

COLD SANDWICHES

Code	Description	Case Count	MEAL CONTRIBUTION			Frozen Heating Instructions (heat to a minimum of 165 degrees)
			Ounces Meat / Meat Alt.	Bread / Grain Equiv.	Cup Fruit / Veg	
1206	Turkey Bologna & Cheese On Bun	40	2	2	-	Keep frozen. Thaw or heat and serve.
1208	Turkey on Wheat	40	2	2	-	Keep frozen. Thaw or heat and serve.
1222	Turkey Ham & Cheese on Bun	40	2	2.25	-	Keep frozen. Thaw or heat and serve.
1239	Deli Combo	40	2	2	-	Keep frozen. Thaw or heat and serve.
1255	Turkey Ham & Cheese on Wheat	40	2	2	-	Keep frozen. Thaw or heat and serve.
1286	Torpedo Sandwich	40	2	2.25	-	Keep frozen. Thaw or heat and serve.
1335	Turkey Salami on White	40	2	2	-	Keep frozen. Thaw or heat and serve.
1441	Turkey & Cheese on Sub Roll	40	2	2.25	-	Keep frozen. Thaw or heat and serve.
1525	Turkey Salami and Cheese on Bun	40	2	2	-	Keep frozen. Thaw or heat and serve.
1538	Hero Sandwich	40	2	2.25	-	Keep frozen. Thaw or heat and serve.
1545	Turkey Bologna on Bun	40	2	2	-	Keep frozen. Thaw or heat and serve.
1556	Turkey Ham & Cheeee on Bun	40	2	2	-	Keep frozen. Thaw or heat and serve.
1597	PB&J Cut Out	40	2	2	-	Keep frozen. Thaw and serve.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1206

NUTRIENT INFORMATION PER SERVING

Item Name	BOLOGNA & CHEESE=ON BUN	CALORIES	355.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	16.1 (GM)
CN Number:	072162	CARBOHYDRATES	13.8 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	14.1 (GM)
Package Size:	3.80 (oz) 107.73 (g)	SATURATED FAT	5.2 (GM)
Servings Per Package:	1	MonoFat	1.0 (GM)
Weight Per Serving:	3.80 (oz) 107.73 (g)	PolyFat	1.5 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	35.7 (%)
Product Composition:	Consists of one bologna and cheese sandwich on an enriched bun	CHOLESTEROL	47.1 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	41.9 (RE)
	2.00 grain/bread equivalent	VITAMIN C	0.9 (MG)
	cup fruit/vegetable	THIAMIN	0.3 (MG)
Preparation Instructions:	Cook to a minimum of 160 F.	RIBOFLAVIN	0.3 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	2.0 (MG)
		CALCIUM	177.9 (MG)
		IRON	2.4 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	723.5 (MG)
		Fiber	1.0 (GM)

No Value-Indicates no information available



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

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

1206

TURKEY Bologna and PASTEURIZED PROCESS AMERICAN CHEESE ON KAISER ROLL

INGREDIENTS: KAISER ROLL : Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains 2% or less of the following: soybean oil, salt, dextrose, rye flour, date, calcium propionate (a preservative), calcium sulfate, mono and diglycerides, malted barley flour, ammonium sulfate, acetic acid, ascorbic acid (dough conditioner), lactic acid, monocalcium phosphate, phosphoric acid, potassium iodate, azodicarbonamide, L-cysteine, enzymes. Contains: Wheat and soy. **TURKEY BOLOGNA:** Turkey, water, corn syrup, salt, sodium lactate, flavorings, dextrose, sodium erythorbate, extractives of paprika, sodium nitrite. **PASTEURIZED PROCESS AMERICAN CHEESE:** Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, artificial color, acetic acid, enzymes, lecithin.

CN 072162

One 3.80 oz unit of Turkey Bologna and Cheese on a Kaiser Roll provide 2.00 oz. equivalent meat and
 CN 2 Serving of bread for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement
 authorized by the Food and Nutrition Service, USDA 05-08) CN

CN

PREPARATION: Cook 18-22 minutes in a 325° oven to a minimum of 165°F.

SHOP ORDER 00000

PACKED 40- 3.80 OZ UNITS PER CASE (NET WEIGHT 9.50 LBS)

LOT 000000

KEEP FROZEN

FOR INSTITUTIONAL USE ONLY

Reviewed by: John Waldman D.L.D.W.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1222

NUTRIENT INFORMATION PER SERVING

<p>Item Name</p> <p>TURKEY HAM & 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: 4.79 (oz) 135.80 (g)</p> <p>Servings Per Package: 1</p> <p>Weight Per Serving: 4.79 (oz) 135.80 (g)</p> <p>Nutrients based on: 1 Serving</p> <p>Product Composition: Consists of one 4.79 oz unit of turkey ham and cheese on a sub roll</p> <p>Meal Contributions: 2.00 oz.meat/meat alternative 2.25 grain/bread equivalent cup fruit/vegetable</p> <p>Preparation Instructions: Cook 18-22 minutes in a 325 F. oven to a minimum of 160 F.</p> <p>Source of Nutritional Information: Ingredient suppliers and/or USDA SR11 database</p>	<p>CALORIES 330.9 (KCAL)</p> <p>PROTEIN 20.3 (GM)</p> <p>CARBOHYDRATES 42.3 (GM)</p> <p>TOTAL FAT 9.8 (GM)</p> <p>SATURATED FAT 3.4 (GM)</p> <p>MonoFat 0.0 (GM)</p> <p>PolyFat 1.0 (GM)</p> <p>% Calories from Fat 26.7 (%)</p> <p>CHOLESTEROL 52.9 (MG)</p> <p>VITAMIN A 26.9 (RE)</p> <p>VITAMIN C 1.4 (MG)</p> <p>THIAMIN 0.4 (MG)</p> <p>RIBOFLAVIN 0.3 (MG)</p> <p>NIACIN 3.0 (MG)</p> <p>CALCIUM 127.9 (MG)</p> <p>IRON 9.5 (MG)</p> <p>POTASSIUM</p> <p>PHOSPHORUS</p> <p>SODIUM 871.5 (MG)</p> <p>Fiber 1.0 (GM)</p>
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PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

No Value-Indicates no information available

1222

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

INGREDIENTS: 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); ENRICHED BUN (enriched flour (wheat) (flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), high fructose corn syrup, contains 2% or less of the following: wheat gluten, soybean oil, salt, yeast, sesame seeds if apparent, dough conditioners (sodium stearoyl lactylate, calcium iodate), soya flour, potassium sorbate and calcium propionate (preservatives), yeast nutrients (monocalcium phosphate, ammonium sulfate)); 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 18-22 minutes in a 325° oven to a minimum of 165°F.

1222-JO20 n-c

40 4.79 OZ UNITS (NET WEIGHT 11.98 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: *John Waldman R.D.L.D.*

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **1239**

NUTRIENT INFORMATION PER SERVING

Item Name	DELI COMBO	CALORIES	351.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	17.5 (GM)
CN Number:		CARBOHYDRATES	13.3 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	13.0 (GM)
Package Size:	4.15 (oz) 117.65 (g)	SATURATED FAT	4.8 (GM)
Servings Per Package:	1	MonoFat	1.0 (GM)
Weight Per Serving:	4.15 (oz) 117.65 (g)	PolyFat	1.5 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	33.3 (%)
Product Composition:	Consists of one 4.06 oz. serving of Turkey bologna, Turkey ham, and cheese on enriched bun.	CHOLESTEROL	49.1 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	36.9 (RE)
	2.00 grain/bread equivalent	VITAMIN C	1.1 (MG)
	cup fruit/vegetable	THIAMIN	0.3 (MG)
Preparation Instructions:	Cook 25-30 minutes in 325 F oven to a minimum of 165 F.	RIBOFLAVIN	0.3 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	2.0 (MG)
		CALCIUM	167.9 (MG)
		IRON	2.3 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	704.2 (MG)
		Fiber	1.0 (GM)



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

1239

TURKEY BOLOGNA (WITH NATURAL SMOKE FLAVORING), TURKEY HAM (CURED TURKEY THIGH MEAT GROUND AND FORMED, 15% WATER ADDED WITH NATURAL SMOKE FLAVORING) AND CHEESE ON ENRICHED BUN

INGREDIENTS: ENRICHED BUN (enriched flour (flour, barley malt, niacin, iron, thiamine mononitrate riboflavin, folic acid), water, high fructose corn syrup, soybean oil, yeast, contains 2% or less of the following: sesame seeds, salt, wheat gluten, dough conditioners (monoglycerides, datem), soya flour calcium propionate (a preservative), yeast nutrients (monocalcium phosphate, ammonium sulfate). **TURKEY BOLOGNA** (with natural smoke flavoring) (mechanically separated turkey, water, salt, corn syrup solids, dextrose, sodium phosphate, sugar, sodium erythorbate, natural flavoring, liquid smoke, sodium nitrite); **FULLY COOKED TURKEY HAM** (cured turkey thigh meat ground and formed, 15% 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, milk fat, lactic acid, artificial color (if colored), soybean oil blend, sodium phosphate, annatto vegetable color, modified soy lecithin).

1239-J024 n-c

PREPARATION: Cook 25-30 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

40 4.15 OZ UNITS (NET WEIGHT 10.38 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: *Jane Weber RD, LDN*

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **1255**

NUTRIENT INFORMATION PER SERVING

Item Name	TKY HAM & CHS ON WHEAT BRD-40	CALORIES	286.8 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	18.4 (GM)
CN Number:		CARBOHYDRATES	25.9 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	13.4 (GM)
Package Size:	4.31 (oz) 122.19 (g)	SATURATED FAT	6.6 (GM)
Servings Per Package:	1	MonoFat	0.9 (GM)
Weight Per Serving:	4.31 (oz) 122.19 (g)	PolyFat	0.6 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	42.1 (%)
Product Composition:	one 4.31 oz serving of turkey ham and cheese sandwich	CHOLESTEROL	53.1 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	53.9 (RE)
	2.00 grain/bread equivalent	VITAMIN C	0.9 (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	2.1 (MG)
		CALCIUM	215.3 (MG)
		IRON	2.2 (MG)
		POTASSIUM	138.5 (MG)
		PHOSPHORUS	125.9 (MG)
		SODIUM	586.1 (MG)
		Fiber	3.8 (GM)



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

No Value-Indicates no information available

1255

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

INGREDIENTS: ENRICHED WHEAT BREAD (enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), stone ground whole wheat flour, water, high fructose corn syrup, partially hydrogenated soybean and/or cottonseed and/or palm oils, contains 2% or less of the following: salt, yeast, wheat gluten, sugar, caramel color, corn sugar, corn starch, soya flour, calcium propionate (a preservative), dough conditioners (mono & diglycerides, potassium bromate); 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, milk fat, lactic acid, artificial color (if colored), soybean oil blend, sodium phosphate, annatto vegetable color, modified soy lecithin).

PREPARATION: THAW AND SERVE.

1255-J07 n-c

40 4.31 OZ UNITS (NET WEIGHT 10.78 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: John Walden RD, LDW

Tuesday, May 19, 2009 2:29:28PM

Product Specification Sheet

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Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1286

NUTRIENT INFORMATION PER SERVING

Item Name	TORPEDO SANDWICH	CALORIES	355.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	17.4 (GM)
CN Number:	074407	CARBOHYDRATES	44.1 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	12.9 (GM)
Package Size:	4.35 (oz) 123.32 (g)	SATURATED FAT	4.7 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	4.35 (oz) 123.32 (g)	PolyFat	1.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	32.7 (%)
Product Composition:	Consists of one 4.35 oz. Bologna, Turkey Salami, and Cheese Sandwich	CHOLESTEROL	52.2 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	36.9 (RE)
	2.00 grain/bread equivalent	VITAMIN C	1.1 (MG)
	cup fruit/vegetable	THIAMIN	0.4 (MG)
Preparation Instructions:	Cook 18-23 minutes in a 325 F oven to a minimum of 160 F.	RIBOFLAVIN	0.3 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	3.0 (MG)
		CALCIUM	164.3 (MG)
		IRON	9.7 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	1032.3 (MG)
		Fiber	1.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

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FNS REQUIREMENTS

1286

TURKEY BOLOGNA (WITH NATURAL SMOKE FLAVORING), TURKEY SALAMI (WITH NATURAL SMOKE FLAVORING) AND CHEESE ON ENRICHED BUN

INGREDIENTS: ENRICHED BUN (enriched flour (flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains 2% or less of the following: wheat gluten, soybean oil, salt, yeast, sesame seeds if apparent, dough conditioners (sodium stearoyl lactylate, calcium iodate), soya flour, potassium sorbate and calcium propionate (preservatives), yeast nutrients (monocalcium phosphate, ammonium sulfate)); TURKEY BOLOGNA (with natural smoke flavoring) (mechanically separated turkey, water, salt, corn syrup solids, dextrose, sodium phosphate, sugar, sodium erythorbate, natural flavoring, liquid smoke, sodium nitrite); COOKED TURKEY SALAMI (with natural smoke flavoring) (turkey, mechanically separated turkey, seasoning (salt, dextrose, corn syrup solids, spices, garlic powder, sodium erythorbate), water, 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)).

PREPARATION: Cook 18-23 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer. 1286-CNJO28

One 4.35 oz unit of Turkey Bologna, Turkey Salami and Cheese on Enriched Bun provides 2.00 oz equivalent meat/meat alternate and 2 servings of bread for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 02-09.)

40 4.35 OZ UNITS (NET WEIGHT 10.88 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: John Holden, RD/LDN

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **1441**

NUTRIENT INFORMATION PER SERVING

Item Name	TURKEY & CHEESE=ON A SUB ROLL		CALORIES	378.3 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	21.5 (GM)
CN Number:	072725		CARBOHYDRATES	44.6 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	12.9 (GM)
Package Size:	4.98 (oz)	141.18 (g)	SATURATED FAT	6.2 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	4.98 (oz)	141.18 (g)	PolyFat	1.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	30.7 (%)
Product Composition:	consists of one 4.98 oz unit of turkey and cheese on a roll		CHOLESTEROL	52.5 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	53.9 (RE)
	2.25	grain/bread equivalent	VITAMIN C	0.0 (MG)
		cup fruit/vegetable	THIAMIN	0.4 (MG)
Preparation Instructions:	Cook 20-25 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	215.8 (MG)
			IRON	9.5 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	928.6 (MG)
			Fiber	1.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

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1441

WHITE TURKEY ROLL WITH BROTH AND CHEESE ON ENRICHED BUN

INGREDIENTS: ENRICHED BUN (enriched flour (wheat) (flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains 2% or less of the following: wheat gluten, soybean oil, salt, yeast, sesame seeds if apparent, dough conditioners (sodium stearoyl lactylate, calcium iodate), soya flour, potassium sorbate and calcium propionate (preservatives), yeast nutrients (monocalcium phosphate, ammonium sulfate)); WHITE TURKEY ROLL WITH BROTH (white turkey, turkey broth, modified food starch, salt, dextrose, sodium phosphate, carrageenan); 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 20-25 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

1441-CNWB19

One 4.98 oz unit of White Turkey Roll with Broth and Cheese on Enriched Bun provides 2.00 oz equivalent meat/meat alternate and 2.25 servings of bread for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 08-08)

KEEP FROZEN

40 4.98 OZ UNITS (NET WEIGHT 12.45 LBS)

INSTITUTIONAL USE ONLY

Reviewed by: John Waldman P.D.B./N

Tuesday, May 19, 2009 2:31:16PM

Product Specification Sheet

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Preferred Meal Systems, Inc.
Product Specification Sheet



Item **1538**

NUTRIENT INFORMATION PER SERVING

<p>Item Name HERO SANDWICH</p> <p>Brand: Preferred Meal Systems, Inc.</p> <p>CN Number:</p> <p>Basis for Data Submitted: As Served</p> <p>Package Size: 4.29 (oz) 121.62 (g)</p> <p>Servings Per Package: 1</p> <p>Weight Per Serving: 4.29 (oz) 121.62 (g)</p> <p>Nutrients based on: 1 Serving</p> <p>Product Composition: Consists of one 4.29 oz unit of Turkey Bologna, Turkey Ham and Cheese on a Bun.</p> <p>Meal Contributions: 2.00 oz.meat/meat alternative 2.25 grain/bread equivalent cup fruit/vegetable</p> <p>Preparation Instructions: Cook 25-30 minutes in a 325 degree Fahrenheit oven to a minimum of 160 degrees Fahrenheit.</p> <p>Source of Nutritional Information: Ingredient suppliers and/or USDA SR11 database</p>	<p>CALORIES 322.7 (KCAL)</p> <p>PROTEIN 17.4 (GM)</p> <p>CARBOHYDRATES 44.5 (GM)</p> <p>TOTAL FAT 9.6 (GM)</p> <p>SATURATED FAT 2.7 (GM)</p> <p>MonoFat 0.0 (GM)</p> <p>PolyFat 1.0 (GM)</p> <p>% Calories from Fat 26.8 (%)</p> <p>CHOLESTEROL 40.8 (MG)</p> <p>VITAMIN A 40.0 (RE)</p> <p>VITAMIN C 1.1 (MG)</p> <p>THIAMIN 0.4 (MG)</p> <p>RIBOFLAVIN 0.3 (MG)</p> <p>NIACIN 3.0 (MG)</p> <p>CALCIUM 135.0 (MG)</p> <p>IRON 9.5 (MG)</p> <p>POTASSIUM</p> <p>PHOSPHORUS</p> <p>SODIUM 1108.0 (MG)</p> <p>Fiber 1.0 (GM)</p>
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No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
 BERKELEY, IL 60163

1538

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

INGREDIENTS: ENRICHED BUN (enriched flour (wheat) (flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains 2% or less of the following: wheat gluten, soybean oil, salt, yeast, sesame seeds if apparent, dough conditioners (sodium stearoyl lactylate, calcium iodate), soya flour, potassium sorbate and calcium propionate (preservatives), yeast nutrients (monocalcium phosphate, ammonium sulfate)); TURKEY BOLOGNA (with natural smoke flavoring) (mechanically separated turkey, water, salt, corn syrup solids, dextrose, sodium phosphate, sugar, sodium erythorbate, natural flavoring, liquid smoke, sodium nitrite); 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); LIGHT PASTEURIZED PROCESS AMERICAN CHEESE (milk, water, skim milk, milk protein concentrate, whey, cheese culture, sodium citrate, modified food starch, salt, potassium citrate, lactic acid, sorbic acid (preservative), artificial color, sodium glyceryl oleate phosphate, cream, enzymes, sodium phosphate).

PREPARATION: Cook 25-30 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

1538-JO13 n-c

40 4.29 OZ UNITS (NET WEIGHT 10.73 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: Judith Waldman RD, LDN

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1545

NUTRIENT INFORMATION PER SERVING

Item Name	BOLOGNA* ON A BUN		CALORIES	330.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	15.0 (GM)
CN Number:	074406		CARBOHYDRATES	14.0 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	12.0 (GM)
Package Size:	3.80 (oz)	107.73 (g)	SATURATED FAT	3.0 (GM)
Servings Per Package:	1		MonoFat	1.0 (GM)
Weight Per Serving:	3.00 (oz)	85.05 (g)	PolyFat	1.5 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	32.7 (%)
Product Composition:	Consists of one 3.8 oz unit of bologna on a bun		CHOLESTEROL	45.0 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	20.0 (RE)
	2.00	grain/bread equivalent	VITAMIN C	1.2 (MG)
		cup fruit/vegetable	THIAMIN	0.3 (MG)
Preparation Instructions:	Cook 15-20 minutes in a 325 oven to a minimum of 160 F.		RIBOFLAVIN	0.3 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database		NIACIN	2.0 (MG)
			CALCIUM	100.0 (MG)
			IRON	2.5 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	890.0 (MG)
			Fiber	1.0 (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

1545

TURKEY BOLOGNA (WITH NATURAL SMOKE FLAVORING) ON ENRICHED BUN

INGREDIENTS: TURKEY BOLOGNA (with natural smoke flavoring) (mechanically separated turkey, water, salt, corn syrup solids, dextrose, sodium phosphate, sugar, sodium erythorbate, natural flavoring, liquid smoke, sodium nitrite); ENRICHED BUN (enriched flour (flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, yeast, contains 2% or less of the following: sesame seeds, salt, wheat gluten, dough conditioners (monoglycerides, datem), soya flour, calcium propionate (a preservative), yeast nutrients (monocalcium phosphate, ammonium sulfate).

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

1545-CNJO6

One 3.80 oz unit of Turkey Bologna on Enriched Bun provides 2.00 oz equivalent meat and 2 servings of bread for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 02-09.)

KEEP FROZEN

40 3.80 OZ UNITS (NET WEIGHT 9.50 LBS)

INSTITUTIONAL USE ONLY

Reviewed by: *[Signature]*

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **1556**

NUTRIENT INFORMATION PER SERVING

Item Name	HAM & CHEESE =ON A BUN	CALORIES	311.6 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	17.0 (GM)
CN Number:		CARBOHYDRATES	31.6 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	12.6 (GM)
Package Size:	4.49 (oz) 127.29 (g)	SATURATED FAT	6.0 (GM)
Servings Per Package:	1	MonoFat	
Weight Per Serving:	4.49 (oz) 127.29 (g)	PolyFat	
Nutrients based on:	1 Serving	% Calories from Fat	36.4 (%)
Product Composition:	Consists of on 4.49 oz unit of Turkey Ham and Cheese on an enriched Bun	CHOLESTEROL	53.1 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	53.9 (RE)
	2.00 grain/bread equivalent	VITAMIN C	0.9 (MG)
	cup fruit/vegetable	THIAMIN	0.2 (MG)
Preparation Instructions:	Cook 15-20 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	0.2 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	2.0 (MG)
		CALCIUM	195.8 (MG)
		IRON	1.8 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	526.4 (MG)
		Fiber	0.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

1556

TURKEY HAM (CURED TURKEY THIGH MEAT GROUND AND FORMED, 15% WATER ADDED WITH NATURAL SMOKE FLAVORING) AND CHEESE ON ENRICHED BUN

INGREDIENTS: ENRICHED BUN (enriched flour (wheat) (flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, yeast, contains 2% or less of the following: wheat gluten, salt, sesame seeds, dough conditioners (mono & diglycerides, sodium stearoyl lactylate, calcium peroxide), calcium propionate (a preservative), yeast nutrients (ammonium sulfate, calcium sulfate), soya flour); FULLY COOKED TURKEY HAM (cured turkey thigh meat ground and formed, 15% 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)).

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

1556-J019 n-c

40 4.49 OZ UNITS (NET WEIGHT 11.23 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: John Waldman RD, LDN

Tuesday, May 19, 2009 4:05:14PM

Product Specification Sheet

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Preferred Meal Systems, Inc.

Product Specification Sheet



Item **1208**

NUTRIENT INFORMATION PER SERVING

Item Name	TURKEY ROLL= ON WHEAT BREAD	CALORIES	259.1 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	21.9 (GM)
CN Number:		CARBOHYDRATES	29.5 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	6.4 (GM)
Package Size:	5.93 (oz) 168.12 (g)	SATURATED FAT	1.5 (GM)
Servings Per Package:	1	MonoFat	0.9 (GM)
Weight Per Serving:	5.93 (oz) 168.12 (g)	PolyFat	0.6 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	22.2 (%)
Product Composition:	Consists of one 5.93 oz. Unit of Turkey on Wheat Bread	CHOLESTEROL	51.6 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	2.00 grain/bread equivalent	VITAMIN C	0.0 (MG)
	cup fruit/vegetable	THIAMIN	0.2 (MG)
Preparation Instructions:	Cook to a minimum of 160 F.	RIBOFLAVIN	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	2.1 (MG)
		CALCIUM	39.6 (MG)
		IRON	2.6 (MG)
		POTASSIUM	138.5 (MG)
		PHOSPHORUS	125.9 (MG)
		SODIUM	1280.8 (MG)
		Fiber	3.8 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

1208

WHITE TURKEY ROLL (WITH BROTH AND BINDERS ADDED) ON ENRICHED BREAD

INGREDIENTS: FULLY COOKED WHITE TURKEY ROLL (with broth and binders added) (white turkey, turkey broth, modified food starch, salt, sugar, sodium phosphate, nonfat dry milk, vegamine (hydrolyzed wheat gluten protein, partially hydrogenated soybean oil), flavoring); ENRICHED WHEAT BREAD (enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), stone ground whole wheat flour, water, high fructose corn syrup, partially hydrogenated soybean and/or cottonseed and/or palm oils, contains 2% or less of the following: salt, yeast, wheat gluten, sugar, caramel color, corn sugar, corn starch, soya flour, calcium propionate (a preservative), dough conditioners (mono & diglycerides, potassium bromate).

PREPARATION: Cook to a minimum of 165°F. as verified by a food thermometer.

1208-JO17 n-c

40 5.93 OZ UNITS (NET WEIGHT 14.83 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: Janice W. Brown R.D., E.D.S.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item

1335

NUTRIENT INFORMATION PER SERVING

Item Name	SALAMI* ON WHITE BREAD		CALORIES	297.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	19.5 (GM)
CN Number:	074404		CARBOHYDRATES	33.4 (GM)
Basis for Data Submitted:	As Served		TOTAL FAT	10.3 (GM)
Package Size:	5.05 (oz)	143.17 (g)	SATURATED FAT	2.4 (GM)
Servings Per Package:	1		MonoFat	0.0 (GM)
Weight Per Serving:	5.05 (oz)	143.17 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving		% Calories from Fat	31.2 (%)
Product Composition:	one 5.05 oz serving of turkey salami on white bread sandwich		CHOLESTEROL	65.0 (MG)
Meal Contributions:	2.00	oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	2.00	grain/bread equivalent	VITAMIN C	2.0 (MG)
		cup fruit/vegetable	THIAMIN	0.3 (MG)
Preparation Instructions:	Cook to a minimum of 165 degrees Fahrenheit.		RIBOFLAVIN	0.1 (MG)
			NIACIN	2.6 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database		CALCIUM	65.0 (MG)
			IRON	2.7 (MG)
			POTASSIUM	
			PHOSPHORUS	
			SODIUM	1400.9 (MG)
			Fiber	1.1 (GM)

No Value-Indicates no information available



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BERKELEY, IL 60163

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1335

TURKEY SALAMI (WITH NATURAL SMOKE FLAVORING) ON ENRICHED WHITE BREAD SANDWICH

INGREDIENTS: COOKED TURKEY SALAMI (with natural smoke flavoring) (turkey, mechanically separated turkey, seasoning (salt, dextrose, corn syrup solids, spices, garlic powder, sodium erythorbate), water, natural smoke flavoring, sodium nitrite); ENRICHED WHITE BREAD (enriched flour (wheat) (flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, contains 2% or less of the following: soybean oil, yeast, salt, dough conditioners (soy lecithin, sodium stearoyl lactylate), soya flour, calcium propionate (a preservative), yeast nutrients (ammonium sulfate, calcium sulfate)).

PREPARATION: Cook to a minimum of 165°F. as verified by a food thermometer.

1335-CNJO13

CN 074404

One 5.05 oz unit of Turkey Salami on Enriched White Bread Sandwich provides 2.00 oz equivalent meat and 2 servings of bread for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 02-09)

CN

40 5.05 OZ UNITS (NET WEIGHT 12.63 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: Jude Wilson R.D.L.M.

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **1525**

NUTRIENT INFORMATION PER SERVING

Item Name	TURKEY SALAMI & CHEESE=ON A BUN	CALORIES	319.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	18.8 (GM)
CN Number:	074405	CARBOHYDRATES	30.2 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	14.4 (GM)
Package Size:	4.43 (oz) 125.59 (g)	SATURATED FAT	6.9 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	4.43 (oz) 125.59 (g)	PolyFat	1.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	40.5 (%)
Product Composition:	Consists of one 4.43 oz unit of Turkey Salami and Cheese on a Wheat Bun.	CHOLESTEROL	59.2 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	53.9 (RE)
	2.00 grain/bread equivalent	VITAMIN C	1.0 (MG)
	cup fruit/vegetable	THIAMIN	0.2 (MG)
Preparation Instructions:	Cook to a minimum of 165 degrees Fahrenheit.	RIBOFLAVIN	0.2 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	2.0 (MG)
		CALCIUM	248.4 (MG)
		IRON	2.5 (MG)
		POTASSIUM	
		PHOSPHORUS	
		SODIUM	831.7 (MG)
		Fiber	2.0 (GM)

No Value-Indicates no information available



PREFERRED MEAL SYSTEMS, INC.
BERKELEY, IL 60163

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1525

TURKEY SALAMI (WITH NATURAL SMOKE FLAVORING) AND CHEESE ON ENRICHED BUN

INGREDIENTS: ENRICHED WHEAT BUN (enriched flour (wheat) (flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, coarse ground wheat, wheat bran, wheat gluten, yeast, contains 2% or less of the following: soybean oil, salt, oat bran, rye meal, honey, barley grits, molasses, soya flour, dough conditioners (mono and diglycerides, ethoxylated mono and diglycerides, polysorbate 60, calcium peroxide), calcium propionate (a preservative), yeast nutrients (ammonium sulfate, calcium sulfate); COOKED TURKEY SALAMI (with natural smoke flavoring) (turkey, mechanically separated turkey, seasoning (salt, dextrose, corn syrup solids, spices, garlic powder, sodium erythorbate), water, 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)).

PREPARATION: Cook to a minimum of 165°F. as verified by a food thermometer.

1525-CNJO31

One 4.43 oz unit of Turkey Salami and Cheese on Enriched Bun provides 2.00 oz equivalent meat/meat alternate and 2 servings of bread for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 02-02)

40 4.43 OZ UNITS (NET WEIGHT 11.08 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: *Jayla Wolcott & M/L*

Preferred Meal Systems, Inc.

Product Specification Sheet



Item **1597**

NUTRIENT INFORMATION PER SERVING

Item Name	PB&J CUT OUT	CALORIES	617.1 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	21.3 (GM)
CN Number:	066960	CARBOHYDRATES	60.6 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	31.7 (GM)
Package Size:	4.80 (oz) 136.08 (g)	SATURATED FAT	6.6 (GM)
Servings Per Package:	1	MonoFat	0.0 (GM)
Weight Per Serving:	4.80 (oz) 136.08 (g)	PolyFat	0.0 (GM)
Nutrients based on:	1 Serving	% Calories from Fat	46.2 (%)
Product Composition:	Consists of one 4.80 oz unit of Peanut Butter and Grape Jelly Cut Out.	CHOLESTEROL	0.0 (MG)
Meal Contributions:	2.00 oz.meat/meat alternative	VITAMIN A	0.0 (RE)
	2.00 grain/bread equivalent	VITAMIN C	0.0 (MG)
	cup fruit/vegetable	THIAMIN	0.3 (MG)
Preparation Instructions:	Keep Frozen, thaw and serve at 45 degrees F.	RIBOFLAVIN	0.2 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA SR11 database	NIACIN	1.8 (MG)
		CALCIUM	47.7 (MG)
		IRON	3.6 (MG)
		POTASSIUM	0.0 (MG)
		PHOSPHORUS	0.0 (MG)
		SODIUM	610.3 (MG)
		Fiber	5.8 (GM)

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No Value-Indicates no information available

1597

**PEANUT BUTTER AND GRAPE JELLY CUT-OUT
 (PEANUT BUTTER AND GRAPE JELLY CRUSTLESS SANDWICH)**

INGREDIENTS: PEANUT BUTTER (peanuts, dextrose, stabilizer (comprising one or more of the following hydrogenated oils: rapeseed, soybean, sunflower), salt); SLICED ENRICHED WHITE BREAD (enriched flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soy oil, yeast. Contains 2% or less of the following: salt, mono-diglycerides, monocalcium phosphate, sodium stearoyl lactylate (SSL), calcium sulfate, calcium propionate (a preservative), ammonium sulfate, enzyme, ascorbic acid, azodicarbonamide (ADA), calcium peroxide); GRAPE JELLY (grape juice and grape juice concentrate, high fructose corn syrup, corn syrup, fruit pectin, citric acid and sodium citrate).

PREPARATION: KEEP FROZEN - SERVE AT 45°F.

M1597-CN8

CN _____ CN

066960

CN One 4.80 oz unit of Peanut Butter and Grape Jelly Cut-Out provides 2.00 oz equivalent meat alternate and 2 servings of bread for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 04-06) CN

CN _____ CN

40 4.8 OZ UNITS (NET WEIGHT 12 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Reviewed by: John Wickham, R.D., L.D.

Friday, May 22, 2009 9:31:11AM

Product Specification Sheet

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