

The Father's Table® Lil' Bites

50% of Profits to Charity

- Whole Grain Rich Corn Masa Crust
- Good Source of Fiber
- 8 provide 2 M/MA & 2 Grains
- 72 servings per case.
- Packed 8/72 ct. bags. 576 count case.

3 Great Flavors

Poppable Corn Masa Bites Students are Sure to LOVE!



Nacho Bites - 77044

Nacho - 77044

0.5 oz. Nacho Cheese & beans in a bite size portion. A blend of three cheeses and refried beans in an ovenable, crispy, Whole Grain rich Corn Masa crust.

2 M/MA & 2 Grain

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 8 pieces (113g) | |
| Servings Per Container About 9 | |
| Amount Per Serving | |
| Calories 270 | Calories from Fat 90 |
| <hr/> | |
| | % Daily Value* |
| Total Fat 10g | 15% |
| Saturated Fat 4g | 20% |
| Trans Fat 0g | |
| Cholesterol 15mg | 5% |
| Sodium 440mg | 18% |
| Total Carbohydrate 32g | 11% |
| Dietary Fiber 3g | 12% |
| Sugars 1g | |
| Protein 11g | |
| <hr/> | |
| Vitamin A 10% | • Vitamin C 4% |
| Calcium 15% | • Iron 8% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Ham & Cheese - 77045

0.5 oz. Ham and Cheese in a bite size portion. A blend of two cheeses and turkey ham in an ovenable, crispy, Whole Grain rich Corn Masa crust.

2 M/MA & 2 Grain

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 8 pieces (113g) | |
| Servings Per Container About 9 | |
| Amount Per Serving | |
| Calories 260 | Calories from Fat 80 |
| <hr/> | |
| | % Daily Value* |
| Total Fat 9g | 14% |
| Saturated Fat 3.5g | 18% |
| Trans Fat 0g | |
| Cholesterol 20mg | 7% |
| Sodium 530mg | 22% |
| Total Carbohydrate 30g | 10% |
| Dietary Fiber 3g | 12% |
| Sugars 1g | |
| Protein 12g | |
| <hr/> | |
| Vitamin A 8% | • Vitamin C 2% |
| Calcium 20% | • Iron 6% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Cheese & Pepperoni - 77046

0.5 oz. Pepperoni & Cheese in a bite size portion. A blend of cheese, reduced fat pepperoni made with turkey and beef (No pork) with Italian style sauce in an ovenable, crispy, Whole Grain rich Corn Masa crust.

2 M/MA & 2 Grain

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 8 pieces (113g) | |
| Servings Per Container About 9 | |
| Amount Per Serving | |
| Calories 270 | Calories from Fat 110 |
| <hr/> | |
| | % Daily Value* |
| Total Fat 12g | 18% |
| Saturated Fat 4.5g | 23% |
| Trans Fat 0g | |
| Cholesterol 20mg | 7% |
| Sodium 570mg | 24% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 4g | 16% |
| Sugars 2g | |
| Protein 10g | |
| <hr/> | |
| Vitamin A 10% | • Vitamin C 8% |
| Calcium 15% | • Iron 8% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

The Father's Table® Lil' Bites

50% of Profits to Charity

The perfect pizza snack every student loves!

- Whole Grain Rich
- Lower Sodium! Less than 600mg per serving
- 4 grams of Fiber per serving
- 4 provide 2 M/MA & 2 Grains
- 72 servings per case. Packed 8/36 ct. bags



Pepperoni Mega Bites
TFT No. 77022

Cheese & Pepperoni Pizza bite size portion. Each portion weighs one oz. and contains part skim Mozzarella cheese, turkey/beef pepperoni (no pork). Ovenable, crispy, Whole Grain rich crust.

It's All in the Marketing!

The first step to increasing your participation is getting the students in the cafeteria. That starts with your menu. Creative marketing can make or break a menu. Try some of these ideas for marketing any of our Lil' Bites.



No Meat This Time

- Lil Nachos
- Salsa
- Fresh Fruit
- Low Fat Milk

MARDI GRAS

Party Pepperoni Pizza Rolls

- Celebrate Corn
- Parade Pears
- Low Fat Milk



Finger Food Friday

- Pepperoni Lil Bites
- Carrots & Celery
- Grapes
- Low Fat Milk

Veteran's Day
President's Day
Election Day

All American Lunch

- Revolutionary Ham & Cheese Lil Bites
- Farm Fresh Green Beans
- All American Apple Slices
- Low Fat Milk

Nutrition Facts

| | | | |
|--|-----------------------------|----------------|-----------|
| Serving Size 4 pieces (113g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 270 | Calories from Fat 90 | | |
| % Daily Value* | | | |
| Total Fat 10g | 15% | | |
| Saturated Fat 2.5g | 13% | | |
| Trans Fat 0g | | | |
| Cholesterol 15mg | 5% | | |
| Sodium 570mg | 24% | | |
| Total Carbohydrate 29g | 10% | | |
| Dietary Fiber 4g | 16% | | |
| Sugars 3g | | | |
| Protein 16g | | | |
| Vitamin A 6% | Vitamin C 8% | | |
| Calcium 8% | Iron 10% | | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300 mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| | Fat 9 | Carbohydrate 4 | Protein 4 |