

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



**an elior company**

Item **400**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Corn</b>	CALORIES	74.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.5 (GM)
CN Number:		CARBOHYDRATES	17.4 (GM)
Basis for Data Submitted:	As Served	Fiber	1.7 (GM)
Package Size:	2.92 (oz) 82.78 (g)	Sugar	2.5 (GM)
Servings Per Package:	1	TOTAL FAT	0.8 (GM)
Weight Per Serving:	2.92 (oz) 82.78 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a serving of corn.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	9.7 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :	1/2 Cup Starchy	SODIUM	0.0 (MG)
Vegetable :		VITAMIN A	
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	3.3 (MG)
		IRON	0.0 (MG)
		POTASSIUM	176.3 (MG)
		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 30, 2020 12:29:49 PM

Product Specification Sheet

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preferredmeals  
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PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

**400**

## CORN

INGREDIENTS: Corn

1/2 cup starchy vegetable

PREPARATION: Cook 12-15 minutes in a 325° oven to a minimum of 165°F. 400-PRE8

40 2.92 OZ UNITS (NET WEIGHT 7.30 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**

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



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Item

**403**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Green Beans</b>	CALORIES	30.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.4 (GM)
CN Number:		CARBOHYDRATES	5.9 (GM)
Basis for Data Submitted:	As Served	Fiber	2.0 (GM)
Package Size:	2.76 (oz) 78.25 (g)	Sugar	1.7 (GM)
Servings Per Package:	1	TOTAL FAT	0.2 (GM)
Weight Per Serving:	2.76 (oz) 78.25 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	0.0 (GM)
Product Composition:	Consists of a serving of green beans.	PolyFat	0.1 (GM)
		TRANS FAT	0.0 (GM)
		% Calories from Fat	5.9 (%)
		% Calories from Sat. Fat	0.0 (%)
Meal Contributions:		CHOLESTEROL	0.0 (MG)
Meat/Meat alternative :		SODIUM	2.4 (MG)
Grain/Bread Equivalent :		VITAMIN A	21.0 (IU)
Fruit :		VITAMIN C	10.1 (MG)
Vegetable :	1/2 Cup Other	THIAMIN	0.1 (MG)
Vegetable :		RIBOFLAVIN	0.1 (MG)
Preparation Instructions:	See label for directions.	NIACIN	0.4 (MG)
		CALCIUM	32.9 (MG)
		IRON	0.7 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central database.	POTASSIUM	145.6 (MG)
		PHOSPHORUS	25.0 (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, 2020 12:32:12 PM

Product Specification Sheet

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an ellor company

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

# 403

## **GREEN BEANS**

**INGREDIENTS: Green beans**

1/2 cup other vegetable

**Cooking Instructions: Cook 20-25 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.**

**40 2.76 OZ UNITS (NET WEIGHT 6.90 LBS)**

**403-PRE8**

**KEEP FROZEN**

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



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Item

**406**

NUTRIENT INFORMATION PER SERVING

<b>Item Name</b>	<b>Broccoli</b>	<b>CALORIES</b>	<b>24.6 (KCAL)</b>
<b>Brand:</b>	Preferred Meal Systems, Inc.	<b>PROTEIN</b>	<b>2.7 (GM)</b>
<b>CN Number:</b>		<b>CARBOHYDRATES</b>	<b>4.5 (GM)</b>
<b>Basis for Data Submitted:</b>	As Served	Fiber	<b>2.8 (GM)</b>
<b>Package Size:</b>	3.40 (oz) 96.39 (g)	Sugar	<b>1.3 (GM)</b>
<b>Servings Per Package:</b>	1	<b>TOTAL FAT</b>	<b>0.3 (GM)</b>
<b>Weight Per Serving:</b>	3.40 (oz) 96.39 (g)	SATURATED FAT	<b>0.0 (GM)</b>
<b>Nutrients based on:</b>	1 Serving	MonoFat	<b>0.0 (GM)</b>
<b>Product Composition:</b>	Consists of a serving of broccoli.	PolyFat	<b>0.1 (GM)</b>
		TRANS FAT	<b>0.0 (GM)</b>
		<b>% Calories from Fat</b>	<b>11.0 (%)</b>
		<b>% Calories from Sat. Fat</b>	<b>0.0 (%)</b>
<b>Meal Contributions:</b>		<b>CHOLESTEROL</b>	<b>0.0 (MG)</b>
<b>Meat/Meat alternative :</b>		<b>SODIUM</b>	<b>22.8 (MG)</b>
<b>Grain/Bread Equivalent :</b>		<b>VITAMIN A</b>	<b>49.3 (RE)</b>
<b>Fruit :</b>		<b>VITAMIN C</b>	<b>53.4 (MG)</b>
<b>Vegetable :</b>	1/2 Cup Dark Green	<b>THIAMIN</b>	<b>0.1 (MG)</b>
<b>Vegetable :</b>		<b>RIBOFLAVIN</b>	<b>0.1 (MG)</b>
<b>Preparation Instructions:</b>	See label for directions.	<b>NIACIN</b>	<b>0.4 (MG)</b>
		<b>CALCIUM</b>	<b>53.0 (MG)</b>
		<b>IRON</b>	<b>0.8 (MG)</b>
<b>Source of Nutritional Information:</b>	Ingredient suppliers and/or USDA FoodData Central database.	<b>POTASSIUM</b>	<b>200.8 (MG)</b>
		<b>PHOSPHORUS</b>	<b>47.4 (MG)</b>
		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, October 30, 2019 3:33:40PM Product Specification Sheet

**preferredmeals™**  
an ellor company

**PREFERRED MEALS  
BERKELEY, IL 60163**

**406**

**COOK AND SERVE  
BROCCOLI**

**INGREDIENTS:** Chopped broccoli, broccoli florets, water.

1/2 cup dark green vegetable

**LOT#406-MOO**

**COOKING INSTRUCTIONS:** Cook 14-18 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

**40 3.40 OZ UNITS (NET WEIGHT 8.50 LBS) M406-PRE4**

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



NUTRIENT INFORMATION PER SERVING

Item **405**

Item Name	<b>Mixed Vegetables</b>	CALORIES	56.6 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.2 (GM)
CN Number:		CARBOHYDRATES	12.1 (GM)
Basis for Data Submitted:	As Served	Fiber	2.9 (GM)
Package Size:	3.20 (oz) 90.72 (g)	Sugar	4.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.3 (GM)
Weight Per Serving:	3.20 (oz) 90.72 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	0.0 (GM)
Product Composition:	Consists of a serving of mixed vegetables (carrots, peas, and corn).	PolyFat	0.1 (GM)
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	4.8 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :	1/4 Cup Starchy	SODIUM	58.1 (MG)
Vegetable :	1/4 Cup Red/Orange	VITAMIN A	385.9 (IU)
Preparation Instructions:	See label for directions.	VITAMIN C	2.7 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central database.	THIAMIN	0.0 (MG)
		RIBOFLAVIN	0.0 (MG)
		NIACIN	0.5 (MG)
		CALCIUM	21.3 (MG)
		IRON	0.6 (MG)
		POTASSIUM	228.5 (MG)
		PHOSPHORUS	16.2 (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, 2020 1:51:01PM

Product Specification Sheet

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PREFERRED MEAL SYSTEMS, INC.  
BERKELEY, IL 60163

# 405

## MIXED VEGETABLES

**INGREDIENTS:** Carrots, peas, corn

1/4 cup starchy vegetable  
1/4 cup red/orange vegetable

405-PRE11

**Cooking Instructions:** Cook 20-25 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

40 3.20 OZ UNITS (NET WEIGHT 8.00 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**



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



**an elior company**

Item **n1055**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Potato Wedges</b>	CALORIES	158.9 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	3.2 (GM)
CN Number:		CARBOHYDRATES	25.4 (GM)
Basis for Data Submitted:	As Served	Fiber	3.2 (GM)
Package Size:	4.54 (oz) 128.71 (g)	Sugar	0.0 (GM)
Servings Per Package:	1	TOTAL FAT	4.8 (GM)
Weight Per Serving:	4.54 (oz) 128.71 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a serving of potato wedges.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	27.2 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :	3/4 Cup Starchy	SODIUM	55.6 (MG)
Vegetable :		VITAMIN A	0.0 (RE)
Preparation Instructions:	See label for directions.	VITAMIN C	5.7 (MG)
Source of Nutritional Information:	Ingredient supplier and/or USDA database.	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	0.0 (MG)
		IRON	1.1 (MG)
		POTASSIUM	
		PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Monday, April 29, 2019 12:19:14 PM

Product Specification Sheet

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PREFERRED MEALS  
BERKELEY, IL 60163

# N1055

## COOK AND SERVE POTATO WEDGES

INGREDIENTS: POTATO WEDGES (potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), contains 2% or less of dextrose, sodium acid pyrophosphate added to maintain natural color).

CONTAINS: SOY

COOKING INSTRUCTION: Cook 34-38 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

N1055-PRE1

40 4.54 OZ UNITS (NET WEIGHT 11.35 LBS)

**KEEP FROZEN**

**INSTITUTIONAL USE ONLY**