



an elior company

NUTRIENT INFORMATION PER SERVING

Item **552**

Item Name	Apple-Cranberry Juice	CALORIES	60.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	13.0 (GM)
Basis for Data Submitted:	As Served	Fiber	
Package Size:	4.00 (oz) 113.40 (g)	Sugar	12.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a serving of 100% apple-cranberry juice	PolyFat	
Meal Contributions:		TRANS FAT	
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	
Fruit :	1/2 Cup	CHOLESTEROL	
Vegetable :		SODIUM	15.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	Keep frozen. Thaw and serve.	VITAMIN C	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	
		IRON	
		POTASSIUM	85.0 (MG)
		PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN



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NUTRIENT INFORMATION PER SERVING

Item **3878**

Item Name	Applesauce Cup	CALORIES	51.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.2 (GM)
CN Number:		CARBOHYDRATES	14.0 (GM)
Basis for Data Submitted:	As Served	Fiber	1.0 (GM)
Package Size:	4.50 (oz) 127.58 (g)	Sugar	12.0 (GM)
Servings Per Package:		TOTAL FAT	0.1 (GM)
Weight Per Serving:	4.50 (oz) 127.58 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	Monofat	
Product Composition:	Consists of a 4.5 oz serving of applesauce (1/2 cup fruit).	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	1.8 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :	1/2 Cup	CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	2.0 (MG)
Vegetable :		VITAMIN A	1.0 (RE)
Preparation Instructions:	Dry storage.	VITAMIN C	1.2 (MG)
Source of Nutritional Information:	USDA database	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	5.0 (MG)
		IRON	0.3 (MG)
		POTASSIUM	90.0 (MG)
		PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN

Ingredients: Apples, water and ascorbic acid (vitamin C) to maintain color.

Physical Analysis

Flavor: Apple flavor, free from any undesirable flavors from overripe apples, oxidation, fermentation, or caramelization.

Color: Light golden color, free from discoloration due to oxidation, overcooking, or other causes.

Consistency: Good Consistency, USDA Grade A

Texture: Evenly divided, finely grained texture.

Brix: Not less than 9.0

pH: <4.2

Microbiological Standards: Commercially Sterile

Allergen Statement: Contains no allergens.

GMO Statement: This product contains no genetically engineered ingredients.

This is a gluten free product.

This product is produced in the United States and is a product of the USA.



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Item

542

NUTRIENT INFORMATION PER SERVING

Item Name	Blended Fruit Juice	CALORIES	60.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	14.0 (GM)
Basis for Data Submitted:	As Served	Fiber	
Package Size:	4.00 (oz) 113.40 (g)	Sugar	13.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a serving of 100% fruit juice - blended flavor.	PolyFat	
Meal Contributions:		TRANS FAT	
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	
Fruit :	1/2 Cup	CHOLESTEROL	
Vegetable :		SODIUM	10.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	Keep frozen. Thaw and serve.	VITAMIN C	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	
		IRON	
		POTASSIUM	100.0 (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 **803252**

Item Name	Mixed Fruit Cup	CALORIES	52.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.2 (GM)
CN Number:		CARBOHYDRATES	12.5 (GM)
Basis for Data Submitted:	As Served	Fiber	1.2 (GM)
Package Size:	4.37 (oz) 123.89 (g)	Sugar	9.5 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.37 (oz) 123.89 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	0.0 (GM)
Product Composition:	Consists of a serving of a mixed fruit cup.	PolyFat	0.0 (GM)
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 :	1/2 Cup	CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	4.7 (MG)
Vegetable :		VITAMIN A	5.3 (RE)
Preparation Instructions:	See label for directions.	VITAMIN C	3.4 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	0.0 (MG)
		RIBOFLAVIN	0.0 (MG)
		NIACIN	0.0 (MG)
		CALCIUM	4.6 (MG)
		IRON	0.2 (MG)
		POTASSIUM	29.7 (MG)
		PHOSPHORUS	0.0 (MG)

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Tuesday, July 23, 2019 12:10:31 PM

Product Specification Sheet

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PREFERRED MEALS
BERKELEY, IL 60163

803252

MIXED FRUIT CUP

INGREDIENTS: MIXED FRUIT CUP (may contain: diced pears, peaches, pineapple (in natural juice and/or light syrup)(water, sugar, sucrose, citric acid, ascorbic acid, natural flavor, high fructose corn syrup, corn syrup, pear or pineapple juice concentrate)

PREPARATION: KEEP FROZEN - SERVE THAWED.

803252-PRE23

40 4.37 OZ UNITS (NET WEIGHT 10.93 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY



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NUTRIENT INFORMATION PER SERVING

Item **539**

Item Name	Grape Juice Blend	CALORIES	60.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	14.0 (GM)
Basis for Data Submitted:	As Served	Fiber	
Package Size:	4.00 (oz) 113.40 (g)	Sugar	13.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a serving of 100% fruit juice - grape blend.	PolyFat	
Meal Contributions:		TRANS FAT	
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	
Fruit :	1/2 Cup	CHOLESTEROL	
Vegetable :		SODIUM	15.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	Keep frozen. Thaw and serve.	VITAMIN C	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	
		IRON	
		POTASSIUM	80.0 (MG)
		PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN



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NUTRIENT INFORMATION PER SERVING

Item **538**

Item Name	Orange Juice Blend	CALORIES 60.0 (KCAL) PROTEIN 0.0 (GM) CARBOHYDRATES 14.0 (GM) Fiber Sugar 13.0 (GM) TOTAL FAT 0.0 (GM) SATURATED FAT MonoFat PolyFat TRANS FAT % Calories from Fat 0.0 (%) % Calories from Sat. Fat CHOLESTEROL SODIUM 20.0 (MG) VITAMIN A VITAMIN C 30.0 (MG) THIAMIN 0.0 (MG) RIBOFLAVIN NIACIN CALCIUM IRON POTASSIUM 160.0 (MG) PHOSPHORUS
Brand:	Preferred Meal Systems, Inc.	
CN Number:		
Basis for Data Submitted:	As Served	
Package Size:	4.00 (oz) 113.40 (g)	
Servings Per Package:	1	
Weight Per Serving:	4.00 (oz) 113.40 (g)	
Nutrients based on:	1 Serving	
Product Composition:	Consists of a serving of 100% fruit juice - orange juice blend.	
Meal Contributions:		
Meat/Meat alternative :		
Grain/Bread Equivalent :		
Fruit :	1/2 Cup	
Vegetable :		
Vegetable :		
Preparation Instructions:	Keep frozen. Thaw and serve.	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	

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 **803246**

Item Name	Diced Peaches	CALORIES	54.8 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.5 (GM)
CN Number:		CARBOHYDRATES	13.1 (GM)
Basis for Data Submitted:	As Served	Fiber	0.8 (GM)
Package Size:	4.37 (oz) 123.89 (g)	Sugar	11.8 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.37 (oz) 123.89 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	0.0 (GM)
Product Composition:	Consists of a serving of a peach fruit cup.	PolyFat	0.0 (GM)
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 :	1/2 Cup	CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	0.6 (MG)
Vegetable :		VITAMIN A	0.3 (RE)
Preparation Instructions:	See label for directions.	VITAMIN C	4.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	0.0 (MG)
		RIBOFLAVIN	0.0 (MG)
		NIACIN	0.0 (MG)
		CALCIUM	1.7 (MG)
		IRON	0.0 (MG)
		POTASSIUM	68.4 (MG)
		PHOSPHORUS	0.0 (MG)

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN

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PREFERRED MEALS
BERKELEY, IL 60163

803246

DICED PEACHES

INGREDIENTS: PEACH CUP (Ingredients: peach cup (peach cup (in natural juice and/or light syrup)(Diced peaches, may contain: water, sucrose, sugar, citric acid, ascorbic acid, natural flavor, corn starch, high fructose corn syrup, corn syrup, pear or pineapple juice concentrate), pear or pineapple juice (water, pear or pineapple juice concentrate)).

1/2 cup fruit

PREPARATION: THAW AND SERVE

803246-PRE6

40 4.37 OZ UNITS (NET WEIGHT 10.93 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY

Preferred Meal Systems, Inc.
Product Specification Sheet



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Item

803248

NUTRIENT INFORMATION PER SERVING

Item Name	Diced Pears	CALORIES	55.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.8 (GM)
CN Number:		CARBOHYDRATES	14.9 (GM)
Basis for Data Submitted:	As Served	Fiber	2.4 (GM)
Package Size:	4.46 (oz) 126.44 (g)	Sugar	8.8 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.46 (oz) 126.44 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	0.0 (GM)
Product Composition:	Consists of a serving of diced pears.	PolyFat	0.0 (GM)
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 :	1/2 Cup	CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	8.6 (MG)
Vegetable :		VITAMIN A	0.3 (RE)
Preparation Instructions:	See label for directions.	VITAMIN C	1.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	0.0 (MG)
		RIBOFLAVIN	0.0 (MG)
		NIACIN	0.0 (MG)
		CALCIUM	0.9 (MG)
		IRON	0.3 (MG)
		POTASSIUM	5.5 (MG)
		PHOSPHORUS	0.0 (MG)

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN

Tuesday, November 20, 2018 2:43:40PM Product Specification Sheet

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PREFERRED MEALS
BERKELEY, IL 60163

803248

DICED PEARS

INGREDIENTS: PEAR CUP (in natural juice and/or light syrup), (diced pears, may contain: pear juice, water, sugar, citric acid, ascorbic acid, sucrose, corn starch, corn syrup, natural flavor, pear or pineapple juice concentrate).

1/2 cup fruit

PREPARATION: KEEP FROZEN - SERVE THAWED.

803248-PRE8

40 4.46 OZ UNITS (NET WEIGHT 11.15 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY