

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



Item **157** NUTRIENT INFORMATION PER SERVING

|                                    |  |                          |              |
|------------------------------------|--|--------------------------|--------------|
| Item Name                          | <b>KICKIN' CHICKEN ^</b>                           | CALORIES                 | 270.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                       | PROTEIN                  | 15.0 (GM)    |
| CN Number:                         |  | CARBOHYDRATES            | 17.0 (GM)    |
| Basis for Data Submitted:          | As Served  | Fiber                    | 3.0 (GM)     |
| Package Size:                      | 3.53 (oz) 100.08 (g)                               | Sugar                    | 1.0 (GM)     |
| Servings Per Package:              | 1  | TOTAL FAT                | 15.0 (GM)    |
| Weight Per Serving:                | 3.53 (oz) 100.08 (g)                               | SATURATED FAT            | 3.0 (GM)     |
| Nutrients based on:                | 1 Serving  | MonoFat                  | 4.5 (GM)     |
| Product Composition:               | Consists of a breaded spicy chicken breast patty.  | PolyFat                  | 7.0 (GM)     |
|                                    |  | TRANS FAT                | 0.0 (GM)     |
| Meal Contributions:                |  | % Calories from Fat      | 50.0 (%)     |
| Meat/Meat alternative :            | 2.00 oz  | % Calories from Sat. Fat | 10.0 (%)     |
| Grain/Bread Equivalent :           | 1.00 Whole Grain                                   | CHOLESTEROL              | 25.0 (MG)    |
| Fruit :                            |  | SODIUM                   | 400.0 (MG)   |
| Vegetable :                        |  | VITAMIN A                |              |
| Vegetable :                        |  | VITAMIN C                |              |
| Preparation Instructions:          | See label for directions.                          | THIAMIN                  |              |
|                                    |  | RIBOFLAVIN               |              |
|                                    |  | NIACIN                   |              |
|                                    |  | CALCIUM                  | 40.0 (MG)    |
|                                    |  | IRON                     | 2.0 (MG)     |
|                                    |  | POTASSIUM                | 810.0 (MG)   |
|                                    |  | PHOSPHORUS               |              |
|                                    |  | Magnesium                |              |
|                                    |  | Zinc                     |              |
|                                    |  | Vitamin B12              |              |
|                                    |  | Vitamin D                |              |
|                                    |  | Vitamin B6               |              |
|                                    |  | Folate                   |              |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central. | Includes Added Sugars    | 1.0 (GM)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

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



Item **1393** NUTRIENT INFORMATION PER SERVING

|                                    |  |                          |              |
|------------------------------------|--|--------------------------|--------------|
| Item Name                          | <b>WAFFLES ^</b>                                   | CALORIES                 | 140.0 (KCAL) |
|                                    |  | PROTEIN                  | 4.0 (GM)     |
|                                    |  | CARBOHYDRATES            | 22.0 (GM)    |
|                                    |  | Fiber                    | 0.0 (GM)     |
|                                    |  | Sugar                    | 2.0 (GM)     |
|                                    |  | TOTAL FAT                | 5.0 (GM)     |
|                                    |  | SATURATED FAT            | 0.0 (GM)     |
|                                    |  | MonoFat                  |              |
|                                    |  | PolyFat                  |              |
|                                    |  | TRANS FAT                | 0.0 (GM)     |
|                                    |  | % Calories from Fat      | 32.1 (%)     |
|                                    |  | % Calories from Sat. Fat | 0.0 (%)      |
|                                    |  | CHOLESTEROL              | 0.0 (MG)     |
|                                    |  | SODIUM                   | 190.0 (MG)   |
|                                    |  | VITAMIN A                | 0.0 (IU)     |
|                                    |  | VITAMIN C                | 0.0 (MG)     |
|                                    |  | THIAMIN                  |              |
|                                    |  | RIBOFLAVIN               |              |
|                                    |  | NIACIN                   |              |
|                                    |  | CALCIUM                  | 0.0 (MG)     |
|                                    |  | IRON                     | 0.7 (MG)     |
|                                    |  | POTASSIUM                |              |
|                                    |  | PHOSPHORUS               |              |
|                                    |  | Magnesium                |              |
|                                    |  | Zinc                     |              |
|                                    |  | Vitamin B12              |              |
|                                    |  | Vitamin D                |              |
|                                    |  | Vitamin B6               |              |
|                                    |  | Folate                   |              |
|                                    |  | Includes                 | Added Sugars |
| Brand:                             | Preferred Meal Systems, Inc.                       |                          |              |
| CN Number:                         |  |                          |              |
| Basis for Data Submitted:          | As Served  |                          |              |
| Package Size:                      | 2.60 (oz) 73.71 (g)                                |                          |              |
| Servings Per Package:              | 1  |                          |              |
| Weight Per Serving:                | 2.60 (oz) 73.71 (g)                                |                          |              |
| Nutrients based on:                | 1 Serving  |                          |              |
| Product Composition:               | Consists of a serving of 2 whole grain waffles.    |                          |              |
| Meal Contributions:                |  |                          |              |
| Meat/Meat alternative :            |  |                          |              |
| Grain/Bread Equivalent :           | 2.00 Whole Grain                                   |                          |              |
| Fruit :                            |  |                          |              |
| Vegetable :                        |  |                          |              |
| Vegetable :                        |  |                          |              |
| Preparation Instructions:          | See label for directions.                          |                          |              |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central. |                          |              |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Thursday, April 9, 2020 11:13:35AM

Product Specification Sheet

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Preferred Meal Systems, Inc.  
Product Specification Sheet



| Item 2955                          |  | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|--|----------------------------------|--------------|
| Item Name                          | TRIX ^   | CALORIES                         | 110.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                       | PROTEIN                          | 1.0 (GM)     |
| CN Number:                         |  | CARBOHYDRATES                    | 24.0 (GM)    |
| Basis for Data Submitted:          | As Served  | Fiber                            | 1.0 (GM)     |
| Package Size:                      | 1.00 (oz) 28.35 (g)                                | Sugar                            | 7.0 (GM)     |
| Servings Per Package:              |  | TOTAL FAT                        | 1.5 (GM)     |
| Weight Per Serving:                | 1.00 (oz) 28.35 (g)                                | SATURATED FAT                    | 0.0 (GM)     |
| Nutrients based on:                | 1 Serving  | MonoFat                          |              |
| Product Composition:               | Consists of a bowl of Trix cereal.                 | PolyFat                          |              |
|                                    |  | TRANS FAT                        | 0.0 (GM)     |
| Meal Contributions:                |  | % Calories from Fat              | 12.3 (%)     |
| Meat/Meat alternative :            |  | % Calories from Sat. Fat         | 0.0 (%)      |
| Grain/Bread Equivalent :           | 1.00 Whole Grain                                   | CHOLESTEROL                      | 0.0 (MG)     |
| Fruit :                            |  | SODIUM                           | 140.0 (MG)   |
| Vegetable :                        |  | VITAMIN A                        | 500.0 (IU)   |
| Vegetable :                        |  | VITAMIN C                        | 3.6 (MG)     |
| Preparation Instructions:          | Dry storage.                                       | THIAMIN                          | 0.4 (MG)     |
|                                    |  | RIBOFLAVIN                       | 0.4 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central. | NIACIN                           | 5.0 (MG)     |
|                                    |  | CALCIUM                          | 100.0 (MG)   |
|                                    |  | IRON                             | 2.7 (MG)     |
|                                    |  | POTASSIUM                        | 0.0 (MG)     |
|                                    |  | PHOSPHORUS                       |              |
|                                    |  | Magnesium                        |              |
|                                    |  | Zinc                             |              |
|                                    |  | Vitamin B12                      |              |
|                                    |  | Vitamin D                        |              |
|                                    |  | Vitamin B6                       |              |
|                                    |  | Folate                           |              |
|                                    |  | Includes Added Sugars            | 7.0 (GM)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.  
Product Specification Sheet



| Item                               |  | 3502        | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|--|-------------|----------------------------------|--------------|
| Item Name                          | CINNAMON TOAST CRUNCH ^                            |             | CALORIES                         | 120.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                       |             | PROTEIN                          | 1.0 (GM)     |
| CN Number:                         |  |             | CARBOHYDRATES                    | 22.0 (GM)    |
| Basis for Data Submitted:          | As Served  |             | Fiber                            | 3.0 (GM)     |
| Package Size:                      | 1.00 (oz) 28.35 (g)                                |             | Sugar                            | 6.0 (GM)     |
| Servings Per Package:              | 1  |             | TOTAL FAT                        | 2.5 (GM)     |
| Weight Per Serving:                | 1.00 (oz) 28.35 (g)                                |             | SATURATED FAT                    | 0.0 (GM)     |
| Nutrients based on:                | 1 Serving  |             | MonoFat                          |              |
| Product Composition:               | Consists of a serving of Cinnamon Toast Crunch.    |             | PolyFat                          |              |
| Meal Contributions:                |  |             | TRANS FAT                        | 0.0 (GM)     |
| Meat/Meat alternative :            |  |             | % Calories from Fat              | 18.8 (%)     |
| Grain/Bread Equivalent :           | 1.00   | Whole Grain | % Calories from Sat. Fat         | 0.0 (%)      |
| Fruit :                            |  |             | CHOLESTEROL                      | 0.0 (MG)     |
| Vegetable :                        |  |             | SODIUM                           | 160.0 (MG)   |
| Vegetable :                        |  |             | VITAMIN A                        | 300.0 (IU)   |
| Preparation Instructions:          | Dry storage.                                       |             | VITAMIN C                        | 3.6 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central. |             | THIAMIN                          | 0.2 (MG)     |
|                                    |  |             | RIBOFLAVIN                       | 0.1 (MG)     |
|                                    |  |             | NIACIN                           | 1.2 (MG)     |
|                                    |  |             | CALCIUM                          | 60.0 (MG)    |
|                                    |  |             | IRON                             | 1.8 (MG)     |
|                                    |  |             | POTASSIUM                        | 0.0 (MG)     |
|                                    |  |             | PHOSPHORUS                       |              |
|                                    |  |             | Magnesium                        |              |
|                                    |  |             | Zinc                             |              |
|                                    |  |             | Vitamin B12                      |              |
|                                    |  |             | Vitamin D                        |              |
|                                    |  |             | Vitamin B6                       |              |
|                                    |  |             | Folate                           |              |
|                                    |  |             | Includes Added Sugars            | 6.0 (GM)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

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



Item **4470** NUTRIENT INFORMATION PER SERVING

|                                    |  |                          |              |
|------------------------------------|--|--------------------------|--------------|
| Item Name                          | <b>RICE KRISPIES ^</b>                             | CALORIES                 | 110.0 (KCAL) |
|                                    |  | PROTEIN                  | 2.0 (GM)     |
|                                    |  | CARBOHYDRATES            | 23.0 (GM)    |
|                                    |  | Fiber                    | 2.0 (GM)     |
|                                    |  | Sugar                    | 0.0 (GM)     |
|                                    |  | TOTAL FAT                | 1.0 (GM)     |
|                                    |  | SATURATED FAT            | 0.0 (GM)     |
|                                    |  | MonoFat                  |              |
|                                    |  | PolyFat                  |              |
|                                    |  | TRANS FAT                | 0.0 (GM)     |
|                                    |  | % Calories from Fat      | 8.2 (%)      |
|                                    |  | % Calories from Sat. Fat | 0.0 (%)      |
|                                    |  | CHOLESTEROL              | 0.0 (MG)     |
|                                    |  | SODIUM                   | 160.0 (MG)   |
|                                    |  | VITAMIN A                |              |
|                                    |  | VITAMIN C                | 6.0 (MG)     |
|                                    |  | THIAMIN                  | 0.3 (MG)     |
|                                    |  | RIBOFLAVIN               | 0.3 (MG)     |
|                                    |  | NIACIN                   | 4.0 (MG)     |
|                                    |  | CALCIUM                  | 0.0 (MG)     |
|                                    |  | IRON                     | 8.1 (MG)     |
|                                    |  | POTASSIUM                | 70.0 (MG)    |
|                                    |  | PHOSPHORUS               |              |
|                                    |  | Magnesium                |              |
|                                    |  | Zinc                     |              |
|                                    |  | Vitamin B12              |              |
|                                    |  | Vitamin D                | 2.0 (UG)     |
|                                    |  | Vitamin B6               |              |
|                                    |  | Folate                   |              |
|                                    |  | Includes Added Sugars    | 0.0 (GM)     |
| Brand:                             | Preferred Meal Systems, Inc.                       |                          |              |
| CN Number:                         |  |                          |              |
| Basis for Data Submitted:          | As Served  |                          |              |
| Package Size:                      | 1.00 (oz) 28.35 (g)                                |                          |              |
| Servings Per Package:              | 1  |                          |              |
| Weight Per Serving:                | 1.00 (oz) 28.35 (g)                                |                          |              |
| Nutrients based on:                | 1 Serving  |                          |              |
| Product Composition:               | Consists of a bowl of Rice Krispies.               |                          |              |
| Meal Contributions:                |  |                          |              |
| Meat/Meat alternative :            |  |                          |              |
| Grain/Bread Equivalent :           | 1.00 Whole Grain                                   |                          |              |
| Fruit :                            |  |                          |              |
| Vegetable :                        |  |                          |              |
| Vegetable :                        |  |                          |              |
| Preparation Instructions:          | Dry storage.                                       |                          |              |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central. |                          |              |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Friday, March 20, 2020 11:23:45AM

Product Specification Sheet

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Preferred Meal Systems, Inc.  
Product Specification Sheet



| Item                               |  | 6133        | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|--|-------------|----------------------------------|--------------|
| Item Name                          | CINNAMON FLAKES ^                                  |             | CALORIES                         | 100.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                       |             | PROTEIN                          | 2.0 (GM)     |
| CN Number:                         |  |             | CARBOHYDRATES                    | 24.0 (GM)    |
| Basis for Data Submitted:          | As Served  |             | Fiber                            | 2.0 (GM)     |
| Package Size:                      | 1.00 (oz) 28.35 (g)                                |             | Sugar                            | 6.0 (GM)     |
| Servings Per Package:              | 1  |             | TOTAL FAT                        | 0.0 (GM)     |
| Weight Per Serving:                | 1.00 (oz) 28.35 (g)                                |             | SATURATED FAT                    | 0.0 (GM)     |
| Nutrients based on:                | 1 Serving  |             | MonoFat                          |              |
| Product Composition:               | Consists of a bowl of Cinnamon Flakes cereal.      |             | PolyFat                          |              |
| Meal Contributions:                |  |             | TRANS FAT                        | 0.0 (GM)     |
| Meat/Meat alternative :            |  |             | % Calories from Fat              | 0.0 (%)      |
| Grain/Bread Equivalent :           | 1.00   | Whole Grain | % Calories from Sat. Fat         | 0.0 (%)      |
| Fruit :                            |  |             | CHOLESTEROL                      | 0.0 (MG)     |
| Vegetable :                        |  |             | SODIUM                           | 180.0 (MG)   |
| Vegetable :                        |  |             | VITAMIN A                        |              |
| Preparation Instructions:          | Dry storage  |             | VITAMIN C                        |              |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central. |             | THIAMIN                          | 0.2 (MG)     |
|                                    |  |             | RIBOFLAVIN                       | 0.2 (MG)     |
|                                    |  |             | NIACIN                           | 2.0 (MG)     |
|                                    |  |             | CALCIUM                          | 0.0 (MG)     |
|                                    |  |             | IRON                             | 1.8 (MG)     |
|                                    |  |             | POTASSIUM                        | 70.0 (MG)    |
|                                    |  |             | PHOSPHORUS                       |              |
|                                    |  |             | Magnesium                        |              |
|                                    |  |             | Zinc                             |              |
|                                    |  |             | Vitamin B12                      |              |
|                                    |  |             | Vitamin D                        | 80.0 (UG)    |
|                                    |  |             | Vitamin B6                       |              |
|                                    |  |             | Folate                           |              |
|                                    |  |             | Includes Added Sugars            | 6.0 (GM)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.  
Product Specification Sheet



| Item                               |  | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|--|----------------------------------|--------------|
| 8394                               |  |                                  |              |
| Item Name                          | FROSTED FLAKES ^                                   | CALORIES                         | 110.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                       | PROTEIN                          | 1.0 (GM)     |
| CN Number:                         |  | CARBOHYDRATES                    | 24.0 (GM)    |
| Basis for Data Submitted:          | As Served  | Fiber                            | 1.0 (GM)     |
| Package Size:                      | 1.00 (oz) 28.35 (g)                                | Sugar                            | 8.0 (GM)     |
| Servings Per Package:              | 1  | TOTAL FAT                        | 0.5 (GM)     |
| Weight Per Serving:                | 1.00 (oz) 28.35 (g)                                | SATURATED FAT                    | 0.0 (GM)     |
| Nutrients based on:                | 1 Serving  | MonoFat                          |              |
| Product Composition:               | Consists of a bowl of Frosted Flakes.              | PolyFat                          |              |
|                                    |  | TRANS FAT                        | 0.0 (GM)     |
| Meal Contributions:                |  | % Calories from Fat              | 4.1 (%)      |
| Meat/Meat alternative :            |  | % Calories from Sat. Fat         | 0.0 (%)      |
| Grain/Bread Equivalent :           | 1.00 Whole Grain                                   | CHOLESTEROL                      | 0.0 (MG)     |
| Fruit :                            |  | SODIUM                           | 170.0 (MG)   |
| Vegetable :                        |  | VITAMIN A                        |              |
| Vegetable :                        |  | VITAMIN C                        |              |
| Preparation Instructions:          | Dry storage.                                       | THIAMIN                          |              |
|                                    |  | RIBOFLAVIN                       |              |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central. | NIACIN                           |              |
|                                    |  | CALCIUM                          | 60.0 (MG)    |
|                                    |  | IRON                             | 5.4 (MG)     |
|                                    |  | POTASSIUM                        | 0.0 (MG)     |
|                                    |  | PHOSPHORUS                       |              |
|                                    |  | Magnesium                        |              |
|                                    |  | Zinc                             |              |
|                                    |  | Vitamin B12                      |              |
|                                    |  | Vitamin D                        |              |
|                                    |  | Vitamin B6                       |              |
|                                    |  | Folate                           |              |
|                                    |  | Includes Added Sugars            | 8.0 (GM)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.  
Product Specification Sheet



Item **13028** NUTRIENT INFORMATION PER SERVING

|                                    |   |             |                          |              |
|------------------------------------|---|-------------|--------------------------|--------------|
| Item Name                          | <b>CHICKEN NUGGETS ^</b>                          |             | CALORIES                 | 225.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                      |             | PROTEIN                  | 16.3 (GM)    |
| CN Number:                         |   |             | CARBOHYDRATES            | 12.5 (GM)    |
| Basis for Data Submitted:          | As Served   |             | Fiber                    | 1.3 (GM)     |
| Package Size:                      | 3.45 (oz) 97.81 (g)                               |             | Sugar                    | 0.0 (GM)     |
| Servings Per Package:              | 1   |             | TOTAL FAT                | 12.5 (GM)    |
| Weight Per Serving:                | 3.45 (oz) 97.81 (g)                               |             | SATURATED FAT            | 2.5 (GM)     |
| Nutrients based on:                | 1 Serving   |             | MonoFat                  | 4.4 (GM)     |
| Product Composition:               | Consists of a serving of breaded chicken nuggets. |             | PolyFat                  | 4.4 (GM)     |
| Meal Contributions:                |   |             | TRANS FAT                | 0.0 (GM)     |
| Meat/Meat alternative :            | 2.00  | oz          | % Calories from Fat      | 50.0 (%)     |
| Grain/Bread Equivalent :           | 1.00  | Whole Grain | % Calories from Sat. Fat | 10.0 (%)     |
| Fruit :                            |   |             | CHOLESTEROL              | 43.8 (MG)    |
| Vegetable :                        |   |             | SODIUM                   | 475.0 (MG)   |
| Vegetable :                        |   |             | VITAMIN A                | 37.5 (RE)    |
| Preparation Instructions:          | See label for directions.                         |             | VITAMIN C                |              |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA database         |             | THIAMIN                  |              |
|                                    |   |             | RIBOFLAVIN               |              |
|                                    |   |             | NIACIN                   |              |
|                                    |   |             | CALCIUM                  |              |
|                                    |   |             | IRON                     |              |
|                                    |   |             | POTASSIUM                |              |
|                                    |   |             | PHOSPHORUS               |              |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN



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



Item **13033** NUTRIENT INFORMATION PER SERVING

|  |  |                          |              |
|--|--|--------------------------|--------------|
| Item Name <b>DELI SUB SANDWICH (HERO SANDWICH) ^</b> |  | CALORIES                 | 276.9 (KCAL) |
|  |  | PROTEIN                  | 14.8 (GM)    |
|  |  | CARBOHYDRATES            | 30.3 (GM)    |
|  |  | Fiber                    | 3.0 (GM)     |
|  |  | Sugar                    | 2.4 (GM)     |
|  |  | TOTAL FAT                | 11.5 (GM)    |
|  |  | SATURATED FAT            | 3.6 (GM)     |
|  |  | MonoFat                  |              |
|  |  | PolyFat                  |              |
|  |  | TRANS FAT                | 0.0 (GM)     |
|  |  | % Calories from Fat      | 37.4 (%)     |
|  |  | % Calories from Sat. Fat | 11.7 (%)     |
|  |  | CHOLESTEROL              | 48.9 (MG)    |
|  |  | SODIUM                   | 819.2 (MG)   |
|  |  | VITAMIN A                | 0.0 (IU)     |
|  |  | VITAMIN C                | 1.5 (MG)     |
|  |  | THIAMIN                  | 0.1 (MG)     |
|  |  | RIBOFLAVIN               | 0.1 (MG)     |
|  |  | NIACIN                   | 1.2 (MG)     |
|  |  | CALCIUM                  | 151.4 (MG)   |
|  |  | IRON                     | 2.1 (MG)     |
|  |  | POTASSIUM                | 7.5 (MG)     |
|  |  | PHOSPHORUS               |              |
|  |  | Magnesium                |              |
|  |  | Zinc                     |              |
|  |  | Vitamin B12              |              |
|  |  | Vitamin D                |              |
|  |  | Vitamin B6               |              |
|  |  | Folate                   |              |
|  |  | Includes                 | Added Sugars |
| Brand:   | Preferred Meal Systems, Inc.   |                          |              |
| CN Number:   |  |                          |              |
| Basis for Data Submitted:                            | As Served  |                          |              |
| Package Size:  | 5.52 (oz) 156.49 (g)   |                          |              |
| Servings Per Package:                                | 1  |                          |              |
| Weight Per Serving:                                  | 5.52 (oz) 156.49 (g)   |                          |              |
| Nutrients based on:                                  | 1 Serving  |                          |              |
| Product Composition:                                 | Consists of a turkey bologna, turkey salami, and cheese on a whole wheat roll. |                          |              |
| Meal Contributions:                                  |  |                          |              |
| Meat/Meat alternative :                              | 2.00 oz  |                          |              |
| Grain/Bread Equivalent :                             | 2.00 Whole Grain   |                          |              |
| Fruit :  |  |                          |              |
| Vegetable :  |  |                          |              |
| Vegetable :  |  |                          |              |
| Preparation Instructions:                            | See label for directions.  |                          |              |
| Source of Nutritional Information:                   | Ingredient suppliers and/or USDA FoodData Central.                             |                          |              |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Friday, April 17, 2020 8:46:59AM

Product Specification Sheet

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Preferred Meal Systems, Inc.  
Product Specification Sheet



Item **13241** NUTRIENT INFORMATION PER SERVING

|                                    |   |             |                          |              |
|------------------------------------|---|-------------|--------------------------|--------------|
| Item Name                          | <b>CHICKEN ALFREDO PASTA ^</b>                  |             | CALORIES                 | 353.6 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                    |             | PROTEIN                  | 19.2 (GM)    |
| CN Number:                         |   |             | CARBOHYDRATES            | 30.9 (GM)    |
| Basis for Data Submitted:          | As Served                                       |             | Fiber                    | 2.2 (GM)     |
| Package Size:                      | 7.48 (oz)                                       | 212.06 (g)  | Sugar                    | 6.1 (GM)     |
| Servings Per Package:              | 1   |             | TOTAL FAT                | 17.3 (GM)    |
| Weight Per Serving:                | 7.48 (oz)                                       | 212.06 (g)  | SATURATED FAT            | 7.9 (GM)     |
| Nutrients based on:                | 1 Serving                                       |             | MonoFat                  | 1.4 (GM)     |
| Product Composition:               | Consists of a serving of Chicken Alfredo Pasta. |             | PolyFat                  | 1.1 (GM)     |
|                                    |   |             | TRANS FAT                | 0.1 (GM)     |
| Meal Contributions:                |   |             | % Calories from Fat      | 44.0 (%)     |
| Meat/Meat alternative :            | 2.00  | oz          | % Calories from Sat. Fat | 20.1 (%)     |
| Grain/Bread Equivalent :           | 1.00  | Whole Grain | CHOLESTEROL              | 59.4 (MG)    |
| Fruit :                            |   |             | SODIUM                   | 503.6 (MG)   |
| Vegetable :                        |   |             | VITAMIN A                | 99.8 (RE)    |
| Vegetable :                        |   |             | VITAMIN C                | 0.9 (MG)     |
| Preparation Instructions:          | See label for directions.                       |             | THIAMIN                  | 0.2 (MG)     |
|                                    |   |             | RIBOFLAVIN               | 0.1 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA database.      |             | NIACIN                   | 1.7 (MG)     |
|                                    |   |             | CALCIUM                  | 248.3 (MG)   |
|                                    |   |             | IRON                     | 1.4 (MG)     |
|                                    |   |             | POTASSIUM                | 273.7 (MG)   |
|                                    |   |             | PHOSPHORUS               | 81.7 (MG)    |

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN

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



| Item                               |  | 13243       | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|--|-------------|----------------------------------|--------------|
| Item Name                          | <b>HERO SANDWICH ^</b>   |             | CALORIES                         | 315.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                                   |             | PROTEIN                          | 17.0 (GM)    |
| CN Number:                         |  |             | CARBOHYDRATES                    | 31.0 (GM)    |
| Basis for Data Submitted:          | As Served  |             | Fiber                            | 3.0 (GM)     |
| Package Size:                      | 4.50 (oz) 127.58 (g)   |             | Sugar                            | 2.5 (GM)     |
| Servings Per Package:              | 1  |             | TOTAL FAT                        | 15.0 (GM)    |
| Weight Per Serving:                | 4.50 (oz) 127.58 (g)   |             | SATURATED FAT                    | 5.8 (GM)     |
| Nutrients based on:                | 1 Serving  |             | MonoFat                          |              |
| Product Composition:               | Consists of a beef bologna, beef salami & cheese sub sandwich. |             | PolyFat                          |              |
| Meal Contributions:                |  |             | TRANS FAT                        | 0.0 (GM)     |
| Meat/Meat alternative :            | 2.00   | OZ          | % Calories from Fat              | 42.9 (%)     |
| Grain/Bread Equivalent             | 2.00   | Whole Grain | % Calories from Sat. Fat         | 16.6 (%)     |
| Fruit :                            |  |             | CHOLESTEROL                      | 40.0 (MG)    |
| Vegetable :                        |  |             | SODIUM                           | 480.0 (MG)   |
| Vegetable :                        |  |             | VITAMIN A                        | 0.0 (IU)     |
| Preparation Instructions:          | See label for directions.                                      |             | VITAMIN C                        | 0.6 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central database.    |             | THIAMIN                          | 0.1 (MG)     |
|                                    |  |             | RIBOFLAVIN                       | 0.1 (MG)     |
|                                    |  |             | NIACIN                           | 1.2 (MG)     |
|                                    |  |             | CALCIUM                          | 125.0 (MG)   |
|                                    |  |             | IRON                             | 2.3 (MG)     |
|                                    |  |             | POTASSIUM                        | 7.5 (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

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



| Item                               |   | 13281          | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|---|----------------|----------------------------------|--------------|
| Item Name                          | <b>CHEESY PENNE PASTA BAKE ^</b>                            |                | CALORIES                         | 315.6 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                                |                | PROTEIN                          | 19.3 (GM)    |
| CN Number:                         |   |                | CARBOHYDRATES                    | 39.7 (GM)    |
| Basis for Data Submitted:          | As Served   |                | Fiber                            | 2.3 (GM)     |
| Package Size:                      | 8.78 (oz) 248.91 (g)  |                | Sugar                            | 8.2 (GM)     |
| Servings Per Package:              | 1   |                | TOTAL FAT                        | 9.0 (GM)     |
| Weight Per Serving:                | 8.78 (oz) 248.91 (g)  |                | SATURATED FAT                    | 4.9 (GM)     |
| Nutrients based on:                | 1 Serving   |                | MonoFat                          | 1.1 (GM)     |
| Product Composition:               | Consists of a cheesy penne pasta bake.                      |                | PolyFat                          | 0.2 (GM)     |
| Meal Contributions:                |   |                | TRANS FAT                        | 0.1 (GM)     |
| Meat/Meat alternative :            | 2.00  | OZ             | % Calories from Fat              | 25.7 (%)     |
| Grain/Bread Equivalent             | 1.00  | Whole Grain    | % Calories from Sat. Fat         | 14.0 (%)     |
| Fruit :                            |   |                | CHOLESTEROL                      | 33.5 (MG)    |
| Vegetable :                        | 1/2   | Cup Red/Orange | SODIUM                           | 602.9 (MG)   |
| Vegetable :                        |   |                | VITAMIN A                        | 140.0 (IU)   |
| Preparation Instructions:          | See label for directions.                                   |                | VITAMIN C                        | 0.3 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central database. |                | THIAMIN                          | 0.2 (MG)     |
|                                    |   |                | RIBOFLAVIN                       | 0.1 (MG)     |
|                                    |   |                | NIACIN                           | 1.7 (MG)     |
|                                    |   |                | CALCIUM                          | 113.9 (MG)   |
|                                    |   |                | IRON                             | 1.4 (MG)     |
|                                    |   |                | POTASSIUM                        | 56.7 (MG)    |
|                                    |   |                | PHOSPHORUS                       | 102.2 (MG)   |
|                                    |   |                | Magnesium                        |              |
|                                    |   |                | Zinc                             |              |
|                                    |   |                | Vitamin B12                      |              |
|                                    |   |                | Vitamin D                        |              |
|                                    |   |                | Vitamin B6                       |              |
|                                    |   |                | Folate                           |              |
|                                    |   |                | Includes Added Sugars            | 3.9 (GM)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

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



| Item                               |   | 13323       | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|---|-------------|----------------------------------|--------------|
| Item Name                          | <b>TURKEY HAM &amp; CHEESE ON ENGLISH MUFFIN ^</b>              |             | CALORIES                         | 186.6 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                                    |             | PROTEIN                          | 11.9 (GM)    |
| CN Number:                         |   |             | CARBOHYDRATES                    | 24.0 (GM)    |
| Basis for Data Submitted:          | As Served   |             | Fiber                            | 2.0 (GM)     |
| Package Size:                      | 3.26 (oz) 92.42 (g)   |             | Sugar                            | 2.5 (GM)     |
| Servings Per Package:              | 1   |             | TOTAL FAT                        | 5.1 (GM)     |
| Weight Per Serving:                | 3.26 (oz) 92.42 (g)   |             | SATURATED FAT                    | 2.1 (GM)     |
| Nutrients based on:                | 1 Serving   |             | MonoFat                          |              |
| Product Composition:               | Carb Breakdown: Turkey Ham & Cheese (1 g) English Muffin (23 g) |             | PolyFat                          |              |
| Meal Contributions:                |   |             | TRANS FAT                        | 0.0 (GM)     |
| Meat/Meat alternative :            | 1.00  | oz          | % Calories from Fat              | 24.6 (%)     |
| Grain/Bread Equivalent :           | 2.00  | Whole Grain | % Calories from Sat. Fat         | 10.1 (%)     |
| Fruit :                            |   |             | CHOLESTEROL                      | 22.7 (MG)    |
| Vegetable :                        |   |             | SODIUM                           | 393.0 (MG)   |
| Vegetable :                        |   |             | VITAMIN A                        | 0.0 (RE)     |
| Preparation Instructions:          | See label for directions.                                       |             | VITAMIN C                        | 0.5 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA database                       |             | THIAMIN                          |              |
|                                    |   |             | RIBOFLAVIN                       |              |
|                                    |   |             | NIACIN                           |              |
|                                    |   |             | CALCIUM                          | 174.0 (MG)   |
|                                    |   |             | IRON                             | 1.3 (MG)     |
|                                    |   |             | POTASSIUM                        | 185.5 (MG)   |
|                                    |   |             | PHOSPHORUS                       |              |
|                                    |   |             | Magnesium                        |              |
|                                    |   |             | Zinc                             |              |
|                                    |   |             | Vitamin B12                      |              |
|                                    |   |             | Vitamin D                        |              |
|                                    |   |             | Vitamin B6                       |              |
|                                    |   |             | Folate                           |              |
|                                    |   |             | Includes Added Sugars            | 1.0 (GM)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Thursday, July 25, 2019 3:50:25PM

Product Specification Sheet

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



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| Item                               |   | 13324       | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|---|-------------|----------------------------------|--------------|
| Item Name                          | <b>EGG &amp; CHEESE BAGEL ^</b>                             |             | CALORIES                         | 259.6 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                                |             | PROTEIN                          | 13.7 (GM)    |
| CN Number:                         |   |             | CARBOHYDRATES                    | 37.0 (GM)    |
| Basis for Data Submitted:          | As Served   |             | Fiber                            | 3.0 (GM)     |
| Package Size:                      | 3.75 (oz) 106.31 (g)  |             | Sugar                            | 2.8 (GM)     |
| Servings Per Package:              | 1   |             | TOTAL FAT                        | 6.9 (GM)     |
| Weight Per Serving:                | 3.75 (oz) 106.31 (g)  |             | SATURATED FAT                    | 2.5 (GM)     |
| Nutrients based on:                | 1 Serving   |             | MonoFat                          |              |
| Product Composition:               | Consists of an egg and cheese bagel.                        |             | PolyFat                          |              |
| Meal Contributions:                |   |             | TRANS FAT                        | 0.0 (GM)     |
| Meat/Meat alternative :            | 1.50  | OZ          | % Calories from Fat              | 23.9 (%)     |
| Grain/Bread Equivalent             | 2.00  | Whole Grain | % Calories from Sat. Fat         | 8.7 (%)      |
| Fruit :                            |   |             | CHOLESTEROL                      | 100.2 (MG)   |
| Vegetable :                        |   |             | SODIUM                           | 523.7 (MG)   |
| Vegetable :                        |   |             | VITAMIN A                        | 134.5 (IU)   |
| Preparation Instructions:          | See label for directions.                                   |             | VITAMIN C                        | 15.0 (MG)    |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central database. |             | THIAMIN                          |              |
|                                    |   |             | RIBOFLAVIN                       |              |
|                                    |   |             | NIACIN                           |              |
|                                    |   |             | CALCIUM                          | 133.8 (MG)   |
|                                    |   |             | IRON                             | 2.2 (MG)     |
|                                    |   |             | POTASSIUM                        | 49.7 (MG)    |
|                                    |   |             | PHOSPHORUS                       |              |
|                                    |   |             | Magnesium                        |              |
|                                    |   |             | Zinc                             |              |
|                                    |   |             | Vitamin B12                      |              |
|                                    |   |             | Vitamin D                        | 19.9 (UG)    |
|                                    |   |             | Vitamin B6                       |              |
|                                    |   |             | Folate                           |              |
|                                    |   |             | Includes Added Sugars            | 0.0 (GM)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.  
Product Specification Sheet



| Item                               |  | 13563       | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|--|-------------|----------------------------------|--------------|
| Item Name                          | PANCAKES ^   |             | CALORIES                         | 130.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                       |             | PROTEIN                          | 4.0 (GM)     |
| CN Number:                         |  |             | CARBOHYDRATES                    | 26.0 (GM)    |
| Basis for Data Submitted:          | As Served  |             | Fiber                            | 3.0 (GM)     |
| Package Size:                      | 2.40 (oz) 68.04 (g)                                |             | Sugar                            | 6.0 (GM)     |
| Servings Per Package:              | 1  |             | TOTAL FAT                        | 2.0 (GM)     |
| Weight Per Serving:                | 2.40 (oz) 68.04 (g)                                |             | SATURATED FAT                    | 0.0 (GM)     |
| Nutrients based on:                | 1 Serving  |             | MonoFat                          |              |
| Product Composition:               | Consists of two whole grain pancakes.              |             | PolyFat                          |              |
| Meal Contributions:                |  |             | TRANS FAT                        | 0.0 (GM)     |
| Meat/Meat alternative :            |  |             | % Calories from Fat              | 13.8 (%)     |
| Grain/Bread Equivalent :           | 2.00   | Whole Grain | % Calories from Sat. Fat         | 0.0 (%)      |
| Fruit :                            |  |             | CHOLESTEROL                      | 5.0 (MG)     |
| Vegetable :                        |  |             | SODIUM                           | 240.0 (MG)   |
| Vegetable :                        |  |             | VITAMIN A                        |              |
| Preparation Instructions:          | See label for directions.                          |             | VITAMIN C                        |              |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central. |             | THIAMIN                          |              |
|                                    |  |             | RIBOFLAVIN                       |              |
|                                    |  |             | NIACIN                           |              |
|                                    |  |             | CALCIUM                          | 63.0 (MG)    |
|                                    |  |             | IRON                             | 1.0 (MG)     |
|                                    |  |             | POTASSIUM                        | 111.0 (MG)   |
|                                    |  |             | PHOSPHORUS                       |              |
|                                    |  |             | Magnesium                        |              |
|                                    |  |             | Zinc                             |              |
|                                    |  |             | Vitamin B12                      |              |
|                                    |  |             | Vitamin D                        |              |
|                                    |  |             | Vitamin B6                       |              |
|                                    |  |             | Folate                           |              |
|                                    |  |             | Includes Added Sugars            | 10.0 (GM)    |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.  
Product Specification Sheet



| Item                               |   | 13651          | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|---|----------------|----------------------------------|--------------|
| Item Name                          | SLOPPY JOE  |                | CALORIES                         | 203.1 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                                |                | PROTEIN                          | 11.9 (GM)    |
| CN Number:                         |   |                | CARBOHYDRATES                    | 16.3 (GM)    |
| Basis for Data Submitted:          | As Served   |                | Fiber                            | 1.0 (GM)     |
| Package Size:                      | 5.14 (oz) 145.72 (g)  |                | Sugar                            | 7.8 (GM)     |
| Servings Per Package:              | 1   |                | TOTAL FAT                        | 10.9 (GM)    |
| Weight Per Serving:                | 5.14 (oz) 145.72 (g)  |                | SATURATED FAT                    | 4.3 (GM)     |
| Nutrients based on:                | 1 Serving   |                | MonoFat                          | 0.0 (GM)     |
| Product Composition:               | Consists of a serving of Sloppy Joe.                        |                | PolyFat                          | 0.0 (GM)     |
|                                    |   |                | TRANS FAT                        | 0.4 (GM)     |
| Meal Contributions:                |   |                | % Calories from Fat              | 48.3 (%)     |
| Meat/Meat alternative :            | 2.00  | oz             | % Calories from Sat. Fat         | 19.1 (%)     |
| Grain/Bread Equivalent :           |   |                | CHOLESTEROL                      | 36.1 (MG)    |
| Fruit :                            |   |                | SODIUM                           | 496.5 (MG)   |
| Vegetable :                        | 3/8   | Cup Red/Orange | VITAMIN A                        | 28.1 (IU)    |
| Vegetable :                        |   |                | VITAMIN C                        | 5.3 (MG)     |
| Preparation Instructions:          | See label for directions.                                   |                | THIAMIN                          | 0.0 (MG)     |
|                                    |   |                | RIBOFLAVIN                       | 0.0 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central database. |                | NIACIN                           | 0.0 (MG)     |
|                                    |   |                | CALCIUM                          | 29.5 (MG)    |
|                                    |   |                | IRON                             | 1.6 (MG)     |
|                                    |   |                | POTASSIUM                        | 633.1 (MG)   |
|                                    |   |                | PHOSPHORUS                       | 0.2 (MG)     |
|                                    |   |                | Magnesium                        |              |
|                                    |   |                | Zinc                             |              |
|                                    |   |                | Vitamin B12                      |              |
|                                    |   |                | Vitamin D                        | 0.0 (UG)     |
|                                    |   |                | Vitamin B6                       |              |
|                                    |   |                | Folate                           |              |
|                                    |   |                | Includes Added Sugars            | 3.8 (GM)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN



Preferred Meal Systems, Inc.  
Product Specification Sheet



Item 13811 NUTRIENT INFORMATION PER SERVING

|                                    |  |   |                          |  |              |
|------------------------------------|--|---|--------------------------|--|--------------|
| Item Name                          |  | <b>CHEESY CHIPOTLE CHICKEN W/SPANISH BROWN RICE &amp; VEGETABLES ^</b>    | CALORIES                 |  | 271.7 (KCAL) |
| Brand:                             |  | Preferred Meal Systems, Inc.  | PROTEIN                  |  | 18.0 (GM)    |
| CN Number:                         |  |   | CARBOHYDRATES            |  | 37.8 (GM)    |
| Basis for Data Submitted:          |  | As Served   | Fiber                    |  | 4.1 (GM)     |
| Package Size:                      |  | 8.66 (oz) 245.51 (g)  | Sugar                    |  | 2.3 (GM)     |
| Servings Per Package:              |  | 1   | TOTAL FAT                |  | 6.6 (GM)     |
| Weight Per Serving:                |  | 8.66 (oz) 245.51 (g)  | SATURATED FAT            |  | 2.1 (GM)     |
| Nutrients based on:                |  | 1 Serving   | MonoFat                  |  | 0.0 (GM)     |
| Product Composition:               |  | Consists of cheesy chipotle chicken with Spanish brown rice & vegetables. | PolyFat                  |  | 0.0 (GM)     |
| Meal Contributions:                |  |   | TRANS FAT                |  | 0.0 (GM)     |
| Meat/Meat alternative :            |  | 2.00 oz   | % Calories from Fat      |  | 21.9 (%)     |
| Grain/Bread Equivalent :           |  | 1.00 Whole Grain  | % Calories from Sat. Fat |  | 7.0 (%)      |
| Fruit :                            |  |   | CHOLESTEROL              |  | 44.7 (MG)    |
| Vegetable :                        |  | 1/4 Cup Red/Orange  | SODIUM                   |  | 385.9 (MG)   |
| Vegetable :                        |  | 1/4 Cup Additional  | VITAMIN A                |  | 75.7 (IU)    |
| Preparation Instructions:          |  | See label for directions.   | VITAMIN C                |  | 5.0 (MG)     |
| Source of Nutritional Information: |  | Ingredient suppliers and/or USDA FoodData Central database.               | THIAMIN                  |  | 0.0 (MG)     |
|                                    |  |   | RIBOFLAVIN               |  | 0.0 (MG)     |
|                                    |  |   | NIACIN                   |  | 0.0 (MG)     |
|                                    |  |   | CALCIUM                  |  | 65.7 (MG)    |
|                                    |  |   | IRON                     |  | 1.5 (MG)     |
|                                    |  |   | POTASSIUM                |  | 63.9 (MG)    |
|                                    |  |   | PHOSPHORUS               |  | 1.7 (MG)     |
|                                    |  |   | Magnesium                |  |              |
|                                    |  |   | Zinc                     |  |              |
|                                    |  |   | Vitamin B12              |  |              |
|                                    |  |   | Vitamin D                |  | 0.1 (UG)     |
|                                    |  |   | Vitamin B6               |  |              |
|                                    |  |   | Folate                   |  |              |
|                                    |  |   | Includes Added Sugars    |  | 0.0 (GM)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

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



| Item                               |   | 18490       | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|---|-------------|----------------------------------|--------------|
| Item Name                          | <b>PILLSBURY GRAPE CRESCENT ^</b>                           |             | CALORIES                         | 210.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                                |             | PROTEIN                          | 5.0 (GM)     |
| CN Number:                         |   |             | CARBOHYDRATES                    | 35.0 (GM)    |
| Basis for Data Submitted:          | As Served   |             | Fiber                            | 2.0 (GM)     |
| Package Size:                      | 2.29 (oz) 64.92 (g)   |             | Sugar                            | 9.0 (GM)     |
| Servings Per Package:              | 1   |             | TOTAL FAT                        | 6.0 (GM)     |
| Weight Per Serving:                | 2.29 (oz) 64.92 (g)   |             | SATURATED FAT                    | 1.0 (GM)     |
| Nutrients based on:                | 1 Serving   |             | MonoFat                          |              |
| Product Composition:               | Consists of a Pillsbury grape filled crescent.              |             | PolyFat                          |              |
| Meal Contributions:                |   |             | TRANS FAT                        | 0.0 (GM)     |
| Meat/Meat alternative :            |   |             | % Calories from Fat              | 25.7 (%)     |
| Grain/Bread Equivalent :           | 2.00  | Whole Grain | % Calories from Sat. Fat         | 4.3 (%)      |
| Fruit :                            |   |             | CHOLESTEROL                      | 0.0 (MG)     |
| Vegetable :                        |   |             | SODIUM                           | 260.0 (MG)   |
| Vegetable :                        |   |             | VITAMIN A                        | 0.0 (IU)     |
| 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                          | 20.0 (MG)    |
|                                    |   |             | IRON                             | 1.1 (MG)     |
|                                    |   |             | POTASSIUM                        |              |
|                                    |   |             | 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

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



Item **18494** NUTRIENT INFORMATION PER SERVING

|                                    |   |                          |              |
|------------------------------------|---|--------------------------|--------------|
| Item Name                          | <b>CINNAMON TOAST CRUNCH<br/>SOFT FILLED BAR ^</b>                | CALORIES                 | 260.0 (KCAL) |
|                                    |   | PROTEIN                  | 6.0 (GM)     |
|                                    |   | CARBOHYDRATES            | 41.0 (GM)    |
| Brand:                             | Preferred Meal Systems, Inc.                                      | Fiber                    | 3.0 (GM)     |
| CN Number:                         |   | Sugar                    | 15.0 (GM)    |
| Basis for Data Submitted:          | As Served   | TOTAL FAT                | 8.0 (GM)     |
| Package Size:                      | 2.36 (oz) 66.91 (g)   | SATURATED FAT            | 2.5 (GM)     |
| Servings Per Package:              | 1   | MonoFat                  |              |
| Weight Per Serving:                | 2.36 (oz) 66.91 (g)   | PolyFat                  |              |
| Nutrients based on:                | 1 Serving   | TRANS FAT                | 0.0 (GM)     |
| Product Composition:               | Consists of a cinnamon toast crunch<br>soft filled breakfast bar. | % Calories from Fat      | 27.7 (%)     |
|                                    |   | % Calories from Sat. Fat | 8.7 (%)      |
| Meal Contributions:                |   | CHOLESTEROL              | 5.0 (MG)     |
| Meat/Meat alternative :            |   | SODIUM                   | 290.0 (MG)   |
| Grain/Bread Equivalent :           | 2.00 Whole Grain  | VITAMIN A                |              |
| Fruit :                            |   | VITAMIN C                |              |
| Vegetable :                        |   | THIAMIN                  |              |
| Vegetable :                        |   | RIBOFLAVIN               |              |
| Preparation Instructions:          | See label for directions.   | NIACIN                   |              |
|                                    |   | CALCIUM                  | 20.0 (MG)    |
|                                    |   | IRON                     | 1.4 (MG)     |
|                                    |   | POTASSIUM                |              |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA<br>FoodData Central.             | PHOSPHORUS               | 70.0 (MG)    |
|                                    |   | Magnesium                |              |
|                                    |   | Zinc                     |              |
|                                    |   | Vitamin B12              |              |
|                                    |   | Vitamin D                |              |
|                                    |   | Vitamin B6               |              |
|                                    |   | Folate                   |              |
|                                    |   | Includes Added Sugars    | 13.0 (GM)    |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Thursday, June 4, 2020 5:02:26PM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.  
Product Specification Sheet



| Item                               |  | 18954       | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|--|-------------|----------------------------------|--------------|
| Item Name                          | Blueberry Mini Muffin ^                            |             | CALORIES                         | 118.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                       |             | PROTEIN                          | 2.4 (GM)     |
| CN Number:                         |  |             | CARBOHYDRATES                    | 19.5 (GM)    |
| Basis for Data Submitted:          | As Served  |             | Fiber                            | 1.8 (GM)     |
| Package Size:                      | 1.90 (oz) 53.87 (g)                                |             | Sugar                            | 7.5 (GM)     |
| Servings Per Package:              | 1  |             | TOTAL FAT                        | 3.3 (GM)     |
| Weight Per Serving:                | 1.90 (oz) 53.87 (g)                                |             | SATURATED FAT                    | 0.5 (GM)     |
| Nutrients based on:                | 1 Serving  |             | MonoFat                          |              |
| Product Composition:               | Consists of a whole grain blueberry mini muffin.   |             | PolyFat                          |              |
| Meal Contributions:                |  |             | TRANS FAT                        | 0.0 (GM)     |
| Meat/Meat alternative :            |  |             | % Calories from Fat              | 25.2 (%)     |
| Grain/Bread Equivalent :           | 1.00   | Whole Grain | % Calories from Sat. Fat         | 3.8 (%)      |
| Fruit :                            |  |             | CHOLESTEROL                      | 18.0 (MG)    |
| Vegetable :                        |  |             | SODIUM                           | 74.0 (MG)    |
| Vegetable :                        |  |             | VITAMIN A                        | 34.0 (IU)    |
| Preparation Instructions:          | Thaw and serve.                                    |             | VITAMIN C                        | 0.7 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central. |             | THIAMIN                          | 0.1 (MG)     |
|                                    |  |             | RIBOFLAVIN                       | 0.0 (MG)     |
|                                    |  |             | NIACIN                           | 1.1 (MG)     |
|                                    |  |             | CALCIUM                          | 5.3 (MG)     |
|                                    |  |             | IRON                             | 0.8 (MG)     |
|                                    |  |             | POTASSIUM                        |              |
|                                    |  |             | 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

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



Item **18955** NUTRIENT INFORMATION PER SERVING

|                                    |  |                          |              |
|------------------------------------|--|--------------------------|--------------|
| Item Name                          | <b>Banana Mini Muffin ^</b>                        | CALORIES                 | 120.0 (KCAL) |
|                                    |  | PROTEIN                  | 2.4 (GM)     |
|                                    |  | CARBOHYDRATES            | 20.0 (GM)    |
|                                    |  | Fiber                    | 1.8 (GM)     |
|                                    |  | Sugar                    | 8.0 (GM)     |
|                                    |  | TOTAL FAT                | 3.3 (GM)     |
|                                    |  | SATURATED FAT            | 0.5 (GM)     |
|                                    |  | MonoFat                  |              |
|                                    |  | PolyFat                  |              |
|                                    |  | TRANS FAT                | 0.0 (GM)     |
|                                    |  | % Calories from Fat      | 24.8 (%)     |
|                                    |  | % Calories from Sat. Fat | 3.8 (%)      |
|                                    |  | CHOLESTEROL              | 18.0 (MG)    |
|                                    |  | SODIUM                   | 74.0 (MG)    |
|                                    |  | VITAMIN A                | 33.0 (IU)    |
|                                    |  | VITAMIN C                | 0.6 (MG)     |
|                                    |  | THIAMIN                  | 0.1 (MG)     |
|                                    |  | RIBOFLAVIN               | 0.1 (MG)     |
|                                    |  | NIACIN                   | 1.3 (MG)     |
|                                    |  | CALCIUM                  | 5.1 (MG)     |
|                                    |  | IRON                     | 0.8 (MG)     |
|                                    |  | POTASSIUM                |              |
|                                    |  | PHOSPHORUS               |              |
|                                    |  | Magnesium                |              |
|                                    |  | Zinc                     |              |
|                                    |  | Vitamin B12              |              |
|                                    |  | Vitamin D                |              |
|                                    |  | Vitamin B6               |              |
|                                    |  | Folate                   |              |
|                                    |  | Includes                 | Added Sugars |
| Brand:                             | Preferred Meal Systems, Inc.                       |                          |              |
| CN Number:                         |  |                          |              |
| Basis for Data Submitted:          | As Served  |                          |              |
| Package Size:                      | 1.90 (oz) 53.87 (g)                                |                          |              |
| Servings Per Package:              | 1  |                          |              |
| Weight Per Serving:                | 1.90 (oz) 53.87 (g)                                |                          |              |
| Nutrients based on:                | 1 Serving  |                          |              |
| Product Composition:               | Consists of a whole grain banana mini muffin.      |                          |              |
| Meal Contributions:                |  |                          |              |
| Meat/Meat alternative :            |  |                          |              |
| Grain/Bread Equivalent :           | 1.00 Whole Grain                                   |                          |              |
| Fruit :                            |  |                          |              |
| Vegetable :                        |  |                          |              |
| Vegetable :                        |  |                          |              |
| Preparation Instructions:          | Thaw and serve.                                    |                          |              |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central. |                          |              |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Friday, May 8, 2020 11:19:01 AM

Product Specification Sheet

Page 1 of 1

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



Item **23124** NUTRIENT INFORMATION PER SERVING

|  |  |                          |              |
|--|--|--------------------------|--------------|
| Item Name <b>GENERAL TSO'S CHICKEN &amp; NOODLES ^</b> |  | CALORIES                 | 383.2 (KCAL) |
|  |  | PROTEIN                  | 18.6 (GM)    |
|  |  | CARBOHYDRATES            | 43.6 (GM)    |
|  |  | Fiber                    | 4.6 (GM)     |
|  |  | Sugar                    | 16.1 (GM)    |
|  |  | TOTAL FAT                | 14.7 (GM)    |
|  |  | SATURATED FAT            | 2.9 (GM)     |
|  |  | MonoFat                  | 0.0 (GM)     |
|  |  | PolyFat                  | 0.0 (GM)     |
|  |  | TRANS FAT                | 0.0 (GM)     |
|  |  | % Calories from Fat      | 34.5 (%)     |
|  |  | % Calories from Sat. Fat | 6.8 (%)      |
|  |  | CHOLESTEROL              | 22.4 (MG)    |
|  |  | SODIUM                   | 980.6 (MG)   |
|  |  | VITAMIN A                | 38.6 (RE)    |
|  |  | VITAMIN C                | 0.0 (MG)     |
|  |  | THIAMIN                  | 0.0 (MG)     |
|  |  | RIBOFLAVIN               | 0.0 (MG)     |
|  |  | NIACIN                   | 0.0 (MG)     |
|  |  | CALCIUM                  | 9.1 (MG)     |
|  |  | IRON                     | 2.6 (MG)     |
|  |  | POTASSIUM                | 25.2 (MG)    |
|  |  | PHOSPHORUS               | 1.3 (MG)     |
|  |  | Magnesium                |              |
|  |  | Zinc                     |              |
|  |  | Vitamin B12              |              |
|  |  | Vitamin D                |              |
|  |  | Vitamin B6               |              |
|  |  | Folate                   |              |
|  |  | Includes Added Sugars    | 11.6 (GM)    |
| Brand:   | Preferred Meal Systems, Inc.   |                          |              |
| CN Number:   |  |                          |              |
| Basis for Data Submitted:                              | As Served  |                          |              |
| Package Size:  | 6.46 (oz) 183.14 (g)   |                          |              |
| Servings Per Package:                                  | 1  |                          |              |
| Weight Per Serving:                                    | 6.46 (oz) 183.14 (g)   |                          |              |
| Nutrients based on:                                    | 1 Serving  |                          |              |
| Product Composition:                                   | Consists of a serving of General TSO's (popcorn) chicken with noodles. |                          |              |
| Meal Contributions:                                    |  |                          |              |
| Meat/Meat alternative :                                | 2.00 oz  |                          |              |
| Grain/Bread Equivalent :                               | 1.50 Whole Grain   |                          |              |
| Fruit :  |  |                          |              |
| Vegetable :  |  |                          |              |
| Vegetable :  |  |                          |              |
| Preparation Instructions:                              | See label for directions.  |                          |              |
| Source of Nutritional Information:                     | Ingredient suppliers and/or USDA database.                             |                          |              |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Friday, September 6, 2019 1:29:16PM

Product Specification Sheet

Page 1 of 1

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



Item **23986** NUTRIENT INFORMATION PER SERVING

|   |  |                          |              |
|---|--|--------------------------|--------------|
| Item Name <b>CHICKEN TENDERS W/ MAC &amp; CHEESE^</b> |  | CALORIES                 | 352.7 (KCAL) |
|   |  | PROTEIN                  | 21.8 (GM)    |
|   |  | CARBOHYDRATES            | 29.9 (GM)    |
|   |  | Fiber                    | 3.0 (GM)     |
|   |  | Sugar                    | 5.2 (GM)     |
|   |  | TOTAL FAT                | 17.2 (GM)    |
|   |  | SATURATED FAT            | 5.8 (GM)     |
|   |  | MonoFat                  | 0.0 (GM)     |
|   |  | PolyFat                  | 0.0 (GM)     |
|   |  | TRANS FAT                | 0.0 (GM)     |
|   |  | % Calories from Fat      | 43.9 (%)     |
|   |  | % Calories from Sat. Fat | 14.8 (%)     |
|   |  | CHOLESTEROL              | 35.1 (MG)    |
|   |  | SODIUM                   | 674.1 (MG)   |
|   |  | VITAMIN A                | 26.6 (IU)    |
|   |  | VITAMIN C                | 0.0 (MG)     |
|   |  | THIAMIN                  | 0.1 (MG)     |
|   |  | RIBOFLAVIN               | 0.0 (MG)     |
|   |  | NIACIN                   | 0.9 (MG)     |
|   |  | CALCIUM                  | 229.1 (MG)   |
|   |  | IRON                     | 1.8 (MG)     |
|   |  | POTASSIUM                | 162.8 (MG)   |
|   |  | PHOSPHORUS               | 43.9 (MG)    |
|   |  | Magnesium                |              |
|   |  | Zinc                     |              |
|   |  | Vitamin B12              |              |
|   |  | Vitamin D                |              |
|   |  | Vitamin B6               |              |
|   |  | Folate                   |              |
|   |  | Includes                 | Added Sugars |
| Brand:  | Preferred Meal Systems, Inc.                               |                          |              |
| CN Number:  |  |                          |              |
| Basis for Data Submitted:                             | As Served  |                          |              |
| Package Size:   | 6.28 (oz) 178.04 (g)                                       |                          |              |
| Servings Per Package:                                 | 1  |                          |              |
| Weight Per Serving:                                   | 6.28 (oz) 178.04 (g)                                       |                          |              |
| Nutrients based on:                                   | 1 Serving  |                          |              |
| Product Composition:                                  | Carb Breakdown:Chicken Tenders (11g)<br>Mac & Cheese (19g) |                          |              |
| Meal Contributions:                                   |  |                          |              |
| Meat/Meat alternative :                               | 2.00 oz  |                          |              |
| Grain/Bread Equivalent :                              | 1.00 Whole Grain   |                          |              |
| Fruit :   |  |                          |              |
| Vegetable :   |  |                          |              |
| Vegetable :   |  |                          |              |
| Preparation Instructions:                             | See label for directions.                                  |                          |              |
| Source of Nutritional Information:                    | Ingredient suppliers and/or USDA FoodData Central          |                          |              |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Monday, March 9, 2020 11:34:43AM

Product Specification Sheet

Page 1 of 1

Preferred Meal Systems, Inc.  
Product Specification Sheet



Item **61617** NUTRIENT INFORMATION PER SERVING

|                                    |   |                          |              |
|------------------------------------|---|--------------------------|--------------|
| Item Name                          | <b>Double Chocolate Mini Muffin ^</b>                       | CALORIES                 | 123.0 (KCAL) |
|                                    |   | PROTEIN                  | 2.4 (GM)     |
|                                    |   | CARBOHYDRATES            | 20.5 (GM)    |
|                                    |   | Fiber                    | 1.7 (GM)     |
|                                    |   | Sugar                    | 8.5 (GM)     |
|                                    |   | TOTAL FAT                | 3.4 (GM)     |
|                                    |   | SATURATED FAT            | 0.6 (GM)     |
|                                    |   | MonoFat                  |              |
|                                    |   | PolyFat                  |              |
|                                    |   | TRANS FAT                | 0.0 (GM)     |
|                                    |   | % Calories from Fat      | 24.9 (%)     |
|                                    |   | % Calories from Sat. Fat | 4.4 (%)      |
|                                    |   | CHOLESTEROL              | 18.0 (MG)    |
|                                    |   | SODIUM                   | 74.0 (MG)    |
|                                    |   | VITAMIN A                | 31.0 (IU)    |
|                                    |   | VITAMIN C                | 0.2 (MG)     |
|                                    |   | THIAMIN                  | 0.1 (MG)     |
|                                    |   | RIBOFLAVIN               | 0.1 (MG)     |
|                                    |   | NIACIN                   | 1.2 (MG)     |
|                                    |   | CALCIUM                  | 2.6 (MG)     |
|                                    |   | IRON                     | 0.7 (MG)     |
|                                    |   | POTASSIUM                |              |
|                                    |   | PHOSPHORUS               |              |
|                                    |   | Magnesium                |              |
|                                    |   | Zinc                     |              |
|                                    |   | Vitamin B12              |              |
|                                    |   | Vitamin D                |              |
|                                    |   | Vitamin B6               |              |
|                                    |   | Folate                   |              |
|                                    |   | Includes                 | Added Sugars |
| Brand:                             | Preferred Meal Systems, Inc.                                |                          |              |
| CN Number:                         |   |                          |              |
| Basis for Data Submitted:          | As Served   |                          |              |
| Package Size:                      | 1.90 (oz) 53.87 (g)   |                          |              |
| Servings Per Package:              | 1   |                          |              |
| Weight Per Serving:                | 1.90 (oz) 53.87 (g)   |                          |              |
| Nutrients based on:                | 1 Serving   |                          |              |
| Product Composition:               | Consists of a double chocolate mini muffin.                 |                          |              |
| Meal Contributions:                |   |                          |              |
| Meat/Meat alternative :            |   |                          |              |
| Grain/Bread Equivalent :           | 1.00 Whole Grain  |                          |              |
| Fruit :                            |   |                          |              |
| Vegetable :                        |   |                          |              |
| Vegetable :                        |   |                          |              |
| Preparation Instructions:          | Keep frozen. Thaw & serve.                                  |                          |              |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central database. |                          |              |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN



Preferred Meal Systems, Inc.  
Product Specification Sheet



| Item                               |   | 61625       | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|---|-------------|----------------------------------|--------------|
| Item Name                          | CINNAMON BUN ^  |             | CALORIES                         | 224.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                                |             | PROTEIN                          | 2.5 (GM)     |
| CN Number:                         |   |             | CARBOHYDRATES                    | 36.5 (GM)    |
| Basis for Data Submitted:          | As Served   |             | Fiber                            | 2.6 (GM)     |
| Package Size:                      | 2.70 (oz) 76.55 (g)   |             | Sugar                            | 13.0 (GM)    |
| Servings Per Package:              | 1   |             | TOTAL FAT                        | 7.5 (GM)     |
| Weight Per Serving:                | 2.70 (oz) 76.55 (g)   |             | SATURATED FAT                    | 1.5 (GM)     |
| Nutrients based on:                | 1 Serving   |             | MonoFat                          |              |
| Product Composition:               | Consists of a cinnamon bun.                                 |             | PolyFat                          |              |
| Meal Contributions:                |   |             | TRANS FAT                        | 0.0 (GM)     |
| Meat/Meat alternative :            |   |             | % Calories from Fat              | 30.1 (%)     |
| Grain/Bread Equivalent :           | 2.00  | Whole Grain | % Calories from Sat. Fat         | 6.0 (%)      |
| Fruit :                            |   |             | CHOLESTEROL                      | 12.0 (MG)    |
| Vegetable :                        |   |             | SODIUM                           | 142.0 (MG)   |
| Vegetable :                        |   |             | VITAMIN A                        | 1420.0 (IU)  |
| Preparation Instructions:          | Keep frozen. Thaw & serve.                                  |             | VITAMIN C                        | 26.0 (MG)    |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central database. |             | THIAMIN                          | 0.3 (MG)     |
|                                    |   |             | RIBOFLAVIN                       | 0.4 (MG)     |
|                                    |   |             | NIACIN                           | 5.4 (MG)     |
|                                    |   |             | CALCIUM                          | 168.0 (MG)   |
|                                    |   |             | IRON                             | 6.1 (MG)     |
|                                    |   |             | POTASSIUM                        |              |
|                                    |   |             | 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

Preferred Meal Systems, Inc.  
Product Specification Sheet



| Item                               |  | N112 | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|--|------|----------------------------------|--------------|
| Item Name                          | <b>HOMESTYLE SALISBURY STEAK W/GRAVY</b>           |      | CALORIES                         | 221.8 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                       |      | PROTEIN                          | 17.1 (GM)    |
| CN Number:                         |  |      | CARBOHYDRATES                    | 6.8 (GM)     |
| Basis for Data Submitted:          | As Served  |      | Fiber                            | 2.0 (GM)     |
| Package Size:                      | 4.45 (oz) 126.16 (g)                               |      | Sugar                            | 1.3 (GM)     |
| Servings Per Package:              | 1  |      | TOTAL FAT                        | 14.0 (GM)    |
| Weight Per Serving:                | 4.45 (oz) 126.16 (g)                               |      | SATURATED FAT                    | 6.0 (GM)     |
| Nutrients based on:                | 1 Serving  |      | MonoFat                          | 0.0 (GM)     |
| Product Composition:               | Consists of Salisbury steak with gravy.            |      | PolyFat                          | 0.0 (GM)     |
|                                    |  |      | TRANS FAT                        | 0.5 (GM)     |
| Meal Contributions:                |  |      | % Calories from Fat              | 56.8 (%)     |
| Meat/Meat alternative :            | 2.50   | oz   | % Calories from Sat. Fat         | 24.3 (%)     |
| Grain/Bread Equivalent :           |  |      | CHOLESTEROL                      | 45.0 (MG)    |
| Fruit :                            |  |      | SODIUM                           | 443.7 (MG)   |
| Vegetable :                        |  |      | VITAMIN A                        | 8.7 (IU)     |
| Vegetable :                        |  |      | VITAMIN C                        | 1.6 (MG)     |
| Preparation Instructions:          | See label for directions.                          |      | THIAMIN                          | 0.0 (MG)     |
|                                    |  |      | RIBOFLAVIN                       | 0.0 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central. |      | NIACIN                           | 0.0 (MG)     |
|                                    |  |      | CALCIUM                          | 41.1 (MG)    |
|                                    |  |      | IRON                             | 1.8 (MG)     |
|                                    |  |      | POTASSIUM                        | 1.5 (MG)     |
|                                    |  |      | PHOSPHORUS                       | 0.0 (MG)     |
|                                    |  |      | Magnesium                        |              |
|                                    |  |      | Zinc                             |              |
|                                    |  |      | Vitamin B12                      |              |
|                                    |  |      | Vitamin D                        |              |
|                                    |  |      | Vitamin B6                       |              |
|                                    |  |      | Folate                           |              |
|                                    |  |      | Includes Added Sugars            | 0.1 (GM)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

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



Item **n117** NUTRIENT INFORMATION PER SERVING

|                                    |  |             |                          |              |
|------------------------------------|--|-------------|--------------------------|--------------|
| Item Name                          | <b>PANCAKES &amp; SAUSAGE ^</b>                  |             | CALORIES                 | 294.9 (KCAL) |
|                                    |  |             | PROTEIN                  | 17.9 (GM)    |
|                                    |  |             | CARBOHYDRATES            | 27.9 (GM)    |
| Brand:                             | Preferred Meal Systems, Inc.                     |             | Fiber                    | 3.1 (GM)     |
| CN Number:                         |  |             | Sugar                    | 6.2 (GM)     |
| Basis for Data Submitted:          | As Served  |             | TOTAL FAT                | 13.1 (GM)    |
| Package Size:                      | 4.84 (oz) 137.21 (g)                             |             | SATURATED FAT            | 4.1 (GM)     |
| Servings Per Package:              | 1  |             | MonoFat                  | 1.9 (GM)     |
| Weight Per Serving:                | 4.84 (oz) 137.21 (g)                             |             | PolyFat                  | 0.7 (GM)     |
| Nutrients based on:                | 1 Serving  |             | TRANS FAT                | 0.0 (GM)     |
| Product Composition:               | Carb Breakdown: Pancakes (26 g)<br>Sausage (2 g) |             | % Calories from Fat      | 40.0 (%)     |
|                                    |  |             | % Calories from Sat. Fat | 12.5 (%)     |
| Meal Contributions:                |  |             | CHOLESTEROL              | 49.7 (MG)    |
| Meat/Meat alternative :            | 2.25   | oz          | SODIUM                   | 494.7 (MG)   |
| Grain/Bread Equivalent :           | 2.00   | Whole Grain | VITAMIN A                | 0.6 (RE)     |
| Fruit :                            |  |             | VITAMIN C                | 0.1 (MG)     |
| Vegetable :                        |  |             | THIAMIN                  | 0.0 (MG)     |
| Vegetable :                        |  |             | RIBOFLAVIN               | 0.0 (MG)     |
| Preparation Instructions:          | See label for directions.                        |             | NIACIN                   | 0.8 (MG)     |
|                                    |  |             | CALCIUM                  | 95.5 (MG)    |
|                                    |  |             | IRON                     | 2.4 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA database        |             | POTASSIUM                | 319.8 (MG)   |
|                                    |  |             | PHOSPHORUS               | 92.7 (MG)    |

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN

Wednesday, March 27, 2019 9:55:27AM

Product Specification Sheet

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Preferred Meal Systems, Inc.  
Product Specification Sheet



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n11033

BI HF =9BH =B: CFA 5H=CB'D9F'G9FJ =B;

|   |  |   |
|---|--|---|
| <p>hYa`BUa`Y`</p> <p>6fUbX.<br/>7B`Bi`a`VYf.<br/>6Ug]g`Zcf`8UHU`Gi`Va`J]hYX.<br/>DUW_U[`Y`G]nY.<br/>GYfj`]b[`g`DYf`DUW_U[`Y.<br/>K`Y][`h`DYf`GYfj`]b[`.<br/>Bi`hf]Ybhf`VUgYX`cb.<br/>DfcXi`W7ca`dcgh]cb.</p> <p>A`YU`7cbhf]Vi`h]cbg.<br/>A`YUH#A`YUH`U`hYfbUh]j`Y`.<br/>;`fU]b#6fYUX`9ei`j]`U`Ybh`.<br/>:`fi`]h`.<br/>J`Y[`YHU`V`Y`.<br/>J`Y[`YHU`V`Y`.</p> <p>DfYdUfUh]cb`bghfi`W]cbg.</p> <p>Gci`fW`cZBi`hf]h]cbU`<br/>bZcfa`Uh]cb.</p> | <p>MINI CORN DOGS &amp; CHICKEN FUN MIX WITH POTATOES</p> <p>DfYZfFYX`A`YU`GmghYa`gZ`bW`<br/>\$-`(`+`-`<br/>5g`GYfj`YX`<br/>)`&amp;`,`fbcnL`%(`-`**`-`f[`L`<br/>%`<br/>)`&amp;`,`fbcnL`%(`-`**`-`f[`L`<br/>%GYfj`]b[`<br/>7UfV`6fYU_Xck`b.`7\]W_Yb`Bi`[[`Yhg`<br/>fL`[`L`A`]b]`7cfb`8c[`g`f%+`[`L`<br/>(`DchUhc`Fci`bXg`fL`[`L`</p> <p>&amp;"\$`\$`cn`<br/>%)`\$`Whole Grain`<br/><br/>1/4`7i`d`Starchy`<br/><br/>7cc_`&amp;\$!&amp;)`a`]bi`hYg`]b`U`&amp;)`s`c]`Yb`hc`U`<br/>a`]b]a`i`a`cZ%`)`s`Ug]j`Yf]ZYX`VmU`ZcX`<br/>h\Yfa`ca`Yhf`</p> <p>b[`fYX]Ybhf]gi`dd`]Yf`UbX#cf`I`G85`<br/>XUHUVUgY`</p> | <p>75@CF`=9G``,`&amp;`-`f?`75@L`<br/>DFCH9`=B`%`**`fL`A`L`<br/>75F6C&lt;MBF5H9G``,`(`**`fL`A`L`<br/>:JYf``,`**`fL`A`L`<br/>:Gi`[Uf``,`(`fL`A`L`<br/>HCH5@:5H`&amp;\$`)`fL`A`L`<br/>:G5HI`F5H98:5H``,`(&amp;`fL`A`L`<br/>:A`cbc:Uh``,`("\$`fL`A`L`<br/>:Dc`m`Uh``,`(`fL`A`L`<br/>:HF5BG:5H``,`\$\$`fL`A`L`<br/>i`7U`cf]Yg`Zca`i:Uh``,`(&amp;`fL`L`<br/>i`7U`cf]Yg`Zca`GUH":Uh``,`-`-`fL`L`<br/>7&lt;C@9GH9FC@``,`("\$`fA`L`L`<br/>GC8`=A``,`\$)`**`fA`L`L`<br/>J`=H5A`=B`5``,`\$\$`fF`9L`<br/>J`=H5A`=B`7``,`%`&amp;`fA`L`L`<br/>H&lt;`=5A`=B`<br/>F`=6C:@5J`=B`<br/>B`=57`=B`<br/>75@7`=A``,``\$\$`fA`L`L`<br/>=F`CB``,`&amp;**`fA`L`L`<br/>DCH5GG`=A``,`%`,`+`fA`L`L`<br/>D&lt;CGD&lt;CFI`G`</p> |
|---|--|---|

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Cristina Dala RD, LDN

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



| Item                               |  | N13150      | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|--|-------------|----------------------------------|--------------|
| Item Name                          | <b>PIZZA DIPPERS ^</b>                             |             | CALORIES                         | 280.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                       |             | PROTEIN                          | 18.0 (GM)    |
| CN Number:                         |  |             | CARBOHYDRATES                    | 28.0 (GM)    |
| Basis for Data Submitted:          | As Served  |             | Fiber                            | 2.0 (GM)     |
| Package Size:                      | 4.20 (oz) 119.07 (g)                               |             | Sugar                            | 4.0 (GM)     |
| Servings Per Package:              | 1  |             | TOTAL FAT                        | 12.0 (GM)    |
| Weight Per Serving:                | 4.20 (oz) 119.07 (g)                               |             | SATURATED FAT                    | 5.0 (GM)     |
| Nutrients based on:                | 1 Serving  |             | MonoFat                          |              |
| Product Composition:               | Consists of a serving of mozzarella pizza dippers. |             | PolyFat                          |              |
| Meal Contributions:                |  |             | TRANS FAT                        | 0.0 (GM)     |
| Meat/Meat alternative :            | 2.00   | oz          | % Calories from Fat              | 38.6 (%)     |
| Grain/Bread Equivalent :           | 2.00   | Whole Grain | % Calories from Sat. Fat         | 16.1 (%)     |
| Fruit :                            |  |             | CHOLESTEROL                      | 20.0 (MG)    |
| Vegetable :                        |  |             | SODIUM                           | 560.0 (MG)   |
| Vegetable :                        |  |             | VITAMIN A                        | 40.0 (IU)    |
| Preparation Instructions:          | See label for directions.                          |             | VITAMIN C                        | 0.0 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central. |             | THIAMIN                          |              |
|                                    |  |             | RIBOFLAVIN                       |              |
|                                    |  |             | NIACIN                           |              |
|                                    |  |             | CALCIUM                          | 360.0 (MG)   |
|                                    |  |             | IRON                             | 2.0 (MG)     |
|                                    |  |             | POTASSIUM                        | 280.0 (MG)   |
|                                    |  |             | PHOSPHORUS                       |              |
|                                    |  |             | Magnesium                        |              |
|                                    |  |             | Zinc                             |              |
|                                    |  |             | Vitamin B12                      |              |
|                                    |  |             | Vitamin D                        | 0.0 (UG)     |
|                                    |  |             | Vitamin B6                       |              |
|                                    |  |             | Folate                           |              |
|                                    |  |             | Includes Added Sugars            | 2.0 (GM)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Monday, April 27, 2020 3:22:38PM

Product Specification Sheet

Page 1 of 1

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



| Item                               | n13199  | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|---|----------------------------------|--------------|
| Item Name                          | BEAN & CHEESE BURRITO ^                                     | CALORIES                         | 306.0 (KCAL) |
|                                    |   | PROTEIN                          | 13.7 (GM)    |
|                                    |   | CARBOHYDRATES                    | 37.2 (GM)    |
| Brand:                             | Preferred Meal Systems, Inc.                                | Fiber                            | 4.4 (GM)     |
| CN Number:                         |   | Sugar                            | 2.7 (GM)     |
| Basis for Data Submitted:          | As Served   | TOTAL FAT                        | 11.3 (GM)    |
| Package Size:                      | 4.96 (oz) 140.62 (g)  | SATURATED FAT                    | 5.0 (GM)     |
| Servings Per Package:              | 1   | MonoFat                          | 0.0 (GM)     |
| Weight Per Serving:                | 4.96 (oz) 140.62 (g)  | PolyFat                          | 0.0 (GM)     |
| Nutrients based on:                | 1 Serving   | TRANS FAT                        | 0.0 (GM)     |
| Product Compostion:                | Consists of a serving of a bean and cheese burrito.         | % Calories from Fat              | 33.2 (%)     |
|                                    |   | % Calories from Sat. Fat         | 14.7 (%)     |
| Meal Contributions:                |   | CHOLESTEROL                      | 20.4 (MG)    |
| Meat/Meat alternative :            | 2.00 oz   | SODIUM                           | 453.9 (MG)   |
| Grain/Bread Equivalent :           | 2.25 Whole Grain  | VITAMIN A                        | 15.9 (IU)    |
| Fruit :                            |   | VITAMIN C                        | 0.1 (MG)     |
| Vegetable :                        |   | THIAMIN                          | 0.1 (MG)     |
| Vegetable :                        |   | RIBOFLAVIN                       | 0.1 (MG)     |
| Preparation Instructions:          | See label for directions.                                   | NIACIN                           | 1.6 (MG)     |
|                                    |   | CALCIUM                          | 206.5 (MG)   |
|                                    |   | IRON                             | 3.3 (MG)     |
|                                    |   | POTASSIUM                        | 126.1 (MG)   |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central database. | PHOSPHORUS                       | 50.2 (MG)    |
|                                    |   | Magnesium                        |              |
|                                    |   | Zinc                             |              |
|                                    |   | Vitamin B12                      |              |
|                                    |   | Vitamin D                        | 0.3 (UG)     |
|                                    |   | Vitamin B6                       |              |
|                                    |   | Folate                           |              |
|                                    |   | Includes Added Sugars            | 0.1 (GM)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Thursday, February 6, 2020 3:46:18PM

Product Specification Sheet

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Preferred Meal Systems, Inc.  
Product Specification Sheet



Item **n13238** NUTRIENT INFORMATION PER SERVING

|                                    |  |                |                          |              |
|------------------------------------|--|----------------|--------------------------|--------------|
| Item Name                          | <b>BBQ CHICKEN</b>                         |                | CALORIES                 | 162.4 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.               |                | PROTEIN                  | 17.2 (GM)    |
| CN Number:                         |  |                | CARBOHYDRATES            | 17.2 (GM)    |
| Basis for Data Submitted:          | As Served                                  |                | Fiber                    | 0.2 (GM)     |
| Package Size:                      | 4.36 (oz)                                  | 123.61 (g)     | Sugar                    | 9.5 (GM)     |
| Servings Per Package:              | 1  |                | TOTAL FAT                | 3.4 (GM)     |
| Weight Per Serving:                | 4.36 (oz)                                  | 123.61 (g)     | SATURATED FAT            | 1.6 (GM)     |
| Nutrients based on:                | 1 Serving                                  |                | MonoFat                  | 0.0 (GM)     |
| Product Composition:               | Consists of a servings of BBQ Chicken.     |                | PolyFat                  | 0.0 (GM)     |
|                                    |  |                | TRANS FAT                | 0.0 (GM)     |
| Meal Contributions:                |  |                | % Calories from Fat      | 18.8 (%)     |
| Meat/Meat alternative :            | 2.00                                       | oz             | % Calories from Sat. Fat | 8.9 (%)      |
| Grain/Bread Equivalent :           |  |                | CHOLESTEROL              | 36.8 (MG)    |
| Fruit :                            |  |                | SODIUM                   | 383.0 (MG)   |
| Vegetable :                        | 1/4  | Cup Red/Orange | VITAMIN A                | 49.4 (RE)    |
| Vegetable :                        |  |                | VITAMIN C                | 1.3 (MG)     |
| Preparation Instructions:          | See label for directions.                  |                | THIAMIN                  | 0.0 (MG)     |
|                                    |  |                | RIBOFLAVIN               | 0.0 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA database. |                | NIACIN                   | 0.0 (MG)     |
|                                    |  |                | CALCIUM                  | 14.1 (MG)    |
|                                    |  |                | IRON                     | 0.3 (MG)     |
|                                    |  |                | POTASSIUM                | 43.2 (MG)    |
|                                    |  |                | PHOSPHORUS               | 1.8 (MG)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

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



Item **n19781** NUTRIENT INFORMATION PER SERVING

|                                    |   |                |                          |              |
|------------------------------------|---|----------------|--------------------------|--------------|
| Item Name                          | <b>PENNE PASTA W/MEAT SAUCE ^</b>                           |                | CALORIES                 | 328.4 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                                |                | PROTEIN                  | 16.9 (GM)    |
| CN Number:                         |   |                | CARBOHYDRATES            | 38.2 (GM)    |
| Basis for Data Submitted:          | As Served   |                | Fiber                    | 3.0 (GM)     |
| Package Size:                      | 8.37 (oz) 237.29 (g)  |                | Sugar                    | 7.8 (GM)     |
| Servings Per Package:              | 1   |                | TOTAL FAT                | 12.9 (GM)    |
| Weight Per Serving:                | 8.37 (oz) 237.29 (g)  |                | SATURATED FAT            | 4.9 (GM)     |
| Nutrients based on:                | 1 Serving   |                | MonoFat                  | 0.4 (GM)     |
| Product Composition:               | Consists of a serving of penne pasta with meat sauce.       |                | PolyFat                  | 0.4 (GM)     |
|                                    |   |                | TRANS FAT                | 0.4 (GM)     |
| Meal Contributions:                |   |                | % Calories from Fat      | 35.4 (%)     |
| Meat/Meat alternative :            | 2.00  | oz             | % Calories from Sat. Fat | 13.4 (%)     |
| Grain/Bread Equivalent :           | 1.00  | Whole Grain    | CHOLESTEROL              | 38.3 (MG)    |
| Fruit :                            |   |                | SODIUM                   | 505.9 (MG)   |
| Vegetable :                        | 1/2   | Cup Red/Orange | VITAMIN A                | 10.4 (IU)    |
| Vegetable :                        |   |                | VITAMIN C                | 0.3 (MG)     |
| Preparation Instructions:          | See label for directions.                                   |                | THIAMIN                  | 0.2 (MG)     |
|                                    |   |                | RIBOFLAVIN               | 0.1 (MG)     |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central database. |                | NIACIN                   | 1.7 (MG)     |
|                                    |   |                | CALCIUM                  | 65.9 (MG)    |
|                                    |   |                | IRON                     | 2.7 (MG)     |
|                                    |   |                | POTASSIUM                | 626.3 (MG)   |
|                                    |   |                | PHOSPHORUS               | 18.0 (MG)    |
|                                    |   |                | Magnesium                |              |
|                                    |   |                | Zinc                     |              |
|                                    |   |                | Vitamin B12              |              |
|                                    |   |                | Vitamin D                | 0.0 (UG)     |
|                                    |   |                | Vitamin B6               |              |
|                                    |   |                | Folate                   |              |
|                                    |   |                | Includes Added Sugars    | 3.8 (GM)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Wednesday, July 1, 2020 10:01:58AM

Product Specification Sheet

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



| Item                               |   | 61762          | NUTRIENT INFORMATION PER SERVING |              |
|------------------------------------|---|----------------|----------------------------------|--------------|
| Item Name                          | <b>CHEESE PIZZA ^</b>                                       |                | CALORIES                         | 341.0 (KCAL) |
| Brand:                             | Preferred Meal Systems, Inc.                                |                | PROTEIN                          | 20.0 (GM)    |
| CN Number:                         |   |                | CARBOHYDRATES                    | 28.0 (GM)    |
| Basis for Data Submitted:          | As Served   |                | Fiber                            | 3.0 (GM)     |
| Package Size:                      | 5.25 (oz) 148.84 (g)  |                | Sugar                            | 6.0 (GM)     |
| Servings Per Package:              | 1   |                | TOTAL FAT                        | 17.0 (GM)    |
| Weight Per Serving:                | 5.25 (oz) 148.84 (g)  |                | SATURATED FAT                    | 10.0 (GM)    |
| Nutrients based on:                | 1 Serving   |                | MonoFat                          |              |
| Product Composition:               | Consists of a cheese pizza.                                 |                | PolyFat                          |              |
| Meal Contributions:                |   |                | TRANS FAT                        | 0.0 (GM)     |
| Meat/Meat alternative :            | 2.00  | oz             | % Calories from Fat              | 44.9 (%)     |
| Grain/Bread Equivalent             | 2.00  | Whole Grain    | % Calories from Sat. Fat         | 26.4 (%)     |
| Fruit :                            |   |                | CHOLESTEROL                      | 41.0 (MG)    |
| Vegetable :                        | 1/4   | Cup Red/Orange | SODIUM                           | 449.0 (MG)   |
| Vegetable :                        |   |                | VITAMIN A                        |              |
| Preparation Instructions:          | See label for directions.                                   |                | VITAMIN C                        |              |
| Source of Nutritional Information: | Ingredient suppliers and/or USDA FoodData Central database. |                | THIAMIN                          |              |
|                                    |   |                | RIBOFLAVIN                       |              |
|                                    |   |                | NIACIN                           |              |
|                                    |   |                | CALCIUM                          | 312.0 (MG)   |
|                                    |   |                | IRON                             | 2.0 (MG)     |
|                                    |   |                | POTASSIUM                        | 21.0 (MG)    |
|                                    |   |                | PHOSPHORUS                       |              |
|                                    |   |                | Magnesium                        |              |
|                                    |   |                | Zinc                             |              |
|                                    |   |                | Vitamin B12                      |              |
|                                    |   |                | Vitamin D                        | 0.0 (UG)     |
|                                    |   |                | Vitamin B6                       |              |
|                                    |   |                | Folate                           |              |
|                                    |   |                | Includes Added Sugars            | 0.0 (GM)     |

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN