

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



Item **8501**

NUTRIENT INFORMATION PER SERVING

|   |   |                          |                            |              |
|---|---|--------------------------|----------------------------|--------------|
| <b>Item Name</b>                          | <b>Cinnamon Grahams</b>                         |                          | <b>CALORIES</b>            | 100.0 (KCAL) |
| <b>Brand:</b>                             | Preferred Meal Systems, Inc.                    |                          | <b>PROTEIN</b>             | 2.0 (GM)     |
| <b>CN Number:</b>                         |   |                          | <b>CARBOHYDRATES</b>       | 16.0 (GM)    |
| <b>Basis for Data Submitted:</b>          | As Served                                       |                          | <b>TOTAL FAT</b>           | 3.0 (GM)     |
| <b>Package Size:</b>                      | 0.74 (oz)                                       | 20.98 (g)                | <b>SATURATED FAT</b>       | 0.5 (GM)     |
| <b>Servings Per Package:</b>              | 1   |                          | <b>MonoFat</b>             |              |
| <b>Weight Per Serving:</b>                | 0.74 (oz)                                       | 20.98 (g)                | <b>PolyFat</b>             |              |
| <b>Nutrients based on:</b>                | 1   |                          | <b>% Calories from Fat</b> | 27.0 (%)     |
| <b>Product Composition:</b>               | contains one 0.74oz serving of cinnamon grahams |                          | <b>CHOLESTEROL</b>         | 0.0 (MG)     |
| <b>Meal Contributions:</b>                | 0.00  | oz.meat/meat alternative | <b>VITAMIN A</b>           | 0.0 (RE)     |
|   | 1.00  | grain/bread equivalent   | <b>VITAMIN C</b>           | 0.0 (MG)     |
|   |   | cup fruit/vegetable      | <b>THIAMIN</b>             |              |
| <b>Preparation Instructions:</b>          | dry storage                                     |                          | <b>RIBOFLAVIN</b>          |              |
|   |   |                          | <b>NIACIN</b>              |              |
| <b>Source of Nutritional Information:</b> | Ingredient suppliers and/or USDA SR11 database  |                          | <b>CALCIUM</b>             | 0.0 (MG)     |
|   |   |                          | <b>IRON</b>                | 0.7 (MG)     |
|   |   |                          | <b>POTASSIUM</b>           |              |
|   |   |                          | <b>PHOSPHORUS</b>          |              |
|   |   |                          | <b>SODIUM</b>              | 85.0 (MG)    |
|   |   |                          | <b>Fiber</b>               | 0.0 (GM)     |

No Value-Indicates no information available

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, VITAMIN B<sub>6</sub>, RIBOFLAVIN [VITAMIN B<sub>2</sub>], FOLIC ACID), SUGAR, COTTONSEED OIL AND PARTIALLY HYDROGENATED SOYBEAN OIL WITH TBHQ ADDED FOR FRESHNESS, WHOLE WHEAT FLOUR, CORN SYRUP, MOLASSES, CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), SALT, CINNAMON, CINNAMON OLEORESIN, SOY LECITHIN.

**CONTAINS WHEAT AND SOY INGREDIENTS.**

Reviewed by: John Woodman AD, LON

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**8511**

NUTRIENT INFORMATION PER SERVING

|                                    |   |                          |                     |              |
|------------------------------------|---|--------------------------|---------------------|--------------|
| Item Name                          | <b>Cinnamon Belly Bears</b>                       |                          | CALORIES            | 130.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                      |                          | PROTEIN             | 2.0 (GM)     |
| CN Number:                         |   |                          | CARBOHYDRATES       | 20.0 (GM)    |
| Basis for Data Submitted:          | As Served   |                          | TOTAL FAT           | 4.0 (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 | 27.7 (%)     |
| Product Composition:               | Consists of one 1 oz unit of Cinnamon Belly Bears |                          | CHOLESTEROL         | 0.0 (MG)     |
| Meal Contributions:                | 0.00  | oz.meat/meat alternative | VITAMIN A           | 0.0 (RE)     |
|                                    | 1.00  | grain/bread equivalent   | VITAMIN C           | 0.0 (MG)     |
|                                    |   | cup fruit/vegetable      | THIAMIN             |              |
| Preparation Instructions:          |   |                          | RIBOFLAVIN          |              |
|                                    |   |                          | NIACIN              |              |
|                                    |   |                          | CALCIUM             | 100.0 (MG)   |
|                                    |   |                          | IRON                | 1.1 (MG)     |
|                                    |   |                          | POTASSIUM           |              |
|                                    |   |                          | PHOSPHORUS          |              |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA SR11 database    |                          | SODIUM              | 115.0 (MG)   |
|                                    |   |                          | Fiber               | 0.0 (GM)     |

No Value-Indicates no information available

Ingredients: Enriched wheat flour (contains: niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, canola oil, graham flour, cinnamon, high fructose corn syrup, calcium carbonate, leavening (baking soda, monocalcium phosphate), salt, natural flavor.

Contains wheat.

Reviewed by: *[Signature]*



**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**8688**

NUTRIENT INFORMATION PER SERVING

|   |   |                          |                            |             |
|---|---|--------------------------|----------------------------|-------------|
| <b>Item Name</b>                          | <b>Vanilla Graham Crackers</b>                        |                          | <b>CALORIES</b>            | 90.0 (KCAL) |
| <b>Brand:</b>                             | Preferred Meal Systems, Inc.                          |                          | <b>PROTEIN</b>             | 2.0 (GM)    |
| <b>CN Number:</b>                         |   |                          | <b>CARBOHYDRATES</b>       | 17.0 (GM)   |
| <b>Basis for Data Submitted:</b>          | As Served   |                          | <b>TOTAL FAT</b>           | 1.5 (GM)    |
| <b>Package Size:</b>                      | 0.80 (oz) 22.68 (g)                                   |                          | <b>SATURATED FAT</b>       | 0.5 (GM)    |
| <b>Servings Per Package:</b>              | 1   |                          | <b>MonoFat</b>             |             |
| <b>Weight Per Serving:</b>                | 0.80 (oz) 22.68 (g)                                   |                          | <b>PolyFat</b>             |             |
| <b>Nutrients based on:</b>                | 1   |                          | <b>% Calories from Fat</b> | 15.0 (%)    |
| <b>Product Composition:</b>               | Consists of one .8 oz unit of vanilla graham crackers |                          | <b>CHOLESTEROL</b>         | 0.0 (MG)    |
| <b>Meal Contributions:</b>                | 0.00  | oz.meat/meat alternative | <b>VITAMIN A</b>           | 0.0 (RE)    |
|   | 1.00  | grain/bread equivalent   | <b>VITAMIN C</b>           | 0.0 (MG)    |
|   |   | cup fruit/vegetable      | <b>THIAMIN</b>             |             |
| <b>Preparation Instructions:</b>          |   |                          | <b>RIBOFLAVIN</b>          |             |
|   |   |                          | <b>NIACIN</b>              |             |
|   |   |                          | <b>CALCIUM</b>             | 20.0 (MG)   |
|   |   |                          | <b>IRON</b>                | 0.7 (MG)    |
|   |   |                          | <b>POTASSIUM</b>           |             |
|   |   |                          | <b>PHOSPHORUS</b>          |             |
| <b>Source of Nutritional Information:</b> | Ingredient suppliers and/or USDA SR11 database        |                          | <b>SODIUM</b>              | 95.0 (MG)   |
|   |   |                          | <b>Fiber</b>               | 0.0 (GM)    |

No Value-Indicates no information available

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B<sub>1</sub>], RIBOFLAVIN [VITAMIN B<sub>2</sub>], FOLIC ACID), SUGAR, WHOLE WHEAT FLOUR, MOLASSES, COTTONSEED OIL AND PARTIALLY HYDROGENATED SOYBEAN OIL WITH TBHQ ADDED FOR FRESHNESS, CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, MONO-CALCIUM PHOSPHATE), SALT, ARTIFICIAL FLAVOR, SOY LECITHIN.

**CONTAINS WHEAT AND SOY INGREDIENTS.**

Reviewed by: Justin Waldman RD, LDN



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



Item **8762**

**NUTRIENT INFORMATION PER SERVING**

|   |  |                            |                     |
|---|--|----------------------------|---------------------|
| <b>Item Name</b>                          | <b>Multi Grain Sun Chips</b>                               | <b>CALORIES</b>            | <b>140.0 (KCAL)</b> |
| <b>Brand:</b>                             | <b>Preferred Meal Systems, Inc.</b>                        | <b>PROTEIN</b>             | <b>2.0 (GM)</b>     |
| <b>CN Number:</b>                         |  | <b>CARBOHYDRATES</b>       | <b>18.0 (GM)</b>    |
| <b>Basis for Data Submitted:</b>          | <b>As Served</b>   | <b>TOTAL FAT</b>           | <b>6.0 (GM)</b>     |
| <b>Package Size:</b>                      | <b>1.00 (oz) 28.35 (g)</b>                                 | <b>SATURATED FAT</b>       | <b>1.0 (GM)</b>     |
| <b>Servings Per Package:</b>              | <b>1</b>   | <b>MonoFat</b>             | <b>3.5 (GM)</b>     |
| <b>Weight Per Serving:</b>                | <b>1.00 (oz) 28.35 (g)</b>                                 | <b>PolyFat</b>             | <b>2.0 (GM)</b>     |
| <b>Nutrients based on:</b>                | <b>1 Serving</b>   | <b>% Calories from Fat</b> | <b>38.6 (%)</b>     |
| <b>Product Composition:</b>               | <b>Consists of one 1 oz unit of Multi Grain Sun Chips.</b> | <b>CHOLESTEROL</b>         | <b>0.0 (MG)</b>     |
| <b>Meal Contributions:</b>                | <b>0.00 oz.meat/meat alternative</b>                       | <b>VITAMIN A</b>           | <b>0.0 (RE)</b>     |
|   | <b>1.00 grain/bread equivalent</b>                         | <b>VITAMIN C</b>           | <b>0.0 (MG)</b>     |
|   | <b>cup fruit/vegetable</b>                                 | <b>THIAMIN</b>             | <b>0.0 (MG)</b>     |
| <b>Preparation Instructions:</b>          | <b>Store at room temperature.</b>                          | <b>RIBOFLAVIN</b>          | <b>0.0 (MG)</b>     |
| <b>Source of Nutritional Information:</b> | <b>Ingredient suppliers and/or USDA SR11 database</b>      | <b>NIACIN</b>              | <b>0.4 (MG)</b>     |
|   |  | <b>CALCIUM</b>             | <b>0.0 (MG)</b>     |
|   |  | <b>IRON</b>                | <b>0.4 (MG)</b>     |
|   |  | <b>POTASSIUM</b>           |                     |
|   |  | <b>PHOSPHORUS</b>          | <b>40.0 (MG)</b>    |
|   |  | <b>SODIUM</b>              | <b>120.0 (MG)</b>   |
|   |  | <b>Fiber</b>               | <b>2.0 (GM)</b>     |

No Value-Indicates no information available

**ingredients:**

Whole Corn, Sunflower Oil, Whole Wheat, Rice Flour,

Whole Oat Flour, Sugar, and Salt.

**CONTAINS A WHEAT INGREDIENT.**

No Preservatives.

Reviewed by: Julia Williams-RD/LDN

Thursday, May 7, 2009 8:47:18AM

Product Specification Sheet

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



NUTRIENT INFORMATION PER SERVING

Item **83040**

|                                    |  |                          |                     |              |
|------------------------------------|--|--------------------------|---------------------|--------------|
| Item Name                          | <b>Corn Muffin</b>                             |                          | CALORIES            | 231.4 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                   |                          | PROTEIN             | 3.0 (GM)     |
| CN Number:                         |  |                          | CARBOHYDRATES       | 35.2 (GM)    |
| Basis for Data Submitted:          | As Served                                      |                          | TOTAL FAT           | 8.5 (GM)     |
| Package Size:                      | 2.20 (oz) 62.37 (g)                            |                          | SATURATED FAT       | 1.5 (GM)     |
| Servings Per Package:              | 1  |                          | MonoFat             | 1.9 (GM)     |
| Weight Per Serving:                | 2.20 (oz) 62.37 (g)                            |                          | PolyFat             | 4.8 (GM)     |
| Nutrients based on:                | 1 Serving                                      |                          | % Calories from Fat | 33.1 (%)     |
| Product Composition:               | consists of one 2.20 oz unit of corn muffin    |                          | CHOLESTEROL         | 14.8 (MG)    |
| Meal Contributions:                | 0.00   | oz.meat/meat alternative | VITAMIN A           | 38.8 (RE)    |
|                                    | 1.00   | grain/bread equivalent   | VITAMIN C           | 0.0 (MG)     |
|                                    |  | cup fruit/vegetable      | THIAMIN             | 0.2 (MG)     |
| Preparation Instructions:          | Thaw and serve                                 |                          | RIBOFLAVIN          | 0.1 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA SR11 database |                          | NIACIN              | 1.5 (MG)     |
|                                    |  |                          | CALCIUM             | 25.8 (MG)    |
|                                    |  |                          | IRON                | 1.3 (MG)     |
|                                    |  |                          | POTASSIUM           | 38.1 (MG)    |
|                                    |  |                          | PHOSPHORUS          | 34.0 (MG)    |
|                                    |  |                          | SODIUM              | 192.2 (MG)   |
|                                    |  |                          | Fiber               | 1.4 (GM)     |

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**83040**

**CORN MUFFIN**

**INGREDIENTS:** Water, yellow corn meal, sugar, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, 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), enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), whole eggs, invert sugar syrup (inverted cane sugar syrup), salt, baking powder (monocalcium phosphate, sodium bicarbonate (baking soda) and corn starch), potassium sorbate, xanthan gum, sodium stearoyl lactylate.

PREPARATION: THAW AND SERVE.

83040-PRE4

40 2.20 OZ UNITS (NET WEIGHT 5.50 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: Julia Schmitt, R.D., H.H.N.

Wednesday, July 1, 2009 10:40:17AM

Product Specification Sheet

Page 1 of 1

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



Item **83044**

NUTRIENT INFORMATION PER SERVING

|                                    |  |                     |              |
|------------------------------------|--|---------------------|--------------|
| Item Name                          | <b>Corn Muffin</b>                             | CALORIES            | 310.1 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                   | PROTEIN             | 4.1 (GM)     |
| CN Number:                         |  | CARBOHYDRATES       | 47.1 (GM)    |
| Basis for Data Submitted:          | As Served                                      | TOTAL FAT           | 11.4 (GM)    |
| Package Size:                      | 3.00 (oz) 85.05 (g)                            | SATURATED FAT       | 1.9 (GM)     |
| Servings Per Package:              | 1  | MonoFat             | 2.6 (GM)     |
| Weight Per Serving:                | 3.00 (oz) 85.05 (g)                            | PolyFat             | 6.5 (GM)     |
| Nutrients based on:                | 1 serving                                      | % Calories from Fat | 33.1 (%)     |
| Product Composition:               | consists of one 3.00 oz unit of corn muffin    | CHOLESTEROL         | 19.8 (MG)    |
| Meal Contributions:                | 0.00 oz.meat/meat alternative                  | VITAMIN A           | 52.0 (RE)    |
|                                    | 2.00 grain/bread equivalent                    | VITAMIN C           | 0.0 (MG)     |
|                                    | cup fruit/vegetable                            | THIAMIN             | 0.3 (MG)     |
| Preparation Instructions:          | Thaw and serve                                 | RIBOFLAVIN          | 0.2 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA SR11 database | NIACIN              | 2.1 (MG)     |
|                                    |  | CALCIUM             | 34.5 (MG)    |
|                                    |  | IRON                | 1.7 (MG)     |
|                                    |  | POTASSIUM           | 51.0 (MG)    |
|                                    |  | PHOSPHORUS          | 45.6 (MG)    |
|                                    |  | SODIUM              | 257.6 (MG)   |
|                                    |  | Fiber               | 1.9 (GM)     |

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**83044**

**CORN MUFFIN**

**INGREDIENTS:** Water, yellow corn meal, sugar, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, 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), enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), whole eggs, invert sugar syrup (inverted cane sugar syrup), salt, baking powder (monocalcium phosphate, sodium bicarbonate (baking soda) and corn starch), potassium sorbate, xanthan gum, sodium stearoyl lactylate.

PREPARATION: THAW AND SERVE.

83044-PRE4

40 3.00 OZ UNITS (NET WEIGHT 7.50 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: *[Signature]*

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



Item **83053**

NUTRIENT INFORMATION PER SERVING

|                                    |  |                          |                     |              |
|------------------------------------|--|--------------------------|---------------------|--------------|
| Item Name                          | <b>Chocolate Chip Muffin</b>                         |                          | CALORIES            | 308.7 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                         |                          | PROTEIN             | 3.9 (GM)     |
| CN Number:                         |  |                          | CARBOHYDRATES       | 48.1 (GM)    |
| Basis for Data Submitted:          | As Served  |                          | TOTAL FAT           | 10.6 (GM)    |
| Package Size:                      | 3.00 (oz) 85.05 (g)                                  |                          | SATURATED FAT       | 2.4 (GM)     |
| Servings Per Package:              | 1  |                          | MonoFat             | 2.5 (GM)     |
| Weight Per Serving:                | 3.00 (oz) 85.05 (g)                                  |                          | PolyFat             | 5.2 (GM)     |
| Nutrients based on:                | 1 Serving  |                          | % Calories from Fat | 30.9 (%)     |
| Product Composition:               | Consists of one 3.0 oz unit of Chocolate Chip Muffin |                          | CHOLESTEROL         | 17.4 (MG)    |
| Meal Contributions:                | 0.00   | oz.meat/meat alternative | VITAMIN A           | 33.3 (RE)    |
|                                    | 2.00   | grain/bread equivalent   | VITAMIN C           | 0.0 (MG)     |
|                                    |  | cup fruit/vegetable      | THIAMIN             | 0.2 (MG)     |
| Preparation Instructions:          | Thaw and Serve                                       |                          | RIBOFLAVIN          | 0.2 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA SR11 database       |                          | NIACIN              | 1.8 (MG)     |
|                                    |  |                          | CALCIUM             | 33.5 (MG)    |
|                                    |  |                          | IRON                | 1.6 (MG)     |
|                                    |  |                          | POTASSIUM           | 51.7 (MG)    |
|                                    |  |                          | PHOSPHORUS          | 41.5 (MG)    |
|                                    |  |                          | SODIUM              | 211.9 (MG)   |
|                                    |  |                          | Fiber               | 1.2 (GM)     |

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
 BERKELEY, IL 60163

**83053**

**CHOCOLATE CHIP MUFFIN**

INGREDIENTS: Water, sugar, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, 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), invert sugar syrup (Inverted cane sugar syrup), semi-sweet chocolate drops (sugar, chocolate liquor, cocoa butter, dextrose, soy lecithin (an emulsifier) and vanillin (an artificial flavoring)), whole eggs, baking powder (monocalcium phosphate, sodium bicarbonate (baking soda) and corn starch), salt, vanilla extract, potassium sorbate, xanthan gum, sodium stearoyl lactylate.

PREPARATION: THAW AND SERVE.

83053-PRE1

40 3.00 OZ UNITS (NET WEIGHT 7.50 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: John W. ADHON

Thursday, July 9, 2009 2:36:43PM

Product Specification Sheet

Page 1 of 1



**Preferred Meal Systems, Inc.**

**Product Specification Sheet**

Item **83062** NUTRIENT INFORMATION PER SERVING

|                                    |   |                          |                     |              |
|------------------------------------|---|--------------------------|---------------------|--------------|
| Item Name                          | <b>Carrot Muffin</b>                      |                          | CALORIES            | 263.4 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.              |                          | PROTEIN             | 3.3 (GM)     |
| CN Number:                         |   |                          | CARBOHYDRATES       | 39.1 (GM)    |
| Basis for Data Submitted:          | As Served                                 |                          | TOTAL FAT           | 10.1 (GM)    |
| Package Size:                      | 3.00 (oz)                                 | 85.05 (g)                | SATURATED FAT       | 1.7 (GM)     |
| Servings Per Package:              | 1   |                          | MonoFat             | 2.3 (GM)     |
| Weight Per Serving:                | 3.00 (oz)                                 | 85.05 (g)                | PolyFat             | 5.7 (GM)     |
| Nutrients based on:                | 1 Serving                                 |                          | % Calories from Fat | 34.5 (%)     |
| Product Composition:               | Contains one 3oz serving of Carrot Muffin |                          | CHOLESTEROL         | 19.5 (MG)    |
| Meal Contributions:                | 0.00                                      | oz.meat/meat alternative | VITAMIN A           | 413.8 (RE)   |
|                                    | 1.50                                      | grain/bread equivalent   | VITAMIN C           | 0.7 (MG)     |
|                                    |   | cup fruit/vegetable      | THIAMIN             | 0.2 (MG)     |
| Preparation Instructions:          | Thaw and Serve                            |                          | RIBOFLAVIN          | 0.1 (MG)     |
| Source of Nutritional Information: |   |                          | NIACIN              | 1.5 (MG)     |
|                                    |   |                          | CALCIUM             | 55.5 (MG)    |
|                                    |   |                          | IRON                | 1.7 (MG)     |
|                                    |   |                          | POTASSIUM           | 94.8 (MG)    |
|                                    |   |                          | PHOSPHORUS          | 40.8 (MG)    |
|                                    |   |                          | SODIUM              | 214.1 (MG)   |
|                                    |   |                          | Fiber               | 1.1 (GM)     |
|                                    |   |                          | REFINED SUGAR       | 1.9 (GM)     |
|                                    |   |                          | TRANS FAT           | 0.0 (GM)     |

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**83062**

**CARROT MUFFIN**

INGREDIENTS: Water, brown sugar, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, 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), shredded carrots, whole eggs, invert sugar syrup (inverted cane sugar syrup), seedless raisins, baking powder (monocalcium phosphate, sodium bicarbonate (baking soda) and corn starch), salt, ground cinnamon, potassium sorbate, xanthan gum, sodium stearoyl lactylate, allspice.

PREPARATION: THAW AND SERVE.

83062-PRE1

40 3.00 OZ UNITS (NET WEIGHT 7.50 LBS)

**KEEP FROZEN INSTITUTIONAL USE ONLY**

Reviewed by: *[Signature]*

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **83065**

NUTRIENT INFORMATION PER SERVING

|                                    |   |                     |              |
|------------------------------------|---|---------------------|--------------|
| Item Name                          | <b>Chocolate Chip Pumpkin Muffin</b>  | CALORIES            | 296.6 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.  | PROTEIN             | 3.4 (GM)     |
| CN Number:                         |   | CARBOHYDRATES       | 47.8 (GM)    |
| Basis for Data Submitted:          | As Served   | TOTAL FAT           | 10.4 (GM)    |
| Package Size:                      | 3.00 (oz) 85.05 (g)   | SATURATED FAT       | 2.2 (GM)     |
| Servings Per Package:              | 1   | MonoFat             | 2.4 (GM)     |
| Weight Per Serving:                | 3.00 (oz) 85.05 (g)   | PolyFat             | 5.4 (GM)     |
| Nutrients based on:                | 1 Serving   | % Calories from Fat | 31.6 (%)     |
| Product Composition:               | contains one 3oz serving of<br>Chocolate Chip Pumpkin Muffin                        | CHOLESTEROL         | 19.1 (MG)    |
| Meal Contributions:                | 0.00 oz.meat/meat alternative<br>1.50 grain/bread equivalent<br>cup fruit/vegetable | VITAMIN A           | 439.5 (RE)   |
| Preparation Instructions:          | thaw and serve  | VITAMIN C           | 0.8 (MG)     |
| Source of Nutritional Information: |   | THIAMIN             | 0.2 (MG)     |
|                                    |   | RIBOFLAVIN          | 0.1 (MG)     |
|                                    |   | NIACIN              | 1.4 (MG)     |
|                                    |   | CALCIUM             | 40.7 (MG)    |
|                                    |   | IRON                | 1.7 (MG)     |
|                                    |   | POTASSIUM           | 67.8 (MG)    |
|                                    |   | PHOSPHORUS          | 33.7 (MG)    |
|                                    |   | SODIUM              | 264.0 (MG)   |
|                                    |   | Fiber               | 44.4 (GM)    |

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**83065**

**CHOCOLATE CHIP PUMPKIN MUFFIN**

INGREDIENTS: Enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, pumpkin, 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), brown sugar, whole eggs, semi-sweet chocolate drops (sugar, chocolate liquor, cocoa butter, dextrose, soy lecithin (an emulsifier) and vanillin (an artificial flavoring)), baking soda, salt, ground cinnamon, baking powder (monocalcium phosphate, sodium bicarbonate (baking soda) and corn starch), potassium sorbate, nutmeg, xanthan gum, sodium stearoyl lactylate.

PREPARATION: THAW AND SERVE.

83065-PRE1

40 3.00 OZ UNITS (NET WEIGHT 7.50 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: W. J. [Signature]

Wednesday, July 8, 2009 11:09:51 AM

Product Specification Sheet

Page 1 of 1

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**1506**

NUTRIENT INFORMATION PER SERVING

|                                    |   |                     |              |
|------------------------------------|---|---------------------|--------------|
| Item Name                          | <b>Garlic Bread</b>   | CALORIES            | 231.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.  | PROTEIN             | 3.0 (GM)     |
| CN Number:                         |   | CARBOHYDRATES       | 27.0 (GM)    |
| Basis for Data Submitted:          | As Served   | TOTAL FAT           | 8.0 (GM)     |
| Package Size:                      | 1.50 (oz) 42.53 (g)   | SATURATED FAT       | 1.5 (GM)     |
| Servings Per Package:              |   | MonoFat             |              |
| Weight Per Serving:                | 1.50 (oz) 42.53 (g)   | PolyFat             |              |
| Nutrients based on:                | 1 Serving   | % Calories from Fat | 31.2 (%)     |
| Product Composition:               | Consists of one 1.5oz serving of Garlic Bread                                   | CHOLESTEROL         | 0.0 (MG)     |
| Meal Contributions:                | 0.00 oz.meat/meat alternative   | VITAMIN A           | 0.0 (RE)     |
|                                    | 1.00 grain/bread equivalent   | VITAMIN C           | 0.0 (MG)     |
|                                    | cup fruit/vegetable   | THIAMIN             |              |
| Preparation Instructions:          | Keep Frozen. Warm 2-4 minutes in a 325 degree oven to a minimum of 165 degrees. | RIBOFLAVIN          |              |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA SR11 database                                  | NIACIN              |              |
|                                    |   | CALCIUM             | 0.0 (MG)     |
|                                    |   | IRON                | 0.7 (MG)     |
|                                    |   | POTASSIUM           |              |
|                                    |   | PHOSPHORUS          |              |
|                                    |   | SODIUM              | 270.0 (MG)   |
|                                    |   | Fiber               | 1.0 (GM)     |

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS  
BERKELEY, IL 60163

**1506**

**GARLIC TOAST**

**INGREDIENTS:** Bread (bleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, contains 2% or less of salt, yeast, soybean oil, dextrose, dough conditioners (dateam, sodium stearoyl lactylate, ascorbic acid, potassium iodate, azodicarbonamide (ADA), enzymes, L-cysteine, ethoxylated mono and diglycerides), sugar, calcium propionate (preservatives), malted barley flour, corn starch, mono and diglycerides, cornmeal), spread (soybean oil, water, palm oil, dehydrated garlic, salt, monoglycerides, natural and artificial flavors, parsley, whey (a milk ingredient), xanthan gum, citric acid, autolyzed yeast extract, beta carotene added for color).

**PREPARATION:** Heat 2-4 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

1506-TM3

40 1.50 OZ UNITS (NET WEIGHT 3.75 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

Reviewed by: John RALAN

Tuesday, June 30, 2009 1:29:05PM

Product Specification Sheet

Page 1 of 1

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**7878**

NUTRIENT INFORMATION PER SERVING

|   |  |                          |                            |             |
|---|--|--------------------------|----------------------------|-------------|
| <b>Item Name</b>                          | <b>Flour Tortilla</b>                          |                          | <b>CALORIES</b>            | 80.0 (KCAL) |
| <b>Brand:</b>                             | Preferred Meal Systems, Inc.                   |                          | <b>PROTEIN</b>             | 2.0 (GM)    |
| <b>CN Number:</b>                         |  |                          | <b>CARBOHYDRATES</b>       | 10.0 (GM)   |
| <b>Basis for Data Submitted:</b>          | As Served                                      |                          | <b>TOTAL FAT</b>           | 2.5 (GM)    |
| <b>Package Size:</b>                      | 1.00 (oz)                                      | 28.35 (g)                | <b>SATURATED FAT</b>       | 0.0 (GM)    |
| <b>Servings Per Package:</b>              | 1  |                          | <b>MonoFat</b>             |             |
| <b>Weight Per Serving:</b>                | 1.00 (oz)                                      | 28.35 (g)                | <b>PolyFat</b>             |             |
| <b>Nutrients based on:</b>                | 1 Serving                                      |                          | <b>% Calories from Fat</b> | 28.1 (%)    |
| <b>Product Composition:</b>               | Consists of an ounce of Flour Tortilla         |                          | <b>CHOLESTEROL</b>         | 0.0 (MG)    |
| <b>Meal Contributions:</b>                | 0.00   | oz.meat/meat alternative | <b>VITAMIN A</b>           | 0.0 (RE)    |
|   | 1.00   | grain/bread equivalent   | <b>VITAMIN C</b>           | 0.0 (MG)    |
|   |  | cup fruit/vegetable      | <b>THIAMIN</b>             | 0.2 (MG)    |
| <b>Preparation Instructions:</b>          |  |                          | <b>RIBOFLAVIN</b>          | 0.0 (MG)    |
|   |  |                          | <b>NIACIN</b>              | 1.6 (MG)    |
| <b>Source of Nutritional Information:</b> | Ingredient suppliers and/or USDA SR11 database |                          | <b>CALCIUM</b>             | 150.0 (MG)  |
|   |  |                          | <b>IRON</b>                | 1.1 (MG)    |
|   |  |                          | <b>POTASSIUM</b>           |             |
|   |  |                          | <b>PHOSPHORUS</b>          |             |
|   |  |                          | <b>SODIUM</b>              | 160.0 (MG)  |
|   |  |                          | <b>Fiber</b>               | 0.0 (GM)    |

No Value-Indicates no information available

INGREDIENTS: ENRICHED FLOUR(NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID, WATER, CANOLA OIL CONTAINS 3% OR LESS OF THE FOLLOWING, LEAVENING (SODIUM BICARBONATE AND MONOCALCIUM PHOSPHATE), SALT, CALCIUM PROPIONATE, POTASSIUM SORBATE, DEXTROSE, FUMARIC ACID, MONOSODIUM PHOSPHATE ADDED TO PROLONG FRESSNESS.

Reviewed by: John Wilson RD, LDN

Wednesday, May 6, 2009 9:19:10AM

Product Specification Sheet

Page 1 of 1

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item **7937**

**NUTRIENT INFORMATION PER SERVING**

|                                    |  |                          |                     |             |
|------------------------------------|--|--------------------------|---------------------|-------------|
| Item Name                          | <b>Soft Breadstick</b>                         |                          | CALORIES            | 80.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                   |                          | PROTEIN             | 3.0 (GM)    |
| CN Number:                         |  |                          | CARBOHYDRATES       | 15.0 (GM)   |
| Basis for Data Submitted:          | As Served                                      |                          | TOTAL FAT           | 1.0 (GM)    |
| Package Size:                      | 0.92 (oz) 26.00 (g)                            |                          | SATURATED FAT       | 0.0 (GM)    |
| Servings Per Package:              | 1  |                          | MonoFat             |             |
| Weight Per Serving:                | 0.92 (oz) 26.00 (g)                            |                          | PolyFat             |             |
| Nutrients based on:                | 1 Serving                                      |                          | % Calories from Fat | 11.3 (%)    |
| Product Composition:               | Consists of one .917oz. Of breadstick          |                          | CHOLESTEROL         | 0.0 (MG)    |
| Meal Contributions:                | 0.00   | oz.meat/meat alternative | VITAMIN A           | 0.0 (RE)    |
|                                    | 1.00   | grain/bread equivalent   | VITAMIN C           | 0.0 (MG)    |
|                                    | 0.00   | cup fruit/vegetable      | THIAMIN             | 0.1 (MG)    |
| Preparation Instructions:          |  |                          | RIBOFLAVIN          | 0.1 (MG)    |
|                                    |  |                          | NIACIN              | 1.2 (MG)    |
|                                    |  |                          | CALCIUM             | 0.0 (MG)    |
|                                    |  |                          | IRON                | 0.7 (MG)    |
|                                    |  |                          | POTASSIUM           |             |
|                                    |  |                          | PHOSPHORUS          |             |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA SR11 database |                          | SODIUM              | 115.0 (MG)  |
|                                    |  |                          | Fiber               | 0.0 (GM)    |

No Value-Indicates no information available

**Ingredient Statement:**

Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, contains less than 2% of each of the following: sugar, salt, yeast, calcium propionate (preservative), malted barley flour, molasses, dextrose, ascorbic acid added as a dough conditioner, mono-& diglycerides, L-cysteine, enzymes.  
Contains: Wheat

Reviewed by:

*John W. Dolan*

Friday, April 17, 2009 9:25:44AM

Product Specification Sheet

Page 1 of 1

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



Item

**8047**

NUTRIENT INFORMATION PER SERVING

|                                    |   |                     |              |
|------------------------------------|---|---------------------|--------------|
| Item Name                          | <b>WRAPPED BURGER BUN</b>   | CALORIES            | 155.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.  | PROTEIN             | 5.0 (GM)     |
| CN Number:                         |   | CARBOHYDRATES       | 27.0 (GM)    |
| Basis for Data Submitted:          | As Served   | TOTAL FAT           | 3.0 (GM)     |
| Package Size:                      | 1.80 (oz) 51.03 (g)   | SATURATED FAT       | 0.0 (GM)     |
| Servings Per Package:              | 1   | MonoFat             | 0.0 (GM)     |
| Weight Per Serving:                | 1.80 (oz) 51.03 (g)   | PolyFat             | 1.0 (GM)     |
| Nutrients based on:                | 1 Serving   | % Calories from Fat | 17.4 (%)     |
| Product Composition:               | Consists of 1.8 oz serving of Hamburger Bun.  | CHOLESTEROL         | 0.0 (MG)     |
| Meal Contributions:                | 0.00 oz.meat/meat alternative<br>2.00 grain/bread equivalent<br>cup fruit/vegetable | VITAMIN A           | 0.0 (RE)     |
| Preparation Instructions:          | Thaw and Serve.   | VITAMIN C           | 0.0 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA SR11 database                                      | THIAMIN             | 0.2 (MG)     |
|                                    |   | RIBOFLAVIN          | 0.1 (MG)     |
|                                    |   | NIACIN              | 2.0 (MG)     |
|                                    |   | CALCIUM             | 20.0 (MG)    |
|                                    |   | IRON                | 1.4 (MG)     |
|                                    |   | POTASSIUM           |              |
|                                    |   | PHOSPHORUS          |              |
|                                    |   | SODIUM              | 300.1 (MG)   |
|                                    |   | Fiber               | 3.0 (GM)     |

No Value-Indicates no information available



DISTRIBUTED BY:  
 THE MARAMONT CORPORATION  
 BROOKLYN, NY 11220

**8047**

**WRAPPED HAMBURGER BUN**

**INGREDIENTS:**

HAMBURGER BUN: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, soybean oil, contains 2% or less of the following: salt, calcium sulfite, sodium stearyl lactylate, calcium propionate (a preservative), monocalcium phosphate, ethoxylated mono and diglycerides, calcium carbonate, fermented potato flour, ammonium sulfate, ascorbic acid (dough conditioner), enzymes, azodicarbonamide, datein, calcium peroxide, mono and diglycerides. Contains: Wheat and soy.

THAW AND SERVE SHOP ORDER W80142467  
 PAKED 88 - 1.80 OZ UNITS PER CASE (NET WEIGHT 9.00 LBS)  
 LOT 07327

**KEEP FROZEN FOR INSTITUTIONAL USE ONLY**

Reviewed by: John Welch AD & DN



**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**8145**

NUTRIENT INFORMATION PER SERVING

|   |   |                            |                     |
|---|---|----------------------------|---------------------|
| <b>Item Name</b>                          | <b>WRPD WHEAT BRD(2SL)(80)</b>  | <b>CALORIES</b>            | <b>140.0 (KCAL)</b> |
| <b>Brand:</b>                             | Preferred Meal Systems, Inc.  | <b>PROTEIN</b>             | <b>6.0 (GM)</b>     |
| <b>CN Number:</b>                         |   | <b>CARBOHYDRATES</b>       | <b>30.0 (GM)</b>    |
| <b>Basis for Data Submitted:</b>          | As Served   | <b>TOTAL FAT</b>           | <b>1.0 (GM)</b>     |
| <b>Package Size:</b>                      | 1.80 (oz) 51.03 (g)   | <b>SATURATED FAT</b>       | <b>0.0 (GM)</b>     |
| <b>Servings Per Package:</b>              | 1   | <b>MonoFat</b>             | <b>0.0 (GM)</b>     |
| <b>Weight Per Serving:</b>                | 1.80 (oz) 51.03 (g)   | <b>PolyFat</b>             | <b>0.0 (GM)</b>     |
| <b>Nutrients based on:</b>                | 1 Serving   | <b>% Calories from Fat</b> | <b>6.4 (%)</b>      |
| <b>Product Composition:</b>               | Consists of 1.8oz serving of wheat bread.   | <b>CHOLESTEROL</b>         | <b>0.0 (MG)</b>     |
| <b>Meal Contributions:</b>                | 0.00 oz.meat/meat alternative<br>2.00 grain/bread equivalent<br>cup fruit/vegetable | <b>VITAMIN A</b>           | <b>0.0 (RE)</b>     |
| <b>Preparation Instructions:</b>          | Thaw and Serve.   | <b>VITAMIN C</b>           | <b>0.0 (MG)</b>     |
| <b>Source of Nutritional Information:</b> | Ingredient suppliers and/or USDA SR11 database                                      | <b>THIAMIN</b>             | <b>0.2 (MG)</b>     |
|   |   | <b>RIBOFLAVIN</b>          | <b>0.1 (MG)</b>     |
|   |   | <b>NIACIN</b>              | <b>2.4 (MG)</b>     |
|   |   | <b>CALCIUM</b>             | <b>80.0 (MG)</b>    |
|   |   | <b>IRON</b>                | <b>1.4 (MG)</b>     |
|   |   | <b>POTASSIUM</b>           |                     |
|   |   | <b>PHOSPHORUS</b>          |                     |
|   |   | <b>SODIUM</b>              | <b>340.0 (MG)</b>   |
|   |   | <b>Fiber</b>               | <b>2.0 (GM)</b>     |

No Value-Indicates no information available



DISTRIBUTED BY  
THE MARAMONT CORPORATION  
BROOKLYN, NEW YORK 11220

**8145**

**WRAPPED WHEAT BREAD (2)**

**WHEAT BREAD:** Enriched flour (wheat flour, malted barley flour, niacin reduced iron, thiamin mononitrate, riboflavin, folic acid), water, coarse whole wheat flour, high fructose corn syrup, yeast, contains 2% or less of the following: vital wheat gluten, salt, wheat bran flakes, soybean oil, calcium sulfate, guar gum, calcium propionate (a preservative), sodium stearoyl lactylate, monocalcium phosphate, caramel color, soy flour, datam, ammonium sulfate, ascorbic acid (dough conditioner), enzymes, Azodicarbonamide. Contains: Wheat and soy.

SHOP ORDER W80222668 THAW AND SERVE LOT 09127

PACKED 80- 1.80 OZ UNIT PER CASE (NET WEIGHT 9.00 LBS)

KEEP FROZEN FOR INSTITUTIONAL USE ONLY

Reviewed by: *[Signature]*

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**8065**

NUTRIENT INFORMATION PER SERVING

|                                    |   |                          |                     |             |
|------------------------------------|---|--------------------------|---------------------|-------------|
| Item Name                          | <b>WRPD WHEAT BREAD - 1 SLICE</b>             |                          | CALORIES            | 70.1 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                  |                          | PROTEIN             | 3.0 (GM)    |
| CN Number:                         |   |                          | CARBOHYDRATES       | 15.0 (GM)   |
| Basis for Data Submitted:          | As Served                                     |                          | TOTAL FAT           | 0.5 (GM)    |
| Package Size:                      | 0.90 (oz) 25.52 (g)                           |                          | SATURATED FAT       | 0.0 (GM)    |
| Servings Per Package:              | 1   |                          | MonoFat             | 0.0 (GM)    |
| Weight Per Serving:                | 0.90 (oz) 25.52 (g)                           |                          | PolyFat             | 0.0 (GM)    |
| Nutrients based on:                | 1 Serving                                     |                          | % Calories from Fat | 6.4 (%)     |
| Product Composition:               | Consists of 0.9 oz serving of wheat bread.    |                          | CHOLESTEROL         | 0.0 (MG)    |
| Meal Contributions:                | 0.00  | oz.meat/meat alternative | VITAMIN A           | 0.0 (RE)    |
|                                    | 1.00  | grain/bread equivalent   | VITAMIN C           | 0.0 (MG)    |
|                                    |   | cup fruit/vegetable      | THIAMIN             | 0.1 (MG)    |
| Preparation Instructions:          | Thaw and Serve                                |                          | RIBOFLAVIN          | 0.1 (MG)    |
| Source of Nutritional Information: | Ingredient supplier and/or USDA SR11 database |                          | NIACIN              | 1.2 (MG)    |
|                                    |   |                          | CALCIUM             | 40.0 (MG)   |
|                                    |   |                          | IRON                | 0.7 (MG)    |
|                                    |   |                          | POTASSIUM           |             |
|                                    |   |                          | PHOSPHORUS          |             |
|                                    |   |                          | SODIUM              | 170.2 (MG)  |
|                                    |   |                          | Fiber               | 1.0 (GM)    |

No Value-Indicates no information available



DISTRIBUTED BY  
THE MARAMONT CORPORATION  
BROOKLYN, NEW YORK 11229

**8065**

**WRAPPED WHEAT BREAD (1)**

WHEAT BREAD: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, coarse whole wheat flour, high fructose corn syrup, yeast, contains 2% or less of the following: vital wheat gluten, salt, wheat bran flakes, soybean oil, calcium sulfate, guar gum, calcium propionate (a preservative), sodium stearoyl lactylate, monocalcium phosphate, caramel color, soy flour, datem, ammonium sulfate, ascorbic acid (dough conditioner), enzymes, Azodicarbonamide. Contains: Wheat and soy.

SHOP ORDER 119503 THAW AND SERVE LOT 08029

PACKED 80-.90 OZ UNIT PER CASE (NET WEIGHT 4.50 LBS)

KEEP FROZEN FOR INSTITUTIONAL USE ONLY

Reviewed by:

*[Handwritten Signature]*

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**8045**

NUTRIENT INFORMATION PER SERVING

|                                    |   |                     |              |
|------------------------------------|---|---------------------|--------------|
| Item Name                          | <b>WRPD WHEAT BRD(2SL)W/2 MRG(80)</b>                     | CALORIES            | 212.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                              | PROTEIN             | 6.0 (GM)     |
| CN Number:                         |   | CARBOHYDRATES       | 30.0 (GM)    |
| Basis for Data Submitted:          | As Served   | TOTAL FAT           | 9.0 (GM)     |
| Package Size:                      | 2.14 (oz) 60.67 (g)                                       | SATURATED FAT       | 3.0 (GM)     |
| Servings Per Package:              | 1   | MonoFat             | 0.0 (GM)     |
| Weight Per Serving:                | 2.14 (oz) 60.67 (g)                                       | PolyFat             | 0.0 (GM)     |
| Nutrients based on:                | 1 Serving   | % Calories from Fat | 38.2 (%)     |
| Product Composition:               | Consists of 2.14 oz serving of Wheat Bread and Margarine. | CHOLESTEROL         | 0.0 (MG)     |
| Meal Contributions:                | 0.00 oz.meat/meat alternative                             | VITAMIN A           | 60.0 (RE)    |
|                                    | 2.00 grain/bread equivalent                               | VITAMIN C           | 0.0 (MG)     |
|                                    | cup fruit/vegetable                                       | THIAMIN             | 0.2 (MG)     |
| Preparation Instructions:          | Thaw and Serve.   | RIBOFLAVIN          | 0.1 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA SR11 database            | NIACIN              | 2.4 (MG)     |
|                                    |   | CALCIUM             | 80.0 (MG)    |
|                                    |   | IRON                | 1.4 (MG)     |
|                                    |   | POTASSIUM           |              |
|                                    |   | PHOSPHORUS          |              |
|                                    |   | SODIUM              | 430.0 (MG)   |
|                                    |   | Fiber               | 2.0 (GM)     |

No Value-Indicates no information available



DISTRIBUTED BY  
THE MARAMONT CORPORATION  
BROOKLYN, NEW YORK 11220

**8045**

**WHEAT BREAD (2) MARGARINE (2)**

WHEAT BREAD: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, coarse whole wheat flour, high fructose corn syrup, yeast, contains 2% or less of the following: vital wheat gluten, salt, wheat bran flakes, soybean oil, calcium sulfate, guar gum, calcium propionate (a preservative), sodium stearoyl lactylate, monocalcium phosphate, caramel color, soy flour, dehem, ammonium sulfate, ascorbic acid (dough conditioner), enzymes, Azodicarbonamide. Contains: Wheat and soy. MARGARINE REDDIES: Liquid Soybean Oil and Partially Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono and Diglycerides, Soy Lecithin, Potassium Sorbate and Citric Acid Added Preservatives, Artificial Flavors, Colored with Beta Carotene, Vitamin A Palmitate Added. CONTAINS: Soy

SHOP ORDER W90142442 THAW AND SERVE LOT 08024  
PACKED 80- 2.14 OZ UNITS PER CASE (NET WEIGHT 10.70 LBS)  
**KEEP FROZEN FOR INSTITUTIONAL USE ONLY**

Reviewed by: *Janis W. [Signature]*

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



Item

**8699p**

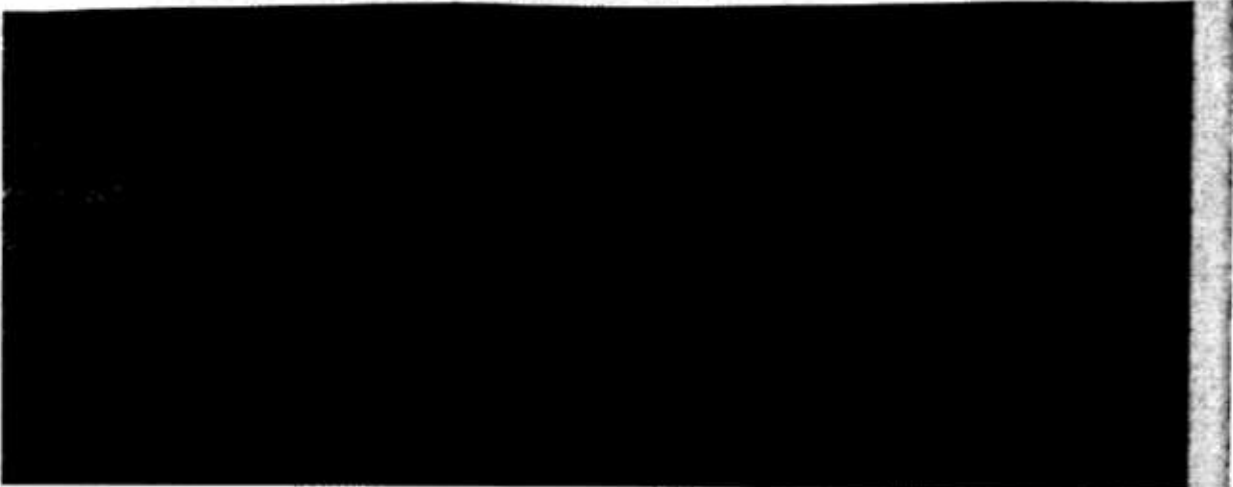
NUTRIENT INFORMATION PER SERVING

|   |  |                          |                            |              |
|---|--|--------------------------|----------------------------|--------------|
| <b>Item Name</b>                          | <b>Pita Bread</b>                              |                          | <b>CALORIES</b>            | 210.0 (KCAL) |
| <b>Brand:</b>                             | Preferred Meal Systems, Inc.                   |                          | <b>PROTEIN</b>             | 6.0 (GM)     |
| <b>CN Number:</b>                         |  |                          | <b>CARBOHYDRATES</b>       | 36.0 (GM)    |
| <b>Basis for Data Submitted:</b>          | As Served                                      |                          | <b>TOTAL FAT</b>           | 5.0 (GM)     |
| <b>Package Size:</b>                      | 2.50 (oz) 71.00 (g)                            |                          | <b>SATURATED FAT</b>       | 0.5 (GM)     |
| <b>Servings Per Package:</b>              | 1  |                          | <b>MonoFat</b>             | 2.5 (GM)     |
| <b>Weight Per Serving:</b>                | 2.50 (oz) 71.00 (g)                            |                          | <b>PolyFat</b>             | 1.5 (GM)     |
| <b>Nutrients based on:</b>                | 1 Serving                                      |                          | <b>% Calories from Fat</b> | 21.4 (%)     |
| <b>Product Composition:</b>               | 1 - 2.5044 oz serving of pita bread            |                          | <b>CHOLESTEROL</b>         | 0.0 (MG)     |
| <b>Meal Contributions:</b>                | 0.00   | oz.meat/meat alternative | <b>VITAMIN A</b>           | 0.0 (RE)     |
|   | 1.00   | grain/bread equivalent   | <b>VITAMIN C</b>           | 0.0 (MG)     |
|   |  | cup fruit/vegetable      | <b>THIAMIN</b>             | 0.1 (MG)     |
| <b>Preparation Instructions:</b>          |  |                          | <b>RIBOFLAVIN</b>          | 0.0 (MG)     |
|   |  |                          | <b>NIACIN</b>              | 0.4 (MG)     |
|   |  |                          | <b>CALCIUM</b>             | 60.0 (MG)    |
|   |  |                          | <b>IRON</b>                | 0.7 (MG)     |
|   |  |                          | <b>POTASSIUM</b>           |              |
|   |  |                          | <b>PHOSPHORUS</b>          |              |
| <b>Source of Nutritional Information:</b> | Ingredient suppliers and/or USDA SR11 database |                          | <b>SODIUM</b>              | 440.0 (MG)   |
|   |  |                          | <b>Fiber</b>               | 2.0 (GM)     |

No Value-Indicates no information available



CONTAINS: UNBLEACHED WHEAT FLOUR, WATER, CANOLA OIL, SALT, YEAST, DEXTROSE, MONO -DIGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, POTASSIUM SORBATE, FUMARIC ACID, GUAR GUM, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM SULFATE, ENZYME



Reviewed by: *John Wilson*