup, High Fructose Corn Syrup, Grape Juice, Apple Juice, Pectin, Citric Acid and Potassium Sorbate

Reviewed by:

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **964**

NUTRIENT INFORMATION PER SERVING

Item Name	Ranch Dressing	CALORIES 70.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN 0.0 (GM)
CN Number:	0	CARBOHYDRATES 0.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT 8.0 (GM)
Package Size:	0.43 (oz) 12.19 (g)	SATURATED FAT 1.0 (GM)
Servings Per Package:	1	MonoFat
Weight Per Serving:	0.43 (oz) 12.19 (g)	PolyFat
Nutrients based on:	1 Serving	% Calories from Fat 102.9 (%)
Product Composition:	Contains one 0.43oz serving of Ranch Dressing	CHOLESTEROL 0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A
	0.00 grain/bread equivalent	VITAMIN C
	cup fruit/vegetable	THIAMIN
Preparation Instructions:	Store in cool place to extend shelf life.	RIBOFLAVIN
		NIACIN
		CALCIUM
		IRON
		POTASSIUM
		PHOSPHORUS
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	SODIUM 110.0 (MG)
		Fiber 0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Soybean Oil. Buttermilk (Cultured Pasteurized Skim Milk and Milk. Sodium Citrate, Salt), Water, Distilled Vinegar, High Fructose Corn Syrup, Salt. Contains less than 2% of Egg Yolks, Garlic*, Onion*, Polysorbate 60, Autolyzed Yeast, Monosodium Glutamate, Xanthan Gum, Natural Flavor, Spice, Sodium Benzoate (preservative), Lactic Acid, Parsley*, Phosphoric Acid, Disodium Inosinate and Disodium Guanylate, Calcium Disodium EDTA added to protect flavor.

*Dehydrated

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

8745

NUTRIENT INFORMATION PER SERVING

Item Name	Syrup Cup		CALORIES	130.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:			CARBOHYDRATES	30.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	1.50 (oz)	42.53 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	1.50 (oz)	42.53 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	Contains one 1.5oz serving of Syrup Cup		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Store in a cool place to extend shelf life		RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	0.0 (MG)
			IRON	0.0 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	5.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available

INGREDIENT STATEMENT

Corn Syrup, High Fructose Corn Syrup, Water, Cellulose Gum, Potassium Sorbate and Sodium Benzoate (as preservatives), Caramel Color, Natural & Artificial Flavor, Citric Acid, Salt.

Reviewed by:

Julie McArthur R.D., D.N.