



an elior company

Item **4467**

NUTRIENT INFORMATION PER SERVING

Item Name	APPLE JACKS ^	CALORIES	110.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.0 (GM)
CN Number:		CARBOHYDRATES	24.0 (GM)
Basis for Data Submitted:	As Served	Fiber	2.0 (GM)
Package Size:	1.00 (oz) 28.35 (g)	Sugar	8.0 (GM)
Servings Per Package:	1	TOTAL FAT	1.0 (GM)
Weight Per Serving:	1.00 (oz) 28.35 (g)	SATURATED FAT	0.5 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a bowl of Apple Jacks.	PolyFat	
		TRANS FAT	0.0 (GM)
Meal Contributions:		% Calories from Fat	8.2 (%)
Meat/Meat alternative :		% Calories from Sat. Fat	4.1 (%)
Grain/Bread Equivalent :	1.00 Whole Grain	CHOLESTEROL	0.0 (MG)
Fruit :		SODIUM	160.0 (MG)
Vegetable :		VITAMIN A	
Vegetable :		VITAMIN C	6.0 (MG)
Preparation Instructions:	Dry storage.	THIAMIN	
		RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central.	NIACIN	
		CALCIUM	0.0 (MG)
		IRON	1.8 (MG)
		POTASSIUM	40.0 (MG)
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	
		Vitamin B6	
		Folate	
		Includes Added Sugars	8.0 (GM)

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.
Product Specification Sheet



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NUTRIENT INFORMATION PER SERVING

Item **83086**

Item Name	Banana Muffin ^	CALORIES	166.3 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.7 (GM)
CN Number:		CARBOHYDRATES	27.1 (GM)
Basis for Data Submitted:	As Served	Fiber	1.7 (GM)
Package Size:	2.00 (oz) 56.70 (g)	Sugar	8.2 (GM)
Servings Per Package:	1	TOTAL FAT	6.0 (GM)
Weight Per Serving:	2.00 (oz) 56.70 (g)	SATURATED FAT	0.5 (GM)
Nutrients based on:	1 Serving	MonoFat	3.5 (GM)
Product Composition:	Consists of a serving of a banana muffin.	PolyFat	1.7 (GM)
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	32.5 (%)
Grain/Bread Equivalent :	1.25 Whole Grain	% Calories from Sat. Fat	2.7 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	180.3 (MG)
Vegetable :		VITAMIN A	1.3 (RE)
Preparation Instructions:	See label for directions.	VITAMIN C	3.1 (MG)
Shelf Life:	Frozen - 365 days	THIAMIN	0.1 (MG)
Source of Nutritional Information:	Ingredient supplier and/or USDA database.	RIBOFLAVIN	0.0 (MG)
		NIACIN	0.5 (MG)
		CALCIUM	21.9 (MG)
		IRON	0.7 (MG)
		POTASSIUM	78.2 (MG)
		PHOSPHORUS	75.2 (MG)

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN

Tuesday, October 16, 2018 2:47:23PM

Product Specification Sheet

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PREFERRED MEALS
BERKELEY, IL 60163

83086

BANANA MUFFIN

INGREDIENTS: BANANA MUFFIN (water, white whole wheat flour (whole wheat flour), enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), banana puree (bananas), citric acid, ascorbic acid, sugar, canola oil, invert sugar syrup (inverted cane sugar syrup), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), golden flax seed, salt, baking soda, natural banana flavor (propylene glycol and natural flavors), xanthan gum).

CONTAINS: WHEAT

83086-PRE2

PREPARATION: THAW AND SERVE.

40 2.00 OZ UNITS (NET WEIGHT 5.00 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Preferred Meal Systems, Inc.
Product Specification Sheet



an elior company

Item **6133**

NUTRIENT INFORMATION PER SERVING

Item Name	CINNAMON FLAKES ^	CALORIES	100.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.0 (GM)
CN Number:		CARBOHYDRATES	24.0 (GM)
Basis for Data Submitted:	As Served	Fiber	2.0 (GM)
Package Size:	1.00 (oz) 28.35 (g)	Sugar	6.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	1.00 (oz) 28.35 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a bowl of Cinnamon Flakes cereal.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :	1.00 Whole Grain	% Calories from Sat. Fat	0.0 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	180.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	Dry storage	VITAMIN C	
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central.	THIAMIN	0.2 (MG)
		RIBOFLAVIN	0.2 (MG)
		NIACIN	2.0 (MG)
		CALCIUM	0.0 (MG)
		IRON	1.8 (MG)
		POTASSIUM	70.0 (MG)
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	80.0 (UG)
		Vitamin B6	
		Folate	
		Includes Added Sugars	6.0 (GM)

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.
Product Specification Sheet



NUTRIENT INFORMATION PER SERVING

Item **18494**

Item Name	CINNAMON TOAST CRUNCH SOFT FILLED BREAKFAST BAR ^	CALORIES	250.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	6.0 (GM)
CN Number:		CARBOHYDRATES	40.0 (GM)
Basis for Data Submitted:	As Served	Fiber	
Package Size:	2.36 (oz) 66.91 (g)	Sugar	14.0 (GM)
Servings Per Package:	1	TOTAL FAT	8.0 (GM)
Weight Per Serving:	2.36 (oz) 66.91 (g)	SATURATED FAT	2.5 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a cinnamon toast crunch soft filled breakfast bar.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	28.8 (%)
Grain/Bread Equivalent :	2.00 Whole Grain	% Calories from Sat. Fat	9.0 (%)
Fruit :		CHOLESTEROL	5.0 (MG)
Vegetable :		SODIUM	280.0 (MG)
Vegetable :		VITAMIN A	30.0 (RE)
Preparation Instructions:	See label for directions.	VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database.	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	20.0 (MG)
		IRON	1.4 (MG)
		POTASSIUM	
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	
		Vitamin B6	
		Folate	
		Includes	Added Sugars

No Value-Indicates no information available

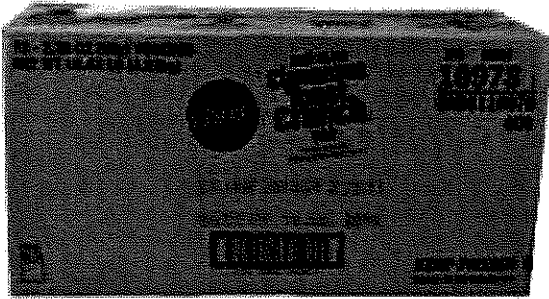
Reviewed by: Cristina Oala RD, LDN

Tuesday, October 1, 2019 2:45:40PM

Product Specification Sheet



Pillsbury™ Frozen Soft Filled Bar Cinnamon Toast Crunch™
2.36 oz



PACKAGING

Base Product Code: 110978000	Unit Weight: 2.36 OZ
GTIN: 10018000109781	Gross Case Weight: 13.50 LB
Units Per Case: 72	Net Case Weight: 10.62 LB
Pallet Info: Layer: 12, High: 8, Pal Qty: 96	Case Dimensions (in): 19.81 (L) X 7.93 (W) X 10.12 (H)
Total Shelf Life: 186 DY	Kosher: NONE: NONE

NUTRITION

Nutrition Facts

Serving Size: 1 Package (66g)

Amount Per Serving	As Packaged
Calories	250
Calories From Fat	70
	% Daily Value*

Total Fat 8g	12%
Saturated Fat2.5g	12%
Trans Fat0g	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 40g	14%
Dietary Fiber2g	10%
Sugars14g	
Protein 6g	
Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	8%

* Percent Daily Value (DV) are based on a 2,000 calorie diet
 * - Not a significant nutrient source

INGREDIENTS

Whole Wheat Flour, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Water, Sugar, Neufchatel Cheese (milk, cream, cheese culture, salt, carob bean gum), Soybean Oil. Contains 2% or less of: Yeast, Maltodextrin, Nonfat Milk, Salt, Cinnamon, Corn Starch, Modified Corn Starch, Methylcellulose.
 Allergens: CONTAINS WHEAT AND MILK INGREDIENTS.

GENERAL DESCRIPTION

Frozen soft bar filled with cinnamon Neufchatel cheese in individually wrapped, ovenable packages. Made without gelatin. For USDA Child Nutrition programs: meets 2 ounce equivalent grain and whole grain-rich criteria. Options for Thaw & Serve or Heat & Serve.

BENEFITS

Top two K-12 cereal brands in a delicious frozen breakfast entrée. Versatile, 2 oz equivalent grain breakfast solution. Easy to serve and menu in the cafeteria, classroom, and as a grab and go item. Warmable packaging makes heat and serve preparation easy.

PREP & SERVING

Heat & Serve: Heat frozen filled bars in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 8-9 minutes* or conventional oven from 13-14 minutes*. For warming unit preheat to 150 degrees F and heat for 90 minutes. For thaw and serve, thaw at room temperature for 2 hours prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing. Great individually wrapped, low-prep entrée item that have versatile prep which allows for flexible usage in the cafeteria, breakfast in the classroom, kiosks, grab on the go and lunch menus

PRODUCT BREAKDOWN

Description	UPC	Quantity
PB CTC FILLED BAR CINN 72CT 2.36OZ	18000109784	72

Preferred Meal Systems, Inc.
Product Specification Sheet



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NUTRIENT INFORMATION PER SERVING

Item **4469**

Item Name	FROOT LOOPS^	CALORIES	110.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.0 (GM)
CN Number:		CARBOHYDRATES	24.0 (GM)
Basis for Data Submitted:	As Served	Fiber	2.0 (GM)
Package Size:	1.00 (oz) 28.35 (g)	Sugar	8.0 (GM)
Servings Per Package:	1	TOTAL FAT	1.0 (GM)
Weight Per Serving:	1.00 (oz) 28.35 (g)	SATURATED FAT	0.5 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a bowl of Froot Loops.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	8.2 (%)
Grain/Bread Equivalent :	1.00 Whole Grain	% Calories from Sat. Fat	4.1 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	160.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	Dry storage.	VITAMIN C	6.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central.	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	0.0 (MG)
		IRON	1.8 (MG)
		POTASSIUM	40.0 (MG)
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	2.0 (UG)
		Vitamin B6	
		Folate	
		Includes Added Sugars	8.0 (GM)

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.
Product Specification Sheet



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Item **8394**

NUTRIENT INFORMATION PER SERVING

Item Name	FROSTED FLAKES ^	CALORIES	110.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.0 (GM)
CN Number:		CARBOHYDRATES	24.0 (GM)
Basis for Data Submitted:	As Served	Fiber	1.0 (GM)
Package Size:	1.00 (oz) 28.35 (g)	Sugar	8.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.5 (GM)
Weight Per Serving:	1.00 (oz) 28.35 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a bowl of Frosted Flakes.	PolyFat	
		TRANS FAT	0.0 (GM)
Meal Contributions:		% Calories from Fat	4.1 (%)
Meat/Meat alternative :		% Calories from Sat. Fat	0.0 (%)
Grain/Bread Equivalent :	1.00 Whole Grain	CHOLESTEROL	0.0 (MG)
Fruit :		SODIUM	170.0 (MG)
Vegetable :		VITAMIN A	
Vegetable :		VITAMIN C	
Preparation Instructions:	Dry storage.	THIAMIN	
		RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central.	NIACIN	
		CALCIUM	60.0 (MG)
		IRON	5.4 (MG)
		POTASSIUM	0.0 (MG)
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	
		Vitamin B6	
		Folate	
		Includes Added Sugars	8.0 (GM)

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Friday, April 24, 2020 12:29:49 PM

Product Specification Sheet

Page 1 of 2



Frosted Corn Flakes™ Cereal Single Serve Bowlpak 1 oz

UPC: 016000117686	Information Accurate as of: April 24, 2020
DESCRIPTION Sweetened flakes of whole grain corn cereal in a ready-to-eat bowl for convenient, portion control. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria and USDA Smart Snacks criteria.	
Case GTIN: 10016000117683	
Unit Weight: 1 OZ	Units per case: 96

Nutrition Facts	Amount/serving	% Daily Value**	Amount/serving	% Daily Value**	**The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 0.5g	1%	Sodium 170mg	7%	
1 Bowl (28g) Serving Size	Saturated Fat 0g	0%	Total Carbohydrate 24g	9%	*Not a significant nutrient source
	Trans Fat 0g		Dietary Fiber 1g	4%	
Calories per serving	Cholesterol 0mg	0%	Total Sugars 8g		
			Includes 8g Added Sugars	16%	
110	Protein 1g				
	Vitamin D 6%	Calcium 6%	Iron 30%		
	Potassium 0%	Vitamin A 6%	Vitamin C 6%		
	Thiamin 15%	Riboflavin 6%	Niacin 6%		
	Vitamin B6 15%	Folate 15%	(35mcg Folic Acid) 15%		
	Vitamin B12 15%	Phosphorus 2%	Magnesium 2%		
	Zinc 15%				

Nutrition Facts	Amount/100g	% Daily Value**	Amount/100g	% Daily Value**	**The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 2g		Sodium 607mg		
Calories	Saturated Fat 0g		Total Carbohydrate 86g		*Not a significant nutrient source
	Trans Fat 0g		Dietary Fiber 4g		
Approx Per 100g	Cholesterol 0mg		Total Sugars 29g		
			Includes 29g Added Sugars		
393	Protein 4g				
	Vitamin D	Calcium	Iron		
	Potassium	Vitamin A	Vitamin C		
	Thiamin	Riboflavin	Niacin		
	Vitamin B6	Folate	(125mcg Folic Acid)		
	Vitamin B12	Phosphorus	Magnesium		
	Zinc				

INGREDIENTS: Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Corn Syrup, Salt, Brown Sugar Syrup, Barley Malt Syrup, Canola Oil, Baking Soda, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), Vitamin B12, A B Vitamin (folic acid), Vitamin D3. MAY CONTAIN WHEAT INGREDIENTS.

KOSHER APPROVAL: OU	ALLERGENS:
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Nutritional information is subject to change. See product label to verify ingredients and allergens. Do not eat raw dough or batter. This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change. Search results are based on the system information available. Nutritional information is subject to change. See product label on package to verify ingredients and allergens.



an elior company

NUTRIENT INFORMATION PER SERVING

Item **853**

Item Name	Graham Crackers ^		CALORIES	90.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	2.0 (GM)
CN Number:			CARBOHYDRATES	16.0 (GM)
Basis for Data Submitted:	As Served		Fiber	1.0 (GM)
Package Size:	0.77 (oz)	21.83 (g)	Sugar	4.0 (GM)
Servings Per Package:	1		TOTAL FAT	2.5 (GM)
Weight Per Serving:	0.77 (oz)	21.83 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving		MonoFat	
Product Composition:	Contains of serving of graham crackers		PolyFat	
Meal Contributions:			TRANS FAT	0.0 (GM)
Meat/Meat alternative :			% Calories from Fat	25.0 (%)
Grain/Bread Equivalent :	1.00	Whole Grain	% Calories from Sat. Fat	0.0 (%)
Fruit :			CHOLESTEROL	0.0 (MG)
Vegetable :			SODIUM	100.0 (MG)
Vegetable :			VITAMIN A	100.0 (RE)
Preparation Instructions:	Dry storage		VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		THIAMIN	
			RIBOFLAVIN	
			NIACIN	
			CALCIUM	100.0 (MG)
			IRON	0.7 (MG)
			POTASSIUM	
			PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN

Preferred Meal Systems, Inc.
Product Specification Sheet



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Item **9131**

NUTRIENT INFORMATION PER SERVING

Item Name	Maple Breakfast Square ^	CALORIES	110.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.0 (GM)
CN Number:		CARBOHYDRATES	17.0 (GM)
Basis for Data Submitted:	As Served	Fiber	1.0 (GM)
Package Size:	1.00 (oz) 28.35 (g)	Sugar	6.0 (GM)
Servings Per Package:	1	TOTAL FAT	4.5 (GM)
Weight Per Serving:	1.00 (oz) 28.35 (g)	SATURATED FAT	1.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a maple breakfast square.	PolyFat	
		TRANS FAT	0.0 (GM)
Meal Contributions:		% Calories from Fat	36.8 (%)
Meat/Meat alternative :		% Calories from Sat. Fat	8.2 (%)
Grain/Bread Equivalent :	1.00 Whole Grain	CHOLESTEROL	0.0 (MG)
Fruit :		SODIUM	40.0 (MG)
Vegetable :		VITAMIN A	0.0 (IU)
Vegetable :		VITAMIN C	0.0 (MG)
Preparation Instructions:	Dry storage.	THIAMIN	
		RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central.	NIACIN	
		CALCIUM	0.0 (MG)
		IRON	0.4 (MG)
		POTASSIUM	
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	
		Vitamin B6	
		Folate	
		Includes Added Sugars	

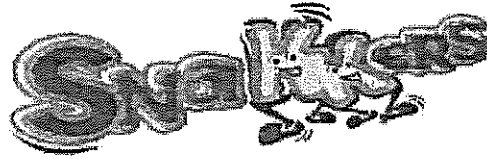
No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Wednesday, April 29, 2020 1:27:44PM

Product Specification Sheet

<p>Don Appling, Director of Foodservice</p>		<p>770/392-8608 x 310 dappling@dfmnc.biz</p>
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**WHOLE GRAIN BREAKFAST SQUARE
MAPLE
40 / 1 oz.
ITEM #: 12413**

Nutrition Facts	
Serving Size 1.0 oz (28.35 g)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 40
Calories From Saturated Fat 10	
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	3%
Sugars 6g	
Protein 2g	3%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

WHOLE GRAIN OAT FLOUR, WHOLE GRAIN ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID) SUGAR, INTERESTERIFIED SOYBEAN OIL, WHOLE EGGS, SALT, BAKING SODA, NATURAL FLAVORS.

ALLERGENS: Wheat, Egg

Dated: 9/02/2016

4305 Lynburn Drive | Tucker, Georgia 30084 | 770-493-8608 | 770-493-6163 FAX

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **13563**

NUTRIENT INFORMATION PER SERVING

Item Name	PANCAKES ^	CALORIES	130.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	4.0 (GM)
CN Number:		CARBOHYDRATES	26.0 (GM)
Basis for Data Submitted:	As Served	Fiber	3.0 (GM)
Package Size:	2.40 (oz) 68.04 (g)	Sugar	6.0 (GM)
Servings Per Package:	1	TOTAL FAT	2.0 (GM)
Weight Per Serving:	2.40 (oz) 68.04 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of two whole grain pancakes.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	13.8 (%)
Grain/Bread Equivalent :	2.00 Whole Grain	% Calories from Sat. Fat	0.0 (%)
Fruit :		CHOLESTEROL	5.0 (MG)
Vegetable :		SODIUM	240.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	See label for directions.	VITAMIN C	
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central.	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	63.0 (MG)
		IRON	1.0 (MG)
		POTASSIUM	111.0 (MG)
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	
		Vitamin B6	
		Folate	
		Includes Added Sugars	10.0 (GM)

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Wednesday, April 29, 2020 9:40:51AM

Product Specification Sheet

preferredmeals™
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PREFERRED MEALS
BERKELEY, IL 60163

13563

WHEAT PANCAKES

INGREDIENTS: WHOLE WHEAT PANCAKE (whole wheat flour, water, buttermilk, sugar, dextrose, soybean oil, baking powder, whole eggs, salt).

CONTAINS: EGG, MILK, SOY, WHEAT

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

40 2.40 OZ UNITS (NET WEIGHT 6.00 LBS)

13563-PRE1

KEEP FROZEN

INSTITUTIONAL USE ONLY

Preferred Meal Systems, Inc.
Product Specification Sheet



an elior company

Item **18490**

NUTRIENT INFORMATION PER SERVING

Item Name	PILLSBURY GRAPE CRESCENT ^	CALORIES	210.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	5.0 (GM)
CN Number:		CARBOHYDRATES	35.0 (GM)
Basis for Data Submitted:	As Served	Fiber	2.0 (GM)
Package Size:	2.29 (oz) 64.92 (g)	Sugar	9.0 (GM)
Servings Per Package:	1	TOTAL FAT	6.0 (GM)
Weight Per Serving:	2.29 (oz) 64.92 (g)	SATURATED FAT	1.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a Pillsbury grape filled crescent.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	25.7 (%)
Grain/Bread Equivalent :	2.00 Whole Grain	% Calories from Sat. Fat	4.3 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	260.0 (MG)
Vegetable :		VITAMIN A	0.0 (IU)
Preparation Instructions:	See label for directions.	VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central database.	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	20.0 (MG)
		IRON	1.1 (MG)
		POTASSIUM	
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	
		Vitamin B6	
		Folate	
		Includes	Added Sugars

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Tuesday, November 26, 2019 11:26:32AM Product Specification Sheet



Pillsbury™ Frozen Filled Crescent Grape 2.29 oz



PACKAGING

Base Product Code: 149978000	Unit Weight: 2.29 OZ
GTIN: 10018000499783	Gross Case Weight: 12.50 LB
Units Per Case: 72	Net Case Weight: 10.3050 LB
Pallet Info: Layer: 12, High: 8, Pal Qty: 96	Case Dimensions (in): 19.81 (L) X 7.93 (W) X 10.12 (H)
Total Shelf Life: 186 DY	Kosher: NONE: NONE

NUTRITION

Nutrition Facts

Serving Size: 1 Package (65g)

Amount Per Serving	As Packaged
Calories	210
Calories From Fat	60
	% Daily Value*
Total Fat 6g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	9%
Sugars 9g	
Protein 5g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

* Percent Daily Value (DV) are based on a 2,000 calorie diet
 * - Not a significant nutrient source

Nutrition Facts

Serving Size: 100g

Amount Per Serving	As Packaged
Calories	284.2
	% Daily Value*
Total Fat 8.1g	
Saturated Fat 1.2g	
Trans Fat 0.1g	
Cholesterol 0.3mg	
Sodium 333.3mg	
Total Carbohydrate 46.3g	
Dietary Fiber 3.2g	
Total Sugars 11.5g	
Includes 9.6g Added Sugars	
Protein 6.6g	
Vitamin D 0mcg	

INGREDIENTS

Water, Whole Wheat Flour, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Soybean Oil, Yeast. Contains 2% or less of: Corn Syrup, Nonfat Milk, Concord Grapes, Modified Corn Starch, Salt, Citric Acid, Natural Flavor, Sodium Citrate, Blueberry Juice and Carrot Juice Color, Potassium Sorbate (Preservative), Xanthan Gum, Gellan Gum, Agar.
 Allergens: CONTAINS WHEAT AND MILK INGREDIENTS.

GENERAL DESCRIPTION

Whole grain-rich frozen crescent with natural grape flavor filling in individually wrapped, ovenable packages and 16 grams of whole grain per serving. For crediting in USDA Child Nutrition Programs: one package meets 2 ounce equivalent grain and whole grain-rich criteria. Options for Thaw & Serve or Heat & Serve.

BENEFITS

Pillsbury(TM) brand connotes trust, quality, and delicious, warm-baked food. Pillsbury(TM) frozen breakfast products contain no artificial flavors, no colors from artificial sources, and no high fructose corn syrup. Just delicious, whole grain-rich, warmable breakfast products from Pillsbury(TM). All are individually wrapped for heat & serve or thaw & serve preparation, making them a great alternative for service models. Recommended for K-12, schools.

PREP & SERVING

Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes

Calcium 0mg
 Iron 1.9mg
 Potassium 122.1mg
 Moisture 37.2g
 Ash 1.8g

* Percent Daily Value (DV) are based on a 2,000 calorie diet
 * - Not a significant nutrient source

Nutrition Facts

Serving Size: 100g

	As
Amount Per Serving	Packag
	ed
Calories	284.2
	% Daily Value*

Total Fat 8.1g
 Saturated Fat 1.2g
 Trans Fat 0.1g
Cholesterol 0.3mg
Sodium 333.3mg
Total Carbohydrate 46.3g
 Dietary Fiber 3.2g
 Total Sugars 11.5g
 Includes 9.6g Added Sugars
Protein 6.6g

Vitamin D 0mcg
 Calcium 0mg
 Iron 1.9mg
 Potassium 122.1mg
 Vitamin A 0mcg
 Vitamin C 0mg
 Vitamin E 0mg
 Thiamin 0.2mg
 Riboflavin 0.1mg
 Niacin 2.1mg
 Vitamin B6 0mcg
 Folate 77.9mcg
 (0mcg Folic Acid)
 Vitamin B12 0mcg
 Biotin 0mcg
 Pantothenic Acid 0mcg
 Phosphorus 97.4mg
 Iodine 0mcg
 Magnesium 32.7mg
 Copper 0mcg
 Choline 129.9mg
 Moisture 37.2g
 Ash 1.8g

* Percent Daily Value (DV) are based on a 2,000 calorie diet
 * - Not a significant nutrient source

PRODUCT BREAKDOWN

Description	UPC	Quantity
PB FILLED CRESCENT GRAPE 2.29OZ	18000499786	72

General Mills Proprietary and Confidential information. All data is deemed accurate as of 9/3/2019.
 Please contact General Mills for the most recent product information.

prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within Great individually wrapped, low-prep entrée item that have versatile prep which allows for flexible usage in the cafeteria, breakfast in the classroom, kiosks, grab on the go and lunch menus.

STORAGE DETAILS

Store in freezer at or below 0 degrees F.
 "Best if Used By" code date.

No Barcode Available



Preferred Meal Systems, Inc.
Product Specification Sheet



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Item **9129**

NUTRIENT INFORMATION PER SERVING

Item Name	Strawberry Pancake Square ^	CALORIES	110.0 (KCAL)
		PROTEIN	2.0 (GM)
		CARBOHYDRATES	17.0 (GM)
		Fiber	1.0 (GM)
		Sugar	5.0 (GM)
Brand:	Preferred Meal Systems, Inc.	TOTAL FAT	4.5 (GM)
CN Number:		SATURATED FAT	1.0 (GM)
Basis for Data Submitted:	As Served	MonoFat	
Package Size:	1.00 (oz) 28.35 (g)	PolyFat	
Servings Per Package:	1	TRANS FAT	0.0 (GM)
Weight Per Serving:	1.00 (oz) 28.35 (g)	% Calories from Fat	36.8 (%)
Nutrients based on:	1 Serving	% Calories from Sat. Fat	8.2 (%)
Product Composition:	Consists of a strawberry pancake square.	CHOLESTEROL	0.0 (MG)
		SODIUM	40.0 (MG)
Meal Contributions:		VITAMIN A	0.0 (IU)
Meat/Meat alternative :		VITAMIN C	0.0 (MG)
Grain/Bread Equivalent :	1.00 Whole Grain	THIAMIN	
Fruit :		RIBOFLAVIN	
Vegetable :		NIACIN	
Vegetable :		CALCIUM	0.0 (MG)
Preparation Instructions:	See label for directions.	IRON	0.4 (MG)
		POTASSIUM	
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central.	PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	
		Vitamin B6	
		Folate	
		Includes	Added Sugars

No Value-Indicates no information available

Reviewed by: Cristina Ocala RD, LDN

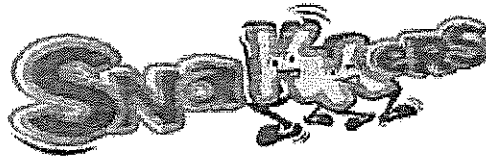
Wednesday, April 29, 2020 1:55:07PM

Product Specification Sheet

Don Appling,
Director of Foodservice



404-312-5673
dappling@dfmnc.biz



**WHOLE GRAIN BREAKFAST SQUARE
STRAWBERRY PANCAKE**

40 / 1 oz.

ITEM #: 12411

Nutrition Facts	
Serving Size 1.0 oz (28.35 g)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 40
Calories From Saturated Fat 10	
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	3%
Sugars 6g	
Protein 2g	3%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

WHOLE GRAIN OAT FLOUR, WHOLE GRAIN ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID) SUGAR, INTERESTERIFIED SOYBEAN OIL, WHOLE EGGS, SALT, BAKING SODA, NATURAL FLAVORS.

ALLERGENS: Wheat, Eggs

Dated: 9/01/2016

4305 Lynburn Drive | Tucker, Georgia 30084 | 770-493-8608 | 770-493-6163 FAX

Preferred Meal Systems, Inc.
Product Specification Sheet



an elior company

Item **9128**

NUTRIENT INFORMATION PER SERVING

Item Name	Vanilla Waffle Square ^	CALORIES	110.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.0 (GM)
CN Number:		CARBOHYDRATES	17.0 (GM)
Basis for Data Submitted:	As Served	Fiber	1.0 (GM)
Package Size:	1.00 (oz) 28.35 (g)	Sugar	5.0 (GM)
Servings Per Package:	1	TOTAL FAT	4.5 (GM)
Weight Per Serving:	1.00 (oz) 28.35 (g)	SATURATED FAT	1.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a whole grain vanilla waffle square.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	36.8 (%)
Grain/Bread Equivalent :	1.00 Whole Grain	% Calories from Sat. Fat	8.2 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	40.0 (MG)
Vegetable :		VITAMIN A	0.0 (IU)
Preparation Instructions:	Dry storage.	VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central.	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	0.0 (MG)
		IRON	0.4 (MG)
		POTASSIUM	
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	
		Vitamin B6	
		Folate	
		Includes	Added Sugars

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

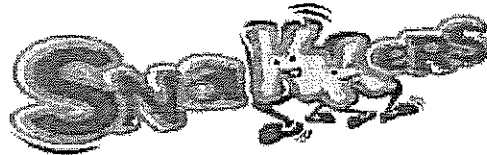
Thursday, April 23, 2020 1:06:47PM

Product Specification Sheet

Don Appling,
Director of Foodservice



404-312-5673
dappling@dfminc.biz



WHOLE GRAIN BREAKFAST SQUARE
VANILLA WAFFLE
40 /1 oz.
ITEM #: 12410

Nutrition Facts	
Serving Size 1.0 oz (28.35 g)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 40
Calories From Saturated Fat 10	
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 17g	8%
Dietary Fiber 1g	3%
Sugars 8g	
Protein 2g	3%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

WHOLE GRAIN OAT FLOUR, WHOLE GRAIN ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID) SUGAR, INTERESTERIFIED SOYBEAN OIL, WHOLE EGGS, SALT, BAKING SODA, NATURAL FLAVORS.

ALLERGENS: Wheat, Eggs

Dated: 9/01/2016

4305 Lynburn Drive | Tucker, Georgia 30084 | 770-493-8608 | 770-493-6163 FAX

Preferred Meal Systems, Inc.
Product Specification Sheet



NUTRIENT INFORMATION PER SERVING

Item **1393**

Item Name	WAFFLES ^	CALORIES	140.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	4.0 (GM)
CN Number:		CARBOHYDRATES	22.0 (GM)
Basis for Data Submitted:	As Served	Fiber	0.0 (GM)
Package Size:	2.60 (oz) 73.71 (g)	Sugar	2.0 (GM)
Servings Per Package:	1	TOTAL FAT	5.0 (GM)
Weight Per Serving:	2.60 (oz) 73.71 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a serving of 2 whole grain waffles.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	32.1 (%)
Grain/Bread Equivalent :	2.00 Whole Grain	% Calories from Sat. Fat	0.0 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	190.0 (MG)
Vegetable :		VITAMIN A	0.0 (IU)
Preparation Instructions:	See label for directions.	VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central.	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	0.0 (MG)
		IRON	0.7 (MG)
		POTASSIUM	
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	
		Vitamin B6	
		Folate	
		Includes	Added Sugars

No Value-Indicates no information available

Reviewed by: Cristina Ocala RD, LDN

Thursday, April 9, 2020 11:13:35 AM

Product Specification Sheet

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PREFERRED MEALS
BERKELEY, IL 60163

1393

HEAT AND SERVE WAFFLES

INGREDIENTS: WAFFLES (water, Whole grain wheat Flour, enriched wheat flour, (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Soybean Oil, Sugar, milk solids, eggs, less than 2%: soy lecithin, wheat bran, sodium acid pyrophosphate, salt, baking soda, mono calcium phosphate).

CONTAINS:EGG, MILK, SOY, WHEAT

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

1393-PRE6

40 2.60 OZ UNITS (NET WEIGHT 6.50 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY