

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**301**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Buttered Corn</b>		CALORIES	61.8 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	1.9 (GM)
CN Number:			CARBOHYDRATES	12.9 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	1.3 (GM)
Package Size:	2.25 (oz) 63.79 (g)		SATURATED FAT	0.2 (GM)
Servings Per Package:	1		MonoFat	0.4 (GM)
Weight Per Serving:	2.25 (oz) 63.79 (g)		PolyFat	0.7 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	18.9 (%)
Product Composition:	Consists of one 2.25oz serving of Corn		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	18.2 (RE)
	0.00	grain/bread equivalent	VITAMIN C	4.0 (MG)
	3/8	cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 20-22 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 database		NIACIN	1.1 (MG)
			CALCIUM	2.7 (MG)
			IRON	0.3 (MG)
			POTASSIUM	132.2 (MG)
			PHOSPHORUS	43.5 (MG)
			SODIUM	2.2 (MG)
			Fiber	1.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**301**

**CORN**

**INGREDIENTS:** Corn, water, 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: SOY**

Cooking Instructions: Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

301-PRE16

40 2.25 OZ UNITS (NET WEIGHT 5.63 LBS)

**KEEP FROZEN INSTITUTIONAL USE ONLY**

Reviewed by: *Johi McMichels R.D., L.D.N.*

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item

**302**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Green Garden Peas</b>		<b>CALORIES</b>	64.8 (KCAL)
<b>Brand:</b>	Preferred Meal Systems, Inc.		<b>PROTEIN</b>	3.9 (GM)
<b>CN Number:</b>			<b>CARBOHYDRATES</b>	10.3 (GM)
<b>Basis for Data Submitted:</b>	As Served		<b>TOTAL FAT</b>	1.1 (GM)
<b>Package Size:</b>	2.57 (oz)	72.86 (g)	<b>SATURATED FAT</b>	0.2 (GM)
<b>Servings Per Package:</b>	1		<b>MonoFat</b>	0.3 (GM)
<b>Weight Per Serving:</b>	2.57 (oz)	72.86 (g)	<b>PolyFat</b>	0.6 (GM)
<b>Nutrients based on:</b>	1 Serving		<b>% Calories from Fat</b>	15.3 (%)
<b>Product Composition:</b>	Consists of one 2.57 oz. unit of peas.		<b>CHOLESTEROL</b>	0.0 (MG)
<b>Meal Contributions:</b>	0.00	oz.meat/meat alternative	<b>VITAMIN A</b>	39.1 (RE)
	0.00	grain/bread equivalent	<b>VITAMIN C</b>	28.5 (MG)
	3/8	cup fruit/vegetable	<b>THIAMIN</b>	0.2 (MG)
<b>Preparation Instructions:</b>	Cook 20-22 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.		<b>RIBOFLAVIN</b>	0.1 (MG)
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA database		<b>NIACIN</b>	1.5 (MG)
			<b>CALCIUM</b>	17.9 (MG)
			<b>IRON</b>	1.0 (MG)
			<b>POTASSIUM</b>	173.7 (MG)
			<b>PHOSPHORUS</b>	76.9 (MG)
			<b>SODIUM</b>	3.9 (MG)
			<b>Fiber</b>	3.6 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**302**

**PEAS**

**INGREDIENTS:** Peas, water, 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:** SOY

**PREPARATION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F.

302-PRE11

40 2.57 OZ UNITS (NET WEIGHT 6.43 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by:

Thursday, May 27, 2010 11:08:01AM

Product Specification Sheet

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**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **303**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Cut Green Beans</b>	<b>CALORIES</b>	<b>30.1 (KCAL)</b>
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b>	<b>1.1 (GM)</b>
<b>CN Number:</b>		<b>CARBOHYDRATES</b>	<b>4.4 (GM)</b>
<b>Basis for Data Submitted:</b>	As Served	<b>TOTAL FAT</b>	<b>1.0 (GM)</b>
<b>Package Size:</b>	2.13 (oz) 60.39 (g)	<b>SATURATED FAT</b>	<b>0.1 (GM)</b>
<b>Servings Per Package:</b>	1	<b>MonoFat</b>	<b>0.2 (GM)</b>
<b>Weight Per Serving:</b>	2.13 (oz) 60.39 (g)	<b>PolyFat</b>	<b>0.5 (GM)</b>
<b>Nutrients based on:</b>	1 Serving	<b>% Calories from Fat</b>	<b>29.9 (%)</b>
<b>Product Composition:</b>	Consists of one 2.13 oz. Unit of Green Beans	<b>CHOLESTEROL</b>	<b>0.0 (MG)</b>
<b>Meal Contributions:</b>	0.00 oz.meat/meat alternative	<b>VITAMIN A</b>	<b>27.9 (RE)</b>
	0.00 grain/bread equivalent	<b>VITAMIN C</b>	<b>7.6 (MG)</b>
	3/8 cup fruit/vegetable	<b>THIAMIN</b>	<b>0.1 (MG)</b>
<b>Preparation Instructions:</b>	Cook 20-22 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	<b>RIBOFLAVIN</b>	<b>0.1 (MG)</b>
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA database	<b>NIACIN</b>	<b>0.3 (MG)</b>
		<b>CALCIUM</b>	<b>24.9 (MG)</b>
		<b>IRON</b>	<b>0.5 (MG)</b>
		<b>POTASSIUM</b>	<b>109.2 (MG)</b>
		<b>PHOSPHORUS</b>	<b>18.8 (MG)</b>
		<b>SODIUM</b>	<b>2.1 (MG)</b>
		<b>Fiber</b>	<b>1.5 (GM)</b>

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**303**

**COOK AND SERVE  
 GREEN BEANS**

**INGREDIENTS:** Green beans, water, 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: SOY**

**Cooking Instructions:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

303-PRE10

40 2.13 OZ UNITS (NET WEIGHT 5.33 LBS)

**KEEP FROZEN INSTITUTIONAL USE ONLY**

Reviewed by: Julie M. Nichols RD, L.D.

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**304**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Carrots</b>	CALORIES	35.6 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.6 (GM)
CN Number:		CARBOHYDRATES	6.6 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	1.0 (GM)
Package Size:	2.50 (oz) 70.88 (g)	SATURATED FAT	0.1 (GM)
Servings Per Package:	1	MonoFat	0.2 (GM)
Weight Per Serving:	2.50 (oz) 70.88 (g)	PolyFat	0.6 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	25.3 (%)
Product Composition:	Consists of one 2.5 oz. unit of carrots	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	589.8 (RE)
	0.00 grain/bread equivalent	VITAMIN C	4.1 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Cook 20-22 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 database	NIACIN	0.7 (MG)
		CALCIUM	23.1 (MG)
		IRON	0.2 (MG)
		POTASSIUM	221.4 (MG)
		PHOSPHORUS	24.2 (MG)
		SODIUM	48.0 (MG)
		Fiber	1.9 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**304**

**CARROTS**

**INGREDIENTS:** Diced carrots, water, 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:** SOY

304-PRE9

PREPARATION: Cook 20-22 minutes in a 325° oven to a minimum of 165°F.

4288

40 2.5 OZ UNITS (NET WEIGHT 6.25 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by:

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

Wednesday, June 16, 2010 4:22:27PM

Product Specification Sheet

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**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item

**305**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Garden Vegetables</b>	CALORIES	52.6 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.1 (GM)
CN Number:		CARBOHYDRATES	9.5 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	1.1 (GM)
Package Size:	2.46 (oz) 69.74 (g)	SATURATED FAT	0.2 (GM)
Servings Per Package:	1	MonoFat	0.3 (GM)
Weight Per Serving:	2.46 (oz) 69.74 (g)	PolyFat	0.6 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	18.8 (%)
Product Composition:	Consists of one 2.46 oz. unit of mixed vegetables	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	248.2 (RE)
	0.00 grain/bread equivalent	VITAMIN C	12.8 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 20-22 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	1.1 (MG)
		CALCIUM	16.1 (MG)
		IRON	0.5 (MG)
		POTASSIUM	181.7 (MG)
		PHOSPHORUS	47.9 (MG)
		SODIUM	20.7 (MG)
		Fiber	2.4 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**305**

**COOK AND SERVE  
 MIXED VEGETABLES**

**INGREDIENTS:** Carrots, peas, corn, water, 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:** SOY

**COOKING INSTRUCTION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

305-PRE13

40 2.46 OZ UNITS (NET WEIGHT 6.15 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by:

*Judith M. Martin, RD, LDN*

Thursday, May 27, 2010 11:09:18AM

Product Specification Sheet

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**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**308**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Corn &amp; Carrots</b>	CALORIES	48.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.3 (GM)
CN Number:		CARBOHYDRATES	9.7 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	1.2 (GM)
Package Size:	2.37 (oz) 67.19 (g)	SATURATED FAT	0.2 (GM)
Servings Per Package:	1	MonoFat	0.3 (GM)
Weight Per Serving:	2.37 (oz) 67.19 (g)	PolyFat	0.6 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	22.2 (%)
Product Composition:	Consists of one 2.37 oz. unit of corn and carrots.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	301.7 (RE)
	0.00 grain/bread equivalent	VITAMIN C	4.0 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Cook 20-22 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 database	NIACIN	0.9 (MG)
		CALCIUM	12.8 (MG)
		IRON	0.2 (MG)
		POTASSIUM	176.2 (MG)
		PHOSPHORUS	33.9 (MG)
		SODIUM	24.9 (MG)
		Fiber	1.6 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS  
BERKELEY, IL 60163

**308**

**CARROTS AND CORN**

**INGREDIENTS:** Carrots, corn, water, 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: SOY**

PREPARATION: Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

**308-PRE9**

40 2.37 OZ UNITS (NET WEIGHT 5.93 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by:

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

Wednesday, June 16, 2010 4:23:16PM

Product Specification Sheet

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**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**311**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Baked Beans</b>	CALORIES	83.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	5.3 (GM)
CN Number:		CARBOHYDRATES	15.8 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.0 (GM)
Package Size:	3.46 (oz) 98.09 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	3.46 (oz) 98.09 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 3.46 ounces of baked beans.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	0.0 (MG)
	3/8 cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 20-22 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	30.2 (MG)
		IRON	1.4 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	301.6 (MG)
		Fiber	4.5 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**311**

**VEGETARIAN BEANS AND SAUCE**

**INGREDIENTS:** White beans, water, corn syrup, sugar, toamto paste, salt, dextrose, onion powder, garlic powder, oleoresin paprika, and natural flavorings.

**COOKING INSTRUCTION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

311-BV10

40 3.46 OZ UNITS (NET WEIGHT 8.65 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

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

Reviewed by: \_\_\_\_\_

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**314**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Potato Smiles</b>	CALORIES	96.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.2 (GM)
CN Number:		CARBOHYDRATES	14.4 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	3.6 (GM)
Package Size:	1.80 (oz) 51.03 (g)	SATURATED FAT	0.6 (GM)
Servings Per Package:	1	MonoFat	1.8 (GM)
Weight Per Serving:	1.80 (oz) 51.03 (g)	PolyFat	1.2 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	33.8 (%)
Product Composition:	Consists of one 1.80oz unit of Smiley Face Potatoes	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	2.2 (MG)
	3/8 cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 18-22 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	0.0 (MG)
		IRON	0.0 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	138.1 (MG)
		Fiber	1.2 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**314**

**COOK AND SERVE  
SMILE SHAPED MASHED POTATOES**

**INGREDIENTS:** Potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), dehydrated potato flakes (potatoes, mono- and diglycerides, sodium acid pyrophosphate and citric acid added to preserve natural color), contains 2% or less of dextrose, natural flavors, potassium chloride, potato starch-modified, salt, sodium acid pyrophosphate added to preserve natural color.  
**CONTAINS: SOY**

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

314-M3

40 1.80 OZ UNITS (NET WEIGHT 4.50 LBS)

**KEEP FROZEN INSTITUTIONAL USE ONLY**

Reviewed by: \_\_\_\_\_

*Julia Mc Nichols R D, LON*

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item

**316**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Broccoli</b>	CALORIES	25.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.0 (GM)
CN Number:		CARBOHYDRATES	3.4 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	1.0 (GM)
Package Size:	2.57 (oz) 72.86 (g)	SATURATED FAT	0.2 (GM)
Servings Per Package:	1	MonoFat	0.3 (GM)
Weight Per Serving:	2.57 (oz) 72.86 (g)	PolyFat	0.6 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	35.0 (%)
Product Composition:	Consists of one 2.57 oz unit of chopped broccoli.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	49.1 (RE)
	0.00 grain/bread equivalent	VITAMIN C	40.1 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Cook 20-22 minutes in a 325 degree Fahrenheit oven to a minimum temperature of 165 degree Fahrenheit.	RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.3 (MG)
		CALCIUM	40.1 (MG)
		IRON	0.6 (MG)
		POTASSIUM	150.9 (MG)
		PHOSPHORUS	35.6 (MG)
		SODIUM	17.4 (MG)
		Fiber	2.1 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**316**

**COOK AND SERVE**  
**BROCCOLI**

**INGREDIENTS:** Chopped broccoli, water, 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: SOY**

**COOKING INSTRUCTION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

316-PRE6

40 2.57 OZ UNITS (NET WEIGHT 6.43 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by:

*John M. Nichols R.D. L.D.*

Thursday, May 27, 2010 11:09:58AM

Product Specification Sheet

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**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **317**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Refried Beans</b>	<b>CALORIES</b>	67.7 (KCAL)
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b>	4.5 (GM)
<b>CN Number:</b>		<b>CARBOHYDRATES</b>	12.0 (GM)
<b>Basis for Data Submitted:</b>	As Served	<b>TOTAL FAT</b>	1.5 (GM)
<b>Package Size:</b>	3.39 (oz) 96.11 (g)	<b>SATURATED FAT</b>	0.4 (GM)
<b>Servings Per Package:</b>	1	<b>MonoFat</b>	0.0 (GM)
<b>Weight Per Serving:</b>	3.39 (oz) 96.11 (g)	<b>PolyFat</b>	0.0 (GM)
<b>Nutrients based on:</b>	1 Serving	<b>% Calories from Fat</b>	19.9 (%)
<b>Product Composition:</b>	Consists of one 3.39 oz serving of refried beans	<b>CHOLESTEROL</b>	0.0 (MG)
<b>Meal Contributions:</b>	0.00 oz.meat/meat alternative	<b>VITAMIN A</b>	0.0 (RE)
	0.00 grain/bread equivalent	<b>VITAMIN C</b>	0.0 (MG)
	3/8 cup fruit/vegetable	<b>THIAMIN</b>	0.0 (MG)
<b>Preparation Instructions:</b>	Cook 20-22 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	<b>RIBOFLAVIN</b>	0.0 (MG)
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA database	<b>NIACIN</b>	0.0 (MG)
		<b>CALCIUM</b>	30.1 (MG)
		<b>IRON</b>	1.4 (MG)
		<b>POTASSIUM</b>	0.0 (MG)
		<b>PHOSPHORUS</b>	0.0 (MG)
		<b>SODIUM</b>	368.3 (MG)
		<b>Fiber</b>	3.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**317**

**REFRIED BEANS**

**INGREDIENTS:** Water, beans, salt, vegetable oil, spices.

**PREPARATION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F. 317-PRE2

40 3.39 OZ UNITS (NET WEIGHT 8.48 LBS)

**KEEP FROZEN INSTITUTIONAL USE ONLY**

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

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**319**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Potato Wedges</b>	<b>CALORIES</b> 74.1 (KCAL)
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b> 1.3 (GM)
<b>CN Number:</b>		<b>CARBOHYDRATES</b> 10.1 (GM)
<b>Basis for Data Submitted:</b>	As Served	<b>TOTAL FAT</b> 3.0 (GM)
<b>Package Size:</b>	2.02 (oz) 57.27 (g)	<b>SATURATED FAT</b> 0.7 (GM)
<b>Servings Per Package:</b>	1	MonoFat
<b>Weight Per Serving:</b>	2.02 (oz) 57.27 (g)	PolyFat
<b>Nutrients based on:</b>	1 Serving	<b>% Calories from Fat</b> 36.4 (%)
<b>Product Composition:</b>	Consists of one 2.02 oz. unit of potato wedges.	<b>CHOLESTEROL</b> 0.0 (MG)
<b>Meal Contributions:</b>	0.00 oz.meat/meat alternative	<b>VITAMIN A</b> 0.0 (RE)
	0.00 grain/bread equivalent	<b>VITAMIN C</b> 2.4 (MG)
	3/8 cup fruit/vegetable	<b>THIAMIN</b>
<b>Preparation Instructions:</b>	Cook 20-22 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	<b>RIBOFLAVIN</b>
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA database	<b>NIACIN</b>
		<b>CALCIUM</b> 0.0 (MG)
		<b>IRON</b> 0.2 (MG)
		<b>POTASSIUM</b> 242.1 (MG)
		<b>PHOSPHORUS</b>
		<b>SODIUM</b> 13.5 (MG)
		<b>Fiber</b> 1.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**319**

**POTATO WEDGES**

**INGREDIENTS:** POTATO WEDGES (potatoes, salt, partially hydrogenated soybean oil).  
**CONTAINS:** SOY

**PREPARATION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

319-PRE7

40 2.02 OZ UNITS (NET WEIGHT 5.05 LBS)

**KEEP FROZEN INSTITUTIONAL USE ONLY**

Reviewed by: \_\_\_\_\_

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

Thursday, June 17, 2010 2:45:38PM

Product Specification Sheet

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**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**320**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Mashed Potatoes</b>	CALORIES	90.1 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.9 (GM)
CN Number:		CARBOHYDRATES	12.8 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	3.8 (GM)
Package Size:	3.49 (oz) 98.94 (g)	SATURATED FAT	0.6 (GM)
Servings Per Package:	1	MonoFat	1.1 (GM)
Weight Per Serving:	3.49 (oz) 98.94 (g)	PolyFat	2.1 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	38.0 (%)
Product Composition:	Consists of one 3.49 oz. unit of mashed potatoes.	CHOLESTEROL	0.4 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	53.5 (RE)
	0.00 grain/bread equivalent	VITAMIN C	41.6 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Cook 20-22 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit, as verified by a food thermometer.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.0 (MG)
		CALCIUM	30.6 (MG)
		IRON	0.2 (MG)
		POTASSIUM	36.1 (MG)
		PHOSPHORUS	19.5 (MG)
		SODIUM	203.4 (MG)
		Fiber	1.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**320**

**MASHED POTATOES**

INGREDIENTS: Mashed Potatoes (water, 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), liquid margarine (soybean oil; water; partially hydrogenated cottonseed and soya oils, colored with beta carotene; propylene glycol, artificially flavored; corn oil, vitamin A palmitate), nonfat dry milk, salt, ascorbic acid), liquid margarine (soybean oil; water; partially hydrogenated cottonseed and soya oils, colored with beta carotene; propylene glycol, artificially flavored; corn oil, vitamin A palmitate).  
CONTAINS: MILK, SOY

PREPARATION: Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

320-112

40 3.49 OZ UNITS (NET WEIGHT 8.73 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by:

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

Thursday, June 17, 2010 2:46:35PM

Product Specification Sheet

Page 1 of 1

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**321**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Fiesta Corn</b>	<b>CALORIES</b>	63.9 (KCAL)
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b>	1.9 (GM)
<b>CN Number:</b>		<b>CARBOHYDRATES</b>	13.3 (GM)
<b>Basis for Data Submitted:</b>	As Served	<b>TOTAL FAT</b>	1.3 (GM)
<b>Package Size:</b>	2.48 (oz) 70.31 (g)	<b>SATURATED FAT</b>	0.2 (GM)
<b>Servings Per Package:</b>	1	<b>MonoFat</b>	0.4 (GM)
<b>Weight Per Serving:</b>	2.48 (oz) 70.31 (g)	<b>PolyFat</b>	0.7 (GM)
<b>Nutrients based on:</b>	1 Serving	<b>% Calories from Fat</b>	18.3 (%)
<b>Product Composition:</b>	Consists of one 2.48 oz unit of fiesta style corn.	<b>CHOLESTEROL</b>	0.0 (MG)
<b>Meal Contributions:</b>	0.00 oz.meat/meat alternative	<b>VITAMIN A</b>	28.5 (RE)
	0.00 grain/bread equivalent	<b>VITAMIN C</b>	12.3 (MG)
	3/8 cup fruit/vegetable	<b>THIAMIN</b>	0.1 (MG)
<b>Preparation Instructions:</b>	Cook 20-22 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	<b>RIBOFLAVIN</b>	0.0 (MG)
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA database	<b>NIACIN</b>	1.1 (MG)
		<b>CALCIUM</b>	3.1 (MG)
		<b>IRON</b>	0.3 (MG)
		<b>POTASSIUM</b>	146.0 (MG)
		<b>PHOSPHORUS</b>	45.2 (MG)
		<b>SODIUM</b>	2.5 (MG)
		<b>Fiber</b>	1.4 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**321**

**MEXICAN STYLE CORN**

**INGREDIENTS:** Corn, diced red pepper, water, 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:** SOY

**PREPARATION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

321-PRE1

40 2.48 OZ UNITS (NET WEIGHT 6.20 LBS)

**KEEP FROZEN INSTITUTIONAL USE ONLY**

Reviewed by:

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

Thursday, June 17, 2010 2:47:57PM

Product Specification Sheet

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**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **328**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Potato Rounds</b>	CALORIES	115.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.4 (GM)
CN Number:		CARBOHYDRATES	13.6 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	4.1 (GM)
Package Size:	1.89 (oz) 53.58 (g)	SATURATED FAT	2.4 (GM)
Servings Per Package:	1	MonoFat	0.7 (GM)
Weight Per Serving:	1.89 (oz) 53.58 (g)	PolyFat	0.3 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	31.9 (%)
Product Composition:	Consists of one 1.89 oz Unit of Potato Rounds	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	0.0 (MG)
	3/8 cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 20-22 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	0.0 (MG)
		IRON	0.2 (MG)
		POTASSIUM	190.3 (MG)
		PHOSPHORUS	
		SODIUM	285.4 (MG)
		Fiber	1.4 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**328**

**POTATO ROUNDS**

**INGREDIENTS:** Potatoes, vegetable oil ( soybean and/or canola oil), salt, natural flavor, dextrose, disodium dihydrogen pyrophosphate to promote color retention .

**PREPARATION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F as verified by a food thermometer.

328-PRE18

10116 40 1.89 OZ UNITS (NET WEIGHT 4.73 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: Julie McMichael RD, L.D.

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**330**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Cinnamon Apples</b>	<b>CALORIES</b>	80.5 (KCAL)
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b>	0.0 (GM)
<b>CN Number:</b>		<b>CARBOHYDRATES</b>	19.8 (GM)
<b>Basis for Data Submitted:</b>	As Served	<b>TOTAL FAT</b>	0.0 (GM)
<b>Package Size:</b>	4.37 (oz) 123.89 (g)	<b>SATURATED FAT</b>	0.0 (GM)
<b>Servings Per Package:</b>	1	<b>MonoFat</b>	0.0 (GM)
<b>Weight Per Serving:</b>	4.37 (oz) 123.89 (g)	<b>PolyFat</b>	0.0 (GM)
<b>Nutrients based on:</b>	1 Serving	<b>% Calories from Fat</b>	0.0 (%)
<b>Product Composition:</b>	Consists of one 4.37 oz unit of cinnamon apples	<b>CHOLESTEROL</b>	0.0 (MG)
<b>Meal Contributions:</b>	0.00 oz.meat/meat alternative	<b>VITAMIN A</b>	0.1 (RE)
	0.00 grain/bread equivalent	<b>VITAMIN C</b>	24.8 (MG)
	3/8 cup fruit/vegetable	<b>THIAMIN</b>	0.0 (MG)
<b>Preparation Instructions:</b>	Heat 15-20 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	<b>RIBOFLAVIN</b>	0.0 (MG)
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA database	<b>NIACIN</b>	0.0 (MG)
		<b>CALCIUM</b>	1.6 (MG)
		<b>IRON</b>	0.0 (MG)
		<b>POTASSIUM</b>	0.1 (MG)
		<b>PHOSPHORUS</b>	1.9 (MG)
		<b>SODIUM</b>	15.1 (MG)
		<b>Fiber</b>	1.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**330**

**CINNAMON APPLES**

**INGREDIENTS:** Sliced apples (apples, water, citric acid, ascorbic acid), water, sugar, food starch-modified, seasoning (dextrose, spice, natural flavorings, cinnamic aldehyde), citric acid, sodium citrate, ascorbic acid.

**Cooking Instructions:** Cook 15-20 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

330-PRE14

40 4.37 OZ UNITS (NET WEIGHT 10.93 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: \_\_\_\_\_

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

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item

**339**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Peas &amp; Carrots</b>	<b>CALORIES</b>	49.6 (KCAL)
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b>	2.2 (GM)
<b>CN Number:</b>		<b>CARBOHYDRATES</b>	8.4 (GM)
<b>Basis for Data Submitted:</b>	As Served	<b>TOTAL FAT</b>	1.1 (GM)
<b>Package Size:</b>	2.54 (oz) 72.01 (g)	<b>SATURATED FAT</b>	0.2 (GM)
<b>Servings Per Package:</b>	1	<b>MonoFat</b>	0.3 (GM)
<b>Weight Per Serving:</b>	2.54 (oz) 72.01 (g)	<b>PolyFat</b>	0.6 (GM)
<b>Nutrients based on:</b>	1 Serving	<b>% Calories from Fat</b>	20.0 (%)
<b>Product Composition:</b>	Consists of one 2.54 oz. serving of peas and carrots.	<b>CHOLESTEROL</b>	0.0 (MG)
<b>Meal Contributions:</b>	0.00 oz.meat/meat alternative	<b>VITAMIN A</b>	328.1 (RE)
	0.00 grain/bread equivalent	<b>VITAMIN C</b>	15.7 (MG)
	3/8 cup fruit/vegetable	<b>THIAMIN</b>	0.1 (MG)
<b>Preparation Instructions:</b>	Cook 20-22 minutes in a 325 degree oven to a minimum of 165 degree F. as verified by a food thermometer.	<b>RIBOFLAVIN</b>	0.1 (MG)
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA database	<b>NIACIN</b>	1.1 (MG)
		<b>CALCIUM</b>	20.7 (MG)
		<b>IRON</b>	0.6 (MG)
		<b>POTASSIUM</b>	199.2 (MG)
		<b>PHOSPHORUS</b>	49.5 (MG)
		<b>SODIUM</b>	27.1 (MG)
		<b>Fiber</b>	2.7 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**339**

**COOK AND SERVE**  
**CARROTS AND PEAS**

**INGREDIENTS:** Carrots, peas, water, 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: SOY**

**COOKING INSTRUCTION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

339-PRE1

40 2.54 OZ UNITS (NET WEIGHT 6.35 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

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

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**361**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Maple Baked Beans</b>	CALORIES	111.2 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	5.3 (GM)
CN Number:		CARBOHYDRATES	22.9 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.0 (GM)
Package Size:	3.77 (oz) 106.88 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	3.77 (oz) 106.88 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 3.77oz serving of Maple Baked Beans	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.6 (RE)
	0.00 grain/bread equivalent	VITAMIN C	0.1 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Cook 20-22 minutes in a 325 degree F. oven to a minimum of 165 degrees F. as verified by a food thermometer.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.0 (MG)
		CALCIUM	35.2 (MG)
		IRON	1.4 (MG)
		POTASSIUM	20.8 (MG)
		PHOSPHORUS	4.7 (MG)
		SODIUM	389.2 (MG)
		Fiber	4.6 (GM)

No Value-Indicates no information available



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

**361**

**COOK AND SERVE  
VEGETARIAN BEANS WITH SAUCE**

**INGREDIENTS:** Vegetarian beans (beans, water, sugar, corn syrup, tomato paste, salt, paprika, onion powder and natural flavorings), sauce (syrup (corn syrup, water, sugar, potassium sorbate, sodium benzoate and benzoic acid (preservatives), caramel color, cellulose gum, natural and artificial flavors), brown sugar).

**COOKING INSTRUCTION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

40 3.77 OZ UNITS (NET WEIGHT 9.43 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: \_\_\_\_\_

*Antie Mc Nichols R.D., L.D.N.*

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **400**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Corn</b>		CALORIES	80.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	2.5 (GM)
CN Number:			CARBOHYDRATES	17.1 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	1.5 (GM)
Package Size:	2.98 (oz)	84.48 (g)	SATURATED FAT	0.2 (GM)
Servings Per Package:	1		MonoFat	0.4 (GM)
Weight Per Serving:	2.98 (oz)	84.48 (g)	PolyFat	0.8 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	16.9 (%)
Product Composition:	Consists of one 2.98 oz unit of corn		CHOLESTEROL	0.0 (MG)
			VITAMIN A	20.3 (RE)
			VITAMIN C	5.3 (MG)
			THIAMIN	0.1 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	RIBOFLAVIN	0.1 (MG)
	0.00	grain/bread equivalent	NIACIN	1.4 (MG)
	1/2	cup fruit/vegetable	CALCIUM	3.5 (MG)
Preparation Instructions:	Cook 12-15 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.		IRON	0.3 (MG)
			POTASSIUM	176.3 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database		PHOSPHORUS	58.0 (MG)
			SODIUM	2.9 (MG)
			Fiber	1.7 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**400**

**CORN**

**INGREDIENTS:** Corn, water, 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:** SOY

**PREPARATION:** Cook 12-15 minutes in a 325° oven to a minimum of 165°F.

400-PRE7

40 2.98 OZ UNITS (NET WEIGHT 7.45 LBS)

**KEEP FROZEN INSTITUTIONAL USE ONLY**

Reviewed by: Justin McMichael RD/DN

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **402**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Peas</b>	<b>CALORIES</b>	<b>83.8 (KCAL)</b>
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b>	<b>5.1 (GM)</b>
<b>CN Number:</b>		<b>CARBOHYDRATES</b>	<b>13.7 (GM)</b>
<b>Basis for Data Submitted:</b>	As Served	<b>TOTAL FAT</b>	<b>1.2 (GM)</b>
<b>Package Size:</b>	3.40 (oz) 96.39 (g)	<b>SATURATED FAT</b>	<b>0.2 (GM)</b>
<b>Servings Per Package:</b>	1	<b>MonoFat</b>	<b>0.3 (GM)</b>
<b>Weight Per Serving:</b>	3.40 (oz) 96.39 (g)	<b>PolyFat</b>	<b>0.7 (GM)</b>
<b>Nutrients based on:</b>	1 Serving	<b>% Calories from Fat</b>	<b>12.9 (%)</b>
<b>Product Composition:</b>	Consists of one 3.40 oz unit of Green Garden Peas	<b>CHOLESTEROL</b>	<b>0.0 (MG)</b>
<b>Meal Contributions:</b>	0.00 oz.meat/meat alternative	<b>VITAMIN A</b>	<b>48.0 (RE)</b>
	0.00 grain/bread equivalent	<b>VITAMIN C</b>	<b>37.9 (MG)</b>
	1/2 cup fruit/vegetable	<b>THIAMIN</b>	<b>0.3 (MG)</b>
<b>Preparation Instructions:</b>	Cook 20-25 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	<b>RIBOFLAVIN</b>	<b>0.1 (MG)</b>
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA SR11 database	<b>NIACIN</b>	<b>2.0 (MG)</b>
		<b>CALCIUM</b>	<b>23.8 (MG)</b>
		<b>IRON</b>	<b>1.4 (MG)</b>
		<b>POTASSIUM</b>	<b>231.1 (MG)</b>
		<b>PHOSPHORUS</b>	<b>102.3 (MG)</b>
		<b>SODIUM</b>	<b>5.1 (MG)</b>
		<b>Fiber</b>	<b>4.8 (GM)</b>

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**402**

**COOK AND SERVE**  
**PEAS**

**INGREDIENTS:** Peas, water, 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:** SOY

**M402-PRE9**

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

40 3.40 OZ UNITS (NET WEIGHT 8.50 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: *Juli McMillan RD/LDN*

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item **403**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Green Beans</b>	CALORIES	37.8 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.4 (GM)
CN Number:		CARBOHYDRATES	5.9 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	1.0 (GM)
Package Size:	2.82 (oz) 79.95 (g)	SATURATED FAT	0.2 (GM)
Servings Per Package:	1	MonoFat	0.2 (GM)
Weight Per Serving:	2.82 (oz) 79.95 (g)	PolyFat	0.6 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	23.8 (%)
Product Composition:	Consists of one 2.82oz unit of green beans	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	33.2 (RE)
	0.00 grain/bread equivalent	VITAMIN C	10.1 (MG)
	1/2 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	0.4 (MG)
		CALCIUM	33.2 (MG)
		IRON	0.7 (MG)
		POTASSIUM	145.6 (MG)
		PHOSPHORUS	25.0 (MG)
		SODIUM	2.7 (MG)
		Fiber	2.0 (GM)

No Value-Indicates no information available



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

**403**

**GREEN BEANS**

**INGREDIENTS:** Green beans, water, 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: SOY**

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

403-PRE7

40 2.82 OZ UNITS (NET WEIGHT 7.05 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: *Julin McMurty RD/LDN*

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **404**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Baked Beans</b>	<b>CALORIES</b>	110.8 (KCAL)
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b>	7.1 (GM)
<b>CN Number:</b>		<b>CARBOHYDRATES</b>	21.2 (GM)
<b>Basis for Data Submitted:</b>	As Served	<b>TOTAL FAT</b>	0.0 (GM)
<b>Package Size:</b>	4.62 (oz) 130.98 (g)	<b>SATURATED FAT</b>	0.0 (GM)
<b>Servings Per Package:</b>	1	<b>MonoFat</b>	
<b>Weight Per Serving:</b>	4.62 (oz) 130.98 (g)	<b>PolyFat</b>	
<b>Nutrients based on:</b>	1 Serving	<b>% Calories from Fat</b>	0.0 (%)
<b>Product Composition:</b>	Consists of 4.62 ounces of vegetarian beans	<b>CHOLESTEROL</b>	0.0 (MG)
<b>Meal Contributions:</b>	0.00 oz.meat/meat alternative	<b>VITAMIN A</b>	0.0 (RE)
	0.00 grain/bread equivalent	<b>VITAMIN C</b>	0.0 (MG)
	1/2 cup fruit/vegetable	<b>THIAMIN</b>	
<b>Preparation Instructions:</b>	Cook 23-26 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	<b>RIBOFLAVIN</b>	
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA SR11 database	<b>NIACIN</b>	
		<b>CALCIUM</b>	40.3 (MG)
		<b>IRON</b>	1.8 (MG)
		<b>POTASSIUM</b>	
		<b>PHOSPHORUS</b>	
		<b>SODIUM</b>	403.0 (MG)
		<b>Fiber</b>	6.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**404**

**VEGETARIAN BEANS**

**INGREDIENTS:** Beans, water, sugar, corn syrup, tomato paste, salt, paprika, onion powder and natural flavorings.

PREPARATION: Cook 23-26 minutes in a 325° oven to a minimum of 165° as verified by a food thermometer.

404-H3

40 4.62 OZ UNITS (NET WEIGHT 11.55 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: Julie M. Mackey RD/LDN

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**405**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Garden Vegetables</b>	CALORIES	67.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.8 (GM)
CN Number:		CARBOHYDRATES	12.7 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	1.2 (GM)
Package Size:	3.26 (oz) 92.42 (g)	SATURATED FAT	0.2 (GM)
Servings Per Package:	1	MonoFat	0.3 (GM)
Weight Per Serving:	3.26 (oz) 92.42 (g)	PolyFat	0.7 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	16.0 (%)
Product Composition:	Consists of one 3.26 oz. unit of carrots, peas, and corn	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	327.8 (RE)
	0.00 grain/bread equivalent	VITAMIN C	17.1 (MG)
	1/2 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	1.4 (MG)
		CALCIUM	21.4 (MG)
		IRON	0.7 (MG)
		POTASSIUM	242.4 (MG)
		PHOSPHORUS	63.9 (MG)
		SODIUM	27.5 (MG)
		Fiber	3.2 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**405**

**MIXED VEGETABLES**

**INGREDIENTS:** Carrots, peas, corn, water, 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: SOY**

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

405-PRE10

40 3.26 OZ UNITS (NET WEIGHT 8.15 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: *Juliana M. Nichols, RD, LDN*

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item **406** NUTRIENT INFORMATION PER SERVING

Item Name	<b>Broccoli</b>	CALORIES	31.9 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.7 (GM)
CN Number:		CARBOHYDRATES	4.5 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	1.1 (GM)
Package Size:	3.40 (oz) 96.39 (g)	SATURATED FAT	0.2 (GM)
Servings Per Package:	1	MonoFat	0.3 (GM)
Weight Per Serving:	3.40 (oz) 96.39 (g)	PolyFat	0.6 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	31.0 (%)
Product Composition:	Consists of one 3.40 oz serving of Broccoli	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	61.4 (RE)
	0.00 grain/bread equivalent	VITAMIN C	53.4 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 20-22 minutes in a 325 F. oven to a minimum of 165 F.	RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.4 (MG)
		CALCIUM	53.2 (MG)
		IRON	0.8 (MG)
		POTASSIUM	200.8 (MG)
		PHOSPHORUS	47.4 (MG)
		SODIUM	23.1 (MG)
		Fiber	2.8 (GM)
		TRANS FAT	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS  
BERKELEY, IL 60163

**406**

**BROCCOLI**

**INGREDIENTS:** Chopped broccoli, water, 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: SOY**

**PREPARATION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

406-PRE2

40 3.40 OZ UNITS (NET WEIGHT 8.50 LBS)

**KEEP FROZEN INSTITUTIONAL USE ONLY**

Reviewed by: \_\_\_\_\_

*Jane Mc Nichols R.D., L.D.N.*

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **408**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Peas &amp; Corn</b>	CALORIES	81.8 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	3.8 (GM)
CN Number:		CARBOHYDRATES	15.5 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	1.4 (GM)
Package Size:	3.18 (oz) 90.15 (g)	SATURATED FAT	0.2 (GM)
Servings Per Package:	1	MonoFat	0.4 (GM)
Weight Per Serving:	3.18 (oz) 90.15 (g)	PolyFat	0.7 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	15.4 (%)
Product Composition:	Consists of one 3.18 oz serving of Peas and Corn.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	33.5 (RE)
	0.00 grain/bread equivalent	VITAMIN C	20.8 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.2 (MG)
Preparation Instructions:	Cook 12-15 minutes in a 325 degree oven to a minimum of 165 degrees as verified by a food thermometer.	RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	1.7 (MG)
		CALCIUM	13.2 (MG)
		IRON	0.8 (MG)
		POTASSIUM	202.4 (MG)
		PHOSPHORUS	79.1 (MG)
		SODIUM	3.9 (MG)
		Fiber	3.2 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**408**

**COOK AND SERVE  
 PEAS AND CORN**

**INGREDIENTS:** Peas, corn, water, 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:** SOY

**COOKING INSTRUCTIONS:** Cook 12-15 minutes in a 325° oven to a minimum of 165°F, as verified by a food thermometer.

M408-PRE1

40 3.18 OZ UNITS (NET WEIGHT 7.95 LBS)

**KEEP FROZEN INSTITUTIONAL USE ONLY**

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

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **410**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Corn &amp; Carrots</b>	CALORIES	57.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.4 (GM)
CN Number:		CARBOHYDRATES	11.7 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	1.2 (GM)
Package Size:	3.20 (oz) 90.72 (g)	SATURATED FAT	0.2 (GM)
Servings Per Package:	1	MonoFat	0.3 (GM)
Weight Per Serving:	3.20 (oz) 90.72 (g)	PolyFat	0.7 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	18.9 (%)
Product Composition:	Consists of one 3.20 unit of corn and carrots	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	521.6 (RE)
	0.00 grain/bread equivalent	VITAMIN C	5.4 (MG)
	1/2 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	1.1 (MG)
		CALCIUM	21.4 (MG)
		IRON	0.3 (MG)
		POTASSIUM	254.6 (MG)
		PHOSPHORUS	41.1 (MG)
		SODIUM	43.0 (MG)
		Fiber	2.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**410**

**CARROTS AND CORN**

**INGREDIENTS:** Carrots, corn, water, 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: SOY**

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

410-PRE2

40 3.20 OZ UNITS (NET WEIGHT 8.00 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: Julia McMichals RD, LDW

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **413**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>BROCCOLI &amp; DICED CARROTS</b>	<b>CALORIES</b>	38.5 (KCAL)
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b>	1.8 (GM)
<b>CN Number:</b>		<b>CARBOHYDRATES</b>	6.7 (GM)
<b>Basis for Data Submitted:</b>	As Served	<b>TOTAL FAT</b>	1.1 (GM)
<b>Package Size:</b>	3.36 (oz) 95.26 (g)	<b>SATURATED FAT</b>	0.2 (GM)
<b>Servings Per Package:</b>	1	<b>MonoFat</b>	0.3 (GM)
<b>Weight Per Serving:</b>	3.36 (oz) 95.26 (g)	<b>PolyFat</b>	0.6 (GM)
<b>Nutrients based on:</b>	1 Serving	<b>% Calories from Fat</b>	25.7 (%)
<b>Product Composition:</b>	Consists of one 3.36 oz serving of Broccoli & Carrots	<b>CHOLESTEROL</b>	0.0 (MG)
<b>Meal Contributions:</b>	0.00 oz.meat/meat alternative	<b>VITAMIN A</b>	422.7 (RE)
	0.00 grain/bread equivalent	<b>VITAMIN C</b>	29.4 (MG)
	1/2 cup fruit/vegetable	<b>THIAMIN</b>	0.1 (MG)
<b>Preparation Instructions:</b>	Cook 20-22 minutes in a 325 degree oven to a minimum of 165F.	<b>RIBOFLAVIN</b>	0.1 (MG)
<b>Source of Nutritional Information:</b>	Ingredient Suppliers and /or USDA SR11 Database.	<b>NIACIN</b>	0.7 (MG)
		<b>CALCIUM</b>	42.0 (MG)
		<b>IRON</b>	0.5 (MG)
		<b>POTASSIUM</b>	248.3 (MG)
		<b>PHOSPHORUS</b>	39.9 (MG)
		<b>SODIUM</b>	43.6 (MG)
		<b>Fiber</b>	2.7 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS  
 BERKELEY, IL 60163

**413**

**CHOPPED BROCCOLI AND DICED CARROTS**

**INGREDIENTS:** Chopped broccoli, diced carrots, water, liquid margarine (soybean oil; water; partially hydrogenated cottonseed and soya oils, colored with beta carotene; propylene glycol, artificially flavored; corn oil, vitamin A palmitate).

**PREPARATION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F.

413-PRE4

40 3.36 OZ UNITS (NET WEIGHT 8.40 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: Justin M. Nichols R.D./L.D.N.

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **414**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Diced Carrots</b>	<b>CALORIES</b>	45.0 (KCAL)
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b>	0.9 (GM)
<b>CN Number:</b>		<b>CARBOHYDRATES</b>	8.8 (GM)
<b>Basis for Data Submitted:</b>	As Served	<b>TOTAL FAT</b>	1.1 (GM)
<b>Package Size:</b>	3.31 (oz) 93.84 (g)	<b>SATURATED FAT</b>	0.2 (GM)
<b>Servings Per Package:</b>	1	<b>MonoFat</b>	0.3 (GM)
<b>Weight Per Serving:</b>	3.31 (oz) 93.84 (g)	<b>PolyFat</b>	0.6 (GM)
<b>Nutrients based on:</b>	1 Serving	<b>% Calories from Fat</b>	22.0 (%)
<b>Product Composition:</b>	Consists of one 3.31 oz serving of Diced Carrots	<b>CHOLESTEROL</b>	0.0 (MG)
<b>Meal Contributions:</b>	0.00 oz.meat/meat alternative	<b>VITAMIN A</b>	781.6 (RE)
	0.00 grain/bread equivalent	<b>VITAMIN C</b>	5.4 (MG)
	1/2 cup fruit/vegetable	<b>THIAMIN</b>	0.1 (MG)
<b>Preparation Instructions:</b>	Cook 20-24 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	<b>RIBOFLAVIN</b>	0.1 (MG)
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA SR11 database	<b>NIACIN</b>	0.9 (MG)
		<b>CALCIUM</b>	30.7 (MG)
		<b>IRON</b>	0.3 (MG)
		<b>POTASSIUM</b>	294.9 (MG)
		<b>PHOSPHORUS</b>	32.3 (MG)
		<b>SODIUM</b>	63.9 (MG)
		<b>Fiber</b>	2.6 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS  
 BERKELEY, IL 60163

**414**

**CARROTS**

**INGREDIENTS:** Carrots, water, liquid margarine (soybean oil; water; partially hydrogenated cottonseed and soya oils, colored with beta carotene; propylene glycol, artificially flavored; corn oil, vitamin A palmitate).

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

414-PRE5

40 3.31 OZ UNITS (NET WEIGHT 8.28 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: Julia McMichalski RD/EDD

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item

**416**

NUTRIENT INFORMATION PER SERVING

<p><b>Item Name</b> <b>Broccoli W/Cheese Sauce</b></p> <p><b>Brand:</b> Preferred Meal Systems, Inc.</p> <p><b>CN Number:</b></p> <p><b>Basis for Data Submitted:</b> As Served</p> <p><b>Package Size:</b> 3.94 (oz) 111.70 (g)</p> <p><b>Servings Per Package:</b> 1</p> <p><b>Weight Per Serving:</b> 3.94 (oz) 111.70 (g)</p> <p><b>Nutrients based on:</b> 1 Serving</p> <p><b>Product Composition:</b> Consists of one 3.94 oz unit of Broccoli with Cheese Sauce</p> <p><b>Meal Contributions:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 30%;">0.00</td> <td style="width: 30%;">oz.meat/meat alternative</td> <td style="width: 40%;"></td> </tr> <tr> <td>0.00</td> <td>grain/bread equivalent</td> <td></td> </tr> <tr> <td>1/2</td> <td>cup fruit/vegetable</td> <td></td> </tr> </table> <p><b>Preparation Instructions:</b> Cook 20-22 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.</p> <p><b>Source of Nutritional Information:</b> Ingredient suppliers and/or USDA SR11 database</p>	0.00	oz.meat/meat alternative		0.00	grain/bread equivalent		1/2	cup fruit/vegetable		<table style="width: 100%; border: none;"> <tr><td>CALORIES</td><td>37.3 (KCAL)</td></tr> <tr><td>PROTEIN</td><td>3.0 (GM)</td></tr> <tr><td>CARBOHYDRATES</td><td>5.8 (GM)</td></tr> <tr><td>TOTAL FAT</td><td>1.4 (GM)</td></tr> <tr><td>SATURATED FAT</td><td>0.4 (GM)</td></tr> <tr><td>MonoFat</td><td>0.2 (GM)</td></tr> <tr><td>PolyFat</td><td>0.4 (GM)</td></tr> <tr><td>% Calories from Fat</td><td>33.8 (%)</td></tr> <tr><td>CHOLESTEROL</td><td>0.8 (MG)</td></tr> <tr><td>VITAMIN A</td><td>59.6 (RE)</td></tr> <tr><td>VITAMIN C</td><td>58.5 (MG)</td></tr> <tr><td>THIAMIN</td><td>0.1 (MG)</td></tr> <tr><td>RIBOFLAVIN</td><td>0.1 (MG)</td></tr> <tr><td>NIACIN</td><td>0.4 (MG)</td></tr> <tr><td>CALCIUM</td><td>61.2 (MG)</td></tr> <tr><td>IRON</td><td>0.8 (MG)</td></tr> <tr><td>POTASSIUM</td><td>209.6 (MG)</td></tr> <tr><td>PHOSPHORUS</td><td>52.6 (MG)</td></tr> <tr><td>SODIUM</td><td>220.3 (MG)</td></tr> <tr><td>Fiber</td><td>2.8 (GM)</td></tr> </table>	CALORIES	37.3 (KCAL)	PROTEIN	3.0 (GM)	CARBOHYDRATES	5.8 (GM)	TOTAL FAT	1.4 (GM)	SATURATED FAT	0.4 (GM)	MonoFat	0.2 (GM)	PolyFat	0.4 (GM)	% Calories from Fat	33.8 (%)	CHOLESTEROL	0.8 (MG)	VITAMIN A	59.6 (RE)	VITAMIN C	58.5 (MG)	THIAMIN	0.1 (MG)	RIBOFLAVIN	0.1 (MG)	NIACIN	0.4 (MG)	CALCIUM	61.2 (MG)	IRON	0.8 (MG)	POTASSIUM	209.6 (MG)	PHOSPHORUS	52.6 (MG)	SODIUM	220.3 (MG)	Fiber	2.8 (GM)
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Fiber	2.8 (GM)																																																	

No Value-Indicates no information available



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

**416**

**BROCCOLI WITH CHEESE SAUCE**

**INGREDIENTS:** Broccoli, cheese sauce (water, cheddar cheese sauce (nonfat milk, cheese whey, partially hydrogenated soybean oil, food starch-modified, cheddar cheese (cultured milk, salt and enzymes), salt, yeast extract, sodium phosphate, natural flavor, vinegar, lactic acid, xanthan gum, sodium stearoyl lactylate, color added (including FD&C yellow 5 and FD&C yellow 6)), seasoning (whey (milk), butter powder (butter, nonfat dry milk), modified food starch, calcium caseinate, salt, autolyzed yeast extract, onion powder), liquid margarine (soybean oil; water; partially hydrogenated cottonseed and soya oils, colored with beta carotene; propylene glycol, artificially flavored; corn oil, vitamin A palmitate), salt, food starch-modified, ascorbic acid).  
**CONTAINS:** MILK, SOY

**PREPARATION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

416-PRE11

40 3.94 OZ UNITS (NET WEIGHT 9.85 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: \_\_\_\_\_

*John M. Nichols RD, LDN*

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **417**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Potato Wedges</b>	<b>CALORIES</b>	98.6 (KCAL)
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b>	1.8 (GM)
<b>CN Number:</b>		<b>CARBOHYDRATES</b>	13.5 (GM)
<b>Basis for Data Submitted:</b>	As Served	<b>TOTAL FAT</b>	4.0 (GM)
<b>Package Size:</b>	2.69 (oz) 76.26 (g)	<b>SATURATED FAT</b>	0.9 (GM)
<b>Servings Per Package:</b>	1	<b>MonoFat</b>	
<b>Weight Per Serving:</b>	2.69 (oz) 76.26 (g)	<b>PolyFat</b>	
<b>Nutrients based on:</b>	1 Serving	<b>% Calories from Fat</b>	36.5 (%)
<b>Product Composition:</b>	Consists of one 2.69 oz unit of Potato Wedges	<b>CHOLESTEROL</b>	0.0 (MG)
<b>Meal Contributions:</b>	0.00 oz.meat/meat alternative	<b>VITAMIN A</b>	0.0 (RE)
	0.00 grain/bread equivalent	<b>VITAMIN C</b>	3.2 (MG)
	1/2 cup fruit/vegetable	<b>THIAMIN</b>	
<b>Preparation Instructions:</b>	Cook 25-27 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	<b>RIBOFLAVIN</b>	
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA database	<b>NIACIN</b>	
		<b>CALCIUM</b>	0.0 (MG)
		<b>IRON</b>	0.3 (MG)
		<b>POTASSIUM</b>	322.5 (MG)
		<b>PHOSPHORUS</b>	
		<b>SODIUM</b>	17.9 (MG)
		<b>Fiber</b>	1.8 (GM)

No Value-Indicates no information available



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

**417**

**POTATO WEDGES**

**INGREDIENTS:** Potatoes, SAPP (to maintain natural color).

**COOKING INSTRUCTION:** Cook 25-27 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

417-NS8

40 2.69 OZ UNITS (NET WEIGHT 6.73 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: \_\_\_\_\_

*Julie McNichols R.D., L.D.*

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item

**418**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Fiesta Corn</b>	<b>CALORIES</b>	<b>82.7 (KCAL)</b>
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b>	<b>2.6 (GM)</b>
<b>CN Number:</b>		<b>CARBOHYDRATES</b>	<b>17.7 (GM)</b>
<b>Basis for Data Submitted:</b>	As Served	<b>TOTAL FAT</b>	<b>1.5 (GM)</b>
<b>Package Size:</b>	3.28 (oz) 92.99 (g)	<b>SATURATED FAT</b>	<b>0.2 (GM)</b>
<b>Servings Per Package:</b>	1	<b>MonoFat</b>	<b>0.4 (GM)</b>
<b>Weight Per Serving:</b>	3.28 (oz) 92.99 (g)	<b>PolyFat</b>	<b>0.8 (GM)</b>
<b>Nutrients based on:</b>	1 Serving	<b>% Calories from Fat</b>	<b>16.3 (%)</b>
<b>Product Composition:</b>	Consists of one 3.28 oz serving of Mexican Corn	<b>CHOLESTEROL</b>	<b>0.0 (MG)</b>
<b>Meal Contributions:</b>	0.00 oz.meat/meat alternative	<b>VITAMIN A</b>	<b>33.7 (RE)</b>
	0.00 grain/bread equivalent	<b>VITAMIN C</b>	<b>16.2 (MG)</b>
	1/2 cup fruit/vegetable	<b>THIAMIN</b>	<b>0.1 (MG)</b>
<b>Preparation Instructions:</b>	Cook 12-15 minutes in a 325 F. oven to a minimum of 165 F.	<b>RIBOFLAVIN</b>	<b>0.1 (MG)</b>
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA SR11 database	<b>NIACIN</b>	<b>1.5 (MG)</b>
		<b>CALCIUM</b>	<b>4.1 (MG)</b>
		<b>IRON</b>	<b>0.4 (MG)</b>
		<b>POTASSIUM</b>	<b>194.2 (MG)</b>
		<b>PHOSPHORUS</b>	<b>60.2 (MG)</b>
		<b>SODIUM</b>	<b>3.2 (MG)</b>
		<b>Fiber</b>	<b>1.9 (GM)</b>
		<b>TRANS FAT</b>	<b>0.0 (GM)</b>

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**MEXICAN STYLE CORN**

**418**

**INGREDIENTS:** Corn, diced red peppers, water, 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 : SOY**

PREPARATION: Cook 12-15 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

10067

40 3.28 OZ UNITS (NET WEIGHT 8.20 LBS)

418-PRE2

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: Julia M. [Signature] RD/LDN

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item **420**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Mashed Potatoes</b>	CALORIES	119.3 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.6 (GM)
CN Number:		CARBOHYDRATES	17.3 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	4.8 (GM)
Package Size:	4.71 (oz) 133.53 (g)	SATURATED FAT	0.7 (GM)
Servings Per Package:	1	MonoFat	1.4 (GM)
Weight Per Serving:	4.71 (oz) 133.53 (g)	PolyFat	2.7 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	36.2 (%)
Product Composition:	Consists of one 4.71 oz unit of mashed potatoes	CHOLESTEROL	0.5 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	68.1 (RE)
	0.00 grain/bread equivalent	VITAMIN C	56.3 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Cook 20-22 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	0.0 (MG)
		CALCIUM	41.3 (MG)
		IRON	0.3 (MG)
		POTASSIUM	48.8 (MG)
		PHOSPHORUS	26.3 (MG)
		SODIUM	275.2 (MG)
		Fiber	1.3 (GM)

No Value-Indicates no information available



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

**420**

**MASHED POTATOES**

**INGREDIENTS:** Mashed potatoes (water, potato flakes (potatoes, mono and diglycerides, sodium acid pyrophosphate, citric acid), liquid margarine (soybean oil; water; partially hydrogenated cottonseed and soya oils, colored with beta carotene; propylene glycol, artificially flavored; corn oil, vitamin A palmitate), nonfat dry milk, salt, ascorbic acid), liquid margarine (soybean oil; water; partially hydrogenated cottonseed and soya oils, colored with beta carotene; propylene glycol, artificially flavored; corn oil, vitamin A palmitate).

**CONTAINS:** MILK, SOY

**PREPARATION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

420-PRE11

40 4.71 OZ UNITS (NET WEIGHT 11.78 LBS)

**KEEP FROZEN INSTITUTIONAL USE ONLY**

Reviewed by: Johanna M. Andrews RD/LDN

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item

**425**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>French Fries</b>	<b>CALORIES</b>	102.8 (KCAL)
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b>	1.5 (GM)
<b>CN Number:</b>		<b>CARBOHYDRATES</b>	15.9 (GM)
<b>Basis for Data Submitted:</b>	As Served	<b>TOTAL FAT</b>	3.6 (GM)
<b>Package Size:</b>	1.98 (oz) 56.13 (g)	<b>SATURATED FAT</b>	0.6 (GM)
<b>Servings Per Package:</b>	1	<b>MonoFat</b>	1.0 (GM)
<b>Weight Per Serving:</b>	1.98 (oz) 56.13 (g)	<b>PolyFat</b>	0.2 (GM)
<b>Nutrients based on:</b>	1 Serving	<b>% Calories from Fat</b>	31.5 (%)
<b>Product Composition:</b>	Consists of one 1.98 oz unit of french fries	<b>CHOLESTEROL</b>	0.0 (MG)
<b>Meal Contributions:</b>	0.00 oz.meat/meat alternative	<b>VITAMIN A</b>	0.0 (RE)
	0.00 grain/bread equivalent	<b>VITAMIN C</b>	6.4 (MG)
	1/2 cup fruit/vegetable	<b>THIAMIN</b>	0.1 (MG)
<b>Preparation Instructions:</b>	Cook 30-35 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	<b>RIBOFLAVIN</b>	0.0 (MG)
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA SR11 database	<b>NIACIN</b>	1.3 (MG)
		<b>CALCIUM</b>	0.0 (MG)
		<b>IRON</b>	0.0 (MG)
		<b>POTASSIUM</b>	216.3 (MG)
		<b>PHOSPHORUS</b>	0.0 (MG)
		<b>SODIUM</b>	29.9 (MG)
		<b>Fiber</b>	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**425**

**FRENCH FRIED POTATOES**

**INGREDIENTS:** Potatoes, non-hydrogenated vegetable oil, dextrose, sodium acid pyrophosphate.

**Cooking Instructions:** Cook 30-35 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

425-SA23

40 1.98 OZ UNITS (NET WEIGHT 4.95 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by:

*Justin McArthur RDHON*

Thursday, May 20, 2010 12:33:39 PM

Product Specification Sheet

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**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**426**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Hash Browns</b>		<b>CALORIES</b>	139.9 (KCAL)
<b>Brand:</b>	Preferred Meal Systems, Inc.		<b>PROTEIN</b>	1.0 (GM)
<b>CN Number:</b>			<b>CARBOHYDRATES</b>	17.0 (GM)
<b>Basis for Data Submitted:</b>	As Served		<b>TOTAL FAT</b>	7.0 (GM)
<b>Package Size:</b>	2.52 (oz)	71.44 (g)	<b>SATURATED FAT</b>	2.0 (GM)
<b>Servings Per Package:</b>	1		<b>MonoFat</b>	
<b>Weight Per Serving:</b>	2.52 (oz)	71.44 (g)	<b>PolyFat</b>	
<b>Nutrients based on:</b>	1 Serving		<b>% Calories from Fat</b>	45.0 (%)
<b>Product Composition:</b>	Consists of one 2.52 oz unit of Hash Browns		<b>CHOLESTEROL</b>	0.0 (MG)
<b>Meal Contributions:</b>	0.00	oz.meat/meat alternative	<b>VITAMIN A</b>	0.0 (RE)
	0.00	grain/bread equivalent	<b>VITAMIN C</b>	3.6 (MG)
	1/2	cup fruit/vegetable	<b>THIAMIN</b>	
<b>Preparation Instructions:</b>	Cook 15-20 minutes in a 325 degree Fahrenheit oven to a minimum of 160 degrees Fahrenheit.		<b>RIBOFLAVIN</b>	
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA SR11 database		<b>NIACIN</b>	
			<b>CALCIUM</b>	0.0 (MG)
			<b>IRON</b>	0.4 (MG)
			<b>POTASSIUM</b>	
			<b>PHOSPHORUS</b>	
			<b>SODIUM</b>	289.8 (MG)
			<b>Fiber</b>	2.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS  
BERKELEY, IL 60163

**426**

**SHAPED HASH BROWN POTATOES**

**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).

**CONTAINS:** SOY

**PREPARATION:** Cook 15-20 minutes in a 325° oven to a minimum of 160°F.

426-S8

40 2.52 OZ UNITS (NET WEIGHT 6.30 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by:

*Julia M. M... RD, L.D.*

Thursday, May 20, 2010 12:35:23PM

Product Specification Sheet

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**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**428**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Potato Rounds</b>	CALORIES	154.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.8 (GM)
CN Number:		CARBOHYDRATES	18.1 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	5.4 (GM)
Package Size:	2.52 (oz) 71.44 (g)	SATURATED FAT	3.2 (GM)
Servings Per Package:	1	MonoFat	0.9 (GM)
Weight Per Serving:	2.52 (oz) 71.44 (g)	PolyFat	0.5 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	31.6 (%)
Product Composition:	Consists of one 2.52 oz Unit of Potato Rounds	CHOLESTEROL	0.0 (MG)
		VITAMIN A	0.0 (RE)
		VITAMIN C	0.0 (MG)
		THIAMIN	
Meal Contributions:	0.00 oz.meat/meat alternative	RIBOFLAVIN	
	0.00 grain/bread equivalent	NIACIN	
	1/2 cup fruit/vegetable	CALCIUM	0.0 (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.	IRON	0.3 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	POTASSIUM	253.7 (MG)
		PHOSPHORUS	
		SODIUM	380.6 (MG)
		Fiber	1.8 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**428**

**POTATO ROUNDS**

**INGREDIENTS:** Potatoes, vegetable oils (sunflower and/or cottonseed), salt, dextrose, disodium dihydrogen pyrophosphate (to retain natural color).

**PREPARATION:** Cook 15-20 minutes in a 325° oven to a minimum of 165°F as verified by a food thermometer.

428-PRE21

40 2.52 OZ UNITS (NET WEIGHT 6.30 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: *Jill M. Nichols RD, LDR*

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item **429**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Peas &amp; Carrots</b>	CALORIES	63.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.9 (GM)
CN Number:		CARBOHYDRATES	11.2 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	1.1 (GM)
Package Size:	3.36 (oz) 95.26 (g)	SATURATED FAT	0.2 (GM)
Servings Per Package:	1	MonoFat	0.3 (GM)
Weight Per Serving:	3.36 (oz) 95.26 (g)	PolyFat	0.6 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	15.5 (%)
Product Composition:	Consists of one 3.36 oz unit of peas and carrots	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	431.8 (RE)
	0.00 grain/bread equivalent	VITAMIN C	21.0 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.2 (MG)
Preparation Instructions:	Cook 20-22 minutes in a 325 F. oven to a minimum of 165 F.	RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	1.4 (MG)
		CALCIUM	27.4 (MG)
		IRON	0.8 (MG)
		POTASSIUM	265.0 (MG)
		PHOSPHORUS	65.9 (MG)
		SODIUM	35.9 (MG)
		Fiber	3.7 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**429**

**CARROTS AND PEAS**

**INGREDIENTS:** Carrots, peas, water, 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: SOY**

**COOKING INSTRUCTION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

429-PRE3

40 3.36 OZ UNITS (NET WEIGHT 8.40 LBS)

**KEEP FROZEN INSTITUTIONAL USE ONLY**

Reviewed by: Julie McMichals RD, LDN

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **431** NUTRIENT INFORMATION PER SERVING

Item Name	<b>Cinnamon Apple Slices</b>	CALORIES	107.4 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	26.4 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.0 (GM)
Package Size:	5.83 (oz) 165.28 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	5.83 (oz) 165.28 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 5.83 oz unit of Cinnamon Apples	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.1 (RE)
	0.00 grain/bread equivalent	VITAMIN C	33.1 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Cook 28-32 minutes in a 275 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	0.0 (MG)
		CALCIUM	2.2 (MG)
		IRON	0.0 (MG)
		POTASSIUM	0.1 (MG)
		PHOSPHORUS	2.6 (MG)
		SODIUM	20.1 (MG)
		Fiber	1.7 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**431**

**COOK AND SERVE  
 CINNAMON APPLES**

**INGREDIENTS:** Sliced apples (apples, water, calcium chloride, ethytorbic acid (to maintain color)), water, sugar, food starch-modified, seasoning (dextrose, spice, natural flavorings, cinnamic aldehyde), citric acid, sodium citrate, ascorbic acid.

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

431-PRE4

40 5.83 OZ UNITS (NET WEIGHT 14.58 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

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

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**437**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Collard Greens</b>	<b>CALORIES</b>	39.8 (KCAL)
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b>	3.0 (GM)
<b>CN Number:</b>		<b>CARBOHYDRATES</b>	5.9 (GM)
<b>Basis for Data Submitted:</b>	As Served	<b>TOTAL FAT</b>	0.8 (GM)
<b>Package Size:</b>	3.54 (oz) 100.36 (g)	<b>SATURATED FAT</b>	0.1 (GM)
<b>Servings Per Package:</b>	1	<b>MonoFat</b>	0.2 (GM)
<b>Weight Per Serving:</b>	3.54 (oz) 100.36 (g)	<b>PolyFat</b>	0.5 (GM)
<b>Nutrients based on:</b>	1 Serving	<b>% Calories from Fat</b>	18.1 (%)
<b>Product Composition:</b>	Consists of one 3.54 oz serving of Collard Greens.	<b>CHOLESTEROL</b>	0.0 (MG)
<b>Meal Contributions:</b>	0.00 oz.meat/meat alternative	<b>VITAMIN A</b>	1827.4 (RE)
	0.00 grain/bread equivalent	<b>VITAMIN C</b>	39.7 (MG)
	1/2 cup fruit/vegetable	<b>THIAMIN</b>	0.0 (MG)
<b>Preparation Instructions:</b>	Cook 12-15 minutes in a 325 degree oven to a minimum of 165F.	<b>RIBOFLAVIN</b>	0.0 (MG)
		<b>NIACIN</b>	0.0 (MG)
		<b>CALCIUM</b>	197.5 (MG)
		<b>IRON</b>	1.1 (MG)
		<b>POTASSIUM</b>	0.0 (MG)
		<b>PHOSPHORUS</b>	0.0 (MG)
<b>Source of Nutritional Information:</b>	Ingredient Suppliers and/or USDA SR11 Database	<b>SODIUM</b>	47.7 (MG)
		<b>Fiber</b>	3.9 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS  
BERKELEY, IL 60163

**437**

**COOK AND SERVE  
CHOPPED COLLARD GREENS**

**INGREDIENTS:** Chopped collard greens, water, 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: SOY**

**COOKING INSTRUCTION:** Cook 12-15 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

M437-PRE1

40 3.54 OZ UNITS (NET WEIGHT 8.85 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: *Jana McMichalski*

Friday, May 21, 2010 10:51:58AM

Product Specification Sheet

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**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**444**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Maple Baked Beans</b>	<b>CALORIES</b>	149.1 (KCAL)
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b>	7.1 (GM)
<b>CN Number:</b>		<b>CARBOHYDRATES</b>	30.8 (GM)
<b>Basis for Data Submitted:</b>	As Served	<b>TOTAL FAT</b>	0.0 (GM)
<b>Package Size:</b>	6.13 (oz) 173.79 (g)	<b>SATURATED FAT</b>	0.0 (GM)
<b>Servings Per Package:</b>	1	<b>MonoFat</b>	0.0 (GM)
<b>Weight Per Serving:</b>	6.13 (oz) 173.79 (g)	<b>PolyFat</b>	0.0 (GM)
<b>Nutrients based on:</b>	1 Serving	<b>% Calories from Fat</b>	0.0 (%)
<b>Product Composition:</b>	Consists of one 6.13 oz serving of Maple Baked Beans.	<b>CHOLESTEROL</b>	0.0 (MG)
<b>Meal Contributions:</b>	0.00 oz.meat/meat alternative	<b>VITAMIN A</b>	0.8 (RE)
	0.00 grain/bread equivalent	<b>VITAMIN C</b>	0.1 (MG)
	1/2 cup fruit/vegetable	<b>THIAMIN</b>	0.0 (MG)
<b>Preparation Instructions:</b>	Cook 20-22 minutes in a 325 degree F. oven to a minimum of 165 degrees F. as verified by a food thermometer.	<b>RIBOFLAVIN</b>	0.0 (MG)
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA database	<b>NIACIN</b>	0.0 (MG)
		<b>CALCIUM</b>	47.1 (MG)
		<b>IRON</b>	1.9 (MG)
		<b>POTASSIUM</b>	28.1 (MG)
		<b>PHOSPHORUS</b>	6.4 (MG)
		<b>SODIUM</b>	521.5 (MG)
		<b>Fiber</b>	6.1 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**444**

**COOK AND SERVE  
VEGETARIAN BEANS WITH SAUCE**

**INGREDIENTS:** Vegetarian beans (beans, water, sugar, corn syrup, tomato paste, salt, paprika, onion powder and natural flavorings), sauce (syrup (corn syrup, water, sugar, potassium sorbate, sodium benzoate and benzoic acid (preservatives), caramel color, cellulose gum, natural and artificial flavors), brown sugar).

**COOKING INSTRUCTION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

M444-PRE1

40 6.13 OZ UNITS (NET WEIGHT 15.33 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: \_\_\_\_\_

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

Thursday, August 5, 2010 11:19:32AM

Product Specification Sheet

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**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**445**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Potato Stix</b>	CALORIES	155.1 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.8 (GM)
CN Number:		CARBOHYDRATES	18.2 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	8.2 (GM)
Package Size:	2.70 (oz) 76.55 (g)	SATURATED FAT	1.8 (GM)
Servings Per Package:	1 serving	MonoFat	
Weight Per Serving:	2.70 (oz) 76.55 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	47.6 (%)
Product Composition:	Consists of one 2.70oz serving of Potato Stix	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	
	0.00 grain/bread equivalent	VITAMIN C	3.3 (MG)
	1/2 cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 12-15 minutes in a 325 degree oven to a minimum of 165F	RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	
		CALCIUM	0.0 (MG)
		IRON	0.7 (MG)
		POTASSIUM	301.0 (MG)
		PHOSPHORUS	
		SODIUM	301.0 (MG)
		Fiber	1.8 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**445**

**POTATO STICKS**

**INGREDIENTS:** 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: SOY**

**COOKING INSTRUCTION:** Cook 12-15 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

445-SQ4

40 2.70 OZ UNITS (NET WEIGHT 6.75 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by:

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

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item **477**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Potato Fun Shapes</b>	CALORIES	149.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.9 (GM)
CN Number:		CARBOHYDRATES	17.6 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	7.9 (GM)
Package Size:	2.54 (oz) 72.01 (g)	SATURATED FAT	1.8 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	2.54 (oz) 72.01 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	47.6 (%)
Product Composition:	Consists of one 2.54 oz serving of Potato Crowns	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	2.1 (MG)
	1/2 cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 15-20 minutes in a 325 degree oven to a minimum of 165 degrees F. as verified by a food thermometer.	RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	
		CALCIUM	0.0 (MG)
		IRON	0.6 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	360.6 (MG)
		Fiber	1.8 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**477**

**COOK AND SERVE  
POTATO CIRCLES**

INGREDIENTS: POTATO CIRCLES (potatoes, vegetable oil (may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil, hydrogenated soybean and/or cottonseed oil), dehydrated potato, salt, corn flour, enriched bleached flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folid acid), natural flavoring, disodium dihydrogen pyrophosphate (to promote color retention), dextrose).  
CONTAINS: SOY, WHEAT

COOKING INSTRUCTION: Cook 15-20 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

477-JR5

40 2.54 OZ UNITS (NET WEIGHT 6.35 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by:

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

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item **492**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Glazed Carrots</b>	CALORIES	127.4 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.9 (GM)
CN Number:		CARBOHYDRATES	32.4 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.2 (GM)
Package Size:	4.30 (oz) 121.91 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	4.30 (oz) 121.91 (g)	PolyFat	0.1 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	1.4 (%)
Product Composition:	Consists of one 4.3 oz serving of Glazed Carrots.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	769.5 (RE)
	0.00 grain/bread equivalent	VITAMIN C	5.4 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 23-26 minutes in a 325 degree F. oven to a minimum of 165 degrees F. as verified by a food thermometer.	RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.9 (MG)
		CALCIUM	34.8 (MG)
		IRON	0.3 (MG)
		POTASSIUM	301.9 (MG)
		PHOSPHORUS	34.7 (MG)
		SODIUM	85.5 (MG)
		Fiber	2.6 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**492**

**COOK AND SERVE  
CARROTS WITH CANDIED SAUCE**

**INGREDIENTS:** Carrots, candied sauce (syrup (corn syrup, water, sugar, potassium sorbate, sodium benzoate and benzoic acid (preservatives), caramel color, cellulose gum, natural and artificial flavors), brown sugar)).

**COOKING INSTRUCTION:** Cook 23-26 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

492-PRE1

40 4.30 OZ UNITS (NET WEIGHT 10.75 LBS)

**KEEP FROZEN INSTITUTIONAL USE ONLY**

Reviewed by: \_\_\_\_\_

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