

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

2201

NUTRIENT INFORMATION PER SERVING

Item Name	HAMBURGER AND CORN (40)	<table border="0"> <tr><td>CALORIES</td><td>226.0 (KCAL)</td></tr> <tr><td>PROTEIN</td><td>15.8 (GM)</td></tr> <tr><td>CARBOHYDRATES</td><td>14.5 (GM)</td></tr> <tr><td>TOTAL FAT</td><td>12.4 (GM)</td></tr> <tr><td>SATURATED FAT</td><td>4.3 (GM)</td></tr> <tr><td>MonoFat</td><td>2.2 (GM)</td></tr> <tr><td>PolyFat</td><td>1.4 (GM)</td></tr> <tr><td>% Calories from Fat</td><td>49.4 (%)</td></tr> <tr><td>CHOLESTEROL</td><td>44.6 (MG)</td></tr> <tr><td>VITAMIN A</td><td>18.3 (RE)</td></tr> <tr><td>VITAMIN C</td><td>4.0 (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>1.9 (MG)</td></tr> <tr><td>CALCIUM</td><td>31.3 (MG)</td></tr> <tr><td>IRON</td><td>1.6 (MG)</td></tr> <tr><td>POTASSIUM</td><td>604.0 (MG)</td></tr> <tr><td>PHOSPHORUS</td><td>136.6 (MG)</td></tr> <tr><td>SODIUM</td><td>269.6 (MG)</td></tr> <tr><td>Fiber</td><td>1.3 (GM)</td></tr> </table>	CALORIES	226.0 (KCAL)	PROTEIN	15.8 (GM)	CARBOHYDRATES	14.5 (GM)	TOTAL FAT	12.4 (GM)	SATURATED FAT	4.3 (GM)	MonoFat	2.2 (GM)	PolyFat	1.4 (GM)	% Calories from Fat	49.4 (%)	CHOLESTEROL	44.6 (MG)	VITAMIN A	18.3 (RE)	VITAMIN C	4.0 (MG)	THIAMIN	0.1 (MG)	RIBOFLAVIN	0.1 (MG)	NIACIN	1.9 (MG)	CALCIUM	31.3 (MG)	IRON	1.6 (MG)	POTASSIUM	604.0 (MG)	PHOSPHORUS	136.6 (MG)	SODIUM	269.6 (MG)	Fiber	1.3 (GM)
CALORIES	226.0 (KCAL)																																									
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PHOSPHORUS	136.6 (MG)																																									
SODIUM	269.6 (MG)																																									
Fiber	1.3 (GM)																																									
Brand:	Preferred Meal Systems, Inc.																																									
CN Number:																																										
Basis for Data Submitted:	As Served																																									
Package Size:	4.30 (oz) 121.91 (g)																																									
Servings Per Package:	1																																									
Weight Per Serving:	4.30 (oz) 121.91 (g)																																									
Nutrients based on:	1 Serving																																									
Product Composition:	Consists of 4.30 oz serving of Beef and Chicken Patty with Corn.																																									
Meal Contributions:	2.00 oz.meat/meat alternative 0.00 grain/bread equivalent 3/8 cup fruit/vegetable																																									
Preparation Instructions:	Cook 16-18 minutes in a 325 degree fahrenheit oven to a minimum of 165 degrees fahrenheit as verified by a food thermometer.																																									
Source of Nutritional Information:	Ingredient suppliers and/or USDA database																																									

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



2201

COOK AND SERVE
BEEF AND CHICKEN PATTIE (SMOKE FLAVORING ADDED) LUNCH
CORN IN SEASONED SAUCE AND BEEF AND CHICKEN PATTIE (SMOKE FLAVORING ADDED)

INGREDIENTS: CORN IN SEASONED SAUCE (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)); FULLY COOKED CHARBROILED BEEF AND CHICKEN PATTIE (smoked flavoring added) (ground beef (not more than 30% fat), mechanically separated chicken, water, vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), (may contain caramel color), (may contain soy lecithin)), salt, black pepper, hydrolyzed vegetable protein (hydrolyzed corn gluten, soy protein, and wheat gluten, autolyzed yeast extract, partially hydrogenated cottonseed and soy oil, thiamine HCl, dextrose, disodium inosinate and disodium guanylate, and lactic acid), onion powder, smoke flavor, garlic powder).
CONTAINS: SOY, WHEAT

COOKING INSTRUCTION: Cook 16-18 minutes in a 325°oven to a minimum of 165°F. as verified by a food thermometer.

2201-A2

40 4.30 OZ UNITS (NET WEIGHT 10.75 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: _____

Judith Mc Nichols R D, L D V

Friday, July 9, 2010 11:52:16AM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

2202

NUTRIENT INFORMATION PER SERVING

Item Name	HAMBURGER W/ POTATO ROUNDS	CALORIES	265.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	11.4 (GM)
CN Number:	078106	CARBOHYDRATES	14.6 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	15.1 (GM)
Package Size:	3.94 (oz) 111.70 (g)	SATURATED FAT	6.9 (GM)
Servings Per Package:	1	MonoFat	0.7 (GM)
Weight Per Serving:	3.94 (oz) 111.70 (g)	PolyFat	0.3 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	51.2 (%)
Product Composition:	Consists of one 3.94 oz serving Hamburger & Potato Rounds	CHOLESTEROL	30.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	20.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C	0.0 (MG)
	3/8 cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 18-22 minutes in a 325 degrees oven to a minimum of 165 f.	RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	
		CALCIUM	20.0 (MG)
		IRON	1.3 (MG)
		POTASSIUM	190.3 (MG)
		PHOSPHORUS	
		SODIUM	585.4 (MG)
		Fiber	2.4 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



2202

COOK AND SERVE

BEEF AND CHICKEN PATTIE (SMOKE FLAVORING ADDED) WITH POTATO ROUNDS

INGREDIENTS: FULLY COOKED CHARBROILED BEEF AND CHICKEN PATTIE (smoked flavoring added) (ground beef (not more than 30% fat), mechanically separated chicken, water, vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), (may contain caramel color), (may contain soy lecithin)), salt, black pepper, hydrolyzed vegetable protein (hydrolyzed corn gluten, soy protein, and wheat gluten, autolyzed yeast extract, partially hydrogenated cottonseed and soy oil, thiamine HCl, dextrose, disodium inosinate and disodium guanylate, and lactic acid), onion powder, smoke flavor, garlic powder); POTATO ROUNDS (potatoes, vegetable oil (palm, sunflower, cottonseed, partially hydrogenated soybean, soybean, partially hydrogenated cottonseed, and/or canola), dextrose, disodium dihydrogen pyrophosphate).

CONTAINS: SOY, WHEAT

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

2202-CNA2

CN ————— 078106 ————— CN

One 3.94 oz unit of Beef and Chicken Pattie with Potato Rounds (6 pc) provides 2.00 oz equivalent
CN meat/meat alternate and 3/8 cup vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo
and statement authorized by the Food and Nutrition Service, USDA 05-10.) CN

CN —————

40 3.94 OZ UNITS (NET WEIGHT 9.85 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **2208**

NUTRIENT INFORMATION PER SERVING

Item Name	CHEESEBURGER/FRENCH FRIES		CALORIES	282.9 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	15.4 (GM)
CN Number:			CARBOHYDRATES	17.4 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	16.7 (GM)
Package Size:	4.39 (oz) 124.46 (g)		SATURATED FAT	6.6 (GM)
Servings Per Package:	1		MonoFat	3.7 (GM)
Weight Per Serving:	4.39 (oz) 124.46 (g)		PolyFat	0.9 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	53.1 (%)
Product Composition:	Consists of one 4.39oz serving of Cheeseburger with French Fries		CHOLESTEROL	47.8 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	35.5 (RE)
	0.00	grain/bread equivalent	VITAMIN C	6.4 (MG)
	1/2	cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 18-22 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	2.0 (MG)
			CALCIUM	100.5 (MG)
			IRON	1.0 (MG)
			POTASSIUM	400.2 (MG)
			PHOSPHORUS	144.7 (MG)
			SODIUM	571.5 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



2208

COOK AND SERVE

**BEEF AND CHICKEN PATTIE (SMOKE FLAVORING ADDED) WITH CHEESE LUNCH
FRENCH FRIED POTATOES AND BEEF AND CHICKEN PATTIE (SMOKE FLAVORING ADDED) WITH CHEESE**

INGREDIENTS: FRENCH FRIED POTATOES (potatoes, non-hydrogenated vegetable oil, dextrose, sodium acid pyrophosphate); FULLY COOKED CHARBROILED BEEF AND CHICKEN PATTIE WITH CHEESE (Fully cooked charbroiled beef and chicken pattie (smoke flavoring added) (ground beef (not more than 30% fat), mechanically separated chicken, water, vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), (may contain caramel color), (may contain soy lecithin)), salt, black pepper, hydrolyzed vegetable protein (hydrolyzed corn gluten, soy protein, and wheat gluten, autolyzed yeast extract, partially hydrogenated cottonseed and soy oil, thiamine HCl, dextrose, disodium inosinate and disodium guanylate, and lactic acid), onion powder, smoke flavor, garlic powder), pasteurized process American cheese (American cheese (milk, salt, cheese culture, enzymes), water, cream, sodium citrate, salt, sorbic acid (added as a preservative), soy lecithin (non-sticking agent), APO blend, sodium phosphate, annatto vegetable color, modified soy lecithin)).
CONTAINS: MILK, SOY, WHEAT

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

2208-A1

40 4.39 OZ UNITS (NET WEIGHT 10.98 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

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

Friday, July 9, 2010 9:53:47AM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **2215**

NUTRIENT INFORMATION PER SERVING

Item Name	MEATLOAF W/ GRAVY & MASHED POTATOES	CALORIES	280.9 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	16.7 (GM)
CN Number:		CARBOHYDRATES	19.7 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	15.1 (GM)
Package Size:	7.52 (oz) 213.19 (g)	SATURATED FAT	4.7 (GM)
Servings Per Package:	1	MonoFat	3.0 (GM)
Weight Per Serving:	7.52 (oz) 213.19 (g)	PolyFat	2.9 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	48.4 (%)
Product Composition:	Consists of one 7.52 ounce unit of Meatloaf with Gravy and Mashed Potatoes.	CHOLESTEROL	45.1 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	61.7 (RE)
	0.00 grain/bread equivalent	VITAMIN C	45.1 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 20-24 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	1.1 (MG)
		CALCIUM	69.3 (MG)
		IRON	1.7 (MG)
		POTASSIUM	259.1 (MG)
		PHOSPHORUS	120.9 (MG)
		SODIUM	946.2 (MG)
		Fiber	1.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

2215

BROILED BEEF AND CHICKEN MEATLOAF PATTY WITH BROWN GRAVY AND MASHED POTATOES

INGREDIENTS: BROILED BEEF AND CHICKEN MEATLOAF PATTY WITH BROWN GRAVY (broiled beef and chicken meatloaf patty (ground beef (not more than 30% fat), mechanically separated chicken, water, chicken, textured vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), seasoning (dehydrated red and green bell pepper, tomato powder, salt, potassium chloride, dehydrated onion, hydrolyzed soy protein, dextrose, beef fat, powdered worcestershire sauce (molasses, vinegar, corn syrup, salt, caramel color, garlic, sugar, spice, tamarind, natural flavor), maltodextrin, spices, spice extractive)), bread crumbs (enriched flour (flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, nonfat milk, yeast, contains 2% or less of the following: soybean oil, salt, dough conditioners (mono and diglycerides, ethoxylated mono and diglycerides, sodium stearoyl lactylate, yeast nutrients (monocalcium phosphate, ammonium sulfate, calcium sulfate), calcium propionate (a preservative))); brown gravy (water, seasoning (food starch-modified, maltodextrin, dextrose, bleached enriched flour (malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), hydrolyzed soy protein, butter (salt, cream), salt, nonfat milk, hydroxypropyl methylcellulose gum, dehydrated onion, soybean oil, caramel color powder, autolyzed yeast, spice, spice extractives)); 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; com oil, vitamin A palmitate).

PREPARATION: Cook 20-24 minutes in a 325° oven to a minimum of 160°F.

2215-PRE1

4321

40 7.52 OZ UNITS (NET WEIGHT 18.8 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: _____

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

Friday, July 9, 2010 11:50:25AM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

2221

NUTRIENT INFORMATION PER SERVING

<p>Item Name MEATBALLS W/TOM SAUCE & GR BNS</p> <p>Brand: Preferred Meal Systems, Inc.</p> <p>CN Number:</p> <p>Basis for Data Submitted: As Served</p> <p>Package Size: 6.79 (oz) 192.50 (g)</p> <p>Servings Per Package: 1</p> <p>Weight Per Serving: 6.79 (oz) 192.50 (g)</p> <p>Nutrients based on: 1 Serving</p> <p>Product Composition: Consists of one 6.79oz serving of meatballs with tomato sauce and green beans.</p> <p>Meal Contributions: 2.00 oz.meat/meat alternative 0.00 grain/bread equivalent 1/2 cup fruit/vegetable</p> <p>Preparation Instructions: Cook 28-32 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.</p> <p>Source of Nutritional Information: Ingredient suppliers and/or USDA database</p>	<table> <tr><td>CALORIES</td><td>169.1 (KCAL)</td></tr> <tr><td>PROTEIN</td><td>12.8 (GM)</td></tr> <tr><td>CARBOHYDRATES</td><td>14.1 (GM)</td></tr> <tr><td>TOTAL FAT</td><td>7.1 (GM)</td></tr> <tr><td>SATURATED FAT</td><td>2.6 (GM)</td></tr> <tr><td>MonoFat</td><td>0.2 (GM)</td></tr> <tr><td>PolyFat</td><td>0.5 (GM)</td></tr> <tr><td>% Calories from Fat</td><td>37.8 (%)</td></tr> <tr><td>CHOLESTEROL</td><td>32.1 (MG)</td></tr> <tr><td>VITAMIN A</td><td>136.0 (RE)</td></tr> <tr><td>VITAMIN C</td><td>11.2 (MG)</td></tr> <tr><td>THIAMIN</td><td>0.2 (MG)</td></tr> <tr><td>RIBOFLAVIN</td><td>0.2 (MG)</td></tr> <tr><td>NIACIN</td><td>2.7 (MG)</td></tr> <tr><td>CALCIUM</td><td>53.3 (MG)</td></tr> <tr><td>IRON</td><td>2.2 (MG)</td></tr> <tr><td>POTASSIUM</td><td>109.3 (MG)</td></tr> <tr><td>PHOSPHORUS</td><td>20.3 (MG)</td></tr> <tr><td>SODIUM</td><td>609.7 (MG)</td></tr> <tr><td>Fiber</td><td>2.6 (GM)</td></tr> </table>	CALORIES	169.1 (KCAL)	PROTEIN	12.8 (GM)	CARBOHYDRATES	14.1 (GM)	TOTAL FAT	7.1 (GM)	SATURATED FAT	2.6 (GM)	MonoFat	0.2 (GM)	PolyFat	0.5 (GM)	% Calories from Fat	37.8 (%)	CHOLESTEROL	32.1 (MG)	VITAMIN A	136.0 (RE)	VITAMIN C	11.2 (MG)	THIAMIN	0.2 (MG)	RIBOFLAVIN	0.2 (MG)	NIACIN	2.7 (MG)	CALCIUM	53.3 (MG)	IRON	2.2 (MG)	POTASSIUM	109.3 (MG)	PHOSPHORUS	20.3 (MG)	SODIUM	609.7 (MG)	Fiber	2.6 (GM)
CALORIES	169.1 (KCAL)																																								
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SODIUM	609.7 (MG)																																								
Fiber	2.6 (GM)																																								

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



2221

COOK AND SERVE

TOMATO SAUCE WITH BEEF MEATBALLS (TEXTURED VEGETABLE PROTEIN PRODUCT ADDED) AND GREEN BEANS IN SEASONED SAUCE

INGREDIENTS: TOMATO SAUCE WITH BEEF MEATBALLS (tomato sauce (tomato puree (tomato paste (not less than 28% NTSS, water), seasoning (sugar, salt, dextrose, dehydrated onion, food starch-modified, romano cheese solids from cow's milk (pasteurized milk, cheese cultures, salt, enzymes), spices, cultured nonfat milk, partially hydrogenated soybean oil, whey, extractive of garlic), food starch-modified, artificial color (canthaxanthin)), fully cooked beef meatballs (textured vegetable protein product added) (ground beef (not more than 25% fat), water, textured vegetable protein product (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), seasoning (salt, sugar, dehydrated onion, spices, garlic powder, parsley flakes, autolyzed yeast, vegetable oil, sodium phosphate, potassium lactate), frozen whole egg)); GREEN BEANS IN SEASONED SAUCE (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: EGG, MILK, SOY

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

M2221-DL19

40 6.79 OZ UNITS (NET WEIGHT 16.98 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **2231**

NUTRIENT INFORMATION PER SERVING

Item Name	HOT DOG W/ BAKED BEANS	CALORIES 253.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN 11.3 (GM)
CN Number:		CARBOHYDRATES 17.8 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT 16.0 (GM)
Package Size:	5.46 (oz) 154.79 (g)	SATURATED FAT 6.0 (GM)
Servings Per Package:	1	MonoFat
Weight Per Serving:	5.46 (oz) 154.79 (g)	PolyFat
Nutrients based on:	1 Serving	% Calories from Fat 56.9 (%)
Product Composition:	Consists of one 5.46 oz serving of Beef Frankfurter with Vegetarian Beans.	CHOLESTEROL 35.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A 0.0 (RE)
	0.00 grain/bread equivalent	VITAMIN C 0.0 (MG)
	3/8 cup fruit/vegetable	THIAMIN
Preparation Instructions:	Heat 16-18 minutes in a 325 degree F. 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 39.1 (MG)
		IRON 2.1 (MG)
		POTASSIUM 290.0 (MG)
		PHOSPHORUS
		SODIUM 791.6 (MG)
		Fiber 4.5 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



2231

HEAT AND SERVE
BEEF FRANKFURTER LUNCH
VEGETARIAN BEANS WITH BEEF FRANKFURTER

INGREDIENTS: VEGETARIAN BEANS (beans, water, sugar, corn syrup, tomato paste, salt, paprika, onion powder and natural flavorings); BEEF FRANKFURTER (beef, water, less than 2% of the following: flavoring, salt, corn syrup solids, potassium lactate, sodium diacetate, sodium erythorbate, oleoresin of paprika, sodium nitrite).

HEATING INSTRUCTION: Heat 16-18 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

2231-K2

40 5.46 OZ UNITS (NET WEIGHT 13.65 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

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

Friday, August 6, 2010 7:33:17AM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **2236** NUTRIENT INFORMATION PER SERVING

Item Name	CHICKEN FILLETW/ GREEN BEANS	CALORIES	246.1 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	15.1 (GM)
CN Number:		CARBOHYDRATES	16.4 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	13.5 (GM)
Package Size:	5.18 (oz) 146.85 (g)	SATURATED FAT	2.6 (GM)
Servings Per Package:	1	MonoFat	0.2 (GM)
Weight Per Serving:	5.18 (oz) 146.85 (g)	PolyFat	0.5 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	49.4 (%)
Product Composition:	Consists of one 5.18 oz unit of chicken fillet and green beans	CHOLESTEROL	40.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	75.3 (RE)
	1.00 grain/bread equivalent	VITAMIN C	7.6 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 15-18 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	6.3 (MG)
		CALCIUM	50.9 (MG)
		IRON	2.5 (MG)
		POTASSIUM	109.2 (MG)
		PHOSPHORUS	18.8 (MG)
		SODIUM	382.1 (MG)
		Fiber	1.5 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



2236

COOK AND SERVE
BREADED CHICKEN BREAST PATTY AND GREEN BEANS IN SEASONED SAUCE

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

2236-PP-14-0-0

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

20 5.18 OZ UNITS (NET WEIGHT 6.48 LBS)

KEEP FROZEN INSTITUTIONAL USE ONLY

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

2242

NUTRIENT INFORMATION PER SERVING

Item Name	GRLD CHK PATTY / GREEN BEANS	CALORIES	144.1 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	16.1 (GM)
CN Number:		CARBOHYDRATES	4.4 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	7.0 (GM)
Package Size:	4.63 (oz) 131.26 (g)	SATURATED FAT	1.8 (GM)
Servings Per Package:	1	MonoFat	0.2 (GM)
Weight Per Serving:	4.63 (oz) 131.26 (g)	PolyFat	0.5 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	43.7 (%)
Product Composition:	Consists of one 4.63oz serving of grilled chicken patty with green beans.	CHOLESTEROL	40.0 (MG)
Meal Contributions:	2.25 oz.meat/meat alternative	VITAMIN A	27.9 (RE)
	0.00 grain/bread equivalent	VITAMIN C	7.6 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 24-27 minutes in a 325 degree oven to a minimum of 165F as verified by a food thermometer.	RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient supplier and/or USDA database	NIACIN	0.3 (MG)
		CALCIUM	51.9 (MG)
		IRON	1.2 (MG)
		POTASSIUM	109.2 (MG)
		PHOSPHORUS	18.8 (MG)
		SODIUM	292.1 (MG)
		Fiber	1.5 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



2242

COOK AND SERVE

ROASTED CHICKEN BREAST PATTIE WITH GREEN BEANS IN SEASONED SAUCE

INGREDIENTS: FULLY COOKED ROASTED CHICKEN BREAST PATTIE (boneless skinless chicken breast meat, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), seasoning (salt, maltodextrin, dextrose, modified corn starch, torula yeast, grill flavor (from sunflower oil), corn syrup solids, disodium inosinate and disodium guanylate, sulfites up to 16PPM)), salt, sodium phosphates, sugar, white pepper, onion powder and citric acid); **GREEN BEANS IN SEASONED SAUCE** (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 INSTRUCTION: Cook 24-27 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

2242-GK3

40 4.63 OZ UNITS (NET WEIGHT 11.58 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

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

Friday, August 6, 2010 8:46:34AM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet

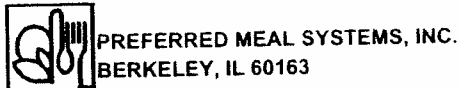


Item **2254**

NUTRIENT INFORMATION PER SERVING

Item Name	MAC & CHEESE/W GRN BEANS (40)	CALORIES	459.1 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	22.7 (GM)
CN Number:		CARBOHYDRATES	47.2 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	20.1 (GM)
Package Size:	10.72 (oz) 303.91 (g)	SATURATED FAT	11.7 (GM)
Servings Per Package:	1	MonoFat	5.4 (GM)
Weight Per Serving:	10.72 (oz) 303.91 (g)	PolyFat	1.1 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	39.4 (%)
Product Composition:	Consists of one 10.72 oz unit of Macaroni & Cheese with Green Beans	CHOLESTEROL	55.9 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	172.1 (RE)
	2.00 grain/bread equivalent	VITAMIN C	8.0 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.7 (MG)
Preparation Instructions:	Cook 24-27 minutes in a 275 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	0.5 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	3.7 (MG)
		CALCIUM	444.0 (MG)
		IRON	2.5 (MG)
		POTASSIUM	298.8 (MG)
		PHOSPHORUS	365.0 (MG)
		SODIUM	891.4 (MG)
		Fiber	3.5 (GM)

No Value-Indicates no information available



2254

COOK AND SERVE
MACARONI AND CHEESE WITH GREEN BEANS IN SEASONED SAUCE

INGREDIENTS: COOKED MACARONI (water, macaroni (enriched semolina (wheat) (enriched with niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin and folic acid), water, pasteurized process American cheese (American cheese (pasteurized milk, cheese culture, salt, enzymes, artificial color), water, cream, sodium phosphate, salt, lactic acid, and artificial color), shredded cheddar cheese (cultured pasteurized milk, salt, enzymes, powdered cellulose added to prevent caking, artificial color), nonfat dry milk, food starch-modified, stabilizer (xanthan gum, guar gum, sodium alginate), salt, white pepper, annatto coloring); **GREEN BEANS IN SEASONED SAUCE** (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: MILK, SOY, WHEAT

COOKING INSTRUCTION: Cook 24-27 minutes in a 275° oven to a minimum of 165°F. as verified by a food thermometer.

M2254-PRE6

40 10.72 OZ UNITS (NET WEIGHT 26.80 LBS)

KEEP FROZEN INSTITUTIONAL USE ONLY

Reviewed by: _____

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **2261** NUTRIENT INFORMATION PER SERVING

Item Name	SPAGHETTI W/ MEATBALLS & GREEN BEANS	CALORIES	277.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	16.9 (GM)
CN Number:	0	CARBOHYDRATES	35.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	8.0 (GM)
Package Size:	10.09 (oz) 286.05 (g)	SATURATED FAT	2.7 (GM)
Servings Per Package:	1	MonoFat	0.3 (GM)
Weight Per Serving:	10.09 (oz) 286.05 (g)	PolyFat	0.7 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	25.9 (%)
Product Composition:	Consists of one 10.09 oz serving of Spaghetti with Meatballs, and green beans.	CHOLESTEROL	32.1 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	181.3 (RE)
	1.00 grain/bread equivalent	VITAMIN C	14.9 (MG)
	1 cup fruit/vegetable	THIAMIN	0.5 (MG)
Preparation Instructions:	Cook 28-32 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	0.3 (MG)
		NIACIN	4.7 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	CALCIUM	71.1 (MG)
		IRON	3.3 (MG)
		POTASSIUM	145.6 (MG)
		PHOSPHORUS	25.0 (MG)
		SODIUM	710.0 (MG)
		Fiber	3.9 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



2261

COOK AND SERVE
TOMATO SAUCE WITH SPAGHETTI AND BEEF MEATBALLS (TEXTURED VEGETABLE PROTEIN PRODUCT ADDED) AND GREEN BEANS IN SEASONED SAUCE

INGREDIENTS: TOMATO SAUCE WITH COOKED SPAGHETTI AND FULLY COOKED BEEF MEATBALLS (tomato sauce with cooked spaghetti (tomato puree (tomato paste (not less than 28% NTSS), water), cooked spaghetti (water, spaghetti (enriched semolina (wheat) (enriched with niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, and folic acid)), seasoning (sugar, salt, dextrose, dehydrated onion, food starch-modified, romano cheese solids from cow's milk (pasteurized milk, cheese cultures, salt, enzymes), spices, cultured nonfat milk, partially hydrogenated soybean oil, whey, extractive of garlic), artificial color (canthaxanthin)), fully cooked beef meatballs (textured vegetable protein product added) (ground beef (not more than 25% fat), water, textured vegetable protein product (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), seasoning (salt, sugar, dehydrated onion, spices, garlic powder, parsley flakes, autolyzed yeast, vegetable oil, sodium phosphate, potassium lactate), frozen whole egg)); GREEN BEANS IN SEASONED SAUCE (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: EGG, MILK, SOY, WHEAT

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

M2261-DL19

40 10.09 OZ UNITS (NET WEIGHT 25.23 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: _____

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **2271**

NUTRIENT INFORMATION PER SERVING

Item Name	BEEF TACO MEAT W/ CORN		CALORIES	269.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	17.3 (GM)
CN Number:	072110		CARBOHYDRATES	23.5 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	12.6 (GM)
Package Size:	7.59 (oz) 215.18 (g)		SATURATED FAT	4.3 (GM)
Servings Per Package:	1		MonoFat	2.2 (GM)
Weight Per Serving:	7.59 (oz) 215.18 (g)		PolyFat	1.3 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	42.0 (%)
Product Composition:	Consists of one 7.59oz serving of Beef Taco Meat with Corn.		CHOLESTEROL	45.2 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	255.7 (RE)
	0.00	grain/bread equivalent	VITAMIN C	6.7 (MG)
	3/4	cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Heat 28-32 minutes in a 325 degree oven to a minimum of 165 degrees.		RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		NIACIN	2.5 (MG)
			CALCIUM	49.1 (MG)
			IRON	2.3 (MG)
			POTASSIUM	616.7 (MG)
			PHOSPHORUS	139.8 (MG)
			SODIUM	620.5 (MG)
			Fiber	2.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



2271

COOK AND SERVE

BEEF AND CHICKEN PATTY CRUMBLES TACO FILLING AND CORN IN SEASONED SAUCE

INGREDIENTS: TOMATO SAUCE WITH BROILED BEEF AND CHICKEN PATTY CRUMBLES (broiled beef and chicken patty crumbles (ground beef (not more than 30% fat), ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), salt, potassium chloride, flavor enhancer (hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, dextrose, thiamine hydrochloride, disodium inosinate, disodium guanylate), black pepper, onion powder, garlic powder), tomato puree (tomato paste, water), water, seasoning (spices, masa corn flour, onion powder, salt, garlic powder, extractive of paprika), food starch-modified, artificial color (canthaxanthin); CORN IN SEASONED SAUCE (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, WHEAT

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

M3271-070678-1

CN 072110

One 7.59 oz unit of Beef and Chicken Patty Crumbles Taco Filling and Corn provides 2.00 oz equivalent meat/meat alternate and 3/4 cup vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 04-08)

CN

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

40 7.59 OZ UNITS (NET WEIGHT 18.98 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: _____

Julia McMichael R.D., LD

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

2313

NUTRIENT INFORMATION PER SERVING

Item Name	CRISPY CHICKEN FILLET (WHOLE GRAIN) & GREEN BEANS	CALORIES	244.1 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	15.6 (GM)
CN Number:	078409	CARBOHYDRATES	15.4 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	13.5 (GM)
Package Size:	5.18 (oz) 146.85 (g)	SATURATED FAT	2.6 (GM)
Servings Per Package:	1	MonoFat	0.2 (GM)
Weight Per Serving:	5.18 (oz) 146.85 (g)	PolyFat	0.5 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	49.8 (%)
Product Composition:	Consists of one 5.18 oz serving of whole grain chicken breast with green beans.	CHOLESTEROL	42.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative 1.00 grain/bread equivalent 3/8 cup fruit/vegetable	VITAMIN A	70.8 (RE)
Preparation Instructions:	Cook 15-18 minutes in a 325 degree F. oven to a minimum of 165 degrees F. as verified by a food thermometer.	VITAMIN C	7.6 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	0.1 (MG)
		RIBOFLAVIN	0.1 (MG)
		NIACIN	6.3 (MG)
		CALCIUM	58.9 (MG)
		IRON	2.5 (MG)
		POTASSIUM	109.2 (MG)
		PHOSPHORUS	18.8 (MG)
		SODIUM	391.1 (MG)
		Fiber	3.5 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



2313

**COOK AND SERVE
WHOLE GRAIN BREADED CHICKEN BREAST PATTY WITH GREEN BEANS IN SEASONED SAUCE**

INGREDIENTS: FULLY COOKED WHOLE GRAIN BREADED CHICKEN BREAST PATTY (boneless, skinless chicken breast, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B-12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate and riboflavin), dried whole egg solids, salt, sugar, sodium phosphates, white pepper, onion powder, garlic powder. Breaded with: enriched whole grain flour (whole grain wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (enriched with wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spice, natural flavor (maltodextrin, yeast extract, natural flavor, hydrolyzed corn protein, soybean oil, silicon dioxide to prevent caking), soybean oil, leavening (sodium aluminum phosphate, sodium bicarbonate), garlic powder, onion powder, dehydrated bell pepper, natural flavor (natural extractives of paprika with soybean and/or canola oil, soy lecithin, mono- and diglycerides, natural flavor, ascorbic acid, tocopherol), spice extractives. Battered and pre-dusted with: water, bleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spice, leavening (sodium aluminum phosphate, sodium bicarbonate, calcium carbonate, monocalcium phosphate), dehydrated bell pepper, onion powder, garlic powder, less than 2% sodium allicolaminat added to prevent caking. Breading set in vegetable oil); **GREEN BEANS IN SEASONED SAUCE** (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: EGG, SOY, WHEAT

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

M2313-CNGK2

CN 078409

One 5.18 oz unit of Whole Grain Breaded Chicken Breast Patty with Green Beans provides 2.00 oz equivalent meat/meat alternate, 3/8 cup vegetable and 1 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06-10.)

CN

40 5.18 OZ UNITS (NET WEIGHT 12.95 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

Julie Mc Nichols R.D., LON

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

2314

NUTRIENT INFORMATION PER SERVING

<p>Item Name BAKED CHICKEN NUGGETS (WHOLE GRAIN)W/MIXED VEGETABLES</p> <p>Brand: Preferred Meal Systems, Inc. CN Number: 078411 Basis for Data Submitted: As Served Package Size: 5.50 (oz) 155.93 (g) Servings Per Package: 1 Weight Per Serving: 5.50 (oz) 155.93 (g) Nutrients based on: 1 Serving Product Composition: Consists of one 5.5 oz serving of whole grain chicken nuggets with mixed vegetables.</p> <p>Meal Contributions: 2.00 oz.meat/meat alternative 1.00 grain/bread equivalent 3/8 cup fruit/vegetable</p> <p>Preparation Instructions: Cook 24-27 minutes in a 325 degree F. oven to a minimum of 165 degrees F. as verified by a food thermometer.</p> <p>Source of Nutritional Information: Ingredient suppliers and/or USDA database</p>	<table> <tr><td>CALORIES</td><td>266.6 (KCAL)</td></tr> <tr><td>PROTEIN</td><td>16.6 (GM)</td></tr> <tr><td>CARBOHYDRATES</td><td>20.5 (GM)</td></tr> <tr><td>TOTAL FAT</td><td>13.6 (GM)</td></tr> <tr><td>SATURATED FAT</td><td>2.7 (GM)</td></tr> <tr><td>MonoFat</td><td>0.3 (GM)</td></tr> <tr><td>PolyFat</td><td>0.6 (GM)</td></tr> <tr><td>% Calories from Fat</td><td>45.9 (%)</td></tr> <tr><td>CHOLESTEROL</td><td>42.0 (MG)</td></tr> <tr><td>VITAMIN A</td><td>291.1 (RE)</td></tr> <tr><td>VITAMIN C</td><td>12.8 (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>7.1 (MG)</td></tr> <tr><td>CALCIUM</td><td>50.1 (MG)</td></tr> <tr><td>IRON</td><td>2.5 (MG)</td></tr> <tr><td>POTASSIUM</td><td>181.7 (MG)</td></tr> <tr><td>PHOSPHORUS</td><td>47.9 (MG)</td></tr> <tr><td>SODIUM</td><td>409.7 (MG)</td></tr> <tr><td>Fiber</td><td>4.4 (GM)</td></tr> </table>	CALORIES	266.6 (KCAL)	PROTEIN	16.6 (GM)	CARBOHYDRATES	20.5 (GM)	TOTAL FAT	13.6 (GM)	SATURATED FAT	2.7 (GM)	MonoFat	0.3 (GM)	PolyFat	0.6 (GM)	% Calories from Fat	45.9 (%)	CHOLESTEROL	42.0 (MG)	VITAMIN A	291.1 (RE)	VITAMIN C	12.8 (MG)	THIAMIN	0.1 (MG)	RIBOFLAVIN	0.1 (MG)	NIACIN	7.1 (MG)	CALCIUM	50.1 (MG)	IRON	2.5 (MG)	POTASSIUM	181.7 (MG)	PHOSPHORUS	47.9 (MG)	SODIUM	409.7 (MG)	Fiber	4.4 (GM)
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PHOSPHORUS	47.9 (MG)																																								
SODIUM	409.7 (MG)																																								
Fiber	4.4 (GM)																																								

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



2314

COOK AND SERVE

WHOLE GRAIN BREADED CHICKEN BREAST NUGGETS (BREADED NUGGET SHAPED CHICKEN BREAST PATTIES) AND MIXED VEGETABLES IN SEASONED SAUCE

INGREDIENTS: FULLY COOKED WHOLE GRAIN CHICKEN BREAST NUGGETS (breaded nugget shaped chicken breast patties) (boneless skinless chicken breast, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B-12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate and riboflavin), dried whole egg solids, salt, sugar, sodium phosphates, white pepper, onion powder and garlic powder. Breaded with: enriched whole grain flour (whole grain wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spice, natural flavor (maltodextrin, yeast extract, natural flavor, hydrolyzed corn protein, soybean oil, silicon dioxide to prevent caking), soybean oil, leavening (sodium aluminum phosphate, sodium bicarbonate), garlic powder, onion powder, dehydrated bell pepper, natural flavor (natural extractives of paprika with soybean and/or canola oil, soy lecithin, mono- and diglycerides, natural flavor, ascorbic acid, tocopherol), spice extractives. Battered and predested with: water, bleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spice, leavening (sodium aluminum phosphate, sodium bicarbonate, calcium carbonate, monocalcium phosphate), dehydrated bell pepper, onion powder, garlic powder, less than 2% sodium silicoaluminat added to prevent caking. Breeding set in vegetable oil); MIXED VEGETABLE IN SEASONED SAUCE (diced 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: EGG, SOY, WHEAT

COOKING INSTRUCTION: Cook 24-27 minutes in a 325° oven to a minimum of 165°F as verified by a food thermometer.

M2314-CNGK2

CN ————— CN ————— 078411

One 5.50 oz unit of Whole Grain Breaded Chicken Breast Nuggets (five 0.888 oz. pieces) and Mixed Vegetables provides 2.00 oz equivalent meat/meat alternate, 3/8 cup vegetable and 1 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of CN this logo and statement authorized by the Food and Nutrition Service, USDA 06-10.)

CN ————— CN —————

40 5.50 OZ UNITS (NET WEIGHT 13.75 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

2319

NUTRIENT INFORMATION PER SERVING

<p>Item Name MAC & CHEESE W/MIXED VEGGIES</p> <p>Brand: Preferred Meal Systems, Inc. CN Number: 076861 Basis for Data Submitted: As Served Package Size: 10.50 (oz) 297.68 (g) Servings Per Package: 1 Weight Per Serving: 10.50 (oz) 297.68 (g) Nutrients based on: 1 Serving Product Composition: Consists of one 10.5 oz unit of Cooked Macaroni and Cheese with Mixed Vegetables. Meal Contributions: 2.00 oz.meat/meat alternative 1.25 grain/bread equivalent 3/8 cup fruit/vegetable Preparation Instructions: Cook 23-26 minutes in a 275 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit as verified by a food thermometer. Source of Nutritional Information: Ingredient suppliers and/or USDA database</p>	<table> <tr><td>CALORIES</td><td>456.8 (KCAL)</td></tr> <tr><td>PROTEIN</td><td>23.4 (GM)</td></tr> <tr><td>CARBOHYDRATES</td><td>45.2 (GM)</td></tr> <tr><td>TOTAL FAT</td><td>20.7 (GM)</td></tr> <tr><td>SATURATED FAT</td><td>12.2 (GM)</td></tr> <tr><td>MonoFat</td><td>5.4 (GM)</td></tr> <tr><td>PolyFat</td><td>1.2 (GM)</td></tr> <tr><td>% Calories from Fat</td><td>40.8 (%)</td></tr> <tr><td>CHOLESTEROL</td><td>58.1 (MG)</td></tr> <tr><td>VITAMIN A</td><td>402.6 (RE)</td></tr> <tr><td>VITAMIN C</td><td>13.4 (MG)</td></tr> <tr><td>THIAMIN</td><td>0.5 (MG)</td></tr> <tr><td>RIBOFLAVIN</td><td>0.6 (MG)</td></tr> <tr><td>NIACIN</td><td>3.4 (MG)</td></tr> <tr><td>CALCIUM</td><td>479.4 (MG)</td></tr> <tr><td>IRON</td><td>1.9 (MG)</td></tr> <tr><td>POTASSIUM</td><td>473.6 (MG)</td></tr> <tr><td>PHOSPHORUS</td><td>447.1 (MG)</td></tr> <tr><td>SODIUM</td><td>1082.3 (MG)</td></tr> <tr><td>Fiber</td><td>3.4 (GM)</td></tr> </table>	CALORIES	456.8 (KCAL)	PROTEIN	23.4 (GM)	CARBOHYDRATES	45.2 (GM)	TOTAL FAT	20.7 (GM)	SATURATED FAT	12.2 (GM)	MonoFat	5.4 (GM)	PolyFat	1.2 (GM)	% Calories from Fat	40.8 (%)	CHOLESTEROL	58.1 (MG)	VITAMIN A	402.6 (RE)	VITAMIN C	13.4 (MG)	THIAMIN	0.5 (MG)	RIBOFLAVIN	0.6 (MG)	NIACIN	3.4 (MG)	CALCIUM	479.4 (MG)	IRON	1.9 (MG)	POTASSIUM	473.6 (MG)	PHOSPHORUS	447.1 (MG)	SODIUM	1082.3 (MG)	Fiber	3.4 (GM)
CALORIES	456.8 (KCAL)																																								
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SODIUM	1082.3 (MG)																																								
Fiber	3.4 (GM)																																								

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

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

2319

COOK AND SERVE

MACARONI AND CHEESE AND MIXED VEGETABLES IN SEASONED SAUCE

INGREDIENTS: COOKED MACARONI AND CHEESE (water, cooked macaroni(water, macaroni (enriched semolina (wheat) (enriched with niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin and folic acid), pasteurized process American cheese (American cheese (milk, salt, cheese culture, enzymes), water, cream, sodium citrate, salt, sorbic acid (added as a preservative, soy lecithin (non-sticking agent), APO carotenal (color). May contain: cultured pasteurized milk and skim milk, milk fat, lactic acid, artificial color (if colored), soybean oil blend, sodium phosphate, annatto vegetable color, modified soy lecithin), nonfat dry milk, seasoning (whey (milk), butter powder (butter, nonfat dry milk), modified food starch, calcium caseinate, salt, autolyzed yeast extract, onion powder), food starch-modified, salt, annatto coloring); MIXED VEGETABLE IN SEASONED SAUCE (diced 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: MILK, SOY, WHEAT

COOKING INSTRUCTION: Cook 23-26 minutes in a 275° oven to a minimum of 165°F. as verified by a food thermometer.

M2319-CN11

CN 076861

One 10.50 oz unit of Macaroni and Cheese and Mixed Vegetables provides 2.00 oz equivalent meat alternate, 3/8 cup vegetable and 1.25 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of CN this logo and statement authorized by the Food and Nutrition Service, USDA 03-10.)

CN

40 10.50 OZ UNITS (NET WEIGHT 26.25 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: _____

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

Tuesday, July 27, 2010 11:43:53AM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **2324**

NUTRIENT INFORMATION PER SERVING

Item Name	SPAGHETTI W/MTBALLS & MIX VEG	CALORIES	292.4 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	17.6 (GM)
CN Number:		CARBOHYDRATES	38.6 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	8.2 (GM)
Package Size:	9.73 (oz) 275.85 (g)	SATURATED FAT	2.7 (GM)
Servings Per Package:	1	MonoFat	0.3 (GM)
Weight Per Serving:	9.73 (oz) 275.85 (g)	PolyFat	0.7 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	25.2 (%)
Product Composition:	Consists of one 9.73 oz serving of Spaghetti with Meatballs and Mixed Vegetables.	CHOLESTEROL	32.1 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative 1.00 grain/bread equivalent 3/4 cup fruit/vegetable	VITAMIN A	396.4 (RE)
Preparation Instructions:	Heat 18-23 minutes in a 325 degree F. oven to a minimum of 165 degrees F. as verified by a food thermometer.	VITAMIN C	17.6 (MG)
Source of Nutritional Information:	Ingredients suppliers and/or USDA database	THIAMIN	0.5 (MG)
		RIBOFLAVIN	0.3 (MG)
		NIACIN	5.4 (MG)
		CALCIUM	54.0 (MG)
		IRON	3.2 (MG)
		POTASSIUM	181.7 (MG)
		PHOSPHORUS	47.9 (MG)
		SODIUM	727.9 (MG)
		Fiber	4.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



2324

COOK AND SERVE
 TOMATO SAUCE WITH SPAGHETTI AND BEEF MEATBALLS (TEXTURED VEGETABLE PROTEIN PRODUCT ADDED)
 AND MIXED VEGETABLES IN SEASONED SAUCE

INGREDIENTS: TOMATO SAUCE WITH COOKED SPAGHETTI AND FULLY COOKED BEEF MEATBALLS (textured vegetable protein product added) (tomato sauce with cooked spaghetti (tomato puree (tomato paste (not less than 28% NTSS), water), cooked spaghetti (water, spaghetti (enriched semolina (wheat) (enriched with niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, and folic acid)), seasoning (sugar, salt, dextrose, dehydrated onion, food starch-modified, romano cheese solids from cow's milk (pasteurized milk, cheese cultures, salt, enzymes), spices, cultured nonfat milk, partially hydrogenated soybean oil, whey, extractive of garlic), artificial color (canthaxanthin)), fully cooked beef meatballs (textured vegetable protein product added) (ground beef (not more than 25% fat), water, textured vegetable protein product (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), seasoning (salt, sugar, dehydrated onion, spices, garlic powder, parsley flakes, autolyzed yeast, vegetable oil, sodium phosphate, potassium lactate), frozen whole egg)); MIXED VEGETABLE IN SEASONED SAUCE (diced 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: EGG, MILK, SOY, WHEAT

COOKING INSTRUCTION: Cook 18-23 minutes in a 325°oven to a minimum of 165°F. as verified by a food thermometer.

M2324-DL16

40 9.73 OZ UNITS (NET WEIGHT 24.33 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **2370**

NUTRIENT INFORMATION PER SERVING

Item Name	SLOPPY JOE / GREEN BEANS	CALORIES	250.6 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	16.3 (GM)
CN Number:		CARBOHYDRATES	17.7 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	12.3 (GM)
Package Size:	8.13 (oz) 230.49 (g)	SATURATED FAT	4.3 (GM)
Servings Per Package:	1	MonoFat	2.2 (GM)
Weight Per Serving:	8.13 (oz) 230.49 (g)	PolyFat	1.4 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	44.2 (%)
Product Composition:	Consists of one 8.13oz serving of Sloppy Joes and Green Beans.	CHOLESTEROL	45.2 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	147.3 (RE)
	0.00 grain/bread equivalent	VITAMIN C	15.5 (MG)
	3/4 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 20-24 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	1.8 (MG)
		CALCIUM	66.9 (MG)
		IRON	2.2 (MG)
		POTASSIUM	603.7 (MG)
		PHOSPHORUS	116.6 (MG)
		SODIUM	359.4 (MG)
		Fiber	2.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



2370

COOK AND SERVE
 BARBECUE SAUCE WITH BEEF AND CHICKEN PATTIE CRUMBLES (SLOPPY JOE FILLING) AND GREEN BEANS IN SEASONED SAUCE

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

COOKING INSTRUCTION: Cook 20-24 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer. **M2370-PRE3**

40 8.13 OZ UNITS (NET WEIGHT 20.33 LBS)

KEEP FROZEN INSTITUTIONAL USE ONLY

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

Friday, August 6, 2010 7:40:03AM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

2395

NUTRIENT INFORMATION PER SERVING

<p>Item Name WHOLE GRAIN CHICKEN NUGGETS/ DICED CARROTS</p> <p>Brand: Preferred Meal Systems, Inc.</p> <p>CN Number:</p> <p>Basis for Data Submitted: As Served</p> <p>Package Size: 5.54 (oz) 157.06 (g)</p> <p>Servings Per Package: 1</p> <p>Weight Per Serving: 5.54 (oz) 157.06 (g)</p> <p>Nutrients based on: 1 Serving</p> <p>Product Composition: Consists of one 5.54 oz serving of Whole Grain Chicken Nuggets and Carrots.</p> <p>Meal Contributions: 2.00 oz.meat/meat alternative 1.00 grain/bread equivalent 3/8 cup fruit/vegetable</p> <p>Preparation Instructions: Cook 24-27 minutes in a 325 degree F oven to a minimum of 165 degree F as verified by a food thermometer.</p> <p>Source of Nutritional Information: Ingredient suppliers and/or USDA database</p>	<table> <tr><td>CALORIES</td><td>249.6 (KCAL)</td></tr> <tr><td>PROTEIN</td><td>15.1 (GM)</td></tr> <tr><td>CARBOHYDRATES</td><td>17.6 (GM)</td></tr> <tr><td>TOTAL FAT</td><td>13.5 (GM)</td></tr> <tr><td>SATURATED FAT</td><td>2.6 (GM)</td></tr> <tr><td>MonoFat</td><td>0.2 (GM)</td></tr> <tr><td>PolyFat</td><td>0.6 (GM)</td></tr> <tr><td>% Calories from Fat</td><td>48.7 (%)</td></tr> <tr><td>CHOLESTEROL</td><td>42.0 (MG)</td></tr> <tr><td>VITAMIN A</td><td>632.7 (RE)</td></tr> <tr><td>VITAMIN C</td><td>4.1 (MG)</td></tr> <tr><td>THIAMIN</td><td>0.0 (MG)</td></tr> <tr><td>RIBOFLAVIN</td><td>0.0 (MG)</td></tr> <tr><td>NIACIN</td><td>6.7 (MG)</td></tr> <tr><td>CALCIUM</td><td>57.1 (MG)</td></tr> <tr><td>IRON</td><td>2.2 (MG)</td></tr> <tr><td>POTASSIUM</td><td>221.4 (MG)</td></tr> <tr><td>PHOSPHORUS</td><td>24.2 (MG)</td></tr> <tr><td>SODIUM</td><td>437.0 (MG)</td></tr> <tr><td>Fiber</td><td>3.9 (GM)</td></tr> </table>	CALORIES	249.6 (KCAL)	PROTEIN	15.1 (GM)	CARBOHYDRATES	17.6 (GM)	TOTAL FAT	13.5 (GM)	SATURATED FAT	2.6 (GM)	MonoFat	0.2 (GM)	PolyFat	0.6 (GM)	% Calories from Fat	48.7 (%)	CHOLESTEROL	42.0 (MG)	VITAMIN A	632.7 (RE)	VITAMIN C	4.1 (MG)	THIAMIN	0.0 (MG)	RIBOFLAVIN	0.0 (MG)	NIACIN	6.7 (MG)	CALCIUM	57.1 (MG)	IRON	2.2 (MG)	POTASSIUM	221.4 (MG)	PHOSPHORUS	24.2 (MG)	SODIUM	437.0 (MG)	Fiber	3.9 (GM)
CALORIES	249.6 (KCAL)																																								
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POTASSIUM	221.4 (MG)																																								
PHOSPHORUS	24.2 (MG)																																								
SODIUM	437.0 (MG)																																								
Fiber	3.9 (GM)																																								

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



2395

COOK AND SERVE
 WHOLE GRAIN CHICKEN BREAST NUGGETS (BREADED NUGGET SHAPED CHICKEN BREAST PATTIES) AND
 CARROTS IN SEASONED SAUCE

INGREDIENTS: FULLY COOKED WHOLE GRAIN CHICKEN BREAST NUGGETS (breaded nugget shaped chicken breast patties) (boneless skinless chicken breast, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B-12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate and riboflavin), dried whole egg solids, salt, sugar, sodium phosphates, white pepper, onion powder and garlic powder. Breaded with: enriched whole grain flour (whole grain wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spice, natural flavor (maltodextrin, yeast extract, natural flavor, hydrolyzed corn protein, soybean oil, silicon dioxide to prevent caking), soybean oil, leavening (sodium aluminum phosphate, sodium bicarbonate), garlic powder, onion powder, dehydrated bell pepper, natural flavor (natural extractives of paprika with soybean and/or canola oil, soy lecithin, mono- and diglycerides, natural flavor, ascorbic acid, tocopherol), spice extractives. Battered and pre-dusted with: water, bleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spice, leavening (sodium aluminum phosphate, sodium bicarbonate, calcium carbonate, monocalcium phosphate), dehydrated bell pepper, onion powder, garlic powder, less than 2% sodium silicoaluminate added to prevent caking. Breeding set in vegetable oil); CARROT IN SEASONED SAUCE (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: EGG, SOY, WHEAT

COOKING INSTRUCTIONS: Cook 24-27 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

2395-GK1

40 5.54 OZ UNITS (NET WEIGHT 13.85 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: _____

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

3101

NUTRIENT INFORMATION PER SERVING

<p>Item Name CRISPY CHICKEN FILLET, (WHOLE GRAIN)MASHED POTATOES &</p> <p>Brand: Preferred Meal Systems, Inc. CN Number: 078405 Basis for Data Submitted: As Served Package Size: 9.07 (oz) 257.13 (g) Servings Per Package: 1 Weight Per Serving: 9.07 (oz) 257.13 (g) Nutrients based on: 1 Serving Product Composition: Consists of one 9.07 oz serving of whole grain crispy chicken fillet with mashed potatoes and carrots. Meal Contributions: 2.00 oz.meat/meat alternative 1.00 grain/bread equivalent 3/4 cup fruit/vegetable Preparation Instructions: Cook 22-26 minutes in a 325 degree F. oven to a minimum of 165 degrees F. as verified by a food thermometer. Source of Nutritional Information: Ingredient suppliers and/or USDA database</p>	<p>CALORIES 339.7 (KCAL) PROTEIN 17.1 (GM) CARBOHYDRATES 30.4 (GM) TOTAL FAT 17.3 (GM) SATURATED FAT 3.2 (GM) MonoFat 1.3 (GM) PolyFat 2.7 (GM) % Calories from Fat 45.8 (%) CHOLESTEROL 42.4 (MG) VITAMIN A 686.2 (RE) VITAMIN C 45.7 (MG) THIAMIN 0.1 (MG) RIBOFLAVIN 0.1 (MG) NIACIN 6.7 (MG) CALCIUM 87.6 (MG) IRON 2.4 (MG) POTASSIUM 257.5 (MG) PHOSPHORUS 43.7 (MG) SODIUM 640.5 (MG) Fiber 4.9 (GM)</p>
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No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



3101

**COOK AND SERVE
MASHED POTATOES WITH WHOLE GRAIN BREADED CHICKEN BREAST PATTY,
CARROTS IN SEASONED SAUCE**

INGREDIENTS: MASHED POTATOES (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); FULLY COOKED WHOLE GRAIN BREADED CHICKEN BREAST PATTY (boneless, skinless chicken breast, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B-12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate and riboflavin), dried whole egg solids, salt, sugar, sodium phosphates, white pepper, onion powder, garlic powder. Breaded with: enriched whole grain flour (whole grain wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (enriched with wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spice, leavening (sodium aluminum phosphate, sodium bicarbonate, calcium carbonate, monocalcium phosphate), dehydrated bell pepper, natural flavor (natural extractives of paprika with soybean and/or canola oil, soy lecithin, mono- and diglycerides, natural flavor, ascorbic acid, tocopherol), spice extractives. Battered and pre-dusted with: water, bleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spice, leavening (sodium aluminum phosphate, sodium bicarbonate, calcium carbonate, monocalcium phosphate), dehydrated bell pepper, onion powder, garlic powder, less than 2% sodium silicoaluminate added to prevent caking. Breading set in vegetable oil); CARROTS IN SEASONED SAUCE (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: EGG, MILK, SOY, WHEAT

COOKING INSTRUCTION: Cook 22-26 minutes in a 325° oven to a minimum of 165°F as verified by a food thermometer.

M3101-CNGK2

	CN	078405
CN	One 9.07 oz unit of Mashed Potatoes, Whole Grain Breaded Chicken Breast Patty, Carrots provides 2.00 oz equivalent meat/meat alternate, 3/4 cup vegetable (3/8 cup vegetable from potatoes and 3/8 cup vegetable from carrots) and 1.0 serving bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06-10.)	CN
	CN	

40 9.07 OZ UNITS (NET WEIGHT 22.68 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

Jodie Mc Nichols R.D., LDN

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **12146** NUTRIENT INFORMATION PER SERVING

Item Name	SALISBURY W/ GRAVY& MASHED POTATOES	CALORIES	271.2 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	16.4 (GM)
CN Number:	071587	CARBOHYDRATES	17.7 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	15.0 (GM)
Package Size:	7.52 (oz) 213.19 (g)	SATURATED FAT	4.7 (GM)
Servings Per Package:	1	MonoFat	2.9 (GM)
Weight Per Serving:	7.52 (oz) 213.19 (g)	PolyFat	2.9 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	49.8 (%)
Product Composition:	Consists of one 7.52 oz serving of Salisbury Steak w/ Gravy and Mashed Potatoes.	CHOLESTEROL	45.2 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	53.5 (RE)
	0.00 grain/bread equivalent	VITAMIN C	42.4 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 25-28 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	1.0 (MG)
		CALCIUM	67.2 (MG)
		IRON	1.6 (MG)
		POTASSIUM	262.9 (MG)
		PHOSPHORUS	119.9 (MG)
		SODIUM	737.7 (MG)
		Fiber	1.2 (GM)
		TRANS FAT	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



12146

**COOK AND SERVE
BEEF AND CHICKEN SALISBURY PATTY WITH GRAVY AND MASHED POTATOES**

INGREDIENTS: BROILED BEEF AND CHICKEN SALISBURY PATTY WITH GRAVY (broiled beef and chicken salisbury patty (Ground beef (not more than 30% fat), ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), bread crumbs (enriched flour (containing wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), corn syrup, sugar, vegetable shortening (one or more of the following: partially hydrogenated soybean oil and/or cottonseed oil), yeast, contains 2% or less of the following: salt, soy flour, whey (milk), sodium stearoyl, 2 lactylate (dough conditioner), calcium propionate (preservative) and sesame seeds), seasoning (salt, dehydrated onions, sugar, flavor for beef (hydrolyzed corn gluten, soy protein and wheat gluten, torula yeast, soy flour and partially hydrogenated soybean and cottonseed oil), food starch-modified), flavor enhancer (hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, dextrose, thiamine hydrochloride, disodium inosinate, disodium guanylate)), gravy (water, seasoning (food starch-modified, maltodextrin, dextrose, bleached enriched flour (malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), hydrolyzed soy protein, butter (salt, cream), salt, nonfat milk, hydroxypropyl methylcellulose gum, dehydrated onion, soybean oil, caramel color powder, autolyzed yeast, spice, spice extractives)); MASHED POTATOES (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, WHEAT

12146-070730

CN 071587
One 7.52 oz unit of Beef and Chicken Salisbury Patty with Gravy and Mashed Potatoes provides 2.00 oz
CN equivalent meat/meat alternate and 3/8 cup vegetable for Child Nutrition Meal Pattern Requirements. (Use of CN
this logo and statement authorized by the Food and Nutrition Service, USDA 02-08)
CN

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

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

20 7.52 OZ UNITS (NET WEIGHT 9.40 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **12172**

NUTRIENT INFORMATION PER SERVING

Item Name	SWEDISH MEATBALLS/GR BNS (40)	CALORIES	174.6 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	12.9 (GM)
CN Number:		CARBOHYDRATES	11.7 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	8.7 (GM)
Package Size:	6.81 (oz) 193.06 (g)	SATURATED FAT	3.5 (GM)
Servings Per Package:	1	MonoFat	0.3 (GM)
Weight Per Serving:	6.81 (oz) 193.06 (g)	PolyFat	0.6 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	44.8 (%)
Product Composition:	Contains of one 6.81 oz serving of swedish meatballs and green beans.	CHOLESTEROL	36.7 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	69.9 (RE)
	0.00 grain/bread equivalent	VITAMIN C	8.7 (MG)
	3/8 cup fruit/vegetable	THIAMIN	0.2 (MG)
Preparation Instructions:	Cook 24-27 minutes in a 325 degree oven to a minimum of 165 degrees as verified by a food thermometer.	RIBOFLAVIN	0.2 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	2.0 (MG)
		CALCIUM	74.3 (MG)
		IRON	2.1 (MG)
		POTASSIUM	164.5 (MG)
		PHOSPHORUS	34.6 (MG)
		SODIUM	480.1 (MG)
		Fiber	2.5 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163



12172

COOK AND SERVE
SWEDISH BRAND GRAVY (MADE IN USA) WITH BEEF MEATBALLS (TEXTURED VEGETABLE PROTEIN PRODUCT ADDED) AND GREEN BEANS IN SEASONED SAUCE

INGREDIENTS: SWEDISH BRAND GRAVY (MADE IN USA) WITH FULLY COOKED BEEF MEATBALLS (textured vegetable protein product added) (Swedish brand gravy (water, seasoning (modified food starch, nonfat milk powder, butter solids, dehydrated onion, dehydrated sour cream, hydrolyzed soy protein, tomato powder, wheat flour, xanthan gum, salt, spice extractives, disodium inosinate and disodium guanylate), tomato puree (tomato paste (not less than 28% NTSS), water), fully cooked beef meatballs (textured vegetable protein product added) (ground beef (not more than 25% fat), water, textured vegetable protein product (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), seasoning (salt, sugar, dehydrated onion, spices, garlic powder, parsley flakes, autolyzed yeast, vegetable oil, sodium phosphate, potassium lactate), frozen whole egg)); GREEN BEANS IN SEASONED SAUCE (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: EGGS, MILK, SOY, WHEAT

COOKING INSTRUCTION: Cook 24-27 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

12172-DL11

40 6.81 OZ UNITS (NET WEIGHT 17.03 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: _____

Julie MacNichols R D, L D N

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

12218

NUTRIENT INFORMATION PER SERVING

<p>Item Name ROTINI W/MEATSAUCE & MIXED VEGETABLES</p> <p>Brand: Preferred Meal Systems, Inc. CN Number: 077803 Basis for Data Submitted: As Served Package Size: 11.71 (oz) 331.98 (g) Servings Per Package: 1 Weight Per Serving: 11.71 (oz) 331.98 (g) Nutrients based on: 1 Serving Product Composition: Consists of one 11.71 oz serving of Rotini w/Meat Sauce & Mixed Vegetables.</p> <p>Meal Contributions: 2.00 oz.meat/meat alternative 1.00 grain/bread equivalent 1 3/8 cup fruit/vegetable</p> <p>Preparation Instructions: Cook 25-28 minutes in a 325 degree F. oven to a minimum of 165 F. as verified by a food thermometer.</p> <p>Source of Nutritional Information: Ingredient suppliers and/or USDA database</p>	<table> <tr><td>CALORIES</td><td>376.2 (KCAL)</td></tr> <tr><td>PROTEIN</td><td>21.6 (GM)</td></tr> <tr><td>CARBOHYDRATES</td><td>41.9 (GM)</td></tr> <tr><td>TOTAL FAT</td><td>13.8 (GM)</td></tr> <tr><td>SATURATED FAT</td><td>4.5 (GM)</td></tr> <tr><td>MonoFat</td><td>2.4 (GM)</td></tr> <tr><td>PolyFat</td><td>1.8 (GM)</td></tr> <tr><td>% Calories from Fat</td><td>33.0 (%)</td></tr> <tr><td>CHOLESTEROL</td><td>45.2 (MG)</td></tr> <tr><td>VITAMIN A</td><td>419.4 (RE)</td></tr> <tr><td>VITAMIN C</td><td>18.5 (MG)</td></tr> <tr><td>THIAMIN</td><td>0.5 (MG)</td></tr> <tr><td>RIBOFLAVIN</td><td>0.3 (MG)</td></tr> <tr><td>NIACIN</td><td>4.9 (MG)</td></tr> <tr><td>CALCIUM</td><td>70.8 (MG)</td></tr> <tr><td>IRON</td><td>3.2 (MG)</td></tr> <tr><td>POTASSIUM</td><td>665.4 (MG)</td></tr> <tr><td>PHOSPHORUS</td><td>142.4 (MG)</td></tr> <tr><td>SODIUM</td><td>1041.0 (MG)</td></tr> <tr><td>Fiber</td><td>3.7 (GM)</td></tr> </table>	CALORIES	376.2 (KCAL)	PROTEIN	21.6 (GM)	CARBOHYDRATES	41.9 (GM)	TOTAL FAT	13.8 (GM)	SATURATED FAT	4.5 (GM)	MonoFat	2.4 (GM)	PolyFat	1.8 (GM)	% Calories from Fat	33.0 (%)	CHOLESTEROL	45.2 (MG)	VITAMIN A	419.4 (RE)	VITAMIN C	18.5 (MG)	THIAMIN	0.5 (MG)	RIBOFLAVIN	0.3 (MG)	NIACIN	4.9 (MG)	CALCIUM	70.8 (MG)	IRON	3.2 (MG)	POTASSIUM	665.4 (MG)	PHOSPHORUS	142.4 (MG)	SODIUM	1041.0 (MG)	Fiber	3.7 (GM)
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Fiber	3.7 (GM)																																								

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



12218

COOK AND SERVE

TOMATO SAUCE WITH BEEF AND CHICKEN PATTY CRUMBLES AND ROTINI AND MIXED VEGETABLES IN SEASONED SAUCE

INGREDIENTS: TOMATO SAUCE WITH BROILED BEEF AND CHICKEN PATTY CRUMBLES AND COOKED ROTINI (tomato sauce with broiled beef and chicken patty crumbles (tomato puree (tomato paste (not less than 28% NTSS), water), broiled beef and chicken patty crumbles (ground beef (not more than 30% fat), ground chicken, water, textured vegetable protein (soy protein concentrate, caramel color), salt, potassium chloride, flavor enhancer (hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, dextrose, thiamine hydrochloride, disodium inosinate, disodium guanylate), black pepper, onion powder, garlic powder), seasoning (sugar, salt, dextrose, dehydrated onion, food starch-modified, romano cheese solids from cow's milk (pasteurized milk, cheese cultures, salt, enzymes), spices, cultured nonfat milk, partially hydrogenated soybean oil, whey, extractive of garlic), artificial color (canthaxanthin)), Cooked rotini (cooked rotini (water, rotini (enriched semolina (wheat) (enriched with niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, and folic acid)), soybean oil)); **MIXED VEGETABLE IN SEASONED SAUCE** (diced 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 (100% vegetable oil)).
CONTAINS: MILK, SOY, WHEAT

CN	CN
CN	CN

077803

One 11.71 oz unit of Tomato Sauce with Beef and Chicken Patty Crumbles and Rotini and Mixed Vegetables provides 2.00 oz equivalent meat/meat alternate, 1 3/8 cup vegetable (1 cup vegetable from tomato sauce and 3/8 cup vegetable from mixed vegetables) and 1 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 04-10.)

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

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

40 11.71 OZ UNITS (NET WEIGHT 29.28 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: _____

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

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **22291**

NUTRIENT INFORMATION PER SERVING

Item Name	CHILI AND CORN (40)	CALORIES	220.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	12.5 (GM)
CN Number:	076512	CARBOHYDRATES	31.1 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	6.1 (GM)
Package Size:	8.51 (oz) 241.26 (g)	SATURATED FAT	1.7 (GM)
Servings Per Package:	1	MonoFat	1.1 (GM)
Weight Per Serving:	8.51 (oz) 241.26 (g)	PolyFat	1.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	24.9 (%)
Product Composition:	Consists of one 8.51 oz serving of Chili (Beans and Meat) with Corn.	CHOLESTEROL	16.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	150.8 (RE)
	0.00 grain/bread equivalent	VITAMIN C	7.0 (MG)
	3/4 cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:	Cook 22-25 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit as verified by a food thermometer.	RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	NIACIN	2.1 (MG)
		CALCIUM	47.9 (MG)
		IRON	2.7 (MG)
		POTASSIUM	303.5 (MG)
		PHOSPHORUS	76.9 (MG)
		SODIUM	420.0 (MG)
		Fiber	6.1 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



22291

**COOK AND SERVE
CHILI SAUCE WITH BEANS AND BEEF AND CHICKEN PATTY CRUMBLES AND CORN IN SEASONED SAUCE**

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

M22291-070678-2

CN 076512

One 8.51 oz unit of Chili Sauce with Beans and Beef and Chicken Patty Crumbles and Corn provides 2.00 oz equivalent meat/meat alternate and 7/8 cup vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 12-09.)

CN

This item contains vegetable protein product(s) which is authorized as an alternate food in the Child Nutrition Programs.
COOKING INSTRUCTION: Cook 22-25 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

40 8.51 OZ UNITS (NET WEIGHT 21.28 LBS)

KEEP FROZEN INSTITUTIONAL USE ONLY

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