

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **400** NUTRIENT INFORMATION PER SERVING

Item Name	Corn	CALORIES 74.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN 2.5 (GM)
CN Number:		CARBOHYDRATES 17.4 (GM)
Basis for Data Submitted:	As Served	Fiber 1.7 (GM)
Package Size:	2.92 (oz) 82.78 (g)	Sugar 2.5 (GM)
Servings Per Package:	1	TOTAL FAT 0.8 (GM)
Weight Per Serving:	2.92 (oz) 82.78 (g)	SATURATED FAT 0.0 (GM)
Nutrients based on:	1 Serving	MonoFat
Product Composition:	Consists of a serving of corn.	PolyFat
Meal Contributions:		TRANS FAT 0.0 (GM)
Meat/Meat alternative :		% Calories from Fat 9.7 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat 0.0 (%)
Fruit :		CHOLESTEROL 0.0 (MG)
Vegetable :	1/2 Cup Starchy	SODIUM 0.0 (MG)
Vegetable :		VITAMIN A
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 3.3 (MG)
		IRON 0.0 (MG)
		POTASSIUM 176.3 (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	403	NUTRIENT INFORMATION PER SERVING	
Item Name	Green Beans	CALORIES	30.5 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.4 (GM)
CN Number:		CARBOHYDRATES	5.9 (GM)
Basis for Data Submitted:	As Served	Fiber	2.0 (GM)
Package Size:	2.76 (oz) 78.25 (g)	Sugar	1.7 (GM)
Servings Per Package:	1	TOTAL FAT	0.2 (GM)
Weight Per Serving:	2.76 (oz) 78.25 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	0.0 (GM)
Product Composition:	Consists of a serving of green beans.	PolyFat	0.1 (GM)
		TRANS FAT	0.0 (GM)
		% Calories from Fat	5.9 (%)
		% Calories from Sat. Fat	0.0 (%)
Meal Contributions:		CHOLESTEROL	0.0 (MG)
Meat/Meat alternative :		SODIUM	2.4 (MG)
Grain/Bread Equivalent :		VITAMIN A	21.0 (IU)
Fruit :		VITAMIN C	10.1 (MG)
Vegetable :	1/2 Cup Other	THIAMIN	0.1 (MG)
Vegetable :		RIBOFLAVIN	0.1 (MG)
Preparation Instructions:	See label for directions.	NIACIN	0.4 (MG)
		CALCIUM	32.9 (MG)
		IRON	0.7 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central database.	POTASSIUM	145.6 (MG)
		PHOSPHORUS	25.0 (MG)
		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



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Item	417	NUTRIENT INFORMATION PER SERVING	
Item Name	Potato Wedges	CALORIES	100.1 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.2 (GM)
CN Number:		CARBOHYDRATES	16.7 (GM)
Basis for Data Submitted:	As Served	Fiber	2.2 (GM)
Package Size:	3.02 (oz) 85.62 (g)	Sugar	0.0 (GM)
Servings Per Package:	1	TOTAL FAT	2.8 (GM)
Weight Per Serving:	3.02 (oz) 85.62 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of potato wedges.	PolyFat	
		TRANS FAT	0.0 (GM)
Meal Contributions:		% Calories from Fat	25.2 (%)
Meat/Meat alternative :		% Calories from Sat. Fat	0.0 (%)
Grain/Bread Equivalent		CHOLESTEROL	0.0 (MG)
Fruit :		SODIUM	33.4 (MG)
Vegetable :	1/2 Cup Starchy	VITAMIN A	0.0 (IU)
Vegetable :		VITAMIN C	4.0 (MG)
Preparation Instructions:	See label for directions.	THIAMIN	
		RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central database.	NIACIN	
		CALCIUM	0.0 (MG)
		IRON	0.8 (MG)
		POTASSIUM	
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	
		Vitamin B6	
		Folate	
		Includes Added Sug:	0.0 (GM)

No Value-Indicates no information available

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Item 444		NUTRIENT INFORMATION PER SERVING	
Item Name	Baked Beans	CALORIES	192.2 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	10.3 (GM)
CN Number:		CARBOHYDRATES	36.8 (GM)
Basis for Data Submitted:	As Served	Fiber	7.2 (GM)
Package Size:	4.99 (oz) 141.47 (g)	Sugar	8.3 (GM)
Servings Per Package:	1	TOTAL FAT	0.6 (GM)
Weight Per Serving:	4.99 (oz) 141.47 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	0.0 (GM)
Product Composition:	Consists of vegetarian baked beans.	PolyFat	0.0 (GM)
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	2.8 (%)
Grain/Bread Equivalent		% Calories from Sat. Fat	0.0 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :	1/2 Cup Legumes	SODIUM	284.7 (MG)
Vegetable :		VITAMIN A	1.0 (IU)
Preparation Instructions:	See label for directions.	VITAMIN C	0.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	0.0 (MG)
		RIBOFLAVIN	0.0 (MG)
		NIACIN	0.0 (MG)
		CALCIUM	76.5 (MG)
		IRON	3.2 (MG)
		POTASSIUM	589.5 (MG)
		PHOSPHORUS	2.1 (MG)
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	0.0 (UG)
		Vitamin B6	
		Folate	
		Includes Added Sugars	5.3 (GM)

No Value-Indicates no information available

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Item **1041** NUTRIENT INFORMATION PER SERVING

Item Name	Golden Potato Rounds	CALORIES	215.2 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.7 (GM)
CN Number:		CARBOHYDRATES	26.9 (GM)
Basis for Data Submitted:	As Served	Fiber	2.7 (GM)
Package Size:	3.78 (oz) 107.16 (g)	Sugar	1.3 (GM)
Servings Per Package:	1	TOTAL FAT	10.8 (GM)
Weight Per Serving:	3.78 (oz) 107.16 (g)	SATURATED FAT	2.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of potato rounds.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	45.2 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	8.4 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :	3/4 Cup Starchy	SODIUM	591.8 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	See label for directions.	VITAMIN C	1.6 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central database.	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	
		IRON	0.5 (MG)
		POTASSIUM	
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	
		Vitamin B6	
		Folate	
		Includes	Added Sugars

No Value-Indicates no information available

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Item **1068** NUTRIENT INFORMATION PER SERVING

Item Name	Broccoli	CALORIES	36.9 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	4.0 (GM)
CN Number:		CARBOHYDRATES	6.7 (GM)
Basis for Data Submitted:	As Served	Fiber	4.3 (GM)
Package Size:	5.01 (oz) 142.03 (g)	Sugar	1.9 (GM)
Servings Per Package:	1	TOTAL FAT	0.4 (GM)
Weight Per Serving:	5.01 (oz) 142.03 (g)	SATURATED FAT	0.1 (GM)
Nutrients based on:	1 Serving	MonoFat	0.0 (GM)
Product Composition:	Consists of a serving of broccoli.	PolyFat	0.2 (GM)
		TRANS FAT	0.0 (GM)
		% Calories from Fat	9.8 (%)
Meal Contributions:		% Calories from Sat. Fat	2.4 (%)
Meat/Meat alternative :		CHOLESTEROL	0.0 (MG)
Grain/Bread Equivalent :		SODIUM	34.1 (MG)
Fruit :		VITAMIN A	73.9 (IU)
Vegetable :	3/4 Cup Dark Green	VITAMIN C	80.1 (MG)
Vegetable :		THIAMIN	0.1 (MG)
Preparation Instructions:	See label for directions.	RIBOFLAVIN	0.1 (MG)
		NIACIN	0.7 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central	CALCIUM	79.5 (MG)
		IRON	1.1 (MG)
		POTASSIUM	301.2 (MG)
		PHOSPHORUS	71.1 (MG)
		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 **1097**

NUTRIENT INFORMATION PER SERVING

Item Name	Mixed Vegetables	CALORIES	93.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	4.2 (GM)
CN Number:		CARBOHYDRATES	19.8 (GM)
Basis for Data Submitted:	As Served	Fiber	4.6 (GM)
Package Size:	4.82 (oz) 136.65 (g)	Sugar	5.9 (GM)
Servings Per Package:	1	TOTAL FAT	0.6 (GM)
Weight Per Serving:	4.82 (oz) 136.65 (g)	SATURATED FAT	0.1 (GM)
Nutrients based on:	1 Serving	MonoFat	0.1 (GM)
Product Composition:	Consists of a serving of mixed vegetables.	PolyFat	0.3 (GM)
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	5.8 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	1.0 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :	1/4 Cup Red/Orange	SODIUM	35.6 (MG)
Vegetable :	1/2 Cup Starchy	VITAMIN A	408.0 (RE)
Preparation Instructions:	See label for directions.	VITAMIN C	24.3 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database.	THIAMIN	0.2 (MG)
		RIBOFLAVIN	0.1 (MG)
		NIACIN	2.2 (MG)
		CALCIUM	28.7 (MG)
		IRON	1.0 (MG)
		POTASSIUM	351.6 (MG)
		PHOSPHORUS	96.4 (MG)

No Value-Indicates no information available

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Product Specification Sheet



Item **13681**

NUTRIENT INFORMATION PER SERVING

Item Name	Country Blend Vegetables	CALORIES	70.6 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.4 (GM)
CN Number:		CARBOHYDRATES	15.9 (GM)
Basis for Data Submitted:	As Served	Fiber	3.2 (GM)
Package Size:	4.53 (oz) 128.43 (g)	Sugar	4.1 (GM)
Servings Per Package:	1	TOTAL FAT	0.5 (GM)
Weight Per Serving:	4.53 (oz) 128.43 (g)	SATURATED FAT	0.1 (GM)
Nutrients based on:	1 Serving	MonoFat	0.1 (GM)
Product Composition:	Consists of a serving of country blend vegetables (carrots, corn, green beans).	PolyFat	0.2 (GM)
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	6.4 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	1.3 (%)
Vegetable :	1/4 Cup Red/Orange	CHOLESTEROL	0.0 (MG)
Vegetable :	1/4 Cup Starchy	SODIUM	34.4 (MG)
Vegetable :	1/4 Cup Other	VITAMIN A	400.6 (RE)
Preparation Instructions:	See label for directions.	VITAMIN C	10.4 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database.	THIAMIN	0.1 (MG)
		RIBOFLAVIN	0.1 (MG)
		NIACIN	1.4 (MG)
		CALCIUM	33.4 (MG)
		IRON	0.6 (MG)
		POTASSIUM	308.9 (MG)
		PHOSPHORUS	57.7 (MG)

No Value-Indicates no information available

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Item **n1055** NUTRIENT INFORMATION PER SERVING

Item Name	Potato Wedges	CALORIES	158.9 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	3.2 (GM)
CN Number:		CARBOHYDRATES	25.4 (GM)
Basis for Data Submitted:	As Served	Fiber	3.2 (GM)
Package Size:	4.54 (oz) 128.71 (g)	Sugar	0.0 (GM)
Servings Per Package:	1	TOTAL FAT	4.8 (GM)
Weight Per Serving:	4.54 (oz) 128.71 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a serving of potato wedges.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	27.2 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :	3/4 Cup Starchy	SODIUM	55.6 (MG)
Vegetable :		VITAMIN A	0.0 (RE)
Preparation Instructions:	See label for directions.	VITAMIN C	5.7 (MG)
Source of Nutritional Information:	Ingredient supplier and/or USDA database.	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	0.0 (MG)
		IRON	1.1 (MG)
		POTASSIUM	
		PHOSPHORUS	

No Value-Indicates no information available

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Preferred Meal Systems, Inc.
Product Specification Sheet



Item **N13340** NUTRIENT INFORMATION PER SERVING

Item Name	Fiesta Beans	CALORIES	179.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	10.8 (GM)
CN Number:		CARBOHYDRATES	33.0 (GM)
Basis for Data Submitted:	As Served	Fiber	7.9 (GM)
Package Size:	5.87 (oz) 166.41 (g)	Sugar	2.4 (GM)
Servings Per Package:	1	TOTAL FAT	0.2 (GM)
Weight Per Serving:	5.87 (oz) 166.41 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	0.0 (GM)
Product Composition:	Consists of a serving of fiesta beans.	PolyFat	0.0 (GM)
		TRANS FAT	0.0 (GM)
		% Calories from Fat	1.0 (%)
Meal Contributions:		% Calories from Sat. Fat	0.0 (%)
Meat/Meat alternative :		CHOLESTEROL	0.0 (MG)
Grain/Bread Equivalent :		SODIUM	514.1 (MG)
Fruit :		VITAMIN A	117.5 (RE)
Vegetable :	1/2 Cup Legumes	VITAMIN C	3.3 (MG)
Vegetable :	1/8 Cup Red/Orange	THIAMIN	0.0 (MG)
Preparation Instructions:	See label for directions.	RIBOFLAVIN	0.0 (MG)
		NIACIN	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	CALCIUM	69.2 (MG)
		IRON	3.3 (MG)
		POTASSIUM	801.0 (MG)
		PHOSPHORUS	0.4 (MG)
		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

Preferred Meal Systems, Inc.
Product Specification Sheet



Item	13267	NUTRIENT INFORMATION PER SERVING	
Item Name	SEASONED DICED POTATOES	CALORIES	132.6 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.9 (GM)
CN Number:		CARBOHYDRATES	16.4 (GM)
Basis for Data Submitted:	As Served	Fiber	1.7 (GM)
Package Size:	3.65 (oz) 103.48 (g)	Sugar	1.9 (GM)
Servings Per Package:	1	TOTAL FAT	6.6 (GM)
Weight Per Serving:	3.65 (oz) 103.48 (g)	SATURATED FAT	1.0 (GM)
Nutrients based on:	1 Serving	MonoFat	2.8 (GM)
Product Composition:	Consists of a serving of seasoned diced potatoes.	PolyFat	2.8 (GM)
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	44.8 (%)
Grain/Bread Equivalent		% Calories from Sat. Fat	6.8 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :	1/2 Cup Starchy	SODIUM	545.3 (MG)
Vegetable :		VITAMIN A	9.5 (IU)
Preparation Instructions:	See label for directions.	VITAMIN C	17.8 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central database.	THIAMIN	0.1 (MG)
		RIBOFLAVIN	0.0 (MG)
		NIACIN	1.0 (MG)
		CALCIUM	5.1 (MG)
		IRON	0.3 (MG)
		POTASSIUM	373.2 (MG)
		PHOSPHORUS	56.7 (MG)
		Magnesium	18.6 (MG)
		Zinc	
		Vitamin B12	
		Vitamin D	
		Vitamin B6	
		Folate	
		Includes Added Sugars	0.0 (GM)

No Value-Indicates no information available

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