

Preferred Meal Systems, Inc.
Product Specification Sheet



an elior company

Item **11394**

NUTRIENT INFORMATION PER SERVING

Item Name	CHEF SALAD W/FAJITA CHICKEN	CALORIES	166.4 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	14.7 (GM)
CN Number:		CARBOHYDRATES	3.7 (GM)
Basis for Data Submitted:	As Served	Fiber	1.6 (GM)
Package Size:	5.06 (oz) 143.45 (g)	Sugar	1.4 (GM)
Servings Per Package:	1	TOTAL FAT	10.3 (GM)
Weight Per Serving:	5.06 (oz) 143.45 (g)	SATURATED FAT	5.5 (GM)
Nutrients based on:	1 Serving	MonoFat	2.5 (GM)
Product Composition:	Consists of a serving of chef salad with fajita chicken.	PolyFat	0.9 (GM)
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :	2.00 oz	% Calories from Fat	55.7 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	29.7 (%)
Fruit :		CHOLESTEROL	59.7 (MG)
Vegetable :	3/4 Cup Dark Green	SODIUM	352.3 (MG)
Vegetable :	1/8 Cup Other	VITAMIN A	387.7 (RE)
Preparation Instructions:	Keep refrigerated.	VITAMIN C	7.2 (MG)
Source of Nutritional Information:	Ingredient supplier and/or USDA database	THIAMIN	0.1 (MG)
		RIBOFLAVIN	0.1 (MG)
		NIACIN	0.3 (MG)
		CALCIUM	228.0 (MG)
		IRON	2.3 (MG)
		POTASSIUM	218.8 (MG)
		PHOSPHORUS	95.7 (MG)

No Value-Indicates no information available

Reviewed by: Paige Parola RD, LDN

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PREFERRED MEALS
BERKELEY, IL 60163

11394

CHEF SALAD WITH CHICKEN FAJITA STRIPS

INGREDIENTS: SHREDDED ROMAINE, CARROTS, CABBAGE; FULLY COOKED, BONELESS, SKINLESS CHICKEN FAJITA STRIPS (dark chicken, smoke flavor added), (dark chicken strips, water, seasoning (spices, dehydrated garlic, dehydrated onion, sugar, chili powder (chili pepper, cumin, oregano, salt, garlic powder), modified corn starch, lemon juice powder (corn syrup solids, concentrate lemon juice, lemon oil), natural mesquite smoke flavor (maltodextrin, natural smoke flavor), grill flavor (from sunflower oil)), modified food starch, salt, sodium phosphates)); SHREDDED CHEDDAR CHEESE (pasteurized milk, salt, enzymes, cultures, annatto (if colored) and cellulose); LOW MOISTURE PART SKIM CHEESE SHREDDED MOZZARELLA (cultured pasteurized part skim milk, salt, enzymes & cultures and cellulose)

CONTAINS: MILK, SOY

24 5.06 OZ UNITS (NET WEIGHT 7.59 LBS)

11394-PRE1

KEEP REFRIGERATED **INSTITUTIONAL USE ONLY**

Preferred Meal Systems, Inc.

Product Specification Sheet



an elior company

Item **83089**

NUTRIENT INFORMATION PER SERVING

Item Name	Corn Muffin	CALORIES	243.1 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	3.6 (GM)
CN Number:		CARBOHYDRATES	38.1 (GM)
Basis for Data Submitted:	As Served	Fiber	3.1 (GM)
Package Size:	2.40 (oz) 68.04 (g)	Sugar	11.7 (GM)
Servings Per Package:	1	TOTAL FAT	9.2 (GM)
Weight Per Serving:	2.40 (oz) 68.04 (g)	SATURATED FAT	0.8 (GM)
Nutrients based on:	1 Serving	MonoFat	5.4 (GM)
Product Composition:	Consists of a serving of a corn muffin.	PolyFat	2.9 (GM)
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	34.1 (%)
Grain/Bread Equivalent :	2.00 Whole Grain	% Calories from Sat. Fat	3.0 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	251.0 (MG)
Vegetable :		VITAMIN A	1.7 (RE)
Preparation Instructions:	Keep frozen. Serve thawed.	VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database.	THIAMIN	0.1 (MG)
		RIBOFLAVIN	0.1 (MG)
		NIACIN	1.0 (MG)
		CALCIUM	63.1 (MG)
		IRON	1.1 (MG)
		POTASSIUM	100.6 (MG)
		PHOSPHORUS	175.4 (MG)

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN

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PREFERRED MEALS
BERKELEY, IL 60163

83089

WHOLE GRAIN CORN MUFFIN

INGREDIENTS: CORN MUFFIN BATTER FORMULA (water, white whole wheat flour (whole wheat flour), yellow cornmeal, sugar, canola oil, invert sugar syrup (inverted cane sugar syrup), baking powder (monocalcium phosphate, sodium bicarbonate (baking soda) and corn starch), golden flax seed, salt, baking soda, xanthan gum).

CONTAINS: WHEAT

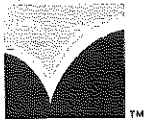
PREPARATION: THAW AND SERVE.

83089-PRE2

40 2.75 OZ UNITS (NET WEIGHT 6.88 LBS)

KEEP FROZEN

INSTITUTIONAL USE ONLY



BAY VALLEY

F O O D S

Cost

Effective Date: 4/25/2016

Revision #: 0

Product: Reduced Fat Honey Mustard Dressing

Product Code: 857 153D 0194

Net Weight: 1.5 OZ (42g)

NUTRITIONAL FACT (calculated values)			
Serving Size 1 container (42g)			
Amount Per Serving			
Calories	130	Calories from Fat	80
% Daily Value*			
Total Fat	9g		14%
Saturated Fat	1.5g		7%
Trans Fat	0g		
Cholesterol	0mg		1%
Sodium	360mg		15%
Potassium	15mg		0%
Total Carbohydrate	11g		4%
Dietary Fiber	0g		1%
Sugars	9g		
Protein	1g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet.

Container Type: HIPS CUP

Closure Type:

Usage Instructions: Shake well.

Shelf Life: 9 Months / 274 Days

Shelf Life After Opening: 3 Months Under Refrigeration (35-41° F)

Storage: Store in ambient temperatures. Refrigerate after opening.

Allergens: Milk, Mustard (Canada)

Sensitivities: Corn and Corn Derivatives

Claims: REDUCED FAT: "36% LESS FAT THAN THE LEADING BRAND OF REGULAR HONEY MUSTARD DRESSING" "THIS PRODUCT CONTAINS 7g FAT PER SERVING. THE LEADING REGULAR HONEY MUSTARD DRESSING

Ingredient Statement:

WATER, SOYBEAN OIL, DISTILLED VINEGAR, CORN SYRUP, HONEY, SUGAR, APPLE CIDER VINEGAR, MUSTARD SEED, SALT, CONTAINS LESS THAN 2% WHEY PROTEIN CONCENTRATE (MILK), SPICES, PAPRIKA AND TURMERIC EXTRACTS (FOR COLOR), POTASSIUM SORBATE AND SODIUM BENZOATE (AS PRESERVATIVES), XANTHAN GUM, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR.

Flavor: Honey Mustard	Color: Golden yellow/Brown Specs
Kosher: Not Kosher	
Kosher Disclaimer: Not Kosher	

Approved by: *Diana Resch*

Approval Date: April 25, 2016

Diana Resch - QA System Support Manager