

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **13028**

NUTRIENT INFORMATION PER SERVING

Item Name	BAKED CHICKEN NUGGETS (WG)		CALORIES	260.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	17.0 (GM)
CN Number:	093780		CARBOHYDRATES	15.0 (GM)
Basis for Data Submitted:	As Served		Fiber	2.0 (GM)
Package Size:	3.35 (oz) 94.97 (g)		Sugar	0.0 (GM)
Servings Per Package:	1		TOTAL FAT	14.0 (GM)
Weight Per Serving:	3.35 (oz) 94.97 (g)		SATURATED FAT	2.5 (GM)
Nutrients based on:	1 Serving		MonoFat	
Product Composition:	Consists of a 3.35 oz serving of whole grain breaded chicken nuggets.		PolyFat	
Meal Contributions:			TRANS FAT	0.0 (GM)
Meat/Meat alternative :	2.00	oz	% Calories from Fat	48.5 (%)
Grain/Bread Equivalent :	1.00	Whole Grain	% Calories from Sat. Fat	8.7 (%)
Fruit :			CHOLESTEROL	30.0 (MG)
Vegetable :			SODIUM	540.0 (MG)
Vegetable :			VITAMIN A	0.0 (RE)
Preparation Instructions:	Heat 20-25 minutes in a 325°F oven to a minimum of 165°F as verified by a food thermometer.		VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database		THIAMIN	
			RIBOFLAVIN	
			NIACIN	
			CALCIUM	
			IRON	2.7 (MG)
			POTASSIUM	
			PHOSPHORUS	

No Value-Indicates no information available

Reviewed by:

Cristina Dala RD, LDN



PREFERRED MEALS
BERKELEY, IL 60163

13028

HEAT AND SERVE FULLY COOKED CHICKEN BREAST CHUNK FRITTERS WITH RIBMEAT

INGREDIENTS: FULLY COOKED, WHOLE GRAIN CHICKEN BREAST CHUNK FRITTERS WITH RIB MEAT (Chicken breast with rib meat, water, textured soy protein concentrate, soy protein concentrate, seasoning (salt, hydrolyzed corn protein, autolyzed yeast extract, onion, spices, spice extractives, garlic), sodium phosphates. **BREADED WITH:** Whole wheat flour, water, enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: modified corn starch, soybean oil, spices, garlic powder, dextrose, extractives of paprika and annatto, spice extractive. **Breading set in vegetable oil.**)
CONTAINS: SOY, WHEAT.

HEATING INSTRUCTION: Heat 20-25 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

13028-CN1

093780
CN ————— CN
One 3.35 oz serving of Fully Cooked Chicken Breast Chunk Fritters with Ribmeat (five 67 oz. pieces) provides 2.00 oz equivalent meat/meat alternate and 1.00 oz equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this label statement authorized by the Food and Nutrition Service, USDA 10-15.)
CN

40 3.35 OZ UNITS (NET WEIGHT 8.38 LBS)

KEEP FROZEN **INSTITUTIONAL USE ONLY**

Preferred Meal Systems, Inc.
Product Specification Sheet



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Item **13051**

NUTRIENT INFORMATION PER SERVING

Item Name	WG CHICKEN NUGGETS WITH POTATO ROUNDS		CALORIES	314.4 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	17.9 (GM)
CN Number:	094113		CARBOHYDRATES	24.1 (GM)
Basis for Data Submitted:	As Served		Fiber	2.9 (GM)
Package Size:	4.61 (oz)	130.69 (g)	Sugar	0.0 (GM)
Servings Per Package:	1		TOTAL FAT	15.6 (GM)
Weight Per Serving:	4.61 (oz)	130.69 (g)	SATURATED FAT	3.0 (GM)
Nutrients based on:	1 Serving		MonoFat	
Product Composition:	Carb Breakdown: 5 Chicken Nuggets (15 g) 4 Potato Rounds (9 g)		PolyFat	
Meal Contributions:			TRANS FAT	0.0 (GM)
Meat/Meat alternative :	2.00	oz	% Calories from Fat	44.7 (%)
Grain/Bread Equivalent :	1.00	Whole Grain	% Calories from Sat. Fat	8.6 (%)
Fruit :			CHOLESTEROL	30.0 (MG)
Vegetable :	1/4	Cup Starchy	SODIUM	549.1 (MG)
Vegetable :			VITAMIN A	0.0 (RE)
Preparation Instructions:	Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified by a food thermometer.		VITAMIN C	2.7 (MG)
Source of Nutritional Information:	Ingredient supplier and/or USDA database.		THIAMIN	
			RIBOFLAVIN	
			NIACIN	
			CALCIUM	0.0 (MG)
			IRON	2.9 (MG)
			POTASSIUM	158.7 (MG)
			PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN

preferredmeals[®] PREFERRED MEALS
an ellor company BERKELEY, IL 60163

13051

COOK AND SERVE FULLY COOKED, CHICKEN BREAST CHUNK FRITTERS (with rib meat) AND POTATO ROUNDS

INGREDIENTS: FULLY COOKED, WHOLE GRAIN CHICKEN BREAST CHUNK FRITTERS WITH RIB MEAT (Chicken breast with rib meat, water, textured soy protein concentrate, soy protein concentrate, seasoning (salt, hydrolyzed corn protein, autolyzed yeast extract, onion, spices, spice extractives, garlic), sodium phosphates. **BREADED WITH:** Whole wheat flour, water, enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: modified corn starch, soybean oil, spices, garlic powder, dextrose, extractives of paprika and annatto, spice extractive, Breading set in vegetable oil); **POTATO ROUNDS** (potatoes, vegetable oil [contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), contains 2% or less of dextrose, natural flavor, salt, sodium acid pyrophosphate added to maintain natural color).
CONTAINS: SOY, WHEAT

COOKING INSTRUCTION: Heat 20-25 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.

13051-CN4

094113
CN ————— CN
One 4.61 oz serving of Fully Cooked Chicken Breast Chunk Fritters with Ribmeat (five 0.67 oz pieces) and Potato Rounds (pieces) provides 2.00 oz equivalent meat/meat alternate, 1.00 oz equivalent grains/grain alternate, 0.50 oz equivalent vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 12-14)
CN ————— CN

40 4.61 OZ UNITS (NET WEIGHT 11.53 LBS)

KEEP FROZEN INSTITUTIONAL USE ONLY