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Item

808

NUTRIENT INFORMATION PER SERVING

Item Name	<b>BBQ Sauce</b>	CALORIES	25.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	7.0 (GM)
Basis for Data Submitted:	As Served	Fiber	0.0 (GM)
Package Size:	0.42 (oz) 11.91 (g)	Sugar	4.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	0.42 (oz) 11.91 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a serving of bbq sauce.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	50.0 (MG)
Vegetable :		VITAMIN A	0.0 (RE)
Preparation Instructions:	Dry storage	VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	0.0 (MG)
		IRON	0.0 (MG)
		POTASSIUM	40.0 (MG)
		PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN



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NUTRIENT INFORMATION PER SERVING

Item **861a**

Item Name	<b>Ketchup</b>	CALORIES	10.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	2.0 (GM)
Basis for Data Submitted:	As Served	Fiber	0.0 (GM)
Package Size:	0.25 (oz) 7.09 (g)	Sugar	1.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	0.25 (oz) 7.09 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a packet of ketchup.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	45.0 (MG)
Vegetable :		VITAMIN A	0.0 (RE)
Preparation Instructions:	Dry storage.	VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	0.0 (MG)
		IRON	0.0 (MG)
		POTASSIUM	0.0 (MG)
		PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN

**Preferred Meal Systems, Inc.**

**Product Specification Sheet**



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NUTRIENT INFORMATION PER SERVING

Item **1153**

Item Name	<b>Marinara Dipping Sauce</b>	CALORIES	75.6 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.4 (GM)
CN Number:		CARBOHYDRATES	9.1 (GM)
Basis for Data Submitted:	As Served	Fiber	0.1 (GM)
Package Size:	3.00 (oz) 85.05 (g)	Sugar	0.3 (GM)
Servings Per Package:	1	TOTAL FAT	3.5 (GM)
Weight Per Serving:	3.00 (oz) 85.05 (g)	SATURATED FAT	0.5 (GM)
Nutrients based on:	1 Serving	MonoFat	1.5 (GM)
Product Composition:	Consists of a serving of marinara dipping sauce.	PolyFat	1.5 (GM)
		TRANS FAT	0.0 (GM)
Meal Contributions:		% Calories from Fat	41.7 (%)
Meat/Meat alternative :		% Calories from Sat. Fat	6.0 (%)
Grain/Bread Equivalent :		CHOLESTEROL	0.3 (MG)
Fruit :		SODIUM	305.2 (MG)
Vegetable :	1/2 Cup Red/Orange	VITAMIN A	15.5 (IU)
Vegetable :		VITAMIN C	0.1 (MG)
Preparation Instructions:	See label for directions.	THIAMIN	0.0 (MG)
		RIBOFLAVIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central database.	NIACIN	0.0 (MG)
		CALCIUM	5.2 (MG)
		IRON	0.0 (MG)
		POTASSIUM	6.1 (MG)
		PHOSPHORUS	2.2 (MG)
		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 30, 2012 12:26:23 PM

Product Specification Sheet

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PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

# 1153

## COOK AND SERVE MARINARA DIPPING SAUCE

**INGREDIENTS:** Tomato puree (tomato paste (not less than 28% NTSS), water), canola/olive oil, pear or pineapple juice concentrate, salt, water, food starch-modified, lemon juice (filtered water, lemon juice concentrate, sodium bisulfite (preservative), sodium benzoate (preservative), and lemon oil), grated parmesan blend (parmesan cheese, hard grating cheese (made from pasteurized part skim milk, cheese cultures, salt), cheese whey solids (milk), corn starch and powdered cellulose to prevent caking), food starch-modified, dehydrated onion, onion powder, garlic powder, black pepper, ground fennel seeds, ground rosemary, aquaresin paprika (natural extractives of paprika with soy lecithin, datem, and soybean oil), aquaresin oregano (natural extractives of oregano leaves with soy lecithin, datem, and canola oil), aquaresin basil (natural extractives of basil with canola oil, soy lecithin, and datem).

**CONTAINS: MILK, SOY.**

1/2 cup red/orange vegetable

**COOKING INSTRUCTION:** Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer. OR Thaw and Serve

40 3.00 OZ UNITS (NET WEIGHT 7.50 LBS)

1153-PRE12

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**



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Item

860a

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Mustard</b>	CALORIES	5.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	0.0 (GM)
Basis for Data Submitted:	As Served	Fiber	0.0 (GM)
Package Size:	0.16 (oz) 4.54 (g)	Sugar	0.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	0.16 (oz) 4.54 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Contains one 0.16 oz serving of Low Sodium Mustard.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	20.0 (MG)
Vegetable :		VITAMIN A	0.0 (RE)
Preparation Instructions:	Store in cool place to extend shelf life.	VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient Supplier and/or USDA Database	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	0.0 (MG)
		IRON	0.0 (MG)
		POTASSIUM	5.0 (MG)
		PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Paige Parola RD, LDN

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



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**NUTRIENT INFORMATION PER SERVING**

Item **875**

Item Name	<b>Salsa</b>	CALORIES	5.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	1.0 (GM)
Basis for Data Submitted:	As Served	Fiber	
Package Size:	0.50 (oz) 14.18 (g)	Sugar	0.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	0.50 (oz) 14.18 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	Monofat	
Product Composition:	Consists of a packet of salsa.	Polyfat	
		TRANS FAT	0.0 (GM)
Meal Contributions:		% Calories from Fat	0.0 (%)
Meat/Meat alternative :		% Calories from Sat. Fat	0.0 (%)
Grain/Bread Equivalent :		CHOLESTEROL	0.0 (MG)
Fruit :		SODIUM	95.0 (MG)
Vegetable :		VITAMIN A	
Vegetable :		VITAMIN C	
Preparation Instructions:	Dry storage.	THIAMIN	
		RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central database.	NIACIN	
		CALCIUM	
		IRON	
		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



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NUTRIENT INFORMATION PER SERVING

Item **6131**

Item Name	<b>Syrup</b>	CALORIES	80.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	20.0 (GM)
Basis for Data Submitted:	As Served	Fiber	0.0 (GM)
Package Size:	1.00 (oz) 28.35 (g)	Sugar	10.0 (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 packet of syrup	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	10.0 (MG)
Vegetable :		VITAMIN A	0.0 (RE)
Preparation Instructions:	Dry storage.	VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	0.0 (MG)
		IRON	0.0 (MG)
		POTASSIUM	
		PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN