

Chow Mein

(51% White Whole Grain)

Product Code: 8-52724-00301-6



Hearty chow mein noodles in a savory vegetarian sauce.

Our products do not contain MSG, peanuts, peanut oil, or lard and are zero trans fat.



Pack size: 4-2.5 lb. Noodles • 4-16 oz. Sauce

Ingredients:

Noodles: Whole grain wheat flour, enriched flour (wheat flour, niacin, thiamine, riboflavin, reduced iron, folic acid), egg white, salt, artificial color including FD&C yellow #5, comstarch for dusting. Preserved with less than 1/10th of 1% of potassium carbonate.

Sauce: Water, sugar, soy sauce (water, soy beans, wheat flour, salt, sugar and extract of mushroom [contains sulfites]) modified starch, salt, lime juice, ginger, garlic, green onion.

Allergens: Egg products, soy, wheat, and citrus

Made in the USA

Child Nutrition

Grain: 1 cup cooked Chow Mein Noodles

Serving Size:

2.8 oz. = 1 cup cooked Chow Mein Noodles
.8 oz. sauce

Approximate servings per case: 80

This 2.8 oz. serving provides 2 equivalent whole grain servings according to the Food Buying Guide for Child Nutrition Programs.

I certify this information is true and correct:

Loree Erpelding

Loree Erpelding Vice President

12/19/2013

Nutrition Facts

Serving Size 2.8 oz. (79g)
Serving Per Container 80

Amount Per Serving

Calories 170

% Daily Values*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 360mg **15%**

Total Carbohydrate 35g **12%**

Dietary Fiber 6g **24%**

Sugars 3g

Protein 6g **12%**

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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Preparation

Steam, low boil, stir fry or bake noodles in oven (if using oven method open sauce packets, pour contents over noodles, cover and bake at 250 degrees until warm). Stir frequently. You may cut noodles with scissors for easier serving. Low boil or steam sauce packets. Open and pour over noodles and mix together. If desired, add onion, cabbage carrots or celery.

Shelf life

1 year frozen

For further information please call, 909.593.4797



Out of the Shell, LLC dba Ling's

9658 Remer Street, South El Monte, CA 91733

Tel: 626-401-1923 Fax: 626-401-1925

Formulation Statement for Documenting Grains in School Meals Required Beginning SY 2013-2014 (Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits needs of the menu planner.

Product Name: Chow Mein Code No: 8-52724-00301-6

Manufacturer: Ling's Serving Size: 2.8 oz.

I. Does the product meet the Whole Grain-Rich Criteria: Yes No

(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes No **How many grams:** _____

(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Please be aware that different methodologies are applied to calculate servings of grain based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable per oz eq; and Group I is reported by volume or weight.)

Indicate which Exhibit A Group (A-I) the Product Belongs: H

Description of Product per Food Buying Guide	Portion Size of Product as Purchased	Weight of one ounce equivalent as listed in SP 30-2012	Creditable Amount A ÷ B
	A	B	
51% Whole Grain Chow Mein Noodles	1 cup	½ cup	2
Total Creditable Amount'			2

'Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 2.8 oz.

Total contribution of product (per portion) 2 oz equivalent

I certify that the above information is true and correct and that a 2.8 oz portion of this product (ready for serving) provides 2 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Signature: Loree Erpelding

Title: Vice President

Printed Name: Loree Erpelding

Date: 12-13-13

Phone Number: 503-559-8422



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Formulation Statement for Documenting Grains in School Meals Required Beginning SY 2013-2014 (Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits needs of the menu planner.

Product Name: Chow Mein Code No.: 8-52724-00301-6

Manufacturer: Ling's 5th Taste Serving Size 2.8 oz.
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes x No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes No x **How many grams:**
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate servings of grain based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable per oz eq; and Group I is reported by volume or weight.)

Indicate which Exhibit A Group (A-I) the Product Belongs: H

Description of Creditable Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹ A	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) ² B	Creditable Amount A ÷ B
Whole Wheat Flour	28.56	28	1.02
Enriched Flour	27.44	28	.98
Total Creditable Amount³			2

*Creditable grains are whole-grain meal/flour and enriched meal/flour.

¹(Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

²Standard grams of creditable grains from the corresponding Group in Exhibit A.

³Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 2.8 oz. (2 oz. noodle/.8 oz. sauce)

Total contribution of product (per portion) 2 oz equivalent

I certify that the above information is true and correct and that a oz portion of this product (ready for serving) provides oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Loree Erpelding

Signature
Loree Erpelding
Printed Name

 Vice President
Title
11/08/13 626-401-1923
Date Phone Number

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