

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

507

NUTRIENT INFORMATION PER SERVING

Item Name	Grape Frozen Juice Bar		CALORIES	80.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:			CARBOHYDRATES	21.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	3.10 (oz) 87.89 (g)		SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	3.10 (oz) 87.89 (g)		PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	Consists of 3.1 fl oz serving of grape froze juice bar		CHOLESTEROL	
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	60.0 (MG)
	3/8	cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Serve Frozen.		RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	60.0 (MG)
			IRON	0.0 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	15.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available

Ingredients:

Apple juice from concentrate, high fructose corn syrup, less than 2% of: artificial flavors, citric acid, cellulose, guar and xanthan gums, ascorbic acid (vitamin C), Red #40, Blue #1, calcium hydroxide.

Reviewed by: _____

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

519

NUTRIENT INFORMATION PER SERVING

Item Name	Apple Juice		CALORIES	60.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:			CARBOHYDRATES	15.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	4.23 (oz)	119.92 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	4.23 (oz)	119.92 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	Consists of 4.23oz serving of Apple Juice		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	60.0 (MG)
	1/2	cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Keep frozen, serve thawed		RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	100.0 (MG)
			IRON	0.0 (MG)
			POTASSIUM	130.0 (MG)
			PHOSPHORUS	
			SODIUM	5.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available

Ingredients Statement:

Apple juice from concentrate (pure filtered water and concentrated apple juice), calcium citrate, ascorbic acid (Vitamin C).

Reviewed by: _____

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

524

NUTRIENT INFORMATION PER SERVING

Item Name	Blended Fruit Juice		CALORIES	60.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:			CARBOHYDRATES	14.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	4.23 (oz)	119.92 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	4.23 (oz)	119.92 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	consists of 4.23 oz serving of Blended Fruit Juice		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	60.0 (MG)
	1/2	cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Thaw and Serve		RIBOFLAVIN	
			NIACIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		CALCIUM	100.0 (MG)
			IRON	0.0 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	5.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available

Ingredients Statement:

Apple, Grape, and Pear juices from concentrate (pure filtered water and juice concentrates), calcium citrate, natural flavor, ascorbic acid (vitamin C), citric acid.

Reviewed by: _____

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

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NUTRIENT INFORMATION PER SERVING

Item Name	Blue Raspberry Frozen Juice Bar	<table border="0"> <tr><td>CALORIES</td><td>80.0 (KCAL)</td></tr> <tr><td>PROTEIN</td><td>0.0 (GM)</td></tr> <tr><td>CARBOHYDRATES</td><td>21.0 (GM)</td></tr> <tr><td>TOTAL FAT</td><td>0.0 (GM)</td></tr> <tr><td>SATURATED FAT</td><td>0.0 (GM)</td></tr> <tr><td>MonoFat</td><td></td></tr> <tr><td>PolyFat</td><td></td></tr> <tr><td>% Calories from Fat</td><td>0.0 (%)</td></tr> <tr><td>CHOLESTEROL</td><td></td></tr> <tr><td>VITAMIN A</td><td>0.0 (RE)</td></tr> <tr><td>VITAMIN C</td><td>60.0 (MG)</td></tr> <tr><td>THIAMIN</td><td></td></tr> <tr><td>RIBOFLAVIN</td><td></td></tr> <tr><td>NIACIN</td><td></td></tr> <tr><td>CALCIUM</td><td>60.0 (MG)</td></tr> <tr><td>IRON</td><td>0.0 (MG)</td></tr> <tr><td>POTASSIUM</td><td></td></tr> <tr><td>PHOSPHORUS</td><td></td></tr> <tr><td>SODIUM</td><td>15.0 (MG)</td></tr> <tr><td>Fiber</td><td></td></tr> </table>	CALORIES	80.0 (KCAL)	PROTEIN	0.0 (GM)	CARBOHYDRATES	21.0 (GM)	TOTAL FAT	0.0 (GM)	SATURATED FAT	0.0 (GM)	MonoFat		PolyFat		% Calories from Fat	0.0 (%)	CHOLESTEROL		VITAMIN A	0.0 (RE)	VITAMIN C	60.0 (MG)	THIAMIN		RIBOFLAVIN		NIACIN		CALCIUM	60.0 (MG)	IRON	0.0 (MG)	POTASSIUM		PHOSPHORUS		SODIUM	15.0 (MG)	Fiber	
CALORIES	80.0 (KCAL)																																									
PROTEIN	0.0 (GM)																																									
CARBOHYDRATES	21.0 (GM)																																									
TOTAL FAT	0.0 (GM)																																									
SATURATED FAT	0.0 (GM)																																									
MonoFat																																										
PolyFat																																										
% Calories from Fat	0.0 (%)																																									
CHOLESTEROL																																										
VITAMIN A	0.0 (RE)																																									
VITAMIN C	60.0 (MG)																																									
THIAMIN																																										
RIBOFLAVIN																																										
NIACIN																																										
CALCIUM	60.0 (MG)																																									
IRON	0.0 (MG)																																									
POTASSIUM																																										
PHOSPHORUS																																										
SODIUM	15.0 (MG)																																									
Fiber																																										
Brand:	Preferred Meal Systems, Inc.																																									
CN Number:																																										
Basis for Data Submitted:	As Served																																									
Package Size:	3.10 (oz) 87.89 (g)																																									
Servings Per Package:	1																																									
Weight Per Serving:	3.10 (oz) 87.89 (g)																																									
Nutrients based on:	1 Serving																																									
Product Composition:	Consists of one 3.1 oz serving of Blue Raspberry Frozen Juice Bar																																									
Meal Contributions:	0.00 oz.meat/meat alternative 0.00 grain/bread equivalent 3/8 cup fruit/vegetable																																									
Preparation Instructions:	Serve Frozen.																																									
Source of Nutritional Information:	Ingredient suppliers and/or USDA database																																									

No Value-Indicates no information available

Ingredients: Apple juice from concentrate, high fructose corn syrup, less than 2% of: citric acid, cellulose, guar and xanthan gums, natural and artificial flavors, ascorbic acid (vitamin C), Blue #1, calcium hydroxide.

Julia McMichals R.D., L.D.N

Reviewed by: _____

Preferred Meal Systems, Inc.

Product Specification Sheet



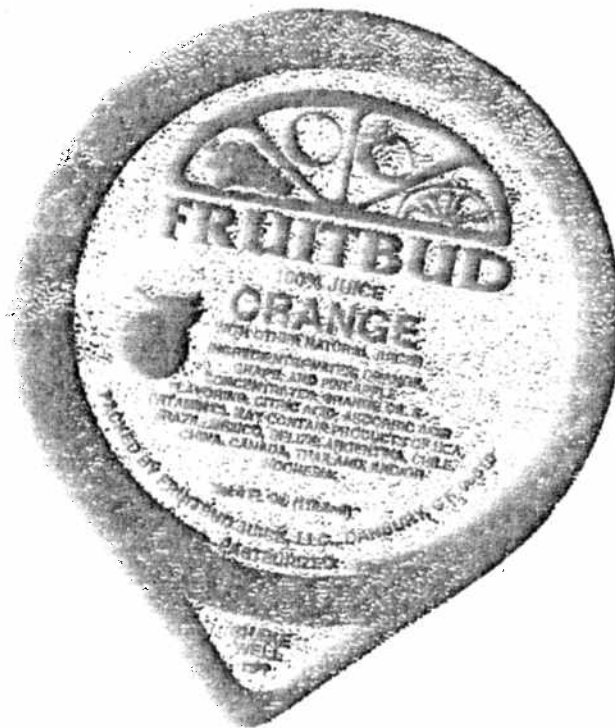
Item

538

NUTRIENT INFORMATION PER SERVING

Item Name	100% Orange Juice	CALORIES	65.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.3 (GM)
CN Number:		CARBOHYDRATES	16.8 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.1 (GM)
Package Size:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Servings Per Package:	1	MonoFat	
Weight Per Serving:	4.00 (oz) 113.40 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	1.4 (%)
Product Composition:	Consists of one 4.0 oz unit of Orange Juice	CHOLESTEROL	
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	28.1 (RE)
	0.00 grain/bread equivalent	VITAMIN C	41.5 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Keep Frozen - Serve Thawed	RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.3 (MG)
		CALCIUM	10.5 (MG)
		IRON	0.5 (MG)
		POTASSIUM	156.0 (MG)
		PHOSPHORUS	15.8 (MG)
		SODIUM	1.0 (MG)
		Fiber	

No Value-Indicates no information available



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

Reviewed by: _____

Preferred Meal Systems, Inc.

Product Specification Sheet



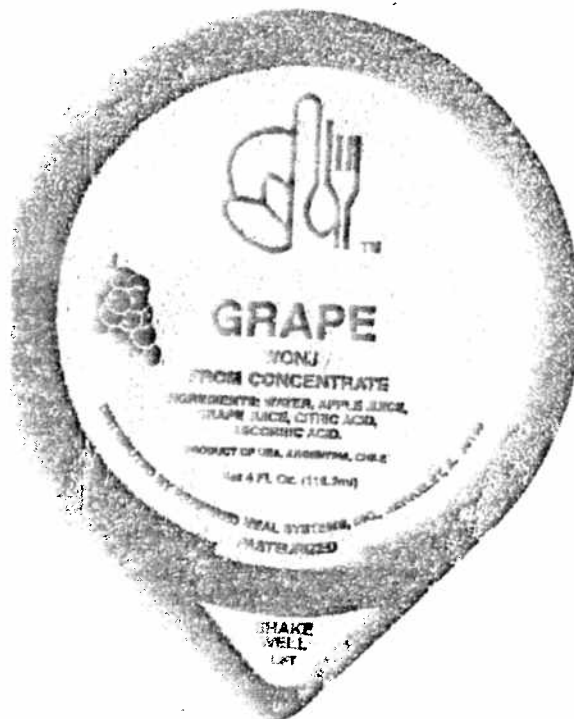
Item

539

NUTRIENT INFORMATION PER SERVING

Item Name	100% Grape Juice	CALORIES	67.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.3 (GM)
CN Number:		CARBOHYDRATES	16.8 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	
Package Size:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Servings Per Package:	1	MonoFat	
Weight Per Serving:	4.00 (oz) 113.40 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	
Product Composition:	Consists of one 4.0 oz unit of Grape Juice	CHOLESTEROL	
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.4 (RE)
	0.00 grain/bread equivalent	VITAMIN C	20.4 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.5 (MG)
Preparation Instructions:	Keep Frozen - Serve Thawed	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.2 (MG)
		CALCIUM	10.7 (MG)
		IRON	0.5 (MG)
		POTASSIUM	85.5 (MG)
		PHOSPHORUS	11.0 (MG)
		SODIUM	0.7 (MG)
		Fiber	

No Value-Indicates no information available



Reviewed by:

Judith McMichael R.D., L.D.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

542

NUTRIENT INFORMATION PER SERVING

Item Name	100% Blended Fruit Juice	CALORIES	58.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.2 (GM)
CN Number:		CARBOHYDRATES	14.3 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	
Package Size:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Servings Per Package:	1	MonoFat	
Weight Per Serving:	4.00 (oz) 113.40 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	
Product Composition:	Consists of one 4 oz. unit of Blended Fruit Juice.	CHOLESTEROL	
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.2 (RE)
	0.00 grain/bread equivalent	VITAMIN C	28.5 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Keep Frozen - Serve Thawed	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.2 (MG)
		CALCIUM	12.0 (MG)
		IRON	0.3 (MG)
		POTASSIUM	151.0 (MG)
		PHOSPHORUS	9.5 (MG)
		SODIUM	1.0 (MG)
		Fiber	

No Value-Indicates no information available



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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **543**

NUTRIENT INFORMATION PER SERVING

Item Name	Pineapple Juice	CALORIES	60.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.4 (GM)
CN Number:		CARBOHYDRATES	15.5 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	
Package Size:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Servings Per Package:	1	MonoFat	
Weight Per Serving:	4.00 (oz) 113.40 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	(15.0) (%)
Product Composition:	Consists of one 4.0 oz serving of Pineapple Juice	CHOLESTEROL	
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.3 (RE)
	0.00 grain/bread equivalent	VITAMIN C	21.0 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Keep Frozen - Serve Thawed	RIBOFLAVIN	0.0 (MG)
		NIACIN	0.4 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	CALCIUM	12.3 (MG)
		IRON	0.4 (MG)
		POTASSIUM	178.0 (MG)
		PHOSPHORUS	7.8 (MG)
		SODIUM	1.0 (MG)
		Fiber	

No Value-Indicates no information available



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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **544**

NUTRIENT INFORMATION PER SERVING

Item Name	100% Orange Pine Juice	CALORIES	59.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.3 (GM)
CN Number:		CARBOHYDRATES	15.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.1 (GM)
Package Size:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Servings Per Package:	1	MonoFat	
Weight Per Serving:	4.00 (oz) 113.40 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	1.5 (%)
Product Composition:	Consists of one 4.0 oz unit Orange-Pineapple Juice	CHOLESTEROL	
Meal Contributions:	0.00 oz.meat/meat alternative 0.00 grain/bread equivalent 1/2 cup fruit/vegetable	VITAMIN A	28.1 (RE)
Preparation Instructions:	Keep Frozen - Serve Thawed	VITAMIN C	35.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	0.1 (MG)
		RIBOFLAVIN	0.1 (MG)
		NIACIN	0.3 (MG)
		CALCIUM	11.3 (MG)
		IRON	0.1 (MG)
		POTASSIUM	192.5 (MG)
		PHOSPHORUS	15.5 (MG)
		SODIUM	0.8 (MG)
		Fiber	

No Value-Indicates no information available



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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

552

NUTRIENT INFORMATION PER SERVING

Item Name	100% Apple-Cranberry Juice	CALORIES	67.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.1 (GM)
CN Number:		CARBOHYDRATES	16.7 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.1 (GM)
Package Size:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Servings Per Package:	1	MonoFat	
Weight Per Serving:	4.00 (oz) 113.40 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	1.3 (%)
Product Composition:	Consists of one 4.0 oz unit of Apple Cranberry Juice	CHOLESTEROL	
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	
	0.00 grain/bread equivalent	VITAMIN C	21.5 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Keep Frozen - Serve Thawed	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.1 (MG)
		CALCIUM	10.8 (MG)
		IRON	0.3 (MG)
		POTASSIUM	63.0 (MG)
		PHOSPHORUS	11.1 (MG)
		SODIUM	1.3 (MG)
		Fiber	

No Value-Indicates no information available



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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **553**

NUTRIENT INFORMATION PER SERVING

Item Name	100% Apple Juice	CALORIES	57.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.1 (GM)
CN Number:		CARBOHYDRATES	14.5 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	
Package Size:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Servings Per Package:	1	MonoFat	
Weight Per Serving:	4.00 (oz) 113.40 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	
Product Composition:	Consists of one 4oz unit of Apple Juice.	CHOLESTEROL	
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	
	1/2 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Keep Frozen - Serve Thawed	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.1 (MG)
		CALCIUM	11.3 (MG)
		IRON	0.3 (MG)
		POTASSIUM	125.0 (MG)
		PHOSPHORUS	11.2 (MG)
		SODIUM	1.3 (MG)
		Fiber	

No Value-Indicates no information available



Reviewed by: Julie Mc Nichols RD, LON

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **598**

NUTRIENT INFORMATION PER SERVING

Item Name	Cherry Frozen Juice Bar	<table border="0"> <tr><td>CALORIES</td><td>90.0 (KCAL)</td></tr> <tr><td>PROTEIN</td><td>0.0 (GM)</td></tr> <tr><td>CARBOHYDRATES</td><td>23.0 (GM)</td></tr> <tr><td>TOTAL FAT</td><td>0.0 (GM)</td></tr> <tr><td>SATURATED FAT</td><td>0.0 (GM)</td></tr> <tr><td>MonoFat</td><td></td></tr> <tr><td>PolyFat</td><td></td></tr> <tr><td>% Calories from Fat</td><td>0.0 (%)</td></tr> <tr><td>CHOLESTEROL</td><td>0.0 (MG)</td></tr> <tr><td>VITAMIN A</td><td>80.0 (RE)</td></tr> <tr><td>VITAMIN C</td><td>60.0 (MG)</td></tr> <tr><td>THIAMIN</td><td></td></tr> <tr><td>RIBOFLAVIN</td><td></td></tr> <tr><td>NIACIN</td><td></td></tr> <tr><td>CALCIUM</td><td></td></tr> <tr><td>IRON</td><td></td></tr> <tr><td>POTASSIUM</td><td></td></tr> <tr><td>PHOSPHORUS</td><td></td></tr> <tr><td>SODIUM</td><td>25.0 (MG)</td></tr> <tr><td>Fiber</td><td>0.0 (GM)</td></tr> </table>	CALORIES	90.0 (KCAL)	PROTEIN	0.0 (GM)	CARBOHYDRATES	23.0 (GM)	TOTAL FAT	0.0 (GM)	SATURATED FAT	0.0 (GM)	MonoFat		PolyFat		% Calories from Fat	0.0 (%)	CHOLESTEROL	0.0 (MG)	VITAMIN A	80.0 (RE)	VITAMIN C	60.0 (MG)	THIAMIN		RIBOFLAVIN		NIACIN		CALCIUM		IRON		POTASSIUM		PHOSPHORUS		SODIUM	25.0 (MG)	Fiber	0.0 (GM)
CALORIES	90.0 (KCAL)																																									
PROTEIN	0.0 (GM)																																									
CARBOHYDRATES	23.0 (GM)																																									
TOTAL FAT	0.0 (GM)																																									
SATURATED FAT	0.0 (GM)																																									
MonoFat																																										
PolyFat																																										
% Calories from Fat	0.0 (%)																																									
CHOLESTEROL	0.0 (MG)																																									
VITAMIN A	80.0 (RE)																																									
VITAMIN C	60.0 (MG)																																									
THIAMIN																																										
RIBOFLAVIN																																										
NIACIN																																										
CALCIUM																																										
IRON																																										
POTASSIUM																																										
PHOSPHORUS																																										
SODIUM	25.0 (MG)																																									
Fiber	0.0 (GM)																																									
Brand:	Preferred Meal Systems, Inc.																																									
CN Number:																																										
Basis for Data Submitted:	As Served																																									
Package Size:	3.10 (oz) 87.89 (g)																																									
Servings Per Package:	1																																									
Weight Per Serving:	3.10 (oz) 87.89 (g)																																									
Nutrients based on:	1 Serving																																									
Product Composition:	Consists of one 3.1 oz unit of Frozen Cherry Juicy Treat																																									
Meal Contributions:	0.00 oz.meat/meat alternative 0.00 grain/bread equivalent 3/8 cup fruit/vegetable																																									
Preparation Instructions:	Serve Frozen																																									
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database																																									

No Value-Indicates no information available

Apple juice from concentrate (water and concentrated apple juice), high fructose corn syrup, water, artificial flavor, citric acid, cellulose, guar and xanthan gums, ascorbic acid (vitamin C) and FD&C Red #40.

Reviewed by: Justin M. Nichols B.S., L.D.N.

Thursday, May 20, 2010 4:30:51PM

Product Specification Sheet

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Preferred Meal Systems, Inc.

Product Specification Sheet



Item

604

NUTRIENT INFORMATION PER SERVING

Item Name	Very Berry Frozen Juice Bar		CALORIES	49.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.1 (GM)
CN Number:			CARBOHYDRATES	12.2 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	3.00 (oz)	85.05 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	3.00 (oz)	85.05 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	Consists of 3oz serving of very berry frozen juice bar		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	149.7 (RE)
	0.00	grain/bread equivalent	VITAMIN C	60.1 (MG)
	3/8	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Serve Frozen.		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	0.0 (MG)
			CALCIUM	58.8 (MG)
			IRON	0.1 (MG)
			POTASSIUM	96.9 (MG)
			PHOSPHORUS	0.0 (MG)
			SODIUM	7.9 (MG)
			Fiber	2.3 (GM)

No Value-Indicates no information available

Ingredients: Pineapple Juice from Concentrate (Micron Filtered Water and Concentrated Pineapple Juice), Apple Juice from Concentrate (Micron Filtered Water and Concentrated Apple Juice), Fibersol-2 (Maltodextrin), Natural Flavors, Fruit and Vegetable Juice (for color), Cellulose, Guar and Xanthan Gums, Malic Acid, Calcium Hydroxide, Ascorbic Acid (Vitamin C), Citric Acid and Beta Carotene.

Reviewed by: _____

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

605

NUTRIENT INFORMATION PER SERVING

Item Name	Sour Apple Frozen Juice Bar	CALORIES	52.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.1 (GM)
CN Number:		CARBOHYDRATES	13.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.0 (GM)
Package Size:	3.00 (oz) 85.05 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	3.00 (oz) 85.05 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	0.0 (%)
Product Composition:	contains 3.0 oz serving sour apple juice bar	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	1.5 (RE)
	0.00 grain/bread equivalent	VITAMIN C	63.2 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Keep Frozen till served.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.0 (MG)
		CALCIUM	61.0 (MG)
		IRON	0.1 (MG)
		POTASSIUM	100.5 (MG)
		PHOSPHORUS	0.0 (MG)
		SODIUM	7.8 (MG)
		Fiber	2.3 (GM)

No Value-Indicates no information available

Ingredients: Pineapple Juice from Concentrate (Micron Filtered Water and Concentrated Pineapple Juice), Apple Juice from Concentrate (Micron Filtered Water and Concentrated Apple Juice), Fibersol-2 (Maltodextrin), Citric Acid, Natural Flavor, Cellulose, Guar and Xanthan Gums, Calcium Hydroxide, and Ascorbic Acid (Vitamin C)

Reviewed by: Justin McArthur R.D. - D.W.

Thursday, May 27, 2010 1:39:36PM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

606

NUTRIENT INFORMATION PER SERVING

Item Name	Orange Frozen Juice Bar		CALORIES	50.1 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.1 (GM)
CN Number:			CARBOHYDRATES	12.7 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.0 (GM)
Package Size:	3.00 (oz)	85.05 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	3.00 (oz)	85.05 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	0.0 (%)
Product Composition:	Contains 3.0 oz serving of orange juice bar		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	585.9 (RE)
	0.00	grain/bread equivalent	VITAMIN C	63.4 (MG)
	3/8	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Serve Frozen		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient Suppliers and/or USDA SR11 database		NIACIN	0.0 (MG)
			CALCIUM	61.7 (MG)
			IRON	0.9 (MG)
			POTASSIUM	101.8 (MG)
			PHOSPHORUS	0.0 (MG)
			SODIUM	7.9 (MG)
			Fiber	2.4 (GM)

No Value-Indicates no information available

Ingredients: Pineapple Juice from Concentrate (Micron Filtered Concentrate, Concentrated Pineapple Juice), Apple Juice from Concentrate (Micron Filtered Concentrate, Concentrated Apple Juice), Fibersol-2 (Maltodextrin), Citric Acid, Natural Flavors, Sucralose, Maltitol, Maltitol Syrup, Guar and Xanthan Gums, Calcium Hydroxide, Ascorbic Acid (Vitamin C), and Beta Carotene (for color).

Reviewed by:

Justin M. Nichols RD/LDN

Thursday, May 20, 2010 4:36:56PM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **1620**

NUTRIENT INFORMATION PER SERVING

Item Name	Tomato Soup	CALORIES	222.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	5.2 (GM)
CN Number:		CARBOHYDRATES	23.9 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	12.3 (GM)
Package Size:	7.55 (oz) 214.04 (g)	SATURATED FAT	1.8 (GM)
Servings Per Package:	1	MonoFat	3.4 (GM)
Weight Per Serving:	7.55 (oz) 214.04 (g)	PolyFat	6.8 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	49.9 (%)
Product Composition:	Consists of one 7.55 oz serving of tomato soup with pasta	CHOLESTEROL	0.6 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	300.9 (RE)
	0.50 grain/bread equivalent	VITAMIN C	4.5 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.3 (MG)
Preparation Instructions:	Cook 25-28 minutes in a 325 F. oven to a minimum of 165 F.	RIBOFLAVIN	0.2 (MG)
		NIACIN	2.2 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	CALCIUM	61.9 (MG)
		IRON	1.0 (MG)
		POTASSIUM	63.6 (MG)
		PHOSPHORUS	32.2 (MG)
		SODIUM	1099.4 (MG)
		Fiber	0.9 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163

1620

COOK AND SERVE
TOMATO SOUP WITH TRIPLE-O'S PASTA

INGREDIENTS: Tomato puree (tomato paste, water), cooked triple-o's pasta (water, enriched triple-o's pasta (semolina (wheat), egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid), liquid margarine (soybean oil; water; partially hydrogenated cottonseed and soya oils, colored with beta carotene; propylene glycol, artificially flavored; corn oil, vitamin A palmitate), brown sugar, nonfat dry milk, salt, food starch-modified, toasted onion powder, white pepper.

CONTAINS: EGGS, MILK, SOY, WHEAT

COOKING INSTRUCTION: Cook 25-28 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

M1620-PRE1

40 7.55 OZ UNITS (NET WEIGHT 18.88 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: Judie Mc Nichols R.D., LON

Thursday, June 17, 2010 3:05:49PM

Product Specification Sheet

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

5075

NUTRIENT INFORMATION PER SERVING

Item Name	Marinara Dipping Cup	CALORIES	40.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	5.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	1.0 (GM)
Package Size:	1.00 (oz) 28.35 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	1.00 (oz) 28.35 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	22.5 (%)
Product Composition:	Consists of one 1oz serving of Marinara Dipping Cup.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	100.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	12.0 (MG)
	cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Shelf Stable. Serve within six months.	RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	
		CALCIUM	0.0 (MG)
		IRON	0.7 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	115.0 (MG)
		Fiber	1.5 (GM)

No Value-Indicates no information available

Ingredients: Tomato Paste, Vegetable oil, Sugar, Oregano, Pepper & Spice.

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

Preferred Meal Systems, Inc.
Product Specification Sheet



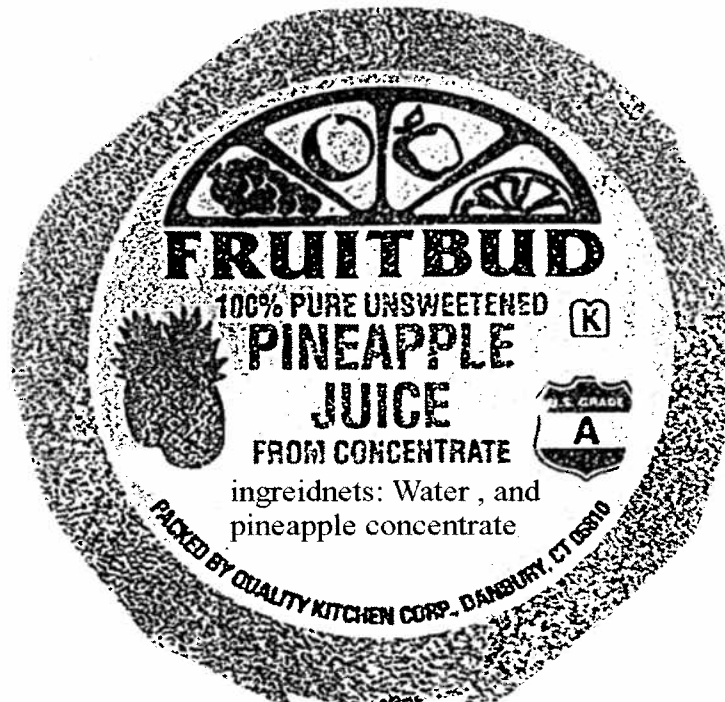
Item

8221

NUTRIENT INFORMATION PER SERVING

Item Name	Pineapple Juice	CALORIES	90.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.5 (GM)
CN Number:		CARBOHYDRATES	23.3 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	
Package Size:	6.00 (oz) 170.10 (g)	SATURATED FAT	
Servings Per Package:	1	MonoFat	
Weight Per Serving:	6.00 (oz) 170.10 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	
Product Composition:	Consists of one 6.0 oz serving of Pineapple Juice	CHOLESTEROL	
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.5 (RE)
	0.00 grain/bread equivalent	VITAMIN C	31.5 (MG)
	3/4 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Thaw and serve.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.5 (MG)
		CALCIUM	18.4 (MG)
		IRON	0.5 (MG)
		POTASSIUM	267.0 (MG)
		PHOSPHORUS	11.6 (MG)
		SODIUM	1.5 (MG)
		Fiber	

No Value-Indicates no information available



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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

8223

NUTRIENT INFORMATION PER SERVING

Item Name	Orange Juice		CALORIES	98.3 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.5 (GM)
CN Number:			CARBOHYDRATES	25.1 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.2 (GM)
Package Size:	6.00 (oz)	170.10 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	6.00 (oz)	170.10 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	1.8 (%)
Product Composition:	Consists of one 6.0 oz serving of Orange Juice		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	42.2 (RE)
	0.00	grain/bread equivalent	VITAMIN C	62.3 (MG)
	3/4	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Thaw and Serve		RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	0.5 (MG)
			CALCIUM	15.8 (MG)
			IRON	0.7 (MG)
			POTASSIUM	234.0 (MG)
			PHOSPHORUS	23.6 (MG)
			SODIUM	1.5 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available



Reviewed by: _____

Julia McNichols R.D., L.D.



Item

8380

NUTRIENT INFORMATION PER SERVING

Item Name	Orange Juice		CALORIES	55.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.1 (GM)
CN Number:			CARBOHYDRATES	14.4 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.1 (GM)
Package Size:	4.00 (oz)	113.40 (g)	SATURATED FAT	
Servings Per Package:	1		MonoFat	
Weight Per Serving:	4.00 (oz)	113.40 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	1.6 (%)
Product Composition:	Consists of 4oz serving of Orange Juice		CHOLESTEROL	
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	56.3 (RE)
	0.00	grain/bread equivalent	VITAMIN C	62.5 (MG)
	1/2	cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Thaw and Serve		RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	0.3 (MG)
			CALCIUM	10.2 (MG)
			IRON	0.2 (MG)
			POTASSIUM	258.1 (MG)
			PHOSPHORUS	20.0 (MG)
			SODIUM	
			Fiber	

No Value-Indicates no information available

Ingredients:
Water, and Orange Juice Concentrate.

Reviewed by: _____

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

8381

NUTRIENT INFORMATION PER SERVING

Item Name	Orange Pineapple Juice		CALORIES	59.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.6 (GM)
CN Number:			CARBOHYDRATES	15.5 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.2 (GM)
Package Size:	4.00 (oz)	113.40 (g)	SATURATED FAT	
Servings Per Package:	1		MonoFat	
Weight Per Serving:	4.00 (oz)	113.40 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	3.1 (%)
Product Composition:	Consists of 4oz serving of Orange Pineapple Juice		CHOLESTEROL	
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	28.1 (RE)
	0.00	grain/bread equivalent	VITAMIN C	35.0 (MG)
	1/2	cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Thaw and Serve		RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	0.3 (MG)
			CALCIUM	15.0 (MG)
			IRON	0.1 (MG)
			POTASSIUM	192.6 (MG)
			PHOSPHORUS	12.5 (MG)
			SODIUM	0.7 (MG)
			Fiber	

No Value-Indicates no information available

Ingredients: water, orange juice, concentrate, pineapple juice concentra te

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

8382

NUTRIENT INFORMATION PER SERVING

Item Name	Blended Fruit Juice		CALORIES	66.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.3 (GM)
CN Number:			CARBOHYDRATES	17.1 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	
Package Size:	4.00 (oz)	113.40 (g)	SATURATED FAT	
Servings Per Package:	1		MonoFat	
Weight Per Serving:	4.00 (oz)	113.40 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	
Product Composition:	Consists of 4 oz serving of Blended Fruit Juice		CHOLESTEROL	
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	0.2 (RE)
	0.00	grain/bread equivalent	VITAMIN C	9.7 (MG)
	1/2	cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Thaw and Serve		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	0.3 (MG)
			CALCIUM	13.7 (MG)
			IRON	0.3 (MG)
			POTASSIUM	172.7 (MG)
			PHOSPHORUS	10.9 (MG)
			SODIUM	1.1 (MG)
			Fiber	

No Value-Indicates no information available

Reviewed by: _____

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

8383

NUTRIENT INFORMATION PER SERVING

Item Name	Apple Juice		CALORIES	57.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.1 (GM)
CN Number:			CARBOHYDRATES	14.5 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	
Package Size:	4.00 (oz)	113.40 (g)	SATURATED FAT	
Servings Per Package:	1		MonoFat	
Weight Per Serving:	4.00 (oz)	113.40 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	
Product Composition:	Consists of one 4oz serving of Apple Juice.		CHOLESTEROL	
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	60.0 (MG)
	1/2	cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Thaw and Serve.		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	0.1 (MG)
			CALCIUM	11.2 (MG)
			IRON	0.2 (MG)
			POTASSIUM	125.1 (MG)
			PHOSPHORUS	11.2 (MG)
			SODIUM	1.2 (MG)
			Fiber	

No Value-Indicates no information available

Ingredients: Water, Apple Juice Concentrate.

Reviewed by:

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

8385

NUTRIENT INFORMATION PER SERVING

Item Name	Grape Juice	CALORIES	77.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.5 (GM)
CN Number:		CARBOHYDRATES	19.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.1 (GM)
Package Size:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Servings Per Package:	1	MonoFat	
Weight Per Serving:	4.00 (oz) 113.40 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	1.2 (%)
Product Composition:	Consists of one 4.0 oz. serving of grape juice.	CHOLESTEROL	
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	
	0.00 grain/bread equivalent	VITAMIN C	60.0 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Thaw and Serve.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.3 (MG)
		CALCIUM	10.0 (MG)
		IRON	0.6 (MG)
		POTASSIUM	46.0 (MG)
		PHOSPHORUS	11.0 (MG)
		SODIUM	
		Fiber	

No Value-Indicates no information available

Ingredients Statement

Water and Grape Juice Concentrate.

Reviewed by: _____

Julia McNichols R.D., L.D.N.

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **8396**

NUTRIENT INFORMATION PER SERVING

Item Name	Pineapple Juice	CALORIES	60.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.4 (GM)
CN Number:		CARBOHYDRATES	15.5 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	
Package Size:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Servings Per Package:	1	MonoFat	
Weight Per Serving:	4.00 (oz) 113.40 (g)	PolyFat	
Nutrients based on:	1	% Calories from Fat	
Product Composition:	Consists of 4oz serving of Pineapple Juice.	CHOLESTEROL	
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.3 (RE)
	0.00 grain/bread equivalent	VITAMIN C	16.0 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Thaw and Serve.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.4 (MG)
		CALCIUM	12.2 (MG)
		IRON	0.3 (MG)
		POTASSIUM	178.1 (MG)
		PHOSPHORUS	7.7 (MG)
		SODIUM	1.0 (MG)
		Fiber	

No Value-Indicates no information available

Water and Pineapple Concentrate

Reviewed by:

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **8778**

NUTRIENT INFORMATION PER SERVING

Item Name	Orange Juice	CALORIES	82.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.2 (GM)
CN Number:		CARBOHYDRATES	21.6 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.2 (GM)
Package Size:	6.00 (oz) 170.10 (g)	SATURATED FAT	
Servings Per Package:	1	MonoFat	
Weight Per Serving:	6.00 (oz) 170.10 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	2.2 (%)
Product Composition:	Consists of one 6oz serving of Orange Juice.	CHOLESTEROL	
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	84.4 (RE)
	0.00 grain/bread equivalent	VITAMIN C	93.8 (MG)
	3/4 cup fruit/vegetable	THIAMIN	0.2 (MG)
Preparation Instructions:	Thaw and Serve.	RIBOFLAVIN	0.2 (MG)
		NIACIN	0.5 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	CALCIUM	15.3 (MG)
		IRON	0.3 (MG)
		POTASSIUM	387.0 (MG)
		PHOSPHORUS	30.0 (MG)
		SODIUM	
		Fiber	

No Value-Indicates no information available

Water and Orange Juice Concentrate

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **803101**

NUTRIENT INFORMATION PER SERVING

Item Name	Fruited Gelatin	CALORIES	87.3 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	10.1 (GM)
CN Number:		CARBOHYDRATES	13.7 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.0 (GM)
Package Size:	4.38 (oz) 124.17 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	4.38 (oz) 124.17 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 4.38 oz serving of fruit gelatin cup with peaches.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	4.8 (RE)
	0.00 grain/bread equivalent	VITAMIN C	1.1 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Keep Frozen, Thaw and serve.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	0.1 (MG)
		CALCIUM	4.9 (MG)
		IRON	0.1 (MG)
		POTASSIUM	58.2 (MG)
		PHOSPHORUS	2.1 (MG)
		SODIUM	46.2 (MG)
		Fiber	0.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS
 BERKELEY, IL 60163

803101

GELATIN CUP WITH PEACHES

INGREDIENTS: Gelatin (water, pear or pineapple juice concentrate, sugar, gelatin (gelatin, fumaric acid, sodium citrate, artificial flavor, potassium sorbate, salt, red #40, blue #1, dimethylpolysiloxane)), diced peaches (peaches, water, corn syrup, sugar, citric acid).

PREPARATION: KEEP FROZEN - SERVE THAWED.

803101-PRE3

40 4.38 OZ UNITS (NET WEIGHT 10.95 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: Justin M. Pechter RD/LDN

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

803230

NUTRIENT INFORMATION PER SERVING

Item Name	Applesauce Cup		CALORIES	40.8 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.2 (GM)
CN Number:			CARBOHYDRATES	11.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.1 (GM)
Package Size:	3.43 (oz)	97.24 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	3.43 (oz)	97.24 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	2.2 (%)
Product Composition:	Consists of one 3.43 oz Applesauce cup		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	1.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	20.6 (MG)
	3/8	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Keep Frozen - Thaw and Serve.		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	0.1 (MG)
			CALCIUM	3.9 (MG)
			IRON	0.2 (MG)
			POTASSIUM	71.9 (MG)
			PHOSPHORUS	4.9 (MG)
			SODIUM	1.9 (MG)
			Fiber	1.1 (GM)

No Value-Indicates no information available

803230



DISTRIBUTED BY
THE MARAMONT CORPORATION
BROOKLYN, NY 11220

APPLESAUCE CUP

INGREDIENTS:

APPLESAUCE (Apples, water, ascorbic acid (to maintain color))

THAW TO MAXIMUM OF 40 F.
DO NOT USE AFTER 4 DAYS.

803230-MAR2

SHOP ORDER W803821

LOT 10011

KEEP FROZEN PACKED 40 3.43 OZ UNITS (NET WEIGHT 8.58 LBS) **FOR INSTITUTIONAL USE ONLY**

Reviewed by:

Thursday, May 27, 2010 11:46:38AM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **803231**

NUTRIENT INFORMATION PER SERVING

Item Name	Strawberry Applesauce	CALORIES	42.2 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.2 (GM)
CN Number:		CARBOHYDRATES	11.2 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.1 (GM)
Package Size:	3.45 (oz) 97.81 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	3.45 (oz) 97.81 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1Serving	% Calories from Fat	2.1 (%)
Product Composition:	Consists of one 3.45 oz. strawberry flavored applesauce cup	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	1.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	20.6 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Thaw and Serve	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.1 (MG)
		CALCIUM	3.9 (MG)
		IRON	0.2 (MG)
		POTASSIUM	71.9 (MG)
		PHOSPHORUS	4.9 (MG)
		SODIUM	2.7 (MG)
		Fiber	1.1 (GM)

No Value-Indicates no information available

803231



DISTRIBUTED BY
 THE MARAMONT CORPORATION
 BROOKLYN, NY 11220

STRAWBERRY APPLESAUCE

INGREDIENTS:

APPLESAUCE (APPLES, WATER, ASCORBIC ACID (TO MAINTAIN COLOR)), ; NATURAL AND ARTIFICIAL STRAWBERRY FLAVOR, WATER, PROPYLENE GLYCOL AND ARTIFICIAL COLOR (FD&C RED #40).

THAW TO MAXIMUM OF 40 F.
 DO NOT USE AFTER 4 DAYS.

803231-MAR2

SHOP ORDER w80301749

LOT 10102

KEEP FROZEN PACKED 40 3.45 OZ UNITS (NET WEIGHT 8.63 LBS) FOR INSTITUTIONAL USE ONLY

Reviewed by: Justin McMichael RD/LDN

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **803232**

NUTRIENT INFORMATION PER SERVING

Item Name	Cinnamon Applesauce	CALORIES	43.1 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.2 (GM)
CN Number:		CARBOHYDRATES	11.5 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.1 (GM)
Package Size:	3.45 (oz) 97.81 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	3.45 (oz) 97.81 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	2.1 (%)
Product Composition:	Consists of one 3.45 oz. unit of Cinnamon Applesauce	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	1.1 (RE)
	0.00 grain/bread equivalent	VITAMIN C	20.6 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Keep Frozen - Thaw and Serve.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.1 (MG)
		CALCIUM	5.0 (MG)
		IRON	0.2 (MG)
		POTASSIUM	71.9 (MG)
		PHOSPHORUS	4.9 (MG)
		SODIUM	1.9 (MG)
		Fiber	1.1 (GM)

No Value-Indicates no information available

803232



DISTRIBUTED BY
 THE MARAMONT CORPORATION
 BROOKLYN, NY 11220

CINNAMON APPLESAUCE

INGREDIENTS: APPLESAUCE (Apples, water, ascorbic acid (to maintain color)), SEASONING (DEXTROSE, SPICE, NATURAL FLAVORINS, CINNAMIC ALDEHYDE).

SHOP ORDER W80162325 THAW TO MAXIMUM OF 40 F. DO NOT USE AFTER 4 DAYS. 803232-MAR2 LOT 08094
 KEEP FROZEN PACKED 40 3.45 OZ UNITS (NET WEIGHT 8.63 LBS) FOR INSTITUTIONAL USE ONLY

Reviewed by: *Justin M. [Signature]*

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

803233

NUTRIENT INFORMATION PER SERVING

Item Name	Peach Cup	CALORIES	46.3 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.7 (GM)
CN Number:		CARBOHYDRATES	11.3 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.0 (GM)
Package Size:	3.28 (oz) 92.99 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	3.28 (oz) 92.99 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 3.28 oz unit of diced peaches	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	13.7 (RE)
	0.00 grain/bread equivalent	VITAMIN C	1.9 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Keep Frozen - Thaw and Serve	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.4 (MG)
		CALCIUM	2.9 (MG)
		IRON	0.3 (MG)
		POTASSIUM	76.9 (MG)
		PHOSPHORUS	8.2 (MG)
		SODIUM	4.2 (MG)
		Fiber	1.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS
BERKELEY, IL 60163

803233

PEACH CUP

INGREDIENTS: Diced peaches (in light syrup) (peaches, water, corn syrup, sugar, citric acid), pear or pineapple juice (water, pear or pineapple juice concentrate).

PREPARATION: KEEP FROZEN - SERVE THAWED.

803233-PRE4

40 3.28 OZ UNITS (NET WEIGHT 8.20 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

John M. Nichols R.D.H.N.

Thursday, May 27, 2010 11:47:07AM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **803234**

NUTRIENT INFORMATION PER SERVING

Item Name	Pear Cup	CALORIES	49.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.5 (GM)
CN Number:		CARBOHYDRATES	12.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.0 (GM)
Package Size:	3.35 (oz) 94.97 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	3.35 (oz) 94.97 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 3.35 oz serving of diced pears.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.2 (RE)
	0.00 grain/bread equivalent	VITAMIN C	0.6 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Keep Frozen - Thaw and Serve	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.1 (MG)
		CALCIUM	4.5 (MG)
		IRON	0.2 (MG)
		POTASSIUM	54.9 (MG)
		PHOSPHORUS	5.4 (MG)
		SODIUM	4.3 (MG)
		Fiber	1.2 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS
 BERKELEY, IL 60163

803234

PEAR CUP

INGREDIENTS: Diced pears (pears, water, sugar, citric acid, ascorbic acid), pear or pineapple juice (water, pear or pineapple juice concentrate)).

PREPARATION: KEEP FROZEN - SERVE THAWED.

803234-PRE7

40 3.35 OZ UNITS (NET WEIGHT 8.38 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: _____

John M. Nichols R.D., L.D.N.

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **803235**

NUTRIENT INFORMATION PER SERVING

Item Name	Pineapple Cup	CALORIES	50.8 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.7 (GM)
CN Number:		CARBOHYDRATES	12.1 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.0 (GM)
Package Size:	3.28 (oz) 92.99 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	3.28 (oz) 92.99 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 3.28 oz serving of pineapple tidbits	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	2.6 (RE)
	0.00 grain/bread equivalent	VITAMIN C	7.2 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Keep Frozen - Thaw and Serve.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.2 (MG)
		CALCIUM	10.9 (MG)
		IRON	0.2 (MG)
		POTASSIUM	77.3 (MG)
		PHOSPHORUS	3.6 (MG)
		SODIUM	1.2 (MG)
		Fiber	0.6 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS
 BERKELEY, IL 60163

803235

PINEAPPLE CUP

INGREDIENTS: Pineapple tidbits (pineapple, pineapple juice), pear or pineapple juice (water, pear or pineapple juice concentrate), crushed pineapple (pineapple, pineapple juice).

PREPARATION: KEEP FROZEN - SERVE THAWED.

803235-PRE4

40 3.28 OZ UNITS (NET WEIGHT 8.20 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: *Justin M. Michaels R.D./L.D.N.*

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

803236

NUTRIENT INFORMATION PER SERVING

Item Name	Mixed Fruit Cup	CALORIES	48.4 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.6 (GM)
CN Number:		CARBOHYDRATES	11.7 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.0 (GM)
Package Size:	3.28 (oz) 92.99 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	3.28 (oz) 92.99 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 3.28 oz serving of diced peaches, Pineapple tidbits, and diced pears	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	5.9 (RE)
	0.00 grain/bread equivalent	VITAMIN C	3.1 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Keep Frozen - Thaw and Serve	RIBOFLAVIN	0.0 (MG)
		NIACIN	0.3 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	CALCIUM	5.9 (MG)
		IRON	0.2 (MG)
		POTASSIUM	75.5 (MG)
		PHOSPHORUS	6.2 (MG)
		SODIUM	3.3 (MG)
		Fiber	0.9 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS
BERKELEY, IL 60163

803236

MIXED FRUIT CUP

INGREDIENTS: Diced peaches (peaches, water, sugar, citric acid), pineapple tidbits (pineapple, pineapple juice), diced pears (pears, water, pear juice concentrate, citric acid) , pear or pineapple juice (water, pear or pineapple juice concentrate).

PREPARATION: KEEP FROZEN - SERVE THAWED.

803236-PRE19

40 3.28 OZ UNITS (NET WEIGHT 8.20 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: *John M. Nichols RDL DR*

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **803240**

NUTRIENT INFORMATION PER SERVING

Item Name	Applesauce Cup		CALORIES	54.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.2 (GM)
CN Number:	0		CARBOHYDRATES	14.6 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.1 (GM)
Package Size:	4.58 (oz)	129.84 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	4.58 (oz)	129.84 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	1.7 (%)
Product Composition:	Consists of one 4.58 oz serving of Applesauce		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	1.3 (RE)
	0.00	grain/bread equivalent	VITAMIN C	27.5 (MG)
	1/2	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Keep Frozen. Thaw and Serve		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	0.1 (MG)
			CALCIUM	5.2 (MG)
			IRON	0.3 (MG)
			POTASSIUM	96.1 (MG)
			PHOSPHORUS	6.5 (MG)
			SODIUM	2.6 (MG)
			Fiber	1.4 (GM)

No Value-Indicates no information available

803240



DISTRIBUTED BY
 THE MARAMONT CORPORATION
 BROOKLYN, NY 11220

APPLESAUCE CUP

INGREDIENTS:

(Apples, water, ascorbic acid (to maintain color))

803240-MARA2

SHOP ORDER W80219638

THAW TO MAXIMUM OF 40 F.
 DO NOT USE AFTER 4 DAYS.

LOT 09127

KEEP FROZEN PACKED 40 4.58 OZ UNITS (NET WEIGHT 11.45 LBS) FOR INSTITUTIONAL USE ONLY

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

803241

NUTRIENT INFORMATION PER SERVING

Item Name	Cinnamon Applesauce		CALORIES	57.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.2 (GM)
CN Number:	0		CARBOHYDRATES	15.4 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.1 (GM)
Package Size:	4.60 (oz) 130.41 (g)		SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	4.60 (oz) 130.41 (g)		PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	1.6 (%)
Product Composition:	Consists of one 4.60 oz serving of Cinnamon Flavored Applesauce		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	1.5 (RE)
	0.00	grain/bread equivalent	VITAMIN C	27.5 (MG)
	1/2	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Keep Frozen. Thaw and Serve		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	0.1 (MG)
			CALCIUM	6.7 (MG)
			IRON	0.3 (MG)
			POTASSIUM	95.9 (MG)
			PHOSPHORUS	6.5 (MG)
			SODIUM	2.6 (MG)
			Fiber	1.5 (GM)

No Value-Indicates no information available

803241



DISTRIBUTED BY
THE MARAMONT CORPORATION
BROOKLYN, NY 11220

CINNAMON APPLESAUCE

INGREDIENTS:

APPLESAUCE (Apples, water, ascorbic acid (to maintain color)), SEASONING (DEXTROSE, SPICE, NATURAL FLAVORINGS, CINNAMIC ALDEHYDE.)

803241-MAR2

SHOP ORDER W8025632

THAW TO MAXIMUM OF 40 F.
DO NOT USE AFTER 4 DAYS.

LOT 09251

KEEP FROZEN PACKED 40 4.60 OZ UNITS (NET WEIGHT 11.50 LBS) FOR INSTITUTIONAL USE ONLY

Reviewed by: _____

Julie MacNichols R.D., L.D.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **803246**

NUTRIENT INFORMATION PER SERVING

Item Name	Peach Cup	CALORIES	61.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.2 (GM)
CN Number:		CARBOHYDRATES	15.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.0 (GM)
Package Size:	4.37 (oz) 123.89 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	4.37 (oz) 123.89 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 4.37 oz unit of Peach Cup	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	18.2 (RE)
	0.00 grain/bread equivalent	VITAMIN C	2.5 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Thaw before serving. Serve Chilled.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.6 (MG)
		CALCIUM	3.9 (MG)
		IRON	0.4 (MG)
		POTASSIUM	102.4 (MG)
		PHOSPHORUS	11.0 (MG)
		SODIUM	5.6 (MG)
		Fiber	1.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS
BERKELEY, IL 60163

803246

DICED PEACHES

INGREDIENTS: Diced peaches (peaches, water, sugar), pear or pineapple juice (water, pear or pineapple juice concentrate).

PREPARATION: KEEP FROZEN - SERVE THAWED.

803246-PRE3

40 4.37 OZ UNITS (NET WEIGHT 10.93 LBS)

KEEP FROZEN INSTITUTIONAL USE ONLY

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **803248**

NUTRIENT INFORMATION PER SERVING

Item Name	Diced Pear Cup	CALORIES	66.2 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.0 (GM)
CN Number:		CARBOHYDRATES	16.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.0 (GM)
Package Size:	4.46 (oz) 126.44 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	4.46 (oz) 126.44 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 4.46 oz serving of Diced Pears.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.3 (RE)
	0.00 grain/bread equivalent	VITAMIN C	0.8 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Thaw and Serve	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.2 (MG)
		CALCIUM	6.0 (MG)
		IRON	0.3 (MG)
		POTASSIUM	73.2 (MG)
		PHOSPHORUS	7.2 (MG)
		SODIUM	5.7 (MG)
		Fiber	1.6 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS
BERKELEY, IL 60163

803248

DICED PEARS

INGREDIENTS: Diced pears (diced pears, water, pear juice concentrate, citric acid), pear or pineapple juice (water, pear or pineapple juice concentrate).

PREPARATION: KEEP FROZEN - SERVE THAWED.

803248-PRE6

10160 40 4.46 OZ UNITS (NET WEIGHT 11.15 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: _____

Judith McNichols R.D., L.D.N.

Thursday, June 17, 2010 3:13:14PM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **803250**

NUTRIENT INFORMATION PER SERVING

Item Name	Pineapple Cup		CALORIES	67.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	2.2 (GM)
CN Number:			CARBOHYDRATES	16.2 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.1 (GM)
Package Size:	4.37 (oz) 123.89 (g)		SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	4.37 (oz) 123.89 (g)		PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	1.3 (%)
Product Composition:	Consists of one 4.37 oz serving of Pineapple Tidbits.		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	3.5 (RE)
	0.00	grain/bread equivalent	VITAMIN C	9.6 (MG)
	1/2	cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Thaw and Serve		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	0.2 (MG)
			CALCIUM	14.5 (MG)
			IRON	0.3 (MG)
			POTASSIUM	103.0 (MG)
			PHOSPHORUS	4.8 (MG)
			SODIUM	1.6 (MG)
			Fiber	0.8 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS
 BERKELEY, IL 60163

803250

PINEAPPLE CUP

INGREDIENTS: Pineapple tidbits (pineapple, water, sugar), pear or pineapple juice (water, pear or pineapple juice concentrate), crushed pineapple (pineapple, sugar, citric acid).

PREPARATION: KEEP FROZEN - SERVE THAWED.

803250-PRE4

40 4.37 OZ UNITS (NET WEIGHT 10.93 LBS)

KEEP FROZEN INSTITUTIONAL USE ONLY

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

Thursday, June 17, 2010 3:13:53PM

Product Specification Sheet

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

803251

NUTRIENT INFORMATION PER SERVING

Item Name	Strawberry Applesauce		CALORIES	56.2 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.2 (GM)
CN Number:	0		CARBOHYDRATES	14.9 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.1 (GM)
Package Size:	4.60 (oz) 130.41 (g)		SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	4.60 (oz) 130.41 (g)		PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	1.6 (%)
Product Composition:	Consists of one 4.60 oz serving of Strawberry Flavored Applesauce		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	1.3 (RE)
	0.00	grain/bread equivalent	VITAMIN C	27.5 (MG)
	1/2	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Thaw and Serve		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	0.1 (MG)
			CALCIUM	5.2 (MG)
			IRON	0.3 (MG)
			POTASSIUM	95.9 (MG)
			PHOSPHORUS	6.5 (MG)
			SODIUM	3.7 (MG)
			Fiber	1.4 (GM)
			TRANS FAT	0.0 (GM)

No Value-Indicates no information available

803251



DISTRIBUTED BY
THE MARAMONT CORPORATION
BROOKLYN, NY 11220

STRAWBERRY APPLESAUCE

INGREDIENTS:

APPLESAUCE (Apples, water, ascorbic acid (to maintain color)), NATURAL & ARTIFICIAL STRAWBERRY FLAVOR (water, propylene glycol, and red #40)

THAW TO MAXIMUM OF 40 F.
DO NOT USE AFTER 4 DAYS.

SHOP ORDER W80273813 LOT 10005
KEEP FROZEN PACKED 40 4.60 OZ UNITS (NET WEIGHT 11.50 LBS) FOR INSTITUTIONAL USE ONLY

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **803252**

NUTRIENT INFORMATION PER SERVING

Item Name	Mixed Fruit Cup	CALORIES	64.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.2 (GM)
CN Number:		CARBOHYDRATES	15.6 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.0 (GM)
Package Size:	4.37 (oz) 123.89 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	4.37 (oz) 123.89 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	0.0 (%)
Product Composition:	Consists of one 4.37oz serving of peaches, pineapple, and pear	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	7.8 (RE)
	0.00 grain/bread equivalent	VITAMIN C	4.2 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Thaw and Serve	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.4 (MG)
		CALCIUM	7.9 (MG)
		IRON	0.3 (MG)
		POTASSIUM	100.6 (MG)
		PHOSPHORUS	8.2 (MG)
		SODIUM	4.4 (MG)
		Fiber	1.2 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS
BERKELEY, IL 60163

803252

MIXED FRUIT CUP

INGREDIENTS: Diced peaches (peaches, water, sugar, citric acid), pineapple tidbits (pineapple, pineapple juice), diced pears (pears, water, sugar, citric acid), pear or pineapple juice (water, pear, pineapple or apple juice concentrate).

PREPARATION: KEEP FROZEN - SERVE THAWED.

803252-PRE13

10117 40 4.37 OZ UNITS (NET WEIGHT 10.93 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

Julie Mc Nichols R.D, LON

Thursday, June 17, 2010 3:24:51PM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

@apple

NUTRIENT INFORMATION PER SERVING

Item Name	Fresh Apple		CALORIES	64.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.3 (GM)
CN Number:			CARBOHYDRATES	16.9 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.2 (GM)
Package Size:	0.00 (oz)	0.00 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:			MonoFat	0.0 (GM)
Weight Per Serving:	0.00 (oz)	0.00 (g)	PolyFat	0.1 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	2.8 (%)
Product Composition:			CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	4.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	5.6 (MG)
	1	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	serve fresh		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	USDA Database		NIACIN	0.1 (MG)
			CALCIUM	7.0 (MG)
			IRON	0.2 (MG)
			POTASSIUM	131.0 (MG)
			PHOSPHORUS	13.0 (MG)
			SODIUM	1.0 (MG)
			Fiber	2.9 (GM)

No Value-Indicates no information available

The information on this sheet is for informational purposes only. It is not intended to be used as a substitute for professional medical advice. © 2010 Preferred Meal Systems, Inc.

Reviewed by: Justin M. Miller R.D., L.D.

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

7521

NUTRIENT INFORMATION PER SERVING

Item Name	Fresh Apple		CALORIES	64.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.3 (GM)
CN Number:			CARBOHYDRATES	16.9 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.2 (GM)
Package Size:	0.00 (oz)	0.00 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	0.00 (oz)	0.00 (g)	PolyFat	0.1 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	2.8 (%)
Product Composition:			CHOLESTEROL	0.0 (MG)
			VITAMIN A	4.0 (RE)
			VITAMIN C	5.6 (MG)
			THIAMIN	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	RIBOFLAVIN	0.0 (MG)
	0.00	grain/bread equivalent	NIACIN	0.1 (MG)
	1	cup fruit/vegetable	CALCIUM	7.0 (MG)
Preparation Instructions:	Serve Fresh		IRON	0.2 (MG)
			POTASSIUM	131.0 (MG)
			PHOSPHORUS	13.0 (MG)
Source of Nutritional Information:	USDA database		SODIUM	1.0 (MG)
			Fiber	2.9 (GM)

No Value-Indicates no information available

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

Reviewed by: _____

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

7533

NUTRIENT INFORMATION PER SERVING

Item Name	FRESH FRUIT-APPLE		CALORIES	64.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.3 (GM)
CN Number:			CARBOHYDRATES	16.9 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.2 (GM)
Package Size:	0.00 (oz)	0.00 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	0.00 (oz)	0.00 (g)	PolyFat	0.1 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	2.8 (%)
Product Composition:			CHOLESTEROL	0.0 (MG)
			VITAMIN A	4.0 (RE)
			VITAMIN C	5.6 (MG)
			THIAMIN	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	RIBOFLAVIN	0.0 (MG)
	0.00	grain/bread equivalent	NIACIN	0.1 (MG)
	1	cup fruit/vegetable	CALCIUM	7.0 (MG)
Preparation Instructions:	Serve fresh		IRON	0.2 (MG)
			POTASSIUM	131.0 (MG)
			PHOSPHORUS	13.0 (MG)
Source of Nutritional Information:	USDA database		SODIUM	1.0 (MG)
			Fiber	2.9 (GM)

No Value-Indicates no information available

Reviewed by:

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

@banana

NUTRIENT INFORMATION PER SERVING

Item Name	Fresh Banana		CALORIES	112.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	1.4 (GM)
CN Number:			CARBOHYDRATES	28.8 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.4 (GM)
Package Size:	0.00 (oz)	0.00 (g)	SATURATED FAT	0.1 (GM)
Servings Per Package:			MonoFat	0.0 (GM)
Weight Per Serving:	0.00 (oz)	0.00 (g)	PolyFat	0.1 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	3.2 (%)
Product Composition:			CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	4.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	11.0 (MG)
	1/2	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	serve fresh		RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	USDA Database		NIACIN	0.8 (MG)
			CALCIUM	6.0 (MG)
			IRON	0.3 (MG)
			POTASSIUM	451.0 (MG)
			PHOSPHORUS	28.0 (MG)
			SODIUM	1.0 (MG)
			Fiber	3.3 (GM)

No Value-Indicates no information available

Reviewed by:

John M. Miller, RD, LD

Friday, May 28, 2010 12:07:18PM

Product Specification Sheet

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

7540

NUTRIENT INFORMATION PER SERVING

Item Name	FRESH FRUIT-BANANA		CALORIES	112.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	1.4 (GM)
CN Number:			CARBOHYDRATES	28.8 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.4 (GM)
Package Size:	0.00 (oz)	0.00 (g)	SATURATED FAT	0.1 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	0.00 (oz)	0.00 (g)	PolyFat	0.1 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	3.2 (%)
Product Composition:			CHOLESTEROL	0.0 (MG)
			VITAMIN A	4.0 (RE)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN C	11.0 (MG)
	0.00	grain/bread equivalent	THIAMIN	0.0 (MG)
	1/2	cup fruit/vegetable	RIBOFLAVIN	0.1 (MG)
Preparation Instructions:	Serve Fresh		NIACIN	0.8 (MG)
			CALCIUM	6.0 (MG)
Source of Nutritional Information:	USDA Database		IRON	0.3 (MG)
			POTASSIUM	451.0 (MG)
			PHOSPHORUS	28.0 (MG)
			SODIUM	1.0 (MG)
			Fiber	3.3 (GM)

No Value-Indicates no information available

Reviewed by: _____

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

@orange

NUTRIENT INFORMATION PER SERVING

Item Name	Fresh Orange		CALORIES	75.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	1.4 (GM)
CN Number:			CARBOHYDRATES	19.3 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.2 (GM)
Package Size:	0.00 (oz)	0.00 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:			MonoFat	0.0 (GM)
Weight Per Serving:	0.00 (oz)	0.00 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	2.4 (%)
Product Composition:			CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	18.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	91.0 (MG)
	1/2	cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	serve fresh		RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	USDA Database		NIACIN	0.7 (MG)
			CALCIUM	66.0 (MG)
			IRON	0.2 (MG)
			POTASSIUM	256.0 (MG)
			PHOSPHORUS	35.0 (MG)
			SODIUM	2.0 (MG)
			Fiber	3.4 (GM)

No Value-Indicates no information available

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **7523**

NUTRIENT INFORMATION PER SERVING

Item Name	Fresh Orange		CALORIES	75.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	1.4 (GM)
CN Number:			CARBOHYDRATES	19.3 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.2 (GM)
Package Size:	0.00 (oz)	0.00 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	0.00 (oz)	0.00 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	2.4 (%)
Product Composition:			CHOLESTEROL	0.0 (MG)
			VITAMIN A	18.0 (RE)
			VITAMIN C	91.0 (MG)
			THIAMIN	0.1 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	RIBOFLAVIN	0.1 (MG)
	0.00	grain/bread equivalent	NIACIN	0.7 (MG)
	1/2	cup fruit/vegetable	CALCIUM	66.0 (MG)
Preparation Instructions:	Serve Fresh		IRON	0.2 (MG)
			POTASSIUM	256.0 (MG)
			PHOSPHORUS	35.0 (MG)
Source of Nutritional Information:	USDA database		SODIUM	2.0 (MG)
			Fiber	3.4 (GM)

No Value-Indicates no information available

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

7539

NUTRIENT INFORMATION PER SERVING

Item Name	FRESH FRUIT-ORANGE		CALORIES	75.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	1.4 (GM)
CN Number:			CARBOHYDRATES	19.3 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.2 (GM)
Package Size:	0.00 (oz)	0.00 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	0.00 (oz)	0.00 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	2.4 (%)
Product Composition:			CHOLESTEROL	0.0 (MG)
			VITAMIN A	18.0 (RE)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN C	91.0 (MG)
	0.00	grain/bread equivalent	THIAMIN	0.1 (MG)
	1/2	cup fruit/vegetable	RIBOFLAVIN	0.1 (MG)
Preparation Instructions:	Serve Fresh		NIACIN	0.7 (MG)
			CALCIUM	66.0 (MG)
Source of Nutritional Information:	USDA database		IRON	0.2 (MG)
			POTASSIUM	256.0 (MG)
			PHOSPHORUS	35.0 (MG)
			SODIUM	2.0 (MG)
			Fiber	3.4 (GM)

No Value-Indicates no information available

Reviewed by: _____

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item @pear

NUTRIENT INFORMATION PER SERVING

Item Name	Fresh Pear		CALORIES	96.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.6 (GM)
CN Number:			CARBOHYDRATES	25.7 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.2 (GM)
Package Size:	0.00 (oz)	0.00 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:			MonoFat	0.0 (GM)
Weight Per Serving:	0.00 (oz)	0.00 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	1.9 (%)
Product Composition:			CHOLESTEROL	0.0 (MG)
			VITAMIN A	2.0 (RE)
			VITAMIN C	7.0 (MG)
			THIAMIN	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	RIBOFLAVIN	0.0 (MG)
	0.00	grain/bread equivalent	NIACIN	0.3 (MG)
	1/2	cup fruit/vegetable	CALCIUM	15.0 (MG)
Preparation Instructions:	serve fresh		IRON	0.3 (MG)
			POTASSIUM	198.0 (MG)
			PHOSPHORUS	18.0 (MG)
Source of Nutritional Information:	USDA Database		SODIUM	2.0 (MG)
			Fiber	5.1 (GM)

No Value-Indicates no information available

Reviewed by: Justin McManis RD/LDN

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

7524

NUTRIENT INFORMATION PER SERVING

Item Name	Fresh Pear		CALORIES	96.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.6 (GM)
CN Number:			CARBOHYDRATES	25.7 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.2 (GM)
Package Size:	0.00 (oz)	0.00 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	0.00 (oz)	0.00 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	1.9 (%)
Product Composition:			CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	2.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	7.0 (MG)
	1/2	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Serve Fresh		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	USDA database		NIACIN	0.3 (MG)
			CALCIUM	15.0 (MG)
			IRON	0.3 (MG)
			POTASSIUM	198.0 (MG)
			PHOSPHORUS	18.0 (MG)
			SODIUM	2.0 (MG)
			Fiber	5.1 (GM)

No Value-Indicates no information available

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

Reviewed by: _____

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

7742

NUTRIENT INFORMATION PER SERVING

Item Name	FRESH FRUIT-PEAR		CALORIES	96.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.6 (GM)
CN Number:			CARBOHYDRATES	25.7 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.2 (GM)
Package Size:	0.00 (oz)	0.00 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	0.00 (oz)	0.00 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	1.9 (%)
Product Composition:			CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	2.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	7.0 (MG)
	1/2	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Serve Fresh		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	USDA database		NIACIN	0.3 (MG)
			CALCIUM	15.0 (MG)
			IRON	0.3 (MG)
			POTASSIUM	198.0 (MG)
			PHOSPHORUS	18.0 (MG)
			SODIUM	2.0 (MG)
			Fiber	5.1 (GM)

No Value-Indicates no information available

Reviewed by: _____

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

NUTRIENT INFORMATION PER SERVING

Item Name	Fresh Baby Carrots		CALORIES	20.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.4 (GM)
CN Number:			CARBOHYDRATES	4.7 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	0.1 (GM)
Package Size:	2.00 (oz) 56.70 (g)		SATURATED FAT	0.0 (GM)
Servings Per Package:			MonoFat	0.0 (GM)
Weight Per Serving:	2.00 (oz) 56.70 (g)		PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	4.5 (%)
Product Composition:	Consists of one 2oz serving of Baby Carrots.		CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	391.0 (RE)
	0.00	grain/bread equivalent	VITAMIN C	1.5 (MG)
	3/8	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Serve Fresh.		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	USDA Database		NIACIN	0.3 (MG)
			CALCIUM	18.0 (MG)
			IRON	0.5 (MG)
			POTASSIUM	134.0 (MG)
			PHOSPHORUS	16.0 (MG)
			SODIUM	44.0 (MG)
			Fiber	1.6 (GM)

No Value-Indicates no information available

Reviewed by:

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

NUTRIENT INFORMATION PER SERVING

Item Name	Shredded Lettuce	CALORIES	6.0 (KCAL)
		PROTEIN	0.4 (GM)
		CARBOHYDRATES	1.2 (GM)
		TOTAL FAT	0.1 (GM)
Brand:	Preferred Meal Systems, Inc.	SATURATED FAT	0.0 (GM)
CN Number:		MonoFat	0.0 (GM)
Basis for Data Submitted:	As Served	PolyFat	0.0 (GM)
Package Size:	0.00 (oz) 0.00 (g)	% Calories from Fat	15.0 (%)
Servings Per Package:		CHOLESTEROL	0.0 (MG)
Weight Per Serving:	1.44 (oz) 40.82 (g)	VITAMIN A	10.0 (RE)
Nutrients based on:	1 Serving	VITAMIN C	1.1 (MG)
Product Composition:	Consists of 1.44 oz serving of Shredded Lettuce.	THIAMIN	0.0 (MG)
		RIBOFLAVIN	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	NIACIN	0.1 (MG)
	0.00 grain/bread equivalent	CALCIUM	7.0 (MG)
	1/2 cup fruit/vegetable	IRON	0.2 (MG)
Preparation Instructions:	Keep Refrigerated. Portion and Serve.	POTASSIUM	58.0 (MG)
		PHOSPHORUS	8.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	SODIUM	4.0 (MG)
		Fiber	0.5 (GM)

No Value-Indicates no information available

Reviewed by: _____

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

NUTRIENT INFORMATION PER SERVING

Item Name	Romaine Lettuce	CALORIES	5.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.4 (GM)
CN Number:		CARBOHYDRATES	1.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.1 (GM)
Package Size:	0.00 (oz) 0.00 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:		MonoFat	0.0 (GM)
Weight Per Serving:	1.02 (oz) 28.92 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	18.0 (%)
Product Composition:	Consists of 1.02oz servings of romaine lettuce.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	126.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	6.9 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Keep Refrigerated. Portion and Serve.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.1 (MG)
		CALCIUM	10.0 (MG)
		IRON	0.3 (MG)
		POTASSIUM	71.0 (MG)
		PHOSPHORUS	9.0 (MG)
		SODIUM	2.0 (MG)
		Fiber	0.6 (GM)

No Value-Indicates no information available

Reviewed by: _____

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

NUTRIENT INFORMATION PER SERVING

Item Name	Salad Mix	CALORIES	6.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.4 (GM)
CN Number:		CARBOHYDRATES	1.2 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	0.1 (GM)
Package Size:	0.00 (oz) 0.00 (g)	SATURATED FAT	0.0 (GM)
Servings Per Package:		MonoFat	0.0 (GM)
Weight Per Serving:	1.21 (oz) 34.36 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	15.0 (%)
Product Composition:	Consists of 1.212oz serving of Salad Mix.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	87.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	8.3 (MG)
	1/2 cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Keep refrigerated. Portion and Serve.	RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	0.2 (MG)
		CALCIUM	8.0 (MG)
		IRON	0.3 (MG)
		POTASSIUM	73.0 (MG)
		PHOSPHORUS	12.0 (MG)
		SODIUM	6.0 (MG)
		Fiber	0.4 (GM)

No Value-Indicates no information available

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