

BREAKFAST - HOT

MEAL CONTRIBUTION

Code	Description	Case Count	Ounces		Bread / Grain Eqvly.	Cup Fruit / Veg	Frozen Heating Instructions (heat to a minimum of 165 degrees)
			Meat / Meat Alt.	Meat / Meat Alt.			
120	PANCAKES	40	-	-	2	-	Heat 13-15 mins. in a 325 degree oven.
192	CINNAMON TOAST EGGO WAFFLES	40	-	-	2	-	Heat 12-15 mins. in a 325 degree oven.
193	WAFFLES	40	-	-	2	-	Heat 13-15 mins. in a 325 degree oven.
195	CINNAMON SWIRL FRENCH TOAST	40	-	-	2	-	Heat 13-15 mins. in a 325 degree oven.
1216	TKY HAM & CHEESE ON AN MUFFIN	40	1	-	2	-	Heat 15-18 mins. in a 325 degree oven.
1227	BEEF SAUSAGE ON A BISCUIT	40	1	-	3	-	Heat 15-18 mins. in a 325 degree oven.
1311	BRKFST. TOASTED CHEESE SAND.	40	1	-	2	-	Heat 15-20 min in a 325 160 degree oven
1325	WAFFLES WSAUSAGE	40	1	-	2	-	Heat 12-15 mins. in a 325 degree oven.
1326	FRENCH TOAST STICKS	40	-	-	3	-	Heat 12-15 mins. in a 325 degree oven.
1687	CHICKEN BISCUIT	40	1	-	3	-	Heat to a minimum of 165 degrees
2916	EGG AND CHEESE ON A BAGEL	40	1.5	-	2	-	Heat 25-30 mins in a 325 degree oven
1292/1244	BREAKFAST BURRITO	40	1	-	2.25	-	Heat to a minimum of 165 degrees

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

120

NUTRIENT INFORMATION PER SERVING

Item Name	PANCAKES	CALORIES	140.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	4.0 (GM)
CN Number:		CARBOHYDRATES	26.7 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	2.0 (GM)
Package Size:	2.50 (oz) 70.88 (g)	SATURATED FAT	0.7 (GM)
Servings Per Package:	1	MonoFat	0.3 (GM)
Weight Per Serving:	2.50 (oz) 70.88 (g)	PolyFat	0.2 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	12.9 (%)
Product Composition:	Consists of a 2.5 oz. unit of pancakes	CHOLESTEROL	6.7 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	2.00 grain/bread equivalent	VITAMIN C	0.0 (MG)
	cup fruit/vegetable	THIAMIN	0.0 (MG)
Preparation Instructions:	Cook 13-15 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	0.2 (MG)
		CALCIUM	80.0 (MG)
		IRON	3.6 (MG)
		POTASSIUM	43.1 (MG)
		PHOSPHORUS	
		SODIUM	440.0 (MG)
		Fiber	1.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

120

**COOK AND SERVE
PANCAKES**

INGREDIENTS: Water, enriched unbleached wheat flour, dextrose, sugar, soy oil, baking powder (sodium acid pyrophosphate, bicarbonate of soda, corn starch, monocalcium phosphate), whole eggs, salt, buttermilk.

M120-EL10

COOKING SERVE: Cook 13-15 minutes in a 325° oven to a minimum of 165°F.

40 2.50 OZ UNITS (NET WEIGHT 6.25 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

[Handwritten Signature]

Thursday, June 11, 2009 2:01:00PM

Product Specification Sheet

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Preferred Meal Systems, Inc.

Product Specification Sheet



Item

192

NUTRIENT INFORMATION PER SERVING

Item Name	CINNAMON TOAST WAFFLES	CALORIES	194.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	3.3 (GM)
CN Number:		CARBOHYDRATES	30.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	6.7 (GM)
Package Size:	2.20 (oz) 62.37 (g)	SATURATED FAT	1.3 (GM)
Servings Per Package:	1	MonoFat	4.3 (GM)
Weight Per Serving:	2.20 (oz) 62.37 (g)	PolyFat	0.7 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	31.1 (%)
Product Composition:	Consists of one 2.20 oz unit of Cinnamon Toast Waffles	CHOLESTEROL	16.7 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative 2.00 grain/bread equivalent cup fruit/vegetable	VITAMIN A	200.0 (RE)
Preparation Instructions:	Cook 12-15 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	THIAMIN	0.3 (MG)
		RIBOFLAVIN	0.3 (MG)
		NIACIN	4.0 (MG)
		CALCIUM	26.7 (MG)
		IRON	3.6 (MG)
		POTASSIUM	66.7 (MG)
		PHOSPHORUS	
		SODIUM	313.3 (MG)
		Fiber	1.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

192

**COOK AND SERVE
CINNAMON TOAST WAFFLES**

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), whey (milk), sugar, vegetable oil (soybean oil, palm oil and palm kernel oil with TBHQ and citric acid for freshness), eggs, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), partially hydrogenated soybean and cottonseed oil, cinnamon, salt, calcium carbonate, soy lecithin, vitamin A palmitate, niacinamide, reduced iron, yellow #5, pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1), riboflavin (vitamin B2), yellow #6, vitamin B12.

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

M192-K4

40 2.20 OZ UNITS (NET WEIGHT 5.50 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: Judith M. Woodhouse RD, LDN

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

193

NUTRIENT INFORMATION PER SERVING

Item Name	BUTTERMILK WAFFLES		CALORIES	200.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	5.0 (GM)
CN Number:			CARBOHYDRATES	32.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	6.0 (GM)
Package Size:	2.54 (oz)	72.01 (g)	SATURATED FAT	1.5 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	2.54 (oz)	72.01 (g)	PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	27.0 (%)
Product Composition:	Consists of one 2.54 oz unit of Waffles		CHOLESTEROL	4.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	170.6 (RE)
	2.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	0.5 (MG)
Preparation Instructions:	Cook 13-15 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.		RIBOFLAVIN	0.6 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database		NIACIN	9.0 (MG)
			CALCIUM	28.2 (MG)
			IRON	1.8 (MG)
			POTASSIUM	80.0 (MG)
			PHOSPHORUS	
			SODIUM	440.0 (MG)
			Fiber	1.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163

193

COOK AND SERVE WAFFLES

INGREDIENTS: WAFFLES (enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, whey (milk), sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), contains 2% or less of: whole eggs, calcium chloride, salt, corn syrup solids, corn starch, colored with (yellow 5, yellow 6), fortified with (reduced iron, niacinamide, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamine mononitrate (vitamin B1), cyanocobalamin (Vitamin B12), natural and artificial flavor (dextrose, corn starch, natural and artificial flavors), soy lecithin).

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

M193-AF14

40 2.54 OZ. UNITS (NET WEIGHT 6.35 LBS.)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

Wednesday, July 1, 2009 11:59:55AM

Product Specification Sheet

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Preferred Meal Systems, Inc.

Product Specification Sheet



Item

195

NUTRIENT INFORMATION PER SERVING

Item Name	CINNAMON SWIRL =FRENCH TOAST	CALORIES	160.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	6.0 (GM)
CN Number:		CARBOHYDRATES	24.0 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	4.7 (GM)
Package Size:	2.80 (oz) 79.38 (g)	SATURATED FAT	1.0 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	2.80 (oz) 79.38 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	26.4 (%)
Product Composition:	Consists of one 2.80 oz unit of French Toast	CHOLESTEROL	56.7 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative 2.00 grain/bread equivalent cup fruit/vegetable	VITAMIN A	26.7 (RE)
Preparation Instructions:	Cook 13-15 minutes in a 325 degree Fahrenheit oven to a minimum of 160 degrees Fahrenheit.	VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	THIAMIN	0.2 (MG)
		RIBOFLAVIN	
		NIACIN	1.9 (MG)
		CALCIUM	66.7 (MG)
		IRON	1.8 (MG)
		POTASSIUM	57.9 (MG)
		PHOSPHORUS	26.8 (MG)
		SODIUM	213.3 (MG)
		Fiber	1.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

195

**HEAT AND SERVE
CINNAMON FRENCH TOAST**

INGREDIENTS: Bread (enriched wheat flour (flour, barley malt, niacin, thiamine mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: partially hydrogenated soybean oil, yeast, salt, dough conditioners (soy lecithin, sodium stearoyl lactylate), soya flour, calcium propionate (a preservative), corn flour, yeast nutrients (ammonium sulfate, calcium sulfate), annatto oil, turmeric oil), whole eggs, water, sugar, imitation vanilla (water, propylene glycol, vanillin ethyl vanillin, alcohol and caramel color), cinnamon (may contain milk protein).

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

M195-EL11

40 2.80 OZ UNITS (NET WEIGHT 7.00 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

John Waldman

Wednesday, May 20, 2009 8:59:07AM

Product Specification Sheet

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Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1216

NUTRIENT INFORMATION PER SERVING

Item Name	TURKEY HAM & CHEESE ON ENGLISH MUFFIN	CALORIES	222.4 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	12.7 (GM)
CN Number:		CARBOHYDRATES	27.7 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	6.6 (GM)
Package Size:	3.06 (oz) 86.75 (g)	SATURATED FAT	2.8 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	3.06 (oz) 86.75 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	26.7 (%)
Product Composition:	Consists of one 3.06 oz. Unit of Turkey Ham and Cheese on a English Muffin	CHOLESTEROL	24.9 (MG)
Meal Contributions:	1.00 oz.meat/meat alternative	VITAMIN A	26.9 (RE)
	2.00 grain/bread equivalent	VITAMIN C	0.5 (MG)
	cup fruit/vegetable	THIAMIN	0.2 (MG)
Preparation Instructions:	Cook 15-18 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	2.0 (MG)
		CALCIUM	237.9 (MG)
		IRON	1.6 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	404.6 (MG)
		Fiber	2.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

1216

TURKEY HAM (CURED TURKEY THIGH MEAT CHUNKED AND FORMED, 5% WATER ADDED WITH NATURAL SMOKE FLAVORING) AND CHEESE ON ENGLISH MUFFIN

INGREDIENTS: ENGLISH MUFFIN (enriched wheat flour (wheat flour enriched with niacin, ferrous sulfate, thiamine, riboflavin, folic acid), water. Contains 2% or less of: yeast, salt, vinegar, partially hydrogenated soybean and cottonseed oil, white corn flour, white corn meal, dextrose, calcium propionate and potassium sorbate (preservatives), mono & diglycerides, sugar, wheat gluten, potato starch, yeast food (monocalcium phosphate, calcium sulfate, ammonium sulfate), malted barley flour, and corn starch); FULLY COOKED TURKEY HAM (cured turkey thigh meat chunked and formed, 5% water added with natural smoke flavoring) (turkey thigh meat, water, lite salt (potassium chloride, sodium chloride), salt, sugar, sodium phosphate, carrageenan, sodium erythorbate, natural smoke flavoring, sodium nitrite); 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, cream, milk fat, lactic acid, artificial color (if colored), soybean oil blend, sodium phosphate, annatto vegetable color, modified soy lecithin).

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

1216-JO25 n-c

40 3.06 OZ UNITS (NET WEIGHT 7.65 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: Julie Williams-RD, LD

Preferred Meal Systems, Inc.

Product Specification Sheet



NUTRIENT INFORMATION PER SERVING

Item **1227**

Item Name	SAUSAGE PATTY ON A BISCUIT	CALORIES	376.2 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	16.2 (GM)
CN Number:		CARBOHYDRATES	38.8 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	17.0 (GM)
Package Size:	3.85 (oz) 109.15 (g)	SATURATED FAT	4.1 (GM)
Servings Per Package:	1	MonoFat	1.4 (GM)
Weight Per Serving:	3.85 (oz) 109.15 (g)	PolyFat	0.1 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	40.7 (%)
Product Composition:	Consists of one 3.85 oz unit of Broiled Beef Patty on a Buttermilk Biscuit.	CHOLESTEROL	25.0 (MG)
Meal Contributions:	1.00 oz.meat/meat alternative 3.00 grain/bread equivalent cup fruit/vegetable	VITAMIN A	38.3 (RE)
Preparation Instructions:	Cook 12-15 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	VITAMIN C	0.2 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	THIAMIN	0.7 (MG)
		RIBOFLAVIN	0.2 (MG)
		NIACIN	3.3 (MG)
		CALCIUM	111.4 (MG)
		IRON	2.8 (MG)
		POTASSIUM	252.9 (MG)
		PHOSPHORUS	362.6 (MG)
		SODIUM	717.3 (MG)
		Fiber	1.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

1227

BEEF PATTY (WITH BHA, BHT AND CITRIC ACID TO HELP PROTECT FLAVOR) ON SLICED BISCUIT

INGREDIENTS: SLICED BISCUIT (enriched wheat flour (with niacin, iron, thiamine mononitrate, riboflavin, folic acid, enzyme), water, shortening (partially hydrogenated soybean and cottonseed oils), buttermilk blend (whey solids, dried buttermilk solids, adipic acid, silicon dioxide), salt, sodium aluminum phosphate, sodium bicarbonate, potassium sorbate, sodium stearoyl lactylate); BROILED BEEF PATTY (with BHA, BHT, and citric acid to help protect flavor) (ground beef (not more than 30% fat), water, textured vegetable protein (soy protein concentrate, caramel color), seasoning (salt, natural flavorings on a dextrose carrier, sugar, maltodextrin, flavor (contains salt), BHA, BHT, citric acid), black pepper, salt, sage).

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

1227-PRE9

40 3.85 OZ UNITS (NET WEIGHT 9.63 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: Julia Williams, R.D., L.D.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1311

NUTRIENT INFORMATION PER SERVING

<p>Item Name BREAKFAST TOASTED CHEESE SANDWICH</p> <p>Brand: Preferred Meal Systems, Inc.</p> <p>CN Number:</p> <p>Basis for Data Submitted: As Served</p> <p>Package Size: 2.60 (oz) 73.71 (g)</p> <p>Servings Per Package: 1</p> <p>Weight Per Serving: 2.60 (oz) 73.71 (g)</p> <p>Nutrients based on: 1 Serving</p> <p>Product Composition: Consists one 2.60 unit of toasted cheese sandwich</p> <p>Meal Contributions: 1.00 oz.meat/meat alternative 2.00 grain/bread equivalent cup fruit/vegetable</p> <p>Preparation Instructions: Cook 25-30 minutes in a 250 F. oven to a minimum of 165 F.</p> <p>Source of Nutritional Information: Ingredient suppliers and/or USDA SR11 database</p>	<p>CALORIES 278.6 (KCAL)</p> <p>PROTEIN 10.5 (GM)</p> <p>CARBOHYDRATES 35.0 (GM)</p> <p>TOTAL FAT 10.9 (GM)</p> <p>SATURATED FAT 5.7 (GM)</p> <p>MonoFat</p> <p>PolyFat</p> <p>% Calories from Fat 35.2 (%)</p> <p>CHOLESTEROL 26.6 (MG)</p> <p>VITAMIN A 53.9 (RE)</p> <p>VITAMIN C 0.0 (MG)</p> <p>THIAMIN 0.2 (MG)</p> <p>RIBOFLAVIN 0.1 (MG)</p> <p>NIACIN 2.6 (MG)</p> <p>CALCIUM 175.8 (MG)</p> <p>IRON 1.7 (MG)</p> <p>POTASSIUM</p> <p>PHOSPHORUS</p> <p>SODIUM 368.1 (MG)</p> <p>Fiber 2.2 (GM)</p>
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No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

1311

TOASTED PASTEURIZED PROCESS AMERICAN CHEESE SANDWICH

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

PREPARATION: Cook 25-30 minutes in a 250° oven to a minimum of 165°F. as verified by a food thermometer.

1311-PRE10

40 2.60 OZ UNITS (NET WEIGHT 6.50 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: J. Wilson RD, LON

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1325

NUTRIENT INFORMATION PER SERVING

<p>Item Name BUTTERMILK WAFFLES W/ SAUSAGE</p> <p>Brand: Preferred Meal Systems, Inc.</p> <p>CN Number:</p> <p>Basis for Data Submitted: As Served</p> <p>Package Size: 3.64 (oz) 103.19 (g)</p> <p>Servings Per Package: 1</p> <p>Weight Per Serving: 3.64 (oz) 103.19 (g)</p> <p>Nutrients based on: 1 Serving</p> <p>Product Composition: Consists of one 3.64 Unit of Waffles with Turkey Sausage</p> <p>Meal Contributions: 1.00 oz.meat/meat alternative 2.00 grain/bread equivalent cup fruit/vegetable</p> <p>Preparation Instructions: Cook 12-15 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 SR11 database</p>	<table> <tr><td>CALORIES</td><td>283.1 (KCAL)</td></tr> <tr><td>PROTEIN</td><td>11.4 (GM)</td></tr> <tr><td>CARBOHYDRATES</td><td>32.9 (GM)</td></tr> <tr><td>TOTAL FAT</td><td>11.8 (GM)</td></tr> <tr><td>SATURATED FAT</td><td>1.5 (GM)</td></tr> <tr><td>MonoFat</td><td>0.0 (GM)</td></tr> <tr><td>PolyFat</td><td>0.0 (GM)</td></tr> <tr><td>% Calories from Fat</td><td>37.5 (%)</td></tr> <tr><td>CHOLESTEROL</td><td>27.8 (MG)</td></tr> <tr><td>VITAMIN A</td><td>171.2 (RE)</td></tr> <tr><td>VITAMIN C</td><td>0.0 (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>9.0 (MG)</td></tr> <tr><td>CALCIUM</td><td>42.3 (MG)</td></tr> <tr><td>IRON</td><td>2.3 (MG)</td></tr> <tr><td>POTASSIUM</td><td>158.4 (MG)</td></tr> <tr><td>PHOSPHORUS</td><td>32.2 (MG)</td></tr> <tr><td>SODIUM</td><td>573.9 (MG)</td></tr> <tr><td>Fiber</td><td>1.0 (GM)</td></tr> </table>	CALORIES	283.1 (KCAL)	PROTEIN	11.4 (GM)	CARBOHYDRATES	32.9 (GM)	TOTAL FAT	11.8 (GM)	SATURATED FAT	1.5 (GM)	MonoFat	0.0 (GM)	PolyFat	0.0 (GM)	% Calories from Fat	37.5 (%)	CHOLESTEROL	27.8 (MG)	VITAMIN A	171.2 (RE)	VITAMIN C	0.0 (MG)	THIAMIN	0.5 (MG)	RIBOFLAVIN	0.6 (MG)	NIACIN	9.0 (MG)	CALCIUM	42.3 (MG)	IRON	2.3 (MG)	POTASSIUM	158.4 (MG)	PHOSPHORUS	32.2 (MG)	SODIUM	573.9 (MG)	Fiber	1.0 (GM)
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PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163



No Value-Indicates no information available

1325

COOK AND SERVE
WAFFLES WITH TURKEY PATTY (WITH BHA, BHT, AND CITRIC ACID ADDED TO HELP PROTECT FLAVOR)

INGREDIENTS: WAFFLES (enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, whey (milk), sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), contains 2% or less of: whole eggs, calcium chloride, salt, corn syrup solids, corn starch, colored with (yellow 5, yellow 6), fortified with (reduced iron, niacinamide, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamine mononitrate (vitamin B1), cyanocobalamin (Vitamin B12), natural and artificial flavor (dextrose, corn starch, natural and artificial flavors), soy lecithin); BROILED TURKEY PATTY (with BHA, BHT, and citric acid added to help protect flavor) (ground turkey thigh, water, textured vegetable protein (soy protein concentrate, caramel color), seasoning (salt, natural flavorings on a dextrose carrier, sugar, maltodextrin, flavor (contains salt), BHA, BHT, citric acid), black pepper, sage, salt).

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

M1325-AF5

40 3.64 OZ UNITS (NET WEIGHT 9.10 LBS)

KEEP FROZEN INSTITUTIONAL USE ONLY

Reviewed by: John A. L. L. L.

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

1326

NUTRIENT INFORMATION PER SERVING

Item Name	FRENCH TOAST STICKS		CALORIES	300.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	6.0 (GM)
CN Number:			CARBOHYDRATES	42.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	12.0 (GM)
Package Size:	3.42 (oz) 96.96 (g)		SATURATED FAT	0.2 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	3.42 (oz) 96.96 (g)		PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	36.0 (%)
Product Composition:	Consists of one 3.42 oz unit of French Toast Sticks		CHOLESTEROL	30.0 (MG)
Meal Contributions:	0.00	oz.meat/meat alternative	VITAMIN A	2343.2 (RE)
	3.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	0.2 (MG)
Preparation Instructions:	Cook 12-15 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.		RIBOFLAVIN	0.4 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database		NIACIN	3.0 (MG)
			CALCIUM	96.0 (MG)
			IRON	3.0 (MG)
			POTASSIUM	90.0 (MG)
			PHOSPHORUS	51.0 (MG)
			SODIUM	285.0 (MG)
			Fiber	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

1326

COOK AND SERVE
FRENCH TOAST STICKS

INGREDIENTS: Enriched bread (enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), water, high fructose corn syrup, yeast, contains 2% or less of each of the following: salt, wheat gluten, partially hydrogenated soybean and/or cottonseed oil, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate), corn starch, dough conditioners (may contain one or more of each of the following: sodium stearoyl lactylates, calcium peroxide), niacin (vitamin B3), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamine mononitrate (vitamin B1), vitamin A palmitate, calcium, reduced iron, soy lecithin, calcium propionate (preservative)), water, enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, sugar, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of each of the following: yellow corn flour, soy flour, modified corn starch, salt, whey (milk), calcium caseinate, artificial flavor, egg, gelatinized wheat starch, nonfat milk, dextrose, natural flavor, food starch-modified, soy lecithin, leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate), oleoresin paprika.

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

M1326-RSP8

40 3.42 OZ UNITS (NET WEIGHT 8.55 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

Judith A. L. D. N.

Wednesday, July 1, 2009 12:03:51 PM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.
Product Specification Sheet



Item

1687

NUTRIENT INFORMATION PER SERVING

Item Name	CHICKEN BISCUIT	CALORIES	366.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	13.4 (GM)
CN Number:		CARBOHYDRATES	43.9 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	16.3 (GM)
Package Size:	4.40 (oz) 124.74 (g)	SATURATED FAT	3.9 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	4.40 (oz) 124.74 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	40.1 (%)
Product Composition:	Consists of one 4.40oz serving of Chicken and Biscuit	CHOLESTEROL	17.3 (MG)
Meal Contributions:	1.00 oz.meat/meat alternative	VITAMIN A	60.0 (RE)
	3.00 grain/bread equivalent	VITAMIN C	0.2 (MG)
	cup fruit/vegetable	THIAMIN	0.6 (MG)
Preparation Instructions:	Cook 18-25 minutes in a 325 degree oven to a minimum of 165 degrees.	RIBOFLAVIN	0.2 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	2.6 (MG)
		CALCIUM	104.9 (MG)
		IRON	2.6 (MG)
		POTASSIUM	102.8 (MG)
		PHOSPHORUS	279.9 (MG)
		SODIUM	821.1 (MG)
		Fiber	1.3 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163

1687

BREADED NUGGET SHAPED CHICKEN BREAST BREAKFAST PATTIE ON SLICED BISCUIT

INGREDIENTS: SLICED BISCUIT (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine/mononitrate, riboflavin, folic acid, enzymes), water, partially hydrogenated soybean and cottonseed oils, dry whey (milk), calcium sulfate, buttermilk solids, contains 2% or less of dextrose, sodium aluminum phosphate, salt, sodium bicarbonate, calcium propionate (preservative), methylcellulose, corn syrup solids, sodium caseinate, mono and diglycerides, sodium silicoaluminate (anti-caking agent), adipic acid, soy lecithin, artificial flavor, beta carotene (color)); FULLY COOKED BREADED NUGGET SHAPED CHICKEN BREAST BREAKFAST PATTIE (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, riboflavin), dried whole egg solids, lite salt (salt, potassium chloride), sugar, sodium phosphates, white pepper, onion powder, garlic powder. Breaded with: enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, dextrose, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), monoglycerides, partially hydrogenated soybean oil, oleoresin paprika. Battered with: water, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, whey (milk), leavening (sodium aluminum phosphate, sodium bicarbonate), spice, garlic powder, oleoresin paprika, guar gum. Breeding set in vegetable oil).

PREPARATION: Cook 18-25 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

1687-GK1 n-c

40 4.40 OZ UNITS (NET WEIGHT 11.00 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: *Dan Wilson ADL/DW*

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

2916

NUTRIENT INFORMATION PER SERVING

Item Name	EGG AND CHEESE ON A BAGEL		CALORIES	273.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	13.3 (GM)
CN Number:			CARBOHYDRATES	39.3 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	8.0 (GM)
Package Size:	3.30 (oz) 93.56 (g)		SATURATED FAT	3.7 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	3.30 (oz) 93.56 (g)		PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	26.3 (%)
Product Composition:	Consists of a 3.3oz Egg and Cheese on a Bagel		CHOLESTEROL	122.6 (MG)
Meal Contributions:	1.50	oz.meat/meat alternative	VITAMIN A	53.5 (RE)
	2.00	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	0.3 (MG)
Preparation Instructions:	Cook 8-12 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.		RIBOFLAVIN	0.3 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database		NIACIN	3.0 (MG)
			CALCIUM	147.7 (MG)
			IRON	2.3 (MG)
			POTASSIUM	39.7 (MG)
			PHOSPHORUS	54.7 (MG)
			SODIUM	424.9 (MG)
			Fiber	2.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

2916

PRECOOKED SCRAMBLED EGG PATTIE AND CHEESE ON BAGEL

INGREDIENTS: BAGEL (enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains less than 2% of each of the following: yeast, salt, partially hydrogenated soybean oil, calcium propionate (preservative), malted barley flour, wheat flour, mono and diglycerides, guar gum, molasses, datem, corn syrup solids, ascorbic acid added as a dough conditioner, L-Cysteine, enzymes); PRECOOKED SCRAMBLED EGG PATTIE (whole eggs, nonfat milk, modified food starch, salt, xanthan gum, citric acid, pepper); 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)).

PREPARATION: Cook 08-12 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

2916-EL15

40 3.30 OZ UNITS (NET WEIGHT 8.25 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by:

Jane W. ...

Wednesday, July 17, 2009 12:05:08PM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1292

NUTRIENT INFORMATION PER SERVING

Item Name	BRKFST EGG & CHEESE WRAP		CALORIES	220.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	9.0 (GM)
CN Number:			CARBOHYDRATES	22.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	10.0 (GM)
Package Size:	3.50 (oz) 99.23 (g)		SATURATED FAT	3.5 (GM)
Servings Per Package:	1		MonoFat	
Weight Per Serving:	3.50 (oz) 99.23 (g)		PolyFat	
Nutrients based on:	1 Serving		% Calories from Fat	40.9 (%)
Product Composition:	Consists of one 3.5oz serving of egg and cheese wrap		CHOLESTEROL	95.0 (MG)
Meal Contributions:	1.00	oz.meat/meat alternative	VITAMIN A	80.0 (RE)
	2.25	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 15-20 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.		RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database		NIACIN	
			CALCIUM	250.0 (MG)
			IRON	0.2 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	570.0 (MG)
			Fiber	1.0 (GM)

No Value-Indicates no information available

Ingredient Statement

INGREDIENTS: Filling: Pre-Cooked Scrambled Eggs (Whole Eggs, Skim Milk, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Liquid Pepper Extract, Citric Acid, Natural and Artificial Butter Flavor [Clarified Butter Oil, Lipolyzed Butter Oil, Artificial Flavor, Annatto (color)]), Pasteunzed Process American Cheese [American Cheese (Milk, Salt, Cheese Culture, Enzymes), Water, Cream, Sodium Phosphates, Salt, APO Carotenal (if colored)], Water, Corn Starch, Salt and Flavorings.

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

Reviewed by: _____

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1244

NUTRIENT INFORMATION PER SERVING

Item Name	IW EGG/CHEESE BURRITO 3.5OZ-40	CALORIES	230.6 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	8.6 (GM)
CN Number:		CARBOHYDRATES	28.9 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	8.6 (GM)
Package Size:	3.50 (oz) 99.23 (g)	SATURATED FAT	3.6 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	3.50 (oz) 99.23 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	33.6 (%)
Product Composition:	Consists of 3.5 oz serving of Egg and American Cheese Burrito	CHOLESTEROL	69.0 (MG)
Meal Contributions:	1.00 oz.meat/meat alternative	VITAMIN A	3.9 (RE)
	2.25 grain/bread equivalent	VITAMIN C	0.1 (MG)
	cup fruit/vegetable	THIAMIN	
Preparation Instructions:	Cook 20-25 minutes in a 300 degree oven.	RIBOFLAVIN	
		NIACIN	
Source of Nutritional Information:	Ingredients suppliers and/or USDA SR11 database	CALCIUM	104.3 (MG)
		IRON	1.9 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	603.1 (MG)
		Fiber	1.1 (GM)

No Value-Indicates no information available

KEEP FROZEN

INGREDIENTS: Filling: Pre-Cooked Scrambled Eggs (Whole Eggs, Skim Milk, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Liquid Pepper Extract, Citric Acid, Natural and Artificial Butter Flavor (Clarified Butter Oil, L-polyzed Butter Oil, Artificial Flavor, Annatto (color))), Pasteurized Process American Cheese (American Cheese (Milk, Salt, Cheese Culture, Enzymes), Water, Cream, Sodium Phosphates, Salt, APO Carotinal (if colored)), Water, Corn Starch, Salt and Flavorings.

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

Reviewed by: _____