

Preferred Meal Systems, Inc.

Product Specification Sheet




Item

101

NUTRIENT INFORMATION PER SERVING

Item Name	CHARBROILED HAMBURGER		CALORIES	150.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	10.0 (GM)
CN Number:	071053		CARBOHYDRATES	1.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	11.0 (GM)
Package Size:	2.35 (oz) 66.62 (g)		SATURATED FAT	4.5 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	2.35 (oz) 66.62 (g)		PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	66.0 (%)
Product Composition:	Consists of one 2.35 oz. serving of Hamburger		CHOLESTEROL	30.0 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	20.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 13-15 minutes in a 325 degree oven to a minimum of 165F as verified by a food thermometer.		RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database.		NIACIN	
			CALCIUM	20.0 (MG)
			IRON	1.1 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	300.0 (MG)
			Fiber	1.0 (GM)

No Value-Indicates no information available

 **PREFERRED MEAL SYSTEMS, INC.**
BERKELEY, IL 60163



101

**HEAT AND SERVE
BEEF AND CHICKEN PATTY (SMOKE FLAVOR ADDED)**

INGREDIENTS: Ground beef (not more than 30% fat), ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), salt, potassium chloride, flavor enhancer (hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, dextrose, thiamine hydrochloride, disodium inosinate, disodium guanylate), black pepper, onion powder, liquid smoke (water, smoke flavor, polysorbate 80), garlic powder.

PREPARATION: Heat 13-15 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

101-070488

CN _____ 071053 _____ CN

One 2.35 oz unit of Beef and Chicken Patty (Smoke Flavor Added) provides 2.00 oz equivalent meat/meat alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 12-07)

CN _____ CN

This item contains vegetable protein product(s) which is authorized as an alternate food in the Child Nutrition Programs.

40 2.35 OZ UNITS (NET WEIGHT 5.88 LBS)

KEEP FROZEN INSTITUTIONAL USE ONLY

Reviewed by: Justin McMichael R.D. L.D.N.

Wednesday, May 26 2010 3:43:57PM

Product Specification Sheet

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Preferred Meal Systems, Inc.

Product Specification Sheet



Item

102

NUTRIENT INFORMATION PER SERVING

Item Name	CHICKEN TENDERSW/ GRAVY		CALORIES	193.1 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	16.5 (GM)
CN Number:	076479		CARBOHYDRATES	17.2 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	8.5 (GM)
Package Size:	4.65 (oz)	131.83 (g)	SATURATED FAT	1.2 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	4.65 (oz)	131.83 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1		% Calories from Fat	39.6 (%)
Product Composition:	Consists of one 4.65 oz unit of Chicken Breast Tenders with Gravy		CHOLESTEROL	36.0 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	48.5 (RE)
	1.00	grain/bread equivalent	VITAMIN C	1.0 (MG)
		cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Cook 20-25 minutes in a 325 degree Farenheit oven to a minimum of 165 degrees Farenheit.		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database.		NIACIN	0.0 (MG)
			CALCIUM	43.7 (MG)
			IRON	0.3 (MG)
			POTASSIUM	20.6 (MG)
			PHOSPHORUS	5.8 (MG)
			SODIUM	549.7 (MG)
			Fiber	1.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



102

COOK AND SERVE

BREADED STRIP SHAPED CHICKEN BREAST PATTIES WITH GRAVY

INGREDIENTS: FULLY COOKED BREADED STRIP SHAPED CHICKEN BREAST PATTIES (boneless skinless chicken breast, water, vegetable protein product (isolated soy protein), magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate and riboflavin), dried whole egg solids, fine salt (salt, potassium chloride), sugar, sodium phosphate, white pepper, onion powder and garlic powder. Breaded with: enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, dextrose, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), soybean oil, mono-and diglycerides, oleoresin paprika. Battered with: water, enriched wheat flour (four, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, whey (milk), leavening (sodium aluminum phosphate, sodium bicarbonate), spice, garlic powder, oleoresin paprika, gum gum. Breading set in vegetable oil; GRAVY (water, seasoning (corn starch-modified, whey (milk) powder, chicken fat, corn syrup solids, salt, nonfat milk powder, dehydrated chicken broth, caramel color, onion powder, disodium inosinate, disodium guanylate, spice extractives), seasoning (whey (milk), butter powder (butter, nonfat dry milk), modified food starch, calcium caseinate, salt, autolyzed yeast extract, onion powder), food starch-modified).

CONTAINS: EGG, MILK, SOY, WHEAT

COOKING INSTRUCTION: Cook 20-25 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

M102-CNGK12

CN ————— CN
 One 4.65 oz unit of Breaded Strip Shaped Chicken Breast Patties (four 0.85 oz. pieces) with Gravy provides 076479
 2.00 oz equivalent meat/meat alternate and 1 serving of bread alternate for Child Nutrition Meal Pattern
 Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 11-09.) CN
 CN ————— CN

40 4.65 OZ UNITS (NET WEIGHT 11.63 LBS)

KEEP FROZEN INSTITUTIONAL USE ONLY

Reviewed by:

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **105**

NUTRIENT INFORMATION PER SERVING

Item Name	HOMESTYLE MEATLOAF WITH GRAVY	CALORIES	179.6 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	14.5 (GM)
CN Number:		CARBOHYDRATES	4.5 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	11.3 (GM)
Package Size:	4.03 (oz) 114.25 (g)	SATURATED FAT	4.1 (GM)
Servings Per Package:	1	MonoFat	1.9 (GM)
Weight Per Serving:	4.03 (oz) 114.25 (g)	PolyFat	0.8 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	56.6 (%)
Product Composition:	Consists of one 4.03 oz unit of Meatloaf with Gravy	CHOLESTEROL	44.7 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	6.7 (RE)
	0.00 grain/bread equivalent	VITAMIN C	3.0 (MG)
	cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 15-18 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	1.0 (MG)
		CALCIUM	37.0 (MG)
		IRON	1.5 (MG)
		POTASSIUM	221.5 (MG)
		PHOSPHORUS	99.4 (MG)
		SODIUM	552.0 (MG)
		Fiber	0.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



105

**COOK AND SERVE
BEEF AND CHICKEN MEATLOAF PATTY WITH GRAVY**

INGREDIENTS: BROILED BEEF AND CHICKEN MEATLOAF PATTY (ground beef, ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), bell pepper, bread crumbs (enriched flour (containing wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), corn syrup, sugar, vegetable shortening (one of more of the following: partially hydrogenated soybean and/or cottonseed oil), yeast, contains 2% or less of the following: salt, soy flour, whey (milk), sodium stearoyl 2 lactylate (dough conditioner), calcium propionate (preservative), and sesame seeds), seasoning (salt, flavor enhancer (hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, dextrose, thiamine hydrochloride, disodium inosinate, disodium guanylate), sugar, onion powder, celery seed, black pepper, paprika, garlic powder, cayenne pepper), tomato paste); **GRAVY** (water, seasoning (modified food starch, maltodextrin, dextrose, enriched flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), hydrolyzed soy protein, butter, salt, nonfat milk, modified cellulose, dehydrated onion, partially hydrogenated soybean oil, caramel color powder, autolyzed yeast, spice, spice extractives).
CONTAINS: MILK, SOY, WHEAT

COOKING INSTRUCTION: Cook 15-18 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

105-PRE2

40 4.03 OZ UNITS (NET WEIGHT 10.08 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

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

Friday, July 9, 2010 1:58:20PM

Product Specification Sheet

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Preferred Meal Systems, Inc.
Product Specification Sheet



Item **106**

NUTRIENT INFORMATION PER SERVING

Item Name	CHARBROILED CHEESEBURGER	CALORIES	179.2 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	11.5 (GM)
CN Number:	071465	CARBOHYDRATES	1.6 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	14.7 (GM)
Package Size:	2.25 (oz) 63.79 (g)	SATURATED FAT	7.0 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	2.25 (oz) 63.79 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	73.8 (%)
Product Composition:	Consists of one 2.25 oz serving of Cheeseburger	CHOLESTEROL	40.7 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	50.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	0.0 (MG)
	cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 13-17 min in a 325 degrees Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	
		CALCIUM	97.6 (MG)
		IRON	1.2 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	409.7 (MG)
		Fiber	1.1 (GM)

No Value-Indicates no information available

PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



106

HEAT AND SERVE
BEEF AND CHICKEN PATTY (SMOKE FLAVORING ADDED) WITH CHEESE

INGREDIENTS: BROILED BEEF AND CHICKEN PATTY (SMOKE FLAVORING ADDED) (ground beef (not more than 30% fat), ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), salt, flavor enhancer (hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, dextrose, thiamine hydrochloride, disodium inosinate, disodium guanylate), black pepper, onion powder, liquid smoke (water, smoke flavor, polysorbate 80), garlic powder); PASTEURIZED PROCESS AMERICAN CHEESE (cultured milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), lactic acid, artificial color, enzymes, sodium glyceryl oleate phosphate (for slice separation)).

PREPARATION: Heat 13-17 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

106-070467

CN 071465

One 2.25 oz unit of Beef and Chicken Patty (smoke flavoring added) with Cheese provides 2.00 oz equivalent meat/meat alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 01-08)

CN

This item contains vegetable protein product(s) which is authorized as an alternate food in the Child Nutrition Programs.

40 2.25 OZ UNITS (NET WEIGHT 5.63 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: *Judith M. Ketchum RD, LD*

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **107**

NUTRIENT INFORMATION PER SERVING

Item Name	PIZZABURGER	CALORIES	176.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	12.1 (GM)
CN Number:	071468	CARBOHYDRATES	5.4 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	12.6 (GM)
Package Size:	3.26 (oz) 92.42 (g)	SATURATED FAT	4.7 (GM)
Servings Per Package:	1	MonoFat	1.1 (GM)
Weight Per Serving:	3.26 (oz) 92.42 (g)	PolyFat	0.2 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	64.2 (%)
Product Composition:	Consists of one 3.26 oz. unit of beef patty with pizza sauce and cheese	CHOLESTEROL	29.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	111.5 (RE)
	0.00 grain/bread equivalent	VITAMIN C	1.7 (MG)
	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Cook 15-18 minutes in a 325 F degree oven to a minimum of 165F.	RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	0.4 (MG)
		CALCIUM	130.5 (MG)
		IRON	1.4 (MG)
		POTASSIUM	7.1 (MG)
		PHOSPHORUS	39.1 (MG)
		SODIUM	675.7 (MG)
		Fiber	1.4 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



107

COOK AND SERVE
BEEF AND CHICKEN PATTY (SMOKE FLAVORING ADDED) WITH PIZZA SAUCE, CHEESE AND CHEESE SUBSTITUTE

INGREDIENTS: BROILED BEEF AND CHICKEN PATTY (smoke flavoring added) (ground beef (not more than 30% fat), ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), salt, flavor enhancer (hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, dextrose, thiamine hydrochloride, disodium inosinate, disodium guanylate), black pepper, onion powder, liquid smoke (water, smoke flavor, polysorbate 80), garlic powder); PIZZA SAUCE WITH CHEESE AND CHEESE SUBSTITUTE (tomato puree (tomato paste, water), low moisture-part skim mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes), mozzarella cheese substitute (made with vegetable oil) (water, casein, partially hydrogenated soybean oil, salt, sodium aluminum phosphate, lactic acid, natural flavor, starch, sodium citrate, sorbic acid (preservative), trisodium phosphate, artificial color, guar gum, artificial flavor, magnesium oxide, ferric orthophosphate, zinc oxide, riboflavin, cyanocobalamin, folic acid, pyridoxine hydrochloride (Vitamin B6), niacinamide, thiamine mononitrate, Vitamin A palmitate), seasoning (food starch-modified, salt, sugar, garlic powder, spices, partially hydrogenated soybean oil, onion powder, ascorbic acid, disodium inosinate, disodium guanylate, ferrous lactate), artificial color (canthaxanthin)).

CONTAINS: MILK, SOY, WHEAT

COOKING INSTRUCTION: Cook 15-18 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer. M107-070467-1

071468

CN

One 3.26 oz unit of Beef and Chicken Patty (Smoke Flavoring Added) with Pizza Sauce, Cheese and Cheese Substitute provides 2.00 oz equivalent meat/meat alternate for Child Nutrition Meal Pattern Requirements. CN

(Use of this logo and statement authorized by the Food and Nutrition Service, USDA 01-08)

CN

This item contains vegetable protein product(s) which is authorized as an alternate food in the Child Nutrition Programs.

40 3.26 OZ UNITS (NET WEIGHT 8.15 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: Julia M. [Signature]

Friday, May 21, 2010 8:53:39AM

Product Specification Sheet

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Preferred Meal Systems, Inc.
Product Specification Sheet



Item **112**

NUTRIENT INFORMATION PER SERVING

Item Name	HOMESTYLE SALISBURYSTEAK W/GRAVY		CALORIES	181.1 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	14.5 (GM)
CN Number:	071591		CARBOHYDRATES	4.9 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	11.3 (GM)
Package Size:	4.03 (oz) 114.25 (g)		SATURATED FAT	4.1 (GM)
Servings Per Package:	1		MonoFat	1.9 (GM)
Weight Per Serving:	4.03 (oz) 114.25 (g)		PolyFat	0.8 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	56.2 (%)
Product Composition:	Consists of one 4.03 oz unit of Salisbury Steak with Brown Gravy		CHOLESTEROL	44.8 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	0.8 (MG)
		cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 18-22 minutes in a 325 degree Fahrenheit oven. To a minimum of 165 degrees.		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database		NIACIN	1.0 (MG)
			CALCIUM	36.6 (MG)
			IRON	1.4 (MG)
			POTASSIUM	226.8 (MG)
			PHOSPHORUS	100.5 (MG)
			SODIUM	534.2 (MG)
			Fiber	0.2 (GM)
			TRANS FAT	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



112

COOK AND SERVE

BEEF AND CHICKEN SALISBURY PATTY WITH BROWN GRAVY

INGREDIENTS: BROILED BEEF AND CHICKEN SALISBURY PATTY (ground beef (not more than 30% fat), ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), bread crumbs (enriched flour (containing wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), corn syrup, sugar, vegetable shortening (one or more of the following: partially hydrogenated soybean oil and/or cottonseed oil), yeast, contains 2% or less of the following: salt, soy flour, whey (milk), sodium stearoyl, 2 lactylate (dough conditioner), calcium propionate (preservative) and sesame seeds), seasoning (salt, dehydrated onions, sugar, flavor for beef (hydrolyzed corn gluten, soy protein and wheat gluten, torula yeast, soy flour and partially hydrogenated soybean and cottonseed oil), food starch-modified), flavor enhancer (hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, dextrose, thiamine hydrochloride, disodium inosinate, disodium guanylate)); BROWN GRAVY (water, food starch-modified, flavor enhancer (hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, dextrose, thiamine hydrochloride, disodium inosinate, disodium guanylate), potato flakes (dehydrated potatoes, mono and diglycerides, sodium acid pyrophosphate, sodium bisulfite, natural mixed tocopherols (a natural source of vitamin E) added to protect freshness), tomato paste, salt, onion powder, sugar, garlic powder, caramel color, white pepper).

CONTAINS: MILK, SOY, WHEAT

COOKING INSTRUCTION: Cook 18-22 minutes in a 325° oven to a minimum of 165°F. as verified by ^{M112-070730-1} a food thermometer.

One 4.03 oz unit of Beef and Chicken Salisbury Patty with Brown Gravy provides 2.00 oz equivalent meat/meat alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 02-08)

This item contains vegetable protein product(s) which is authorized as an alternate food in the Child Nutrition Programs.

40 4.03 OZ UNITS (NET WEIGHT 10.08 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

Julie Ann Michaels RD/LDN

Thursday, May 20, 2010 1:11:58PM

Product Specification Sheet

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Preferred Meal Systems, Inc.

Product Specification Sheet



Item

114

NUTRIENT INFORMATION PER SERVING

Item Name	BUTTERMILK WAFFLES W/ SAUSAGE PATTY	CALORIES	354.9 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	17.9 (GM)
CN Number:		CARBOHYDRATES	32.9 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	17.1 (GM)
Package Size:	4.98 (oz) 141.18 (g)	SATURATED FAT	5.1 (GM)
Servings Per Package:	1	MonoFat	1.9 (GM)
Weight Per Serving:	4.98 (oz) 141.18 (g)	PolyFat	0.7 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	43.4 (%)
Product Composition:	Consists of one 4.98 oz unit of Waffles and Sausage	CHOLESTEROL	44.7 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative 2.25 grain/bread equivalent cup fruit/vegetable	VITAMIN A	0.6 (RE)
Preparation Instructions:	Cook 13-15 minutes in a 325 F oven to minimum of 165 F.	VITAMIN C	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	0.6 (MG)
		RIBOFLAVIN	0.7 (MG)
		NIACIN	7.8 (MG)
		CALCIUM	112.5 (MG)
		IRON	9.5 (MG)
		POTASSIUM	208.8 (MG)
		PHOSPHORUS	342.7 (MG)
		SODIUM	784.6 (MG)
		Fiber	1.1 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



114

COOK AND SERVE

WAFFLES WITH BEEF AND CHICKEN PATTY (WITH BHA, BHT AND CITRIC ACID ADDED TO HELP PROTECT FLAVOR)

INGREDIENTS: WAFFLES (enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, whey (milk), sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate). Contains 2% or less of: whole eggs, calcium chloride, salt, corn syrup solids, corn starch, colored with (yellow 5, yellow 6), fortified with (reduced iron, niacinamide, pyridoxine hydrochloride (vitamin B6), riboflavin (B2), thiamine mononitrate (vitamin B1), cyanocobalamin (vitamin V12), natural and artificial flavor (dextrose, corn starch, natural and artificial flavors), soy lecithin); BROILED BEEF AND CHICKEN PATTY (with BHA, BHT, and citric acid added to help protect flavor) (ground beef (not more than 30% fat), ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), seasoning (salt, natural flavorings on a dextrose carrier, sugar, maltodextrin, flavor (contains salt), BHA, BHT, citric acid), black pepper, sage, salt).

CONTAINS: EGG, MILK, SOY, WHEAT

COOKING INSTRUCTION: Cook 13-15 minutes in a 325° oven to a minimum of 165° F. as verified by a food thermometer.

114-AF10

40 4.98 OZ. UNITS (NET WEIGHT 12.45 LBS.)

KEEP FROZEN

INSTITUTIONAL USE ONLY

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

Friday, July 9, 2010 1:58:48PM

Product Specification Sheet

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Preferred Meal Systems, Inc.

Product Specification Sheet



Item

118

NUTRIENT INFORMATION PER SERVING

Item Name	FRENCH TOAST STICKS W/SAUSAGE	CALORIES 364.9 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN 17.9 (GM)
CN Number:	077625	CARBOHYDRATES 29.9 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT 19.1 (GM)
Package Size:	4.72 (oz) 133.81 (g)	SATURATED FAT 5.1 (GM)
Servings Per Package:	1	MonoFat 1.9 (GM)
Weight Per Serving:	4.72 (oz) 133.81 (g)	PolyFat 0.7 (GM)
Nutrients based on:	1 Serving	% Calories from Fat 47.1 (%)
Product Composition:	Consists of one 4.72 oz unit of French Toast Sticks with Sausage	CHOLESTEROL 64.7 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A 120.6 (RE)
	2.00 grain/bread equivalent	VITAMIN C 0.1 (MG)
	cup fruit/vegetable	THIAMIN 0.2 (MG)
Preparation Instructions:	Cook 15-18 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN 0.3 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN 2.8 (MG)
		CALCIUM 96.5 (MG)
		IRON 3.4 (MG)
		POTASSIUM 208.8 (MG)
		PHOSPHORUS 126.7 (MG)
		SODIUM 444.6 (MG)
		Fiber 0.1 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



118

COOK AND SERVE
BEEF AND CHICKEN PATTY (WITH BHA, BHT AND CITRIC ACID ADDED TO HELP PROTECT FLAVOR) WITH FRENCH TOAST STICKS

INGREDIENTS: BROILED BEEF AND CHICKEN PATTY (with BHA, BHT, and citric acid added to help protect flavor) (ground beef (not more than 30% fat), ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), seasoning (salt, natural flavorings on a dextrose carrier, sugar, maltodextrin, flavor (contains salt), BHA, BHT, citric acid), black pepper, sage, salt); FRENCH TOAST STICKS (enriched bread (enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), water, high fructose corn syrup, yeast, contains 2% or less of each of the following: salt, wheat gluten, soybean and/or cottonseed oil, yeast nutrients (monocalcium phosphata, calcium sulfate, ammonium sulfate), cornstarch, dough conditioners (may contain one or more of each of the following: sodium stearoyl lactylate, calcium peroxide), niacin (vitamin B3), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin mononitrate (vitamin B1), vitamin A palmitate, calcium, reduced iron, soy lecithin, calcium propionate (preservative), water, enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, sugar, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of each of the following: yellow corn flour, soy flour, modified corn starch, salt, whey (milk), calcium caseinate, artificial flavor, egg, gelatinized wheat starch, nonfat milk, dextrose, natural flavor, food starch-modified, soy lecithin, leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate), oleoresin paprika).

CONTAINS: EGG, MILK, SOY, WHEAT

118-070542-1

CN 077625

One 4.72 oz unit of Beef and Chicken Patty with French Toast Sticks (two 1.14 oz. pieces) provides 2.00 oz equivalent meat/meat alternate and 2 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 03-10.)

CN **CN**

This item contains vegetable protein product(s) which is authorized as an alternate food in the Child Nutrition Programs.

COOKING INSTRUCTION: Cook 15-18 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

40 4.72 OZ UNITS (NET WEIGHT 11.80 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

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

Friday, July 23, 2010 11:04:30AM

Product Specification Sheet

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Preferred Meal Systems, Inc.

Product Specification Sheet



Item

121

NUTRIENT INFORMATION PER SERVING

Item Name	MEATBALL SUB W/TOMATO SAUCE	CALORIES	171.8 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	12.0 (GM)
CN Number:	075044	CARBOHYDRATES	9.8 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	9.5 (GM)
Package Size:	4.68 (oz) 132.68 (g)	SATURATED FAT	2.9 (GM)
Servings Per Package:	1	MonoFat	1.4 (GM)
Weight Per Serving:	4.68 (oz) 132.68 (g)	PolyFat	1.4 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	49.8 (%)
Product Composition:	Consists of one 4.68 oz unit of Meatballs with Tomato Sauce	CHOLESTEROL	32.2 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	128.4 (RE)
	0.00 grain/bread equivalent	VITAMIN C	4.1 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.2 (MG)
Preparation Instructions:	Cook 20-24 minutes in a 325 degree Fahrenheit oven to a minimum of 165F as verified by a food thermometer.	RIBOFLAVIN	0.2 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	2.5 (MG)
		CALCIUM	32.7 (MG)
		IRON	1.7 (MG)
		POTASSIUM	9.0 (MG)
		PHOSPHORUS	4.1 (MG)
		SODIUM	865.5 (MG)
		Fiber	1.1 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



121

**COOK AND SERVE
TOMATO SAUCE WITH BEEF MEATBALLS**

INGREDIENTS: TOMATO SAUCE (tomato puree (tomato paste, water), canola/olive oil, high fructose corn syrup, dehydrated onions, salt, lemon juice (water, lemon juice concentrate, sodium disulfite (preservative), sodium benzoate (preservative) and lemon oil), grated blended parmesan cheese (parmesan cheese (made from cow's milk, culture, enzymes, salt), water, casein, partially hydrogenated soybean oil, modified food starch, powdered cellulose, disodium phosphate, potassium sorbate, citric acid), onion powder, garlic powder, food starch-modified, ground fennel seeds, ground rosemary, black pepper, aquaresin paprika (natural extractives of paprika with mono- and diglycerides, ecithin, and soybean oil), aquaresin oregano (natural extractives of oregano leaves with mono- and diglycerides, lecithin, soybean oil and canola oil), aquaresin basil (contains natural extractives of basil with mono- and diglycerides, lecithin, soybean oil and canola oil)); FULLY COOKED BEEF MEATBALLS (ground beef (not more than 24% fat), water, lean finely textured beef, textured vegetable protein (soy flour, caramel color), seasoning (salt, sugar, dehydrated onion, spices, garlic powder, parsley flakes, autolyzed yeast, sodium phosphate, potassium lactate, vegetable oil), eggs))
CONTAINS: EGGS, MILK, SOY

COOKING INSTRUCTION: Cook 20-24 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

M121-CNMR18

CN	075044
One 4.68 oz unit of Tomato Sauce with Beef Meatballs (four 0.50 oz. pieces) provides 2.00 oz equivalent meat/meat alternate and 1/2 cup vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05-09.)	
CN	CN

40 4.68 OZ UNITS (NET WEIGHT 11.70 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

123

NUTRIENT INFORMATION PER SERVING

Item Name	MEATLOAF W/TOMATO SAUCE		CALORIES	194.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	14.9 (GM)
CN Number:	071614		CARBOHYDRATES	7.6 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	11.4 (GM)
Package Size:	4.20 (oz) 119.07 (g)		SATURATED FAT	4.1 (GM)
Servings Per Package:	1		MonoFat	1.9 (GM)
Weight Per Serving:	4.20 (oz) 119.07 (g)		PolyFat	0.8 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	52.8 (%)
Product Composition:	Consists of one 4.2 oz serving of Meatloaf with Tomato Sauce		CHOLESTEROL	44.7 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	55.9 (RE)
	0.00	grain/bread equivalent	VITAMIN C	5.8 (MG)
	1/8	cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 15-18 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.		RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	1.5 (MG)
			CALCIUM	76.0 (MG)
			IRON	1.8 (MG)
			POTASSIUM	223.4 (MG)
			PHOSPHORUS	100.0 (MG)
			SODIUM	629.6 (MG)
			Fiber	0.5 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



123

COOK AND SERVE

BEEF AND CHICKEN MEATLOAF PATTY WITH CHUNKY TOMATO SAUCE

INGREDIENTS: BROILED BEEF AND CHICKEN MEATLOAF PATTY (ground beef (not more than 30% fat), ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), diced green pepper, bread crumbs (enriched flour (containing wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), corn syrup, sugar, vegetable shortening (one or more of the following: partially hydrogenated soybean oil and/or cottonseed oil), yeast, contains 2% or less of the following: salt, soy flour, whey (milk), sodium stearoyl, 2 lactylate (dough conditioner), calcium propionate (preservative) and sesame seeds), seasoning (salt, flavor enhancer (hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, dextrose, thiamine hydrochloride, disodium inosinate, disodium guanylate), sugar, onion powder, celery seed, black pepper, paprika, garlic powder, cayenne pepper), tomato paste (32% NTSS), Worcestershire sauce (water, vinegar, molasses, high fructose, corn syrup, anchovies, hydrolyzed soy and corn protein, onions, tamarind, salt, garlic, cloves, chili peppers, natural flavorings and secalotols); **CHUNKY TOMATO SAUCE** (diced tomatoes in juice (tomatoes, tomato juice, salt, citric acid, calcium chloride), tomato puree (tomato paste, water), water, diced green peppers, seasoning (sugar, salt, dextrose, dehydrated onion, food starch-modified, romano cheese solids from cow's milk (pasteurized milk, cheese cultures, salt, enzymes), spices, cultured nonfat milk, partially hydrogenated soybean oil, whey, extractive of garlic), food starch-modified).

PREPARATION: Cook 15-18 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

M123-070861

One 4.20 oz unit of Beef and Chicken Meatloaf Patty with Chunky Tomato Sauce provides 2.00 oz equivalent meat/meat alternate and 1/8 cup vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 02-08)

This item contains vegetable protein product(s) which is authorized as an alternate food in the Child Nutrition Programs.

40 4.20 OZ UNITS (NET WEIGHT 10.50 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

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

Wednesday, June 2, 2010 3:08:59PM

Product Specification Sheet

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Preferred Meal Systems, Inc.

Product Specification Sheet



Item

129

NUTRIENT INFORMATION PER SERVING

Item Name	HOMESTYLE CHILI W/BEANS		CALORIES	171.2 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	10.8 (GM)
CN Number:	076510		CARBOHYDRATES	20.9 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	5.0 (GM)
Package Size:	6.26 (oz) 177.47 (g)		SATURATED FAT	1.5 (GM)
Servings Per Package:	1		MonoFat	0.8 (GM)
Weight Per Serving:	6.26 (oz) 177.47 (g)		PolyFat	0.4 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	26.3 (%)
Product Composition:	consists of one 6.26 oz unit of chili		CHOLESTEROL	16.0 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	150.4 (RE)
	0.00	grain/bread equivalent	VITAMIN C	3.8 (MG)
	1/2	cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 28-32 minutes in a 275 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.		RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	1.1 (MG)
			CALCIUM	51.4 (MG)
			IRON	2.8 (MG)
			POTASSIUM	199.5 (MG)
			PHOSPHORUS	38.6 (MG)
			SODIUM	690.9 (MG)
			Fiber	5.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



129

COOK AND SERVE

CHILI SAUCE WITH BEANS AND BEEF AND CHICKEN PATTY CRUMBLES

INGREDIENTS: Chili beans in chili sauce (prepared pinto beans, water, seasoning blend (chili pepper, paprika, spices, maltodextrin, dextrose, torula yeast, onion, tricalcium phosphate, garlic and natural flavor), salt, sugar, tomato paste, soybean oil, corn syrup, oleoresin paprika), tomato puree (tomato paste, water) ; Broiled beef and chicken patty crumbles (ground beef (not more than 30% fat), ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), salt, potassium chloride, flavor enhancer (hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, dextrose, thiamine hydrochloride, disodium inosinate, disodium guanylate), black pepper, onion powder, garlic powder), seasoning (sugar, food starch-modified, chili powder (chili pepper, dehydrated soybean oil, salt, garlic, oregano), salt, ground cumin, enriched flour (bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), cayenne pepper), artificial color (canthaxanthin).

CONTAINS: SOY, WHEAT

COOKING INSTRUCTION: Cook 28-32 minutes in a 275° oven to a minimum of 165°F. as verified by a food thermometer.

M129-070678-1

One 6.26 oz unit of Chili Sauce with Beans and Beef and Chicken Patty Crumbles provides 2.00 oz equivalent meat/meat alternate and 1/2 cup vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 12-09.)

This item contains vegetable protein product(s) which is authorized as an alternate food in the Child Nutrition Programs.

40 6.26 OZ UNITS (NET WEIGHT 15.65 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

Julia McMichael, L.D.V.

Wednesday, May 26, 2010 3:47:41PM

Product Specification Sheet

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

131

NUTRIENT INFORMATION PER SERVING

Item Name	HOT DIGGETY DOG	CALORIES	170.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	6.0 (GM)
CN Number:	060070	CARBOHYDRATES	2.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	16.0 (GM)
Package Size:	2.00 (oz) 56.70 (g)	SATURATED FAT	6.0 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	2.00 (oz) 56.70 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	84.7 (%)
Product Composition:	Consists of one 2.00 oz unit of Hot Dog	CHOLESTEROL	35.0 (MG)
Meal Contributions:	2.00 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:	Cook 13-15 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	
		CALCIUM	8.9 (MG)
		IRON	0.8 (MG)
		POTASSIUM	290.0 (MG)
		PHOSPHORUS	
		SODIUM	490.0 (MG)
		Fiber	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



131

BEEF FRANKFURTER

INGREDIENTS: Beef, water, less than 2% of the following: flavoring, salt, corn syrup solids, potassium lactate, sodium diacetate, sodium erythorbate, oleoresin of paprika, sodium nitrite.

PREPARATION: Cook 13-15 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

131-CNK8

One 2.00 oz unit of Beef Frankfurter provides 2.00 oz equivalent meat for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 02-04)

KEEP FROZEN 40 2.00 OZ UNITS (NET WEIGHT 5.00 LBS) **INSTITUTIONAL USE ONLY**

Reviewed by: Julia M. Michaels RD RDH DN

Friday, May 21, 2010 8:33:28AM

Product Specification Sheet

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Preferred Meal Systems, Inc.

Product Specification Sheet



Item

133

NUTRIENT INFORMATION PER SERVING

Item Name	HOT DIGGETY DOG W/HASH BROWNS	CALORIES	263.3 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	6.7 (GM)
CN Number:	071462	CARBOHYDRATES	13.3 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	20.7 (GM)
Package Size:	3.89 (oz) 110.28 (g)	SATURATED FAT	7.3 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	3.89 (oz) 110.28 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	70.8 (%)
Product Composition:	Consists of one 3.89 oz serving of hot dog with hashbrowns	CHOLESTEROL	35.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	2.4 (MG)
	3/8 cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 23-27 minutes in a 325 degree fahrenheit oven to a minimum of 165 degrees fahrenheit	RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	
		CALCIUM	8.9 (MG)
		IRON	1.0 (MG)
		POTASSIUM	290.0 (MG)
		PHOSPHORUS	
		SODIUM	683.2 (MG)
		Fiber	1.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



133

COOK AND SERVE

BEEF FRANKFURTER WITH SHAPED HASH BROWN POTATOES

INGREDIENTS: BEEF FRANKFURTER (beef, water, less than 2% of the following: flavoring, salt, corn syrup solids, potassium lactate, sodium diacetate, sodium erythorbate, oleoresin of paprika, sodium nitrite); SHAPED HASH BROWN POTATOES (potatoes, partially hydrogenated vegetable oil (soybean and/or cottonseed oils), and/or vegetable oil (canola, sunflower and/or soybean oils), salt, disodium dihydrogen pyrophosphate (to maintain natural color), dextrose).

PREPARATION: Cook 23-27 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

M133-CN15

One 3.89 oz unit of Beef Frankfurter with Shaped Hash Brown Potatoes (2pc) provides 2.00 oz equivalent meat and 3/8 cup vegetable for Child Nutrition Meal Pattern Requirements (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 01-08)

KEEP FROZEN

48 3.89 OZ UNITS (NET WEIGHT 9.73 LBS)

INSTITUTIONAL USE ONLY

Reviewed by:

John McMichals RD, LDN

Wednesday, May 26, 2010 3:46:42PM

Product Specification Sheet

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

135

NUTRIENT INFORMATION PER SERVING

Item Name	SPAGHETTI W/MEAT SAUCE		CALORIES	323.6 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	19.5 (GM)
CN Number:	076467		CARBOHYDRATES	32.3 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	12.7 (GM)
Package Size:	9.25 (oz) 262.24 (g)		SATURATED FAT	4.3 (GM)
Servings Per Package:	1		MonoFat	2.1 (GM)
Weight Per Serving:	9.25 (oz) 262.24 (g)		PolyFat	1.2 (GM)
Nutrients based on:	1		% Calories from Fat	35.3 (%)
Product Composition:	consists of one 9.25 oz unit of spaghetti with meat sauce		CHOLESTEROL	45.3 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	171.3 (RE)
	1.00	grain/bread equivalent	VITAMIN C	5.6 (MG)
	1	cup fruit/vegetable	THIAMIN	0.4 (MG)
Preparation Instructions:	Cook 23-27 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.		RIBOFLAVIN	0.2 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database		NIACIN	3.8 (MG)
			CALCIUM	55.7 (MG)
			IRON	2.7 (MG)
			POTASSIUM	483.7 (MG)
			PHOSPHORUS	94.3 (MG)
			SODIUM	1023.2 (MG)
			Fiber	1.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



135

COOK AND SERVE
TOMATO SAUCE WITH BEEF AND CHICKEN PATTY CRUMBLES AND SPAGHETTI

INGREDIENTS: ITOMATO SAUCE WITH BROILED BEEF AND CHICKEN PATTY CRUMBLES (tomato puree (tomato paste (not less than 28% NTSS), water), broiled beef and chicken patty crumbles (ground beef (not more than 24% fat), ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), salt, onion powder, flavor enhancer (hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, dextrose, thiamine hydrochloride, disodium inosinate, disodium guanylate), black pepper, garlic powder), seasoning (sugar, salt, dextrose, dehydrated onion, food starch-modified, romano cheese solids from cow's milk (pasteurized milk, cheese cultures, salt, enzymes), spices, cultured nonfat milk, partially hydrogenated soybean oil, whey, extractive of garlic), artificial color (canthaxanthin)); **COOKED SPAGHETTI** (cooked spaghetti (water, spaghetti (enriched semolina (wheat) (enriched with niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, and folic acid)), soybean oil).
CONTAINS: MILK, SOY, WHEAT

COOKING INSTRUCTIONS: Cook 23-27 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer. M135-070678-4

CN		076467
CN	One 9.25 oz unit of Tomato Sauce with Beef and Chicken Patty Crumbles and Spaghetti provides 2.00 oz equivalent meat/meat alternate, 1 cup vegetable and 1 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 12-09.)	CN
CN		

This item contains vegetable protein product(s) which is authorized as an alternate food in the Child Nutrition Programs.

40 9.25 OZ UNITS (NET WEIGHT 23.13 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: Julia McArthur RD, LDN

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

140

NUTRIENT INFORMATION PER SERVING

Item Name	CRISPY CHICKEN PATTY		CALORIES	216.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	14.0 (GM)
CN Number:	076855		CARBOHYDRATES	12.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	12.5 (GM)
Package Size:	3.05 (oz) 86.47 (g)		SATURATED FAT	2.5 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	3.05 (oz) 86.47 (g)		PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	52.1 (%)
Product Composition:	Consists of one 3.05 oz serving of chicken patty.		CHOLESTEROL	40.0 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	47.4 (RE)
	1.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Cook 18-22 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database		NIACIN	6.0 (MG)
			CALCIUM	26.0 (MG)
			IRON	2.0 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	380.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



140

HEAT AND SERVE
BREADED CHICKEN BREAST PATTY

INGREDIENTS: Boneless skinless chicken breast meat, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B-12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), dried whole egg solids, salt, sugar, sodium phosphates, white pepper, onion powder, and garlic powder. Battered and predested with: water, enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, spices, dextrose, dried garlic, paprika and annatto, xanthan gum, natural flavor. Breaed with: enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, spices, soybean oil, dextrose, dried garlic, paprika and annatto, extractives of paprika. Breeding set in vegetable oil.
CONTAINS: EGGS, SOY, WHEAT

HEATING INSTRUCTION: Heat 18-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

140-CNGK29

CN 076855

One 3.05 oz unit of Breaded Chicken Breast Patties provides 2.00 oz equivalent meat/meat alternate and 1 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 03-10.)

CN

40 3.05 OZ UNITS (NET WEIGHT 7.63 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: John M. [Signature] R.D., L.D.N.

Thursday, May 20, 2010 4:04:52PM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **144**

NUTRIENT INFORMATION PER SERVING

Item Name	BAKED CHICKEN NUGGETS	CALORIES	218.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	14.0 (GM)
CN Number:	076852	CARBOHYDRATES	12.5 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	12.5 (GM)
Package Size:	3.04 (oz) 86.18 (g)	SATURATED FAT	2.5 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	3.04 (oz) 86.18 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	51.6 (%)
Product Composition:	Consists of one 3.04 oz. serving of Breaded Chicken Nuggets	CHOLESTEROL	40.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	47.4 (RE)
	1.00 grain/bread equivalent	VITAMIN C	0.0 (MG)
	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Cook 20-25 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	6.0 (MG)
		CALCIUM	26.0 (MG)
		IRON	2.0 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	385.0 (MG)
		Fiber	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



144

HEAT AND SERVE
CHICKEN BREAST NUGGETS (BREADED NUGGET SHAPED CHICKEN BREAST PATTIES)

INGREDIENTS: Boneless skinless chicken breast, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B-12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate and riboflavin), dried whole egg solids, salt, sugar, sodium phosphates, white pepper, onion powder and garlic powder. Battered and Predusted with: water, enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, spices, dextrose, dried garlic, paprika and annatto, xanthan gum, natural flavor. Breaded with: enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, spices, soybean oil, dextrose, dried garlic, paprika and annatto, extractives of paprika. Breeding set in vegetable oil.

CONTAINS: EGGS, SOY, WHEAT

HEATING INSTRUCTION: Heat 20-25 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

144-CNGK26

One 3.04 oz unit of Breaded Chicken Breast Nuggets (five 0.608 oz. pieces) provides 2.00 oz equivalent meat/meat alternate and 1 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 03-10)

40 3.04 OZ UNITS (NET WEIGHT 7.60 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: *Julie McMichael RD/LDN*

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

147

NUTRIENT INFORMATION PER SERVING

Item Name	ITALIAN CHICKEN PARMESAN	CALORIES	281.2 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	17.1 (GM)
CN Number:	076854	CARBOHYDRATES	18.6 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	15.4 (GM)
Package Size:	4.81 (oz) 136.36 (g)	SATURATED FAT	3.5 (GM)
Servings Per Package:	1	MonoFat	0.7 (GM)
Weight Per Serving:	4.81 (oz) 136.36 (g)	PolyFat	0.8 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	49.3 (%)
Product Composition:	Consists of one 4.81 oz serving of Breaded Chicken Patty with Tomato Sauce and Cheese	CHOLESTEROL	44.1 (MG)
Meal Contributions:	2.25 oz.meat/meat alternative	VITAMIN A	176.6 (RE)
	1.00 grain/bread equivalent	VITAMIN C	3.3 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 20-25 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	6.8 (MG)
		CALCIUM	91.6 (MG)
		IRON	2.3 (MG)
		POTASSIUM	7.1 (MG)
		PHOSPHORUS	39.1 (MG)
		SODIUM	758.6 (MG)
		Fiber	0.3 (GM)
		TRANS FAT	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



147

COOK AND SERVE

BREADED CHICKEN BREAST PATTY AND TOMATO SAUCE WITH CHEESE

INGREDIENTS: FULLY COOKED BREADED CHICKEN BREAST PATTY (boneless skinless chicken breast meat, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B-12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), dried whole egg solids, salt, sugar, sodium phosphates, white pepper, onion powder, and garlic powder. Battered and preducted with: water, enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, spices, dextrose, dried garlic, paprika and annatto, xanthan gum, natural flavor. Breaded with: enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, spices, soybean oil, dextrose, dried garlic, paprika and annatto, extractives of paprika. Breeding set in vegetable oil); **TOMATO SAUCE WITH CHEESE** (tomato paste (not less than 28% NTSS), water, low-moisture part-skim mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes), seasoning (sugar, salt, dextrose, dehydrated onion, food starch-modified, romano cheese solids from cow's milk (pasteurized milk, cheese cultures, salt, enzymes), spices, cultured nonfat milk, partially hydrogenated soybean oil, whey, extractive of garlic), liquid margarine (soybean oil; water; partially hydrogenated cottonseed and soya oils, colored with beta carotene; propylene glycol, artificially flavored; corn oil, vitamin A palmitate), artificial color (candaxanthin).

CONTAINS: EGG, MILK, SOY, WHEAT

M147-CNGK25

CN 076854

One 4.81 oz unit of Breaded Chicken Breast Patty and Tomato Sauce with Cheese provides 2.25 oz equivalent meat/meat alternate, 1.00 serving of bread alternate and 3/8 cup vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 03-10.)

CN

COOKING INSTRUCTION: Cook 20-25 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

40 4.81 OZ UNITS (NET WEIGHT 12.03 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: *Jordan M. ...*

Maramont Corporation
Product Specification Sheet



Item **156**

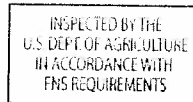
NUTRIENT INFORMATION PER SERVING

Item Name	BREADED FISH STICKS		CALORIES	202.7 (KCAL)
Brand:	Maramont Corporation		PROTEIN	14.9 (GM)
CN Number:	071681		CARBOHYDRATES	18.9 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	8.1 (GM)
Package Size:	4.00 (oz)	113.40 (g)	SATURATED FAT	1.4 (GM)
Servings Per Package:	1		MonoFat	2.0 (GM)
Weight Per Serving:	4.00 (oz)	113.40 (g)	PolyFat	4.7 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	36.0 (%)
Product Composition:	Consists of one 4 oz. Unit of Breaded Fish Sticks		CHOLESTEROL	54.1 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	1.50	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 25-30 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.		RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database		NIACIN	
			CALCIUM	0.0 (MG)
			IRON	1.0 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	310.8 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



156

COOK AND SERVE
CRUNCHY BREADED POLLOCK FISH STICKS

INGREDIENTS: Alaskan Pollock (fish), sodium tripolyphosphate (to retain moisture) 65.00%: Breeding 23.00%: enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, iodized salt, whey (milk), dextrose, yeast, canola oil, Batter 12.00%: water, modified food starch, yellow corn flour, salt, natural flavor. Precooked in canola and/or cottonseed oil).

CONTAINS: FISH, MILK, WHEAT

PREPARATION: Cook 25-30 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

156-CNGH11

CN 071681

One 4.00 oz unit of Crunchy Breaded Pollock Fish Sticks (four 1.00 oz. pieces) provides 2.00 oz equivalent meat and 1.50 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 02-08)

CN

40 4.00 OZ UNITS (NET WEIGHT 10.00 LBS)

KEEP FROZEN INSTITUTIONAL USE ONLY

Reviewed by: *Judith McMichael RD/LDN*

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

157

NUTRIENT INFORMATION PER SERVING

Item Name	KICKIN' CHICKEN	CALORIES	170.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	18.0 (GM)
CN Number:		CARBOHYDRATES	12.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	6.0 (GM)
Package Size:	3.00 (oz) 85.05 (g)	SATURATED FAT	1.5 (GM)
Servings Per Package:	1	MonoFat	1.0 (GM)
Weight Per Serving:	3.00 (oz) 85.05 (g)	PolyFat	2.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	31.8 (%)
Product Composition:	Consists of one 3oz serving of Spicy Chicken Breast.	CHOLESTEROL	45.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative 1.00 grain/bread equivalent cup fruit/vegetable	VITAMIN A	48.0 (RE)
Preparation Instructions:	Heat 18-22 minutes in a 325 degree F. oven to a minimum of 165 degrees F. as verified by a food thermometer.	VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	0.0 (MG)
		RIBOFLAVIN	0.0 (MG)
		NIACIN	0.0 (MG)
		CALCIUM	20.0 (MG)
		IRON	2.0 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	240.0 (MG)
		Fiber	1.0 (GM)

No Value-Indicates no information available



DISTRIBUTED BY
THE MARAMONT CORPORATION
 BROOKLYN, NY 11220



157

HEAT AND SERVE

BREADED FULLY COOKED FILET SHAPED PATTY "SPICY" CHICKEN BREAST FILET WITH RIB MEAT

INGREDIENTS: BREADED FULLY COOKED FILET SHAPED PATTY "SPICY" CHICKEN BREAST FILET WITH RIB MEAT (Chicken breast with rib meat, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), water, seasoning: salt, sugar, hydrolyzed corn gluten, modified food starch, wheat gluten, soy protein concentrate, yeast extract, natural flavors, disodium inosinate and disodium guanylate, canola oil, sodium phosphate. **BATTERED WITH:** water, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified food starch, gum arabic, wheat gluten, egg whites, yellow corn flour, natural flavor, salt, sugar, spices, soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), extractives of paprika, corn starch. **BREADED WITH:** enriched bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), spice, salt, enriched corn flour (yellow corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spice, soybean oil, sugar, natural flavor, yeast, partially hydrogenated soybean oil, extractives of paprika, idolized salt, dextrose, caramel color, calcium propionate, whey, Yellow 5, Yellow 6. **Breading is set in vegetable oil.**

CONTAINS: EGGS, MILK, SOY, WHEAT

WORK ORDER: W80298303

LOT: 10095

HEATING INSTRUCTION: Heat 18-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

40 3.00 OZ UNITS (NET WEIGHT 7.50 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

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

Thursday, August 5, 2010 9:56:14AM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

161

NUTRIENT INFORMATION PER SERVING

Item Name	SPAGHETTI W/MEATBALLS	CALORIES	239.8 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	15.5 (GM)
CN Number:		CARBOHYDRATES	29.1 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	7.0 (GM)
Package Size:	7.27 (oz) 206.10 (g)	SATURATED FAT	2.6 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	7.27 (oz) 206.10 (g)	PolyFat	0.1 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	26.3 (%)
Product Composition:	Consists of one 7.27 oz serving of Spaghetti with Meatballs	CHOLESTEROL	32.1 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	148.1 (RE)
	1.00 grain/bread equivalent	VITAMIN C	4.8 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.4 (MG)
Preparation Instructions:	Cook 28-32 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	0.3 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	4.3 (MG)
		CALCIUM	37.9 (MG)
		IRON	2.7 (MG)
		POTASSIUM	0.0 (MG)
		PHOSPHORUS	0.0 (MG)
		SODIUM	707.3 (MG)
		Fiber	1.9 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



161

COOK AND SERVE
TOMATO SAUCE WITH SPAGHETTI AND BEEF MEATBALLS

INGREDIENTS: TOMATO SAUCE WITH COOKED SPAGHETTI (tomato puree (tomato paste, water), cooked spaghetti (water, spaghetti (enriched semolina (wheat) (enriched with niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, and folic acid), seasoning (sugar, salt, dextrose, dehydrated onion, food starch-modified, romano cheese solids from cow's milk (pasteurized milk, cheese cultures, salt, enzymes), spices, cultured nonfat milk, partially hydrogenated soybean oil, whey, extractive of garlic), artificial color (canthaxanthin); FULLY COOKED BEEF MEATBALLS (ground beef (not more than 24% fat), water, lean finely textured beef, textured vegetable protein (soy flour, caramel color), seasoning (salt, sugar, dehydrated onion, spices, garlic powder, parsley flakes, autolyzed yeast, sodium phosphate, potassium lactate, vegetable oil), eggs).
CONTAINS: EGGS, MILK, SOY, WHEAT

COOKING INSTRUCTION: Cook 28-32 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

CN 000000

One 7.27 oz unit of Spaghetti with Meatballs provides 2.00 oz equivalent meat/meat alternate, 1/2 cup vegetable and 1 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 04-10.)

CN

40 7.27 OZ UNITS (NET WEIGHT 18.18 LBS)

M161-MR19

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: Julie M. Nichols R.D., L.D.V.

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **170**

NUTRIENT INFORMATION PER SERVING

Item Name	ROTINI PASTA BAKE	CALORIES	326.8 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	19.9 (GM)
CN Number:	076257	CARBOHYDRATES	32.2 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	12.9 (GM)
Package Size:	8.97 (oz) 254.30 (g)	SATURATED FAT	5.0 (GM)
Servings Per Package:	1	MonoFat	2.4 (GM)
Weight Per Serving:	8.97 (oz) 254.30 (g)	PolyFat	1.1 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	35.5 (%)
Product Composition:	Consists of one 8.97oz serving of Rotini Bake	CHOLESTEROL	42.2 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	189.9 (RE)
	1.00 grain/bread equivalent	VITAMIN C	5.4 (MG)
	1 cup fruit/vegetable	THIAMIN	0.4 (MG)
Preparation Instructions:	Cook 28-32 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	0.3 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	3.6 (MG)
		CALCIUM	159.2 (MG)
		IRON	2.4 (MG)
		POTASSIUM	376.1 (MG)
		PHOSPHORUS	151.1 (MG)
		SODIUM	1018.7 (MG)
		Fiber	1.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



170

COOK AND SERVE

TOMATO SAUCE WITH BEEF AND CHICKEN PATTY CRUMBLES AND CHEESE, ROTINI

INGREDIENTS: TOMATO SAUCE WITH BROILED BEEF AND CHICKEN PATTY CRUMBLES AND CHEESE, (tomato puree (tomato paste, water), broiled beef and chicken patty crumbles (ground beef (not more than 30% fat), ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), salt, potassium chloride, flavor enhancer (hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, dextrose, thiamine hydrochloride, disodium inosinate, disodium guanylate), black pepper, onion powder, garlic powder), low-moisture part-skim mozzarella cheese (pasteurized milk, cheese culture, salt, enzymes), seasoning (sugar, salt, dextrose, dehydrated onion, food starch-modified, romano cheese solids from cow's milk (pasteurized milk, cheese cultures, salt, enzymes), spices, cultured nonfat milk, partially hydrogenated soybean oil, whey, extractive of garlic), artificial color (canthaxanthin)); COOKED ROTINI (cooked rotini (water, rotini (enriched semolina (wheat) (enriched with niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, and folic acid), soybean oil).

CONTAINS: MILK, SOY, WHEAT

CN 076257

CN One 8.97 oz unit of Tomato Sauce with Beef and Chicken Patty Crumbles, Cheese and Rotini provides 2.00 oz equivalent meat/meat alternate, 1 cup vegetable and 1 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 01-10.) CN

CN

COOKING INSTRUCTION: Cook 28-32 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

M170-070678-2

40 8.97 OZ UNITS (NET WEIGHT 22.43 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: *Dan M. Nichols RD/LDN*

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

175

NUTRIENT INFORMATION PER SERVING

Item Name	SLOPPY JOE		CALORIES	220.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	15.3 (GM)
CN Number:	071868		CARBOHYDRATES	13.3 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	11.4 (GM)
Package Size:	6.00 (oz)	170.10 (g)	SATURATED FAT	4.1 (GM)
Servings Per Package:	1		MonoFat	1.9 (GM)
Weight Per Serving:	6.00 (oz)	170.10 (g)	PolyFat	0.8 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	46.5 (%)
Product Composition:	Consists of one 6 oz unit of Sloppy Joe		CHOLESTEROL	45.2 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	119.5 (RE)
	0.00	grain/bread equivalent	VITAMIN C	7.9 (MG)
	1/2	cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 20-24 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.		RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database		NIACIN	1.6 (MG)
			CALCIUM	41.9 (MG)
			IRON	1.7 (MG)
			POTASSIUM	494.5 (MG)
			PHOSPHORUS	97.8 (MG)
			SODIUM	357.3 (MG)
			Fiber	0.5 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



175

**COOK AND SERVE
BARBECUE SAUCE WITH BEEF AND CHICKEN PATTIE CRUMBLES (SLOPPY JOE FILLING)**

INGREDIENTS: Broiled beef and chicken pattie crumbles (ground beef (not more than 30% fat), ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), salt, potassium chloride, flavor enhancer (hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, dextrose, thiamine hydrochloride, disodium inosinate, disodium guanylate), black pepper, onion powder, garlic powder), tomato puree (tomato paste, water), water, diced green pepper, food starch-modified, seasoning (sugar, corn syrup solids, salt, food starch-modified, dehydrated onion and garlic, propylene glycol alginate, paprika, spice, hydrolyzed soy protein, spice extractives including extractives of paprika, maple flavor (maple concentrate, silicon dioxide), natural smoke flavor, caramel powder and peach flavor (maltodextrin, gum acacia and modified food starch)), vinegar, artificial color (canthaxanthin).
CONTAINS: SOY, WHEAT

COOKING INSTRUCTION: Cook 20-24 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

M175-070678

CN 071868

One 6.00 oz unit of Barbecue Sauce with Beef and Chicken Pattie Crumbles provides 2.00 oz equivalent meat/meat alternate and 1/2 cup vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 03-08)

CN

This item contains vegetable protein product(s) which is authorized as an alternate food in the Child Nutrition Programs.

40 6.00 OZ UNITS (NET WEIGHT 15.00 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

Julie McMichols R.D./D.N.

Thursday, May 20, 2010 1:18:22PM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

183

NUTRIENT INFORMATION PER SERVING

Item Name	RIB-B-QUE	CALORIES	181.1 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	14.1 (GM)
CN Number:	072102	CARBOHYDRATES	6.6 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	11.5 (GM)
Package Size:	3.10 (oz) 87.89 (g)	SATURATED FAT	4.2 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	3.10 (oz) 87.89 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	57.2 (%)
Product Composition:	Consists of one 3.10 oz serving of Beef Patty with BBQ Sauce	CHOLESTEROL	47.6 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	64.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	1.4 (MG)
	1/8 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Cook 15-18 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.3 (MG)
		CALCIUM	29.1 (MG)
		IRON	1.8 (MG)
		POTASSIUM	0.1 (MG)
		PHOSPHORUS	0.5 (MG)
		SODIUM	388.0 (MG)
		Fiber	1.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



183

COOK AND SERVE

BEEF RIB SHAPED PATTIE (SMOKE FLAVOR ADDED) WITH BARBECUE SAUCE

INGREDIENTS: FULLY COOKED BEEF RIB SHAPED PATTIE (smoke flavor added) (ground beef (not more than 30% fat), water, textured vegetable protein product (soy flour, caramel color), seasoning (salt, torula yeast, paprika, garlic and onion powder, spices, dextrose, hydrolyzed soy protein, autolyzed yeast extract, hickory smoke flavor, citric acid, caramel color), seasoning (tomato powder, sugar, maltodextrin, dextrose, brown sugar, vinegar powder, natural hickory smoke flavor, worcestershire sauce solids (molasses, vinegar, corn syrup, salt, caramel, garlic, sugar, spices, tamarind, natural flavor, maltodextrin), onion powder, spices, garlic powder, guar gum), salt, dry whole egg, dextrose, smoke powder (maltodextrin, natural smoke flavor)); BARBECUE SAUCE (tomato puree (tomato paste, water), seasoning (sugar, corn syrup solids, salt, food starch-modified, dehydrated onion and garlic, propylene glycol alginate, paprika, spice, hydrolyzed soy protein, spice extractives including extractives of paprika, maple flavor (maple concentrate, silicon dioxide), natural smoke flavor, caramel powder and peach flavor (maltodextrin, gum acacia and modified food starch)), water, vinegar, food starch-modified).

PREPARATION: Cook 15-18 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

M183-CNKC13

One 3.10 oz unit of Beef Rib Shaped Pattie with Barbecue Sauce provides 2.00 oz equivalent meat/meat alternate and 1/8 cup vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 04-08)

40 3.10 OZ UNITS (NET WEIGHT 7.75 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

Jodie Mc Nichols R D, LON

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **1215**

NUTRIENT INFORMATION PER SERVING

Item Name	PATTY MELT SANDWICH		CALORIES	300.6 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	15.0 (GM)
CN Number:	077964		CARBOHYDRATES	28.7 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	14.4 (GM)
Package Size:	3.99 (oz) 113.12 (g)		SATURATED FAT	6.3 (GM)
Servings Per Package:	1		MonoFat	1.3 (GM)
Weight Per Serving:	3.99 (oz) 113.12 (g)		PolyFat	0.1 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	43.1 (%)
Product Composition:	Consists of one 3.99 oz. unit of patty melt sandwich		CHOLESTEROL	38.3 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	35.4 (RE)
	2.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	0.2 (MG)
Preparation Instructions:	Cook 25-28 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.		RIBOFLAVIN	0.2 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	1.6 (MG)
			CALCIUM	216.0 (MG)
			IRON	2.5 (MG)
			POTASSIUM	24.0 (MG)
			PHOSPHORUS	72.7 (MG)
			SODIUM	735.5 (MG)
			Fiber	1.0 (GM)

No Value-Indicates no information available



DISTRIBUTED BY
THE MARAMONT CORPORATION
 BROOKLYN, NY 11220

INSPECTED BY THE
 U.S. DEPT. OF AGRICULTURE
 IN ACCORDANCE WITH
 FNS REQUIREMENTS

1215

TOASTED PATTY MELT (BEEF / CHICKEN PATTY & CHEESE ON TOASTED BREAD)

INGREDIENTS: WHITE BREAD (Enriched flour (Wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains 2% or less of the following: soybean oil, azodicarbonamide, salt, yeast, calcium sulfate, calcium iodate, calcium propionate and citric acid (preservatives), wheat flour, microcrystalline cellulose, dicalcium phosphate, sodium stearoyl lactylate, baking soda, monoglycerides, sodium acid pyrophosphate, datem, enzymes, ammonium sulfate, high oleic canola oil, silicon dioxide, calcium silicate.); BROILED BEEF AND CHICKEN PATTY (SMOKE FLAVORING ADDED) (ground beef (not more than 30% fat), ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), salt, flavor enhancer (hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, dextrose, thiamine hydrochloride, disodium inosinate, disodium guanylate), black pepper, onion powder, liquid smoke (water, smoke flavor, polysorbate 80), garlic powder); PASTEURIZED PROCESS AMERICAN CHEESE (American cheese (milk, salt, cheese culture, enzymes), water, cream, sodium citrate, salt, sorbic acid (added as a preservative), soy lecithin (non-sticking agent), APO carotanal (color). May contain: culture pasteurized milk and skim milk, milk fat, lactic acid, artificial color (if colored), soybean oil blend, sodium phosphate, annatto vegetable color, modified soy lecithin); LIQUID MARGARINE (soybean oil; water; partially hydrogenated cottonseed and soya oils, colored with beta carotene; propylene glycol, artificially flavored; corn oil, vitamin A palmitate).
CONTAINS: MILK, SOY, WHEAT

CN 077964
 One 3.99 oz. unit of Broiled Beef & Chicken Patty with cheese on Toasted White Bread provides 2.00 oz. equivalent meat / meat alternate and 2 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo CN and statement authorized by the Food and Nutrition Service, USDA 4-10)
 CN

SHOP ORDER 00000

COOKING INSTRUCTIONS: Cook 25-28 minutes in a 325° oven to a minimum of 165°F.

1215-077964

PACKED 40-3.99 OZ UNITS PER CASE (NET WEIGHT 9.98 LBS)

LOT 000000

KEEP FROZEN

FOR INSTITUTIONAL USE ONLY

Reviewed by: Julie McArthur RD, LDN

Wednesday, May 26, 2010 3:42:38PM

Product Specification Sheet

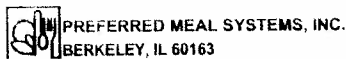
Preferred Meal Systems, Inc.
Product Specification Sheet



Item **WR1267** NUTRIENT INFORMATION PER SERVING

Item Name	CORN DOG	CALORIES 280.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN 10.0 (GM)
CN Number:		CARBOHYDRATES 30.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT 14.0 (GM)
Package Size:	4.00 (oz) 113.40 (g)	SATURATED FAT 4.5 (GM)
Servings Per Package:	1	MonoFat
Weight Per Serving:	4.00 (oz) 113.40 (g)	PolyFat
Nutrients based on:	1 Serving	% Calories from Fat 45.0 (%)
Product Composition:	Consists of one 4 oz Corn Dog.	CHOLESTEROL 35.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative 2.00 grain/bread equivalent cup fruit/vegetable	VITAMIN A
Preparation Instructions:	Cook 18-22 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	VITAMIN C
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN
		RIBOFLAVIN
		NIACIN
		CALCIUM 150.0 (MG)
		IRON 2.7 (MG)
		POTASSIUM
		PHOSPHORUS
		SODIUM 930.0 (MG)
		Fiber 1.0 (GM)

No Value-Indicates no information available



WR1267

COOK AND SERVE
CHICKEN CORN DOG (HONEY BATTER DIPPED CHICKEN FRANK WITHOUT STICK)

INGREDIENTS: Batter ingredients: enriched flour (wheat) (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, yellow corn flour, enriched yellow corn meal (yellow corn meal, niacin, iron, thiamine mononitrate, riboflavin, folic acid), soy flour, leavening (sodium acid pyrophosphate, sodium bicarbonate), soybean oil, salt, egg yolks, potato flour, dried honey, egg whites, artificial flavor. Fried in vegetable oil. Chicken frank ingredients: mechanically separated chicken, water, salt, contains 2% or less of the following: corn syrup solids, potassium lactate, spices, sodium phosphate, sodium diacetate, flavorings, sodium erythorbate, sodium nitrite.
CONTAINS: EGGS, SOY, WHEAT

PREPARATION: Cook in 325° pre-heated convection oven for 18-22 minutes to a minimum of 165°F as verified by a calibrated food thermometer.

WR1267-FF2

7076 40 4.00 OZ UNITS (NET WEIGHT 10.00 LBS)

KEEP FROZEN INSTITUTIONAL USE ONLY

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1271

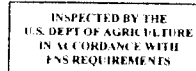
NUTRIENT INFORMATION PER SERVING

Item Name	LOW FAT TOASTED CHEESE ON WHEAT BREAD	<table border="0"> <tr><td>CALORIES</td><td>277.0 (KCAL)</td></tr> <tr><td>PROTEIN</td><td>15.9 (GM)</td></tr> <tr><td>CARBOHYDRATES</td><td>31.4 (GM)</td></tr> <tr><td>TOTAL FAT</td><td>10.0 (GM)</td></tr> <tr><td>SATURATED FAT</td><td>5.0 (GM)</td></tr> <tr><td>MonoFat</td><td>0.0 (GM)</td></tr> <tr><td>PolyFat</td><td>0.0 (GM)</td></tr> <tr><td>% Calories from Fat</td><td>32.5 (%)</td></tr> <tr><td>CHOLESTEROL</td><td>20.0 (MG)</td></tr> <tr><td>VITAMIN A</td><td>120.0 (RE)</td></tr> <tr><td>VITAMIN C</td><td>0.0 (MG)</td></tr> <tr><td>THIAMIN</td><td>0.2 (MG)</td></tr> <tr><td>RIBOFLAVIN</td><td>0.1 (MG)</td></tr> <tr><td>NIACIN</td><td>2.3 (MG)</td></tr> <tr><td>CALCIUM</td><td>417.4 (MG)</td></tr> <tr><td>IRON</td><td>1.4 (MG)</td></tr> <tr><td>POTASSIUM</td><td>68.5 (MG)</td></tr> <tr><td>PHOSPHORUS</td><td></td></tr> <tr><td>SODIUM</td><td>1044.1 (MG)</td></tr> <tr><td>Fiber</td><td>2.0 (GM)</td></tr> </table>	CALORIES	277.0 (KCAL)	PROTEIN	15.9 (GM)	CARBOHYDRATES	31.4 (GM)	TOTAL FAT	10.0 (GM)	SATURATED FAT	5.0 (GM)	MonoFat	0.0 (GM)	PolyFat	0.0 (GM)	% Calories from Fat	32.5 (%)	CHOLESTEROL	20.0 (MG)	VITAMIN A	120.0 (RE)	VITAMIN C	0.0 (MG)	THIAMIN	0.2 (MG)	RIBOFLAVIN	0.1 (MG)	NIACIN	2.3 (MG)	CALCIUM	417.4 (MG)	IRON	1.4 (MG)	POTASSIUM	68.5 (MG)	PHOSPHORUS		SODIUM	1044.1 (MG)	Fiber	2.0 (GM)
CALORIES	277.0 (KCAL)																																									
PROTEIN	15.9 (GM)																																									
CARBOHYDRATES	31.4 (GM)																																									
TOTAL FAT	10.0 (GM)																																									
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VITAMIN A	120.0 (RE)																																									
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THIAMIN	0.2 (MG)																																									
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NIACIN	2.3 (MG)																																									
CALCIUM	417.4 (MG)																																									
IRON	1.4 (MG)																																									
POTASSIUM	68.5 (MG)																																									
PHOSPHORUS																																										
SODIUM	1044.1 (MG)																																									
Fiber	2.0 (GM)																																									
Brand:	Preferred Meal Systems, Inc.																																									
CN Number:	071507																																									
Basis for Data Submitted:	As Served																																									
Package Size:	3.58 (oz) 101.49 (g)																																									
Servings Per Package:	1																																									
Weight Per Serving:	3.58 (oz) 101.49 (g)																																									
Nutrients based on:	1																																									
Product Composition:	Consists of 3.58 ounces of Toasted Cheese Sandwich.																																									
Meal Contributions:	2.00 oz.meat/meat alternative 2.00 grain/bread equivalent cup fruit/vegetable																																									
Preparation Instructions:	Cook 15-20 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.																																									
Source of Nutritional Information:	Ingredient suppliers and/or USDA database																																									

No Value-Indicates no information available



DISTRIBUTED BY
THE MARAMONT CORPORATION
BROOKLYN, NY 11220



1271

TOASTED LIGHT PASTEURIZED PROCESS AMERICAN CHEESE SANDWICH

INGREDIENTS: LIGHT PASTEURIZED PROCESS AMERICAN CHEESE: Milk, skim milk, water, whey, cheese culture, modified food starch, sodium citrate, salt, potassium citrate, lactic acid, sorbic acid, (preservative), artificial color, cream, lecithin, enzymes. WHEAT BREAD: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, coarse whole wheat flour, high fructose corn syrup, yeast, contains 2% or less of the following: vital wheat gluten, salt, wheat bran flakes, soybean oil, calcium sulfate, guar gum, calcium propionate (a preservative), sodium stearoyl litylate, monocalcium phosphate, caramel color, soy flour, datem, ammonium sulfate, ascorbic acid (dough conditioners), azodicarbonamide.
CONTAINS: MILK, SOY, WHEAT.

CN 071507

One 3.58 oz. unit of Toasted Light Pasteurized Process American Cheese Sandwich provides 2.00 oz. equivalent meat alternate and 2 servings of bread alternate for Child Nutrition Meal Pattern Requirements. CN

(Use of this logo and statement authorized by the Food and Nutrition Service, USDA 08-08)

CN

SHOP ORDER W80223263

COOKING INSTRUCTION: Cook 15-20 minutes in a 325° oven to a minimum of 165°F.

PACKED 40- 3.58 OZ UNITS PER CASE (NET WEIGHT 8.95 LBS) LOT 09127

KEEP FROZEN

FOR INSTITUTIONAL USE ONLY

Reviewed by: _____

Justin Mc Nichols R.D., L.D.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1274

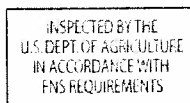
NUTRIENT INFORMATION PER SERVING

Item Name	TOASTED CHEESE SANDWICH	CALORIES	350.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	16.4 (GM)
CN Number:	055510	CARBOHYDRATES	28.4 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	18.7 (GM)
Package Size:	3.60 (oz) 102.06 (g)	SATURATED FAT	11.2 (GM)
Servings Per Package:	1	MonoFat	5.1 (GM)
Weight Per Serving:	3.60 (oz) 102.06 (g)	PolyFat	0.6 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	48.1 (%)
Product Composition:	Consists of one 3.60oz unit of Toasted Cheese Sandwich.	CHOLESTEROL	53.3 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative 2.00 grain/bread equivalent cup fruit/vegetable	VITAMIN A	141.8 (RE)
Preparation Instructions:	Cook 15-20 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	THIAMIN	0.3 (MG)
		RIBOFLAVIN	0.3 (MG)
		NIACIN	1.6 (MG)
		CALCIUM	430.8 (MG)
		IRON	1.5 (MG)
		POTASSIUM	95.9 (MG)
		PHOSPHORUS	290.9 (MG)
		SODIUM	1138.7 (MG)
		Fiber	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



1274

TOASTED PASTEURIZED PROCESS AMERICAN CHEESE SANDWICH

INGREDIENTS: PASTEURIZED PROCESS AMERICAN CHEESE (American cheese (pasteurized milk, cheese culture, salt, enzymes, artificial color), water, cream, sodium phosphate, salt, lactic acid, and artificial color); ENRICHED WHITE BREAD (enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, partially hydrogenated soybean and/or cottonseed oils, wheat starch, contains 2% or less of the following: yeast, salt, dough conditioners ((mono and diglycerides, soy lecithin, polysorbate 60, sodium stearoyl lactylate), calcium propionate (a preservative), dextrin, yeast nutrients (ammonium chloride, calcium sulfate), vitamin A palmitate, artificial flavors, beta carotene).

CONTAINS: MILK, SOY, WHEAT

PREPARATION: Heat 15-20 minutes in a 325° oven to a minimum of 165°F.

1274-CN7

CN **055510** CN
One 3.60 oz unit of Toasted Pasteurized Process American Cheese Sandwich provides 2.00 oz equivalent meat alternate and 2 servings of bread for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05-02)

40 3.60 OZ UNITS (NET WEIGHT 9.00 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

John Michael ROLAN

Thursday, May 20, 2010 1:20:00PM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **1290**

NUTRIENT INFORMATION PER SERVING

Item Name	CHEESE QUESADILLA	CALORIES 430.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN 19.0 (GM)
CN Number:	072979	CARBOHYDRATES 37.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT 23.0 (GM)
Package Size:	4.30 (oz) 121.91 (g)	SATURATED FAT 12.0 (GM)
Servings Per Package:	1	MonoFat
Weight Per Serving:	4.30 (oz) 121.91 (g)	PolyFat
Nutrients based on:	1 Serving	% Calories from Fat 48.1 (%)
Product Composition:	Consists of one 4.3 Oz. serving of Cheese Quesadilla.	CHOLESTEROL 40.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A 150.0 (RE)
	2.00 grain/bread equivalent	VITAMIN C 1.2 (MG)
	cup fruit/vegetable	THIAMIN
Preparation Instructions:	Cook 12-15 minutes in 325 degree oven, to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN
		CALCIUM 500.0 (MG)
		IRON 4.5 (MG)
		POTASSIUM
		PHOSPHORUS
		SODIUM 800.0 (MG)
		Fiber

No Value-Indicates no information available

**CODE
1290**

**CHEESE
QUESADILLA
with Cheddar Cheese Substitute**

INSPECTED BY THE
U.S. DEPT. OF AGRICULTURE
IN ACCORDANCE WITH
FNS REQUIREMENTS

INGREDIENTS: Filling: Shredded Mozzarella Cheese (Pasteurized Milk, Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes, Cellulose (anti-caking agent)), Shredded Cheddar Cheese Substitute (Cheddar Cheese Substitute [Water, Palm Oil, Casein and/or Calcium Caseinate, Modified Food Starch, Salt, Sodium Citrate, Sodium Aluminum Phosphate, Milkfat, Carrageenan, Sodium Phosphate, Natural Flavor, Lactic Acid, Sorbic Acid (Preservative), Natural Color, Enrichment Blend (Magnesium Oxide, Zinc Oxide, Ferric-ortho-phosphate, Vitamin A Palmitate, Riboflavin, folic Acid, Pyridoxine, Hydrochloride, Niacin, Thiamine, Hydrochloride, Vitamin B12)], Powdered Cellulose added to prevent caking), Picante Sauce (Water, Tomato Paste, Tomatoes, Jalapeno Peppers, Dehydrated Onions, Vinegar, Salt, Sodium Benzoate and Potassium Sorbate (Preservatives), Spices), Modified Food Starch and/or Modified Corn Starch, Tortilla: Bleach Enriched Flour (Bleach Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Palm Oil, with Monoglycerides), Sugar, Salt, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Sorbate (a preservative), Fumaric Acid, Calcium Propionate (a preservative), Dough Conditioner (Sodium Metabisulfite).

Heating Instructions: **DO NOT OVER BAKE.**

Contains: Soy, Milk, Wheat

Convection Oven: Preheat to 325 Deg. F. Bake 12 to 15 min frozen, 8 to 12 min thawed.

**HACCP LOT # XXXX
DATE CODE XXXX**

For Institutional Use Only - Not For Retail Sale

Each 4.30 oz Cheese Quesadilla provides 2 oz equivalent meat alternate and 2 servings of bread alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 07/08)



Preferred Meal Systems, Inc.
Barkley, IL 60163



KEEP FROZEN
40 / 4.30 oz

NET WT. 10.75 LBS.

Reviewed by:

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

13

NUTRIENT INFORMATION PER SERVING

Item Name	CHEESE QUESADILLA	CALORIES	374.2 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	16.1 (GM)
CN Number:	0	CARBOHYDRATES	28.5 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	21.9 (GM)
Package Size:	4.60 (oz) 130.41 (g)	SATURATED FAT	12.0 (GM)
Servings Per Package:	1	MonoFat	2.7 (GM)
Weight Per Serving:	4.60 (oz) 130.41 (g)	PolyFat	0.3 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	52.7 (%)
Product Composition:	Consists of one - 4.60 oz serving of cheese quesadilla	CHOLESTEROL	54.8 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative 2.00 grain/bread equivalent cup fruit/vegetable	VITAMIN A	135.1 (RE)
Preparation Instructions:	Cook 10-12 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	VITAMIN C	3.6 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	0.0 (MG)
		RIBOFLAVIN	0.1 (MG)
		NIACIN	0.0 (MG)
		CALCIUM	554.8 (MG)
		IRON	2.0 (MG)
		POTASSIUM	27.8 (MG)
		PHOSPHORUS	145.1 (MG)
		SODIUM	976.7 (MG)
		Fiber	0.8 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163

13

**COOK AND SERVE
 CHEESE QUESADILLA**

INGREDIENTS: FILLING (shredded cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor), shredded pasteurized process Monterey jack and American cheese with jalapeno and red bell peppers (monterey jack cheese (cultured milk, salt, enzymes), American cheese (cultured milk, salt, enzymes), water, cream, jalapeno peppers, sodium phosphate, red bell peppers, salt, sorbic acid (preservative), powdered cellulose added to prevent caking, lactic acid, artificial color), water, food starch-modified); FLOUR TORTILLA (enriched bleached wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (partially hydrogenated soybean oil and cottonseed oil), leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, calcium propionate, potassium sorbate, monosodium phosphate).

CONTAINS MILK, SOY, WHEAT

COOKING INSTRUCTION: Cook 10-12 minutes in a 325° oven to a minimum of 165°F as verified by a food thermometer.

13-PRE9

40 4.60 OZ UNITS (NET WEIGHT 11.50 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1293

NUTRIENT INFORMATION PER SERVING

Item Name	BEEF BURRITO	CALORIES	335.3 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	15.6 (GM)
CN Number:		CARBOHYDRATES	49.2 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	8.3 (GM)
Package Size:	5.75 (oz) 163.01 (g)	SATURATED FAT	2.4 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	5.75 (oz) 163.01 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	22.3 (%)
Product Composition:	Consists of 5.75oz unit of Beef, Chicken, Bean and Red Chili Burrito with added vegetable protein.	CHOLESTEROL	26.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	2.0 (RE)
	2.50 grain/bread equivalent	VITAMIN C	1.6 (MG)
	cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook for 25 minutes in a 300 degree oven.	RIBOFLAVIN	
		NIACIN	
Source of Nutritional Information:	Ingredient supplier and/or USDA database	CALCIUM	41.1 (MG)
		IRON	4.0 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	553.3 (MG)
		Fiber	4.7 (GM)

No Value-Indicates no information available

Ingredient Statement

Ingredients: Filling: Water, Ground Beef (No more than 20% Fat), Mechanically Separated Chicken, Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Flavorings, Salt, Vinegar, Hydrolyzed Soy Protein.

Flour Tortilla: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Salt, Guar Gum, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), L-Cysteine.

Reviewed by: *Jodie Mc Nichols R.D., L.D.N.*

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1294

NUTRIENT INFORMATION PER SERVING

Item Name	BEAN & CHEESE BURRITO		CALORIES	330.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	14.0 (GM)
CN Number:	072978		CARBOHYDRATES	52.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	8.0 (GM)
Package Size:	5.75 (oz) 163.01 (g)		SATURATED FAT	1.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	5.75 (oz) 163.01 (g)		PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	21.8 (%)
Product Composition:	Consists of one 5.75 oz. unit of bean and cheese burrito		CHOLESTEROL	0.0 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	200.0 (RE)
	2.00	grain/bread equivalent	VITAMIN C	3.6 (MG)
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 20-24 minutes in a 325 degree Fahrenheit oven to a minimum of 165F.		RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	300.0 (MG)
			IRON	4.5 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	660.0 (MG)
			Fiber	10.0 (GM)

No Value-Indicates no information available

**CODE
1294**

**BEAN AND
CHEESE BURRITO**

INSPECTED BY THE
U.S. DEPT. OF AGRICULTURE
IN ACCORDANCE WITH
FNS REQUIREMENTS

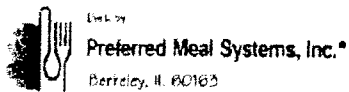
INGREDIENTS: Filling [Water, Pinto Beans, Shredded American Cheese (Made From Pasteurized Milk, Salt, Cheese Culture, Enzymes, Apo Carotenal (if colored), and Cellulose (An anti caking Agent), Shredded Cheddar Cheese Substitute [Water, Palm Oil, Casein and/or Calcium Caseinate, Modified Food Starch, Salt, Sodium Citrate, Sodium Aluminum Phosphate, Natural Flavor, Lactic Acid, Sorbic Acid (Preservative), Natural Color, Enrichment Blend (Magnesium Oxide, Zinc Oxide, Ferric-ortho-phosphate, Vitamin A Palmitate, Riboflavin, folic Acid, Pyridoxine, Hydrochloride, Niacin, Thiamine, Hydrochloride, Vitamin B12)], Seasoning (Spices, Garlic, Salt, Dehydrated Onions), Modified Food Starch, Shortening (Made From Partially Hydrogenated Soybean and/or Cottonseed Oil), Soybean Oil, Dehydrated Onions, Tortilla: Bleach Enriched Flour (Bleach Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Palm Oil, with Monoglycerides), Sugar Salt, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Sorbate (a preservative), Fumic Acid, Calcium Propionate (a preservative), Dough Conditioner (Sodium Metabisulfite)

Contains: Milk, Wheat

Heating Instructions: Convection Oven - (20 / 24 Min at 325 F or until internal temp 165 Deg F)

DATE CODE XXXXXX HACCP LOT # XXXX For Institutional Use Only - Not For Retail Sale

CN 072978
Each 5.75 oz Bean and cheese Burrito provides 2.0 oz equivalent meat alternate and 2 servings of bread alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 07/08) CN



KEEP FROZEN
40 / 5.75 oz

NET WT. 14.375 LBS.

Reviewed by: _____

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **1296**

NUTRIENT INFORMATION PER SERVING

Item Name	BEEF BURRITO		CALORIES	310.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	16.0 (GM)
CN Number:	072975		CARBOHYDRATES	37.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	11.0 (GM)
Package Size:	5.00 (oz)	141.75 (g)	SATURATED FAT	1.5 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	5.00 (oz)	141.75 (g)	PolyFat	
Nutrients based on:	1		% Calories from Fat	31.9 (%)
Product Composition:	Consists of one 5.0 oz unit of Beef Burrito		CHOLESTEROL	10.0 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	80.0 (RE)
	2.00	grain/bread equivalent	VITAMIN C	3.6 (MG)
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 20-24 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.		RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	
			CALCIUM	250.0 (MG)
			IRON	3.6 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	710.0 (MG)
			Fiber	6.0 (GM)
			TRANS FAT	0.0 (GM)

No Value-Indicates no information available

CODE Chicken, Beef and Textured Vegetable Protein
1296 **GREEN CHILI BURRITO**



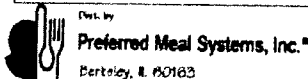
INGREDIENTS: Filling [Water, Chicken, Pinto Beans, Ground Beef (no more than 30% fat), Textured Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Seasoning (Spices, Garlic, Salt, dehydrated Onion), Green Chilies (Fresh Green Chili Peppers, Salt, Citric Acid and Calcium Chloride) Jalapeno Peppers [Jalapeno Peppers, Water, Salt, (May also contain Vinegar, Acetic Acid, Calcium Chloride, Sodium Benzoate, Sodium Bisulfite, Potassium Sorbate, Turmeric and Natural Flavorings)], Diced Green Peppers] Tortilla: Bleach Enriched Flour (Bleach Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Palm Oil, with Monoglycerides), Sugar, Salt, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Sorbate (a preservative), Fumaric Acid, Calcium Propionate (a preservative), Hydrogenated Vegetable Oil, Dough Conditioner (Sodium Metabisulfite)
 Contains: Soy, Wheat

Heating Instructions Convection Oven - (20 / 24 Min at 325 F or until internal temp 165 Deg F)

DATE CODE XXXXXX
HACCP LOT # XXXX

For Institutional Use Only - Not For Retail Sale

Each 5.0 oz. Serving of Green Chili Burrito provides 2.0 oz equivalent meat / meat alternate and 2 servings of bread alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service. USDA. 07/08)



KEEP FROZEN
 40 / 5.0 oz.

NET WT. 12.50 LBS.

Reviewed by:

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1315

NUTRIENT INFORMATION PER SERVING

Item Name	BAKED CHICKEN NUGGETS W/ROUNDS	CALORIES	333.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	15.4 (GM)
CN Number:	076851	CARBOHYDRATES	26.1 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	16.6 (GM)
Package Size:	4.93 (oz) 139.77 (g)	SATURATED FAT	4.9 (GM)
Servings Per Package:	1	MonoFat	0.7 (GM)
Weight Per Serving:	4.93 (oz) 139.77 (g)	PolyFat	0.3 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	44.8 (%)
Product Composition:	Consists of one 4.93 oz serving of Breaded Chicken Nuggets and Potato Rounds.	CHOLESTEROL	40.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	47.4 (RE)
	1.00 grain/bread equivalent	VITAMIN C	0.0 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Cook 25-30 minutes in a 325 F. oven to a minimum of 165 F.	RIBOFLAVIN	0.0 (MG)
		NIACIN	6.0 (MG)
		CALCIUM	26.0 (MG)
		IRON	2.2 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	POTASSIUM	190.3 (MG)
		PHOSPHORUS	
		SODIUM	670.4 (MG)
		Fiber	1.4 (GM)
		TRANS FAT	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



1315

COOK AND SERVE

CHICKEN BREAST NUGGETS (BREADED NUGGET SHAPED CHICKEN BREAST PATTIES) WITH POTATO ROUNDS

INGREDIENTS: FULLY COOKED CHICKEN BREAST NUGGETS (breaded nugget shaped chicken breast patties) (boneless skinless chicken breast, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B-12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate and riboflavin), dried whole egg solids, salt, sugar, sodium phosphates, white pepper, onion powder and garlic powder. Battered and Predusted with: water, enriched wheat flour(enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, spices, dextrose, dried garlic, paprika and annatto, xanthan gum, natural flavor. Breaded with: enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, spices, soybean oil, dextrose, dried garlic, paprika and annatto, extractives of paprika. Breeding set in vegetable oil); POTATO ROUNDS (potatoes, vegetable oil (palm, sunflower, cottonseed, partially hydrogenated soybean, soybean, partially hydrogenated cottonseed, and/or canola), dextrose, disodium dihydrogen pyrophosphate).

CONTAINS: EGGS, SOY, WHEAT

COOKING INSTRUCTION: Cook 25-30 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

1315-CNGK29

CN 076851

One 4.93 oz unit of Breaded Chicken Breast Nuggets (five 0.608 oz pieces) and Potato Rounds (8 pieces) provides 2.00 oz equivalent meal/meat alternate, 3/8 cup vegetable and 1 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 03-10.)

CN

40 4.93 OZ UNITS (NET WEIGHT 12.33 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

Julia McNichols R.D., L.D.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1320

NUTRIENT INFORMATION PER SERVING

<p>Item Name CRISPY CHICKEN TENDERS W/HASH BROWNS</p> <p>Brand: Preferred Meal Systems, Inc. CN Number: 076307 Basis for Data Submitted: As Served Package Size: 5.92 (oz) 167.83 (g) Servings Per Package: 1 Weight Per Serving: 5.92 (oz) 167.83 (g) Nutrients based on: 1 Serving Product Composition: Consists of 5.92 ounces of chicken tenders and hash browns.</p> <p>Meal Contributions: 2.00 oz.meat/meat alternative 1.00 grain/bread equivalent 1/2 cup fruit/vegetable</p> <p>Preparation Instructions: Cook 25-30 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit as verified by a food thermometer.</p> <p>Source of Nutritional Information: Ingredient suppliers and/or USDA database</p>	<p>CALORIES 317.9 (KCAL) PROTEIN 17.0 (GM) CARBOHYDRATES 32.0 (GM) TOTAL FAT 15.0 (GM) SATURATED FAT 3.0 (GM) MonoFat PolyFat % Calories from Fat 42.5 (%) CHOLESTEROL 35.0 (MG) VITAMIN A 44.7 (RE) VITAMIN C 4.6 (MG) THIAMIN RIBOFLAVIN NIACIN CALCIUM 26.0 (MG) IRON 0.6 (MG) POTASSIUM PHOSPHORUS SODIUM 721.8 (MG) Fiber 3.0 (GM)</p>
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No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



1320

COOK AND SERVE

BREADED STRIP SHAPED CHICKEN BREAST PATTIES AND SHAPED HASH BROWN POTATOES

INGREDIENTS: FULLY COOKED BREADED STRIP SHAPED CHICKEN BREAST PATTIES (boneless skinless chicken breast, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate and riboflavin), dried whole egg solids, lite salt (salt, potassium chloride), sugar, sodium phosphates, white pepper, onion powder and garlic powder. Breaded with: enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, dextrose, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), soybean oil, mono-and diglycerides, oleoresin paprika. Battered with: water, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, whey (milk), leavening (sodium aluminum phosphate, sodium bicarbonate), spice, garlic powder, oleoresin paprika, guar gum. Breading set in vegetable oil); SHAPED HASH BROWN POTATOES (potatoes, partially hydrogenated vegetable oil (soybean and/or cottonseed oils), and/or vegetable oil (canola, sunflower and/or soybean oils), salt, disodium dihydrogen pyrophosphate (to maintain natural color), dextrose).

CONTAINS: EGG, MILK, SOY, WHEAT

COOKING INSTRUCTION: Cook 25-30 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer. 1320-CNGK15

CN 076307

CN CN

CN

One 5.92 oz unit of Breaded Strip Shaped Chicken Breast Patties and Shaped Hash Brown Potatoes (consisting of four 0.85 oz. Chicken Patties and 2.52 oz. (3 pc) Shaped Hash Brown Potatoes) provides 2.00 oz equivalent meat/meat alternate, 1/2 cup vegetable and 1 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 11-09)

40 5.92 OZ UNITS (NET WEIGHT 14.80 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: _____

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **1322** NUTRIENT INFORMATION PER SERVING

Item Name	CRISPY CHICKEN TENDERS W/HASH BROWNS	CALORIES	271.3 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	16.7 (GM)
CN Number:		CARBOHYDRATES	26.3 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	12.7 (GM)
Package Size:	5.29 (oz) 149.97 (g)	SATURATED FAT	2.3 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	5.29 (oz) 149.97 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	42.1 (%)
Product Composition:	Consists of one 5.29 oz serving of Breaded Chicken Tenders with Hash Browns	CHOLESTEROL	35.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	44.7 (RE)
	1.00 grain/bread equivalent	VITAMIN C	3.4 (MG)
	3/8 cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 25-30 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	
		NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	CALCIUM	26.0 (MG)
		IRON	0.4 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	625.2 (MG)
		Fiber	2.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



1322

COOK AND SERVE

BREADED STRIP SHAPED CHICKEN BREAST PATTIES AND SHAPED HASH BROWN POTATOES

INGREDIENTS: FULLY COOKED BREADED STRIP SHAPED CHICKEN BREAST PATTIES (boneless skinless chicken breast, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate and riboflavin), dried whole egg solids, lite salt (salt, potassium chloride), sugar, sodium phosphates, white pepper, onion powder and garlic powder. Breaded with: enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, dextrose, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), soybean oil, mono-and diglycerides, oleoresin paprika. Battered with: water, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, whey (milk), leavening (sodium aluminum phosphate, sodium bicarbonate), spice, garlic powder, oleoresin paprika, guar gum. Breading set in vegetable oil); SHAPED HASH BROWN POTATOES (potatoes, partially hydrogenated vegetable oil (soybean and/or cottonseed oils), and/or vegetable oil (canola, sunflower and/or soybean oils), salt, disodium dihydrogen pyrophosphate (to maintain natural color), dextrose).

CONTAINS: EGG, MILK, SOY, WHEAT

COOKING INSTRUCTION: Cook 25-30 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

1322-CNGK16

CN		076308
One 5.29 oz unit of Breaded Strip Shaped Chicken Breast Patties and Shaped Hash Brown Potatoes (consisting of four 0.85 oz. Chicken Patties and 1.89 oz. (2 pc) Shaped Hash Brown Potatoes) provides 2.00 oz equivalent meal/meat alternate, 3/8 cup vegetable and 1 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 11-09)		
CN		CN

40 5.29 OZ UNITS (NET WEIGHT 13.23 LBS)

KEEP FROZEN **INSTITUTIONAL USE ONLY**

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **1351** NUTRIENT INFORMATION PER SERVING

Item Name	BAKED CHICKEN NUGGETS W/HASH BROWNS	CALORIES	311.3 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	14.7 (GM)
CN Number:	076850	CARBOHYDRATES	23.8 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	17.2 (GM)
Package Size:	4.93 (oz) 139.77 (g)	SATURATED FAT	3.8 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	4.93 (oz) 139.77 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	49.7 (%)
Product Composition:	Consists of one 4.93 oz. unit of Breaded Chicken Nuggets and Hash Browns	CHOLESTEROL	40.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	47.4 (RE)
	1.00 grain/bread equivalent	VITAMIN C	2.4 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Cook 25-30 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	6.0 (MG)
		CALCIUM	26.0 (MG)
		IRON	2.2 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	578.2 (MG)
		Fiber	1.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



1351

COOK AND SERVE

CHICKEN BREAST NUGGETS (BREADED NUGGET SHAPED CHICKEN BREAST PATTIES) AND SHAPED HASH BROWN POTATOES

INGREDIENTS: FULLY COOKED CHICKEN BREAST NUGGETS (breaded nugget shaped chicken breast patties)(boneless skinless chicken breast, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B-12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate and riboflavin), dried whole egg solids, salt, sugar, sodium phosphates, white pepper, onion powder and garlic powder. Battered and Predusted with: water, enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, spices, dextrose, dried garlic, paprika and annatto, xanthan gum, natural flavor. Breaded with: enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, spices, soybean oil, dextrose, dried garlic, paprika and annatto, extractives of paprika. Breading set in vegetable oil); SHAPED HASH BROWN POTATOES (potatoes, partially hydrogenated vegetable oil, (soybean and/or cottonseed oils), and/or vegetable oil (canola, soybean and/or sunflower oils), salt, disodium dihydrogen pyrophosphate (to maintain natural color) dextrose).

CONTAINS: EGGS, SOY, WHEAT

COOKING INSTRUCTION: Cook 25-30 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

1351-CNGK31

CN 076850

One 4.93 oz unit of Chicken Breast Nuggets and Shaped Hash Brown Potatoes (consisting of five 0.608 oz. Chicken Nuggets and 1.89 oz. (2 pc) Shaped Hash Brown Potatoes) provides 2.00 oz equivalent meat/meat alternate, 3/8 cup vegetable and 1 serving of bread alternate CN for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 03-10)

CN

40 4.93 OZ UNITS (NET WEIGHT 12.33 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

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

Friday, July 9, 2010 1:59:22PM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **1365** NUTRIENT INFORMATION PER SERVING

Item Name	HOT DIGGETY DOG W/TRI TATORS		CALORIES	309.9 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	7.0 (GM)
CN Number:	072566		CARBOHYDRATES	19.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	23.0 (GM)
Package Size:	4.52 (oz)	128.14 (g)	SATURATED FAT	8.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	4.52 (oz)	128.14 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	66.8 (%)
Product Composition:	Consists of 4.52 ounces of beef hot dog and hash browns		CHOLESTEROL	35.0 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	3.6 (MG)
	1/2	cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 23-27 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.		RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	8.9 (MG)
			IRON	1.1 (MG)
			POTASSIUM	290.0 (MG)
			PHOSPHORUS	
			SODIUM	779.8 (MG)
			Fiber	2.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



1365

COOK AND SERVE
 BEEF FRANKFURTER LUNCH
 SHAPED HASH BROWN POTATOES WITH BEEF FRANKFURTER

INGREDIENTS: SHAPED HASH BROWN POTATOES (potatoes, partially hydrogenated vegetable oil (soybean and/or cottonseed oils), and/or vegetable oil (canola, sunflower and/or soybean oils), salt, disodium dihydrogen pyrophosphate (to maintain natural color), dextrose); BEEF FRANKFURTER (beef, water, less than 2% of the following: flavoring, salt, corn syrup solids, potassium lactate, sodium diacetate, sodium erythorbate, oleoresin of paprika, sodium nitrite).

CONTAINS: SOY

PREPARATION: Cook 23-27 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

1365-CNK7

CN 072566

One 4.52 oz unit of Shaped Hash Brown Potatoes (3 pieces) with Beef Frankfurter provides 2.00 oz equivalent meat and 1/2 cup vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 08-08)

CN

40 4.52 OZ UNITS (NET WEIGHT 11.30 LBS)

KEEP FROZEN INSTITUTIONAL USE ONLY

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **1388** NUTRIENT INFORMATION PER SERVING

Item Name	BEEF SAUSAGE, EGG, & CHEESE BISCUIT	CALORIES	359.4 (KCAL)
		PROTEIN	16.5 (GM)
		CARBOHYDRATES	29.7 (GM)
		TOTAL FAT	18.4 (GM)
		SATURATED FAT	7.9 (GM)
Brand:	Preferred Meal Systems, Inc.	MonoFat	0.0 (GM)
CN Number:	077812	PolyFat	0.0 (GM)
Basis for Data Submitted:	As Served	% Calories from Fat	46.1 (%)
Package Size:	4.55 (oz) 128.99 (g)	CHOLESTEROL	141.9 (MG)
Servings Per Package:	1	VITAMIN A	96.6 (RE)
Weight Per Serving:	4.55 (oz) 128.99 (g)	VITAMIN C	0.1 (MG)
Nutrients based on:	1 Serving	THIAMIN	0.1 (MG)
Product Composition:	Consists of one 4.55 oz serving of Beef Sausage, Scrambled Egg Patty, Cheese on a Buttermilk Biscuit.	RIBOFLAVIN	0.1 (MG)
Meal Contributions:	2.50 oz.meat/meat alternative	NIACIN	1.4 (MG)
	2.00 grain/bread equivalent	CALCIUM	150.9 (MG)
	cup fruit/vegetable	IRON	37.5 (MG)
Preparation Instructions:	Cook 15-20 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees fahrenheit as verified by a food thermometer.	POTASSIUM	134.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	PHOSPHORUS	115.6 (MG)
		SODIUM	803.6 (MG)
		Fiber	0.5 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

INSPECTED BY THE
U.S. DEPT. OF AGRICULTURE
IN ACCORDANCE WITH
FNS REQUIREMENTS

1388

BEEF PATTY (WITH SAUSAGE SEASONINGS, CARAMEL COLOR ADDED), SCRAMBLED EGG PATTIE AND CHEESE ON SLICED BUTTERMILK BISCUIT

INGREDIENTS: SLICED BUTTERMILK BISCUIT (enriched unbleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzymes), water, partially hydrogenated soybean and cottonseed oils, dried whey (milk), calcium sulfate, buttermilk solids, sodium bicarbonate, sodium aluminum phosphate, dextrose, potassium chloride, salt, natural flavor, adipic acid, TBHQ, citric acid); FULLY COOKED BEEF PATTY (with sausage seasonings, caramel color added) (ground beef (not more than 24% fat), water, textured vegetable protein product (soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12), seasoning (dextrose, flavorings, hydrolyzed corn protein, caramel color), salt, sodium phosphates); PRECOOKED SCRAMBLED EGG PATTIE (whole eggs, nonfat milk, modified food starch, salt, xanthan gum, citric acid, pepper); PASTEURIZED PROCESS AMERICAN CHEESE (cultured milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), lactic acid, artificial color, enzymes, sodium glyceryl oleate phosphate).
CONTAINS: EGG, MILK, SOY, WHEAT

PLACE 3" APART (DO NOT OVERLOAD)
COOKING INSTRUCTION: Cook 15-20 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

1388-CNP3

CN 077812
One 4.55 oz unit of Beef Patty, scrambled egg pattie and cheese on sliced buttermilk biscuit provides 2.50 oz equivalent meat/meat alternate and 2 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use CN of this logo and statement authorized by the Food and Nutrition Service, USDA 04-10.)
CN

40 4.55 OZ UNITS (NET WEIGHT 11.38 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1402

NUTRIENT INFORMATION PER SERVING

Item Name	BEEF SOFT TACO		CALORIES	320.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	17.0 (GM)
CN Number:	072976		CARBOHYDRATES	26.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	17.0 (GM)
Package Size:	4.85 (oz) 137.50 (g)		SATURATED FAT	6.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	4.85 (oz) 137.50 (g)		PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	47.8 (%)
Product Composition:	Consists of one 4.85 oz unit of beef taco.		CHOLESTEROL	30.0 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	60.0 (RE)
	2.00	grain/bread equivalent	VITAMIN C	3.6 (MG)
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 20-24 minutes in a 325 F degree oven to a internal temperature of 165 F.		RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	40.0 (MG)
			IRON	2.7 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	810.0 (MG)
			Fiber	3.0 (GM)

No Value-Indicates no information available

**CODE
1402**

TACO

Made With Beef
and Textured Vegetable Protein



INGREDIENTS: Filling [Ground Beef (no more than 30 % fat), Picante Sauce (Water, Tomato Paste, Tomatoes, Jalapeno Peppers, Dehydrated Onions, Vinegar, Salt, Sodium Benzoate and Potassium Sorbate (Preservatives), Spices), Textured Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxin Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin B(12)], Water, Diced Onions, Diced Tomatoes, Seasoning (Spices, Salt, Paprika, Garlic, Natural Flavors Hydrolyzed Protein From Soy), Soybean Oil, Modified Food Starch Tomatoe Extender, Salt], Loco Bread [Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour, Ascorbic Acid), Water, Soybean Oil, Nonfat Dry Milk, Yeast, Dough Conditioner (Vegetable Gum, Soy Flour, Monoglycerides, L-Cysteine, Enzymes), Salt, Wheat Gluten, Sugar, Calcium Propionate, Sodium Stearoyl Lactylate, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate)]
Contains: Wheat, Soy

Heating Instructions Convection Oven - (20 / 24 Min at 325 F or until internal temp 165 Deg F)

HACCP LOT # XXXX DATE CODE XXXX

CN

For Institutional Use Only - Not For Retail Sale

Each 4.85 oz Beef Taco provides 2.0 oz equivalent meat / meat alternate and 2 servings of bread alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 07/08)

CN

KEEP FROZEN

40/4.85 oz



Div. by
Preferred Meal Systems, Inc.*
Berkley, IL 60163



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NET WT. 12.125 LBS.

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

Reviewed by: _____