

revolution
foods.®

Foodservice Products





Foodservice Products

Introducing a versatile, low-cost line of offerings for K-12, after-school & summer programs from Revolution Foods!

- No artificial colors, flavors, or sweeteners
- Whole-grain rich
- Versatile across NSLP, CACFP & SFSP
- Individually wrapped, attractive packaging
- Full cases, frozen with 6 months frozen shelf life



Distribution Channels

- Frozen, direct-to-customer

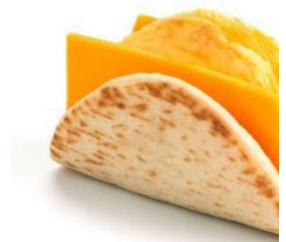
Pricing

- Ranges from \$0.99 to \$2.00 FOB
- Unit cost fluctuates based on volume












Product Specifications

- Designed to meet your budget needs
- Surpassed taste test hurdles
- Passed freeze cycle testing and tastes great when defrosted
- Shelf-life documentation provided, including micro data to support freeze/thaw process



Foodservice Products

	Product & Description	Code	Grain Credit	MMA Credit	Net Weight
	Hamburger Classic all-beef burger patty on a whole-grain bun	FG1043	2 oz eq	2 oz eq	4.00 oz
	Cheeseburger Classic all-beef burger patty, topped with mild cheddar cheese and served on a whole-grain bun	FG1001	2 oz eq	2.25 oz eq	4.34 oz
	Pepper Jack Cheeseburger Classic all-beef burger patty, topped with zesty pepper jack cheese and served on a whole-grain bun	FG1003	2 oz eq	2 oz eq	4.19 oz
	Hot Dog All-beef frankfurter on a whole-grain bun	FG1038	2 oz eq	2 oz eq	4.00 oz
	BBQ Beef Rib Sandwich Boneless rib patty on a whole-grain sub sandwich roll	FG1079	2 oz eq	2 oz eq	4.40 oz
	Crispy Chicken Sandwich Whole-grain breaded chicken breast patty on a whole-grain bun	FG1037	3 oz eq	2 oz eq	6.00 oz
	Cheese Pizza (bulk) Soft, whole-grain crust topped with a classic tomato sauce and mozzarella cheese	FG1072	2 oz eq	2 oz eq 1/8 cup Red/Orange Veg	5.00 oz
	Pepperoni Pizza (bulk) Soft, whole-grain crust topped with a classic tomato sauce, mozzarella cheese and nitrate/nitrite-free uncured turkey & beef pepperoni	FG1069	2 oz eq	2 oz eq 1/8 cup Red/Orange Veg	5.00 oz
	Cheese Lasagna Blend of five cheeses rolled up in a whole-grain pasta sheet, topped with a classic marinara sauce and shredded mozzarella cheese	FG1039	1 oz eq	2 oz eq 1/4 cup Red/Orange Veg	7.87 oz






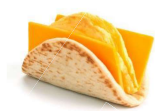



*images not to scale

Foodservice Products

		Code	Grain Credit	MMA Credit	Net Weight
	Rotini & Marinara Whole-grain rotini pasta with a classic marinara sauce	FG1082	2 oz eq	0 oz eq ¼ cup Red/Orange Veg	8.13 oz
	Rotini & Beef Meatballs Cooked all-beef meatballs and whole-grain rotini pasta with spaghetti sauce and mozzarella cheese	FG1012	1.5 oz eq	2 oz eq ¼ cup Red/Orange Veg	9.46 oz
	Classic Chicken Parm Pasta Whole-grain breaded chicken bites and whole-grain rotini pasta, tossed in marinara sauce and topped with shredded mozzarella cheese	FG1075	2 oz eq	1 oz eq ¼ cup Red/Orange Veg	8.90 oz
	Alfredo Pasta with Chicken Whole-grain penne pasta with a creamy parmesan & cheddar alfredo sauce and diced seasoned chicken breast	FG1083	2 oz eq	2 oz eq	8.88 oz
	Macaroni & Cheese Whole-grain macaroni pasta with cheddar & parmesan cheese sauce	FG1077	2 oz eq	3.25 oz eq	10.93 oz
	Macaroni & Cheese with Chicken Bites Whole-grain macaroni pasta with cheddar & parmesan cheese sauce, paired with whole-grain breaded chicken bites	FG1078	1.5 oz eq	2.5 oz eq	7.85 oz
	Breaded Chicken Bites Whole-grain breaded chicken breast chunks	FG1091	1 oz eq	2 oz eq	4.42 oz
	Breaded Chicken Bites (bulk) Bulk case of whole-grain breaded chicken breast chunks	FG1046	1 oz eq	2 oz eq	125 g
	Mini Chicken Corn Dogs Lightly smoked mini chicken frankfurters baked in a whole-grain cornmeal batter	FG1090	2 oz eq	2 oz eq	4.02 oz
	Chili Citrus Drumstick with Rice & Beans Oven-roasted, bone-in chicken drumstick tossed in chili citrus sauce with seasoned brown rice & pinto beans	FG1009	2 oz eq	2 oz eq	9.91 oz


*images not to scale

Foodservice Products

	Product & Description	Code	Grain Credit	MMA Credit	Net Weight
	Fiesta Scoops with Three Layer Dip Lightly salted, oven-baked corn tortilla Scoops with taco-spiced brown rice, pinto beans & mozzarella cheese	FG1025	2 oz eq	2.25 oz eq	9.16 oz
	Cheese Enchilada with Rice & Beans Whole-grain tortilla filled with cheddar cheese, topped with enchilada sauce and served with seasoned brown rice & black beans	FG1019	2.25 oz eq	2.5 oz eq	8.38 oz
	Chicken Enchilada with Brown Rice Whole-grain tortilla filled with shredded chicken, topped with enchilada sauce & shredded mozzarella and served with seasoned brown rice	FG1022	2.25 oz eq	2.25 oz eq	7.07 oz
	Egg & Cheddar Bagel Sandwich Whole-grain plain bagel with an egg patty and cheddar cheese	FG1000	2 oz eq	1 oz eq	3.20 oz
	Egg, Chicken Sausage & Cheddar Bagel Sandwich Whole-grain plain bagel with egg patty, cooked & seasoned chicken sausage patty and cheddar cheese	FG1002	2 oz eq	1.75 oz eq	4.20 oz
	Cheese Omelet Gordita Egg & Colby cheese omelet patty & sliced cheddar cheese in a round, whole-grain flatbread	FG1005	1 oz eq	1.25 oz eq	2.43 oz
	Cheese Omelet & Chicken Sausage Gordita Egg & Colby cheese omelet patty and cooked & seasoned chicken sausage patty in a round, whole-grain flatbread	FG1006	1 oz eq	1.75 oz eq	3.06 oz
	French Toast Sticks (2 ct.) Two whole-grain French toast sticks lightly spiced with cinnamon & nutmeg	FG1062	2 oz eq	0 oz eq	2.96 oz
	French Toast Sticks (bulk) Bulk case of whole-grain French toast sticks lightly spiced with cinnamon & nutmeg	FG1044	1 oz eq	0 oz eq	42 g

*images not to scale

Foodservice Products

	Product & Description	Code	Grain Credit	MMA Credit	Net Weight
	Pancakes (3 ct.) Three fluffy whole-grain, buttermilk pancakes	FG1061	3 oz eq	0 oz eq	4.20 oz
	Pancakes (bulk) Bulk case of fluffy whole-grain, buttermilk pancakes	FG1045	1 oz eq	0 oz eq	40 g
	Waffle Whole-grain Belgian-style waffle	FG1081	2 oz eq	0 oz eq	2.4 oz
	Lemon Muffin Whole-grain muffin lightly sweetened using applesauce with a bright, citrus flavor	FG1051	2 oz eq	0 oz eq	3.2 oz
	Autumn Spice Muffin Whole-grain sweet potato muffin lightly spiced with cinnamon & orange	FG1050	2 oz eq	0 oz eq	3.2 oz
	French Toast Muffin Whole-grain muffin with a hint of cinnamon & vanilla, lightly sweetened using applesauce & maple syrup	FG1049	2 oz eq	0 oz eq	3.2 oz
	Cinnamon Crumble Muffin Whole-grain cinnamon muffin lightly sweetened using applesauce and topped with cinnamon crumbles	FG1053	2 oz eq	0 oz eq	3.4 oz
	Cinnamon Crisp Bar Soft baked whole-grain nutrition bar with flaky oats and cinnamon crumbles	FG1057	2 oz eq	0 oz eq	2.2 oz

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Hamburger

Classic all-beef burger patty on a whole-grain bun



Crediting 2 oz eq Grain, 2 oz eq MMA

Product Code FG1043

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 25 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 20 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	6 lbs..
Selling Unit Dimensions	4.75"x4.75"x2.00"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container

Serving size 1 entree (4.00 oz)

Amount per serving

Calories 290

% Daily Value*

Total Fat 13g 17%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 290mg 13%

Total Carbohydrate 25g 9%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 4g Added Sugars 8%

Protein 15g

Vitamin D 0mcg 0%

Calcium 56mg 4%

Iron 3mg 15%

Potassium 223mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

whole-grain white wheat hamburger bun (whole-grain wheat flour, enriched flour [unbleached wheat flour, malted barley flour, reduced iron, thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), niacin (vitamin b3), folic acid], water, sugar, yeast, wheat gluten, soybean oil, salt, rice flour, rolled oats, rye meal, wheat bran, barley flakes, millet, monoglycerides, yellow corn meal, triticale, vinegar, calcium propionate, potassium chloride, sodium stearoyl lactylate, sodium gluconate, calcium sulfate, citric acid, ascorbic acid), **fully cooked beef burger** (ground beef [not more than 20% fat], salt, flavor, natural flavor)

Allergens Wheat

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Cheeseburger

Classic all-beef burger patty, topped with mild cheddar cheese and served on a whole-grain bun



Crediting 2 oz eq Grain, 2.35 oz eq MMA

Product Code FG1001

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 25 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 20 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	6.525 lbs..
Selling Unit Dimensions	4.75"x4.75"x2.00"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (4.34 oz)

Amount per serving
Calories 350

% Daily Value*

Total Fat 18g 23%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 400mg 17%

Total Carbohydrate 26g 9%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 4g Added Sugars 8%

Protein 18g

Vitamin D 0mcg 0%

Calcium 207mg 15%

Iron 3mg 15%

Potassium 209mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

whole-grain white wheat hamburger bun (whole-grain wheat flour, enriched flour [unbleached wheat flour, malted barley flour, reduced iron, thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), niacin (vitamin b3), folic acid], water, sugar, yeast, wheat gluten, soybean oil, salt, rice flour, rolled oats, rye meal, wheat bran, barley flakes, millet, monoglycerides, yellow corn meal, triticale, vinegar, calcium propionate, potassium chloride, sodium stearoyl lactylate, sodium gluconate, calcium sulfate, citric acid, ascorbic acid), **fully cooked beef burger** (ground beef [not more than 20% fat], salt, flavor, natural flavor), **cheddar cheese** (pasteurized milk, cheese cultures, salt, enzymes, annatto [natural color])

Allergens Milk, Wheat

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Pepper Jack Cheeseburger

Classic all-beef burger patty, topped with zesty pepper jack cheese and served on a whole-grain bun



Crediting 2 oz eq Grain, 2 oz eq MMA

Product Code FG1003

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 25 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 20 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	6.3 lbs..
Selling Unit Dimensions	4.75"x4.75"x2.00"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (4.19 oz)

Amount per serving
Calories 320

% Daily Value*

Total Fat 16g 21%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 370mg 16%

Total Carbohydrate 25g 9%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 4g Added Sugars 8%

Protein 17g

Vitamin D 4mcg 20%

Calcium 183mg 15%

Iron 3mg 15%

Potassium 207mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

whole-grain white wheat hamburger bun (whole-grain wheat flour, enriched flour [unbleached wheat flour, malted barley flour, reduced iron, thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), niacin (vitamin b3), folic acid], water, sugar, yeast, wheat gluten, soybean oil, salt, rice flour, rolled oats, rye meal, wheat bran, barley flakes, millet, monoglycerides, yellow corn meal, triticale, vinegar, calcium propionate, potassium chloride, sodium stearoyl lactylate, sodium gluconate, calcium sulfate, citric acid, ascorbic acid), **fully cooked beef burger** (ground beef [not more than 20% fat], salt, flavor, natural flavor), **pepper jack cheese** (pasteurized milk, jalapeno peppers, cheese cultures, salt, enzymes)

Allergens Milk, Wheat

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Hot Dog

All-beef frankfurter on a whole-grain bun



Crediting 2 oz eq Grain, 2 oz eq MMA

Product Code FG1038

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 25 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 20 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	7.5 lbs.
Selling Unit Dimensions	7.72"x4.6"x2.25"
Case Count	30 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (4 oz)

Amount per serving
Calories **310**

	% Daily Value*
Total Fat 17g	22%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 420mg	18%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 3mg	15%
Potassium 523mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

beef frankfurter (beef, water, contains less than 2% of the following: sea salt, natural flavorings, sugar, vinegar, cherry powder, extract of paprika), **whole-grain white wheat hot dog bun** (whole-grain wheat flour, enriched flour [unbleached wheat flour, malted barley flour, reduced iron, thiamine mononitrate, riboflavin, niacin, folic acid], water, sugar, yeast, wheat gluten, soybean oil, salt, rice flour, rolled oats, rye meal, wheat bran, barley flakes, millet, monoglycerides, yellow corn meal, triticale, vinegar, calcium propionate, potassium chloride, sodium stearoyl lactylate, sodium gluconate, calcium sulfate, citric acid, ascorbic acid)

Allergens Wheat

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BBQ Beef Rib Sandwich

Boneless rib patty on a whole-grain sub sandwich roll



Crediting 2 oz eq Grain, 2 oz eq MMA

Product Code FG1079

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 30 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 25 – 35 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	8.25 lbs..
Selling Unit Dimensions	7.72"x4.6"x2.25"
Case Count	30 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (4.40 oz)

Amount per serving
Calories 270

% Daily Value*

Total Fat 8g 10%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 570mg 25%

Total Carbohydrate 29g 11%

Dietary Fiber 2g 7%

Total Sugars 6g

Includes 4g Added Sugars 8%

Protein 17g

Vitamin D 0mcg 0%

Calcium 82mg 6%

Iron 3mg 15%

Potassium 244mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

fully cooked bbq seasoned beef patty (ground beef [not more than 20% fat], water, textured vegetable protein [soy flour, caramel color (class 1)], seasoning [dextrose, corn syrup solids, salt, tomato solids, vinegar powder [maltodextrin, white distilled vinegar], spices, onion powder, garlic powder, spice extracts, natural smoke flavor), **whole-grain white sub bun** (whole-grain wheat flour, enriched flour [unbleached wheat flour, malted barley flour, reduced iron, thiamine mononitrate, riboflavin, niacin, folic acid], water, sugar, yeast, wheat gluten, soybean oil, salt, rice flour, rolled oats, rye meal, wheat bran, barley flakes, millet, monoglycerides, yellow corn meal, triticale, vinegar, calcium propionate, potassium chloride, sodium stearoyl lactylate, sodium gluconate, calcium sulfate, citric acid, ascorbic acid)

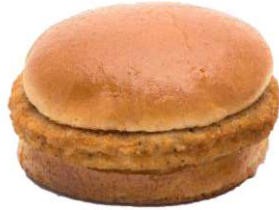
Allergens Soy, Wheat

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Crispy Chicken Sandwich

Whole-grain breaded chicken breast patty on a whole-grain bun



Crediting 3 oz eq Grain, 2 oz eq MMA

Product Code FG1037

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 25 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 20 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	9 lbs.
Selling Unit Dimensions	4.75"x4.75"x2.00"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (6.0 oz)

Amount per serving
Calories 370

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 420mg	18%
Total Carbohydrate 40g	15%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 3mg	15%
Potassium 401mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

breaded chicken breast patty (boneless skinless chicken breast with rib meat pieces, water, salt, pre-dusted, battered and breaded with: whole wheat flour, water, and contains 2% or less of the following: modified wheat starch, spices, sugar, yeast, salt, garlic powder, onion powder, soybean oil, leavening [sodium acid pyrophosphate, sodium bicarbonate], yeast extract, ascorbic acid, natural flavors, breading set in soybean oil), **whole-grain white wheat hamburger bun** (whole-grain wheat flour, enriched flour [unbleached wheat flour, malted barley flour, reduced iron, thiamine mononitrate, riboflavin, niacin, folic acid), water, sugar, yeast, wheat gluten, soybean oil, salt, rice flour, rolled oats, rye meal, wheat bran, barley flakes, millet, monoglycerides, yellow corn meal, triticale, vinegar, calcium propionate, potassium chloride, sodium stearoyl lactylate, sodium gluconate, calcium sulfate, citric acid, ascorbic acid)

Allergens Wheat

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Cheese Pizza (bulk)

Soft, whole-grain crust topped with a classic tomato sauce and mozzarella cheese



Crediting 2 oz eq Grain, 2 oz eq MMA, 1/8 cup Red/Orange Veg
Product Code FG1072

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 25 – 45 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 15 – 35 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Bulk Case
Net Case Weight	18.67 lbs..
Selling Unit Dimensions	5" round
Case Count	60 units
Case Dimensions	15.88"x10.88"x11.88"
Pallet Configurations	Ti10/Hi7

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 pizza (5 oz)

Amount per serving
Calories 310

% Daily Value*

Total Fat 13g 17%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 440mg 19%

Total Carbohydrate 31g 11%

Dietary Fiber 3g 11%

Total Sugars 9g

Includes 2g Added Sugars 4%

Protein 16g

Vitamin D 0mcg 0%

Calcium 280mg 20%

Iron 2mg 10%

Potassium 440mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

cheese pizza 5" deep dish (crust: flour blend (white whole wheat flour, enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]), water, vegetable oil (soybean and/or canola oil), defatted soy flour, yeast, isolated soy protein, contains 2% or less of: sugar, soy lecithin, salt, distilled mono-glycerides, ascorbic acid (dough conditioner). toppings: low moisture part skim mozzarella cheese (cultured pasteurized part skim milk, salt, enzymes). sauce: tomatoes (water, tomato paste [not less than 28% soluble solids]), modified food starch, sugar, contains 2% or less of: dextrose, sea salt, dried onion, spice, dehydrated Romano cheese (cultured pasteurized sheep's and cow's milk, salt, enzymes), paprika, dried garlic, citric acid)

Allergens Milk, Soy, Wheat

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Pepperoni Pizza (bulk)

Soft, whole-grain crust topped with a classic tomato sauce, mozzarella cheese and nitrate/nitrite-free uncured turkey & beef pepperoni



Crediting 2 oz eq Grain, 2 oz eq MMA, 1/8 cup Red/Orange Veg
Product Code FG1069

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 25 – 45 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 15 – 35 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Bulk Case
Net Case Weight	18.67 lbs..
Selling Unit Dimensions	5" round
Case Count	60 units
Case Dimensions	15.88"x10.88"x11.88"
Pallet Configurations	Ti10/Hi7

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 pizza (5 oz)

Amount per serving
Calories **310**
 % Daily Value*

Total Fat 13g	17%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 520mg	23%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 2g Added Sugars	4%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 240mg	20%
Iron 2mg	10%
Potassium 460mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

uncured turkey pepperoni pizza (crust: flour blend (white whole wheat flour, enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]), water, vegetable oil (soybean and/or canola oil), defatted soy flour, yeast, isolated soy protein, contains 2% or less of: sugar, soy lecithin, salt, distilled monoglycerides, ascorbic acid (dough conditioner). toppings: low moisture part skim mozzarella cheese (cultured pasteurized part skim milk, salt enzymes), uncured turkey and beef pepperoni no nitrates or nitrites added except for naturally occurring in cultured celery powder (turkey, beef, salt, contains 2% or less of spices, dextrose, rosemary extract, cultured celery powder, cherry powder, lactic acid starter culture, oleoresin of paprika, sugar, citric acid, natural smoke flavor, lime juice concentrate). sauce: tomatoes (water, tomato paste [not less than 28% soluble solids]), modified food starch, sugar, contains 2% or less of: dextrose, sea salt, dried onion, spice, dehydrated Romano cheese (cultured pasteurized sheep's and cow's milk, salt enzymes), paprika, dried garlic, citric acid)

Allergens Milk, Soy, Wheat

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Cheese Lasagna

Blend of five cheeses rolled up in a whole-grain pasta sheet, topped with a classic marinara sauce and shredded mozzarella cheese



Crediting 1 oz eq Grain, 2 oz eq MMA, ¼ cup Red/Orange Veg
Product Code FG1039

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 30 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 20 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	11.8 lbs..
Selling Unit Dimensions	7.72"x5.06"x1.38"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (7.87 oz)

Amount per serving
Calories 270

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 570mg	25%
Total Carbohydrate 38g	14%
Dietary Fiber 5g	18%
Total Sugars 11g	
Includes 1g Added Sugars	2%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 300mg	25%
Iron 3mg	15%
Potassium 735mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

marinara sauce (crushed tomatoes [water, concentrated crushed tomatoes], sugar, sea salt, extra virgin olive oil, sunflower oil, spices, dehydrated garlic, citric acid), **whole-grain cheese lasagna** (filling: low fat ricotta cheese [skim milk, water, modified food starch, milkfat, milk protein concentrate, xanthan gum, carrageenan gum, acetic acid], low moisture part skim mozzarella cheese [cultured part skim milk, salt, enzymes], asiago cheese [cultured milk, salt, enzymes], whole wheat cracker meal [whole wheat flour, dextrose], water, whey protein isolate, sodium caseinate, food starch-modified, Romano cheese made from cow's milk [cultured milk, salt, enzymes], parmesan cheese [part skim milk, cheese cultures, salt, enzymes], sugar, dehydrated garlic, pasta: whole wheat flour and enriched semolina blend [whole wheat flour, durum wheat, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid], water, ascorbic acid [to promote color retention]), **part-skim mozzarella cheese** (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose [added to prevent caking])

Allergens Milk, Wheat

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Rotini & Marinara

Whole-grain rotini pasta with a classic marinara sauce



Crediting 2 oz eq Grain, ¼ cup Red/Orange Veg

Product Code FG1082

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 30 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 20 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	12.2 lbs..
Selling Unit Dimensions	7.72"x5.06"x1.38"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

servings per container
Serving size 1 entree (8.13 oz)

Amount per serving
Calories 220

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 420mg 18%

Total Carbohydrate 43g 16%

Dietary Fiber 5g 18%

Total Sugars 10g

Includes 1g Added Sugars 2%

Protein 7g

Vitamin D 0mcg 0%

Calcium 36mg 2%

Iron 4mg 20%

Potassium 722mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

marinara sauce (crushed tomatoes [water, concentrated crushed tomatoes], sugar, sea salt, extra virgin olive oil, sunflower oil, spices, dehydrated garlic, citric acid), **whole-grain rotini** (whole wheat durum flour, durum wheat semolina, durum wheat flour, niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid), **canola oil**, **Italian garlic seasoning** (spices, maltodextrin [from corn], dehydrated garlic, natural flavor)

Allergens Wheat

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Rotini & Beef Meatballs

Cooked all-beef meatballs & whole-grain rotini pasta with a classic marinara sauce & shredded mozzarella cheese



Crediting 1.5 oz eq Grain, 2 oz eq MMA, ¼ cup Red/Orange Veg
Product Code FG1012

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 35 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 25 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	14.2 lbs.
Selling Unit Dimensions	7.72"x5.06"x1.38"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entrée (9.46 oz)

Amount per serving
Calories 350

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 590mg	26%
Total Carbohydrate 43g	16%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 1g Added Sugars	2%

Protein 20g	
Vitamin D 0mcg	0%
Calcium 144mg	10%
Iron 4mg	20%
Potassium 701mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

marinara sauce (crushed tomatoes [water, concentrated crushed tomatoes], sugar, sea salt, extra virgin olive oil, sunflower oil, spices, dehydrated garlic, citric acid), **fully cooked beef meatballs** (ground beef [not more than 20% fat], water, rice flour, Romano cheese [pasteurized sheep's milk, cultures, enzymes, salt], salt, fresh garlic, parsley flakes, black pepper, dehydrated chopped onion), **whole-grain rotini** (whole wheat durum flour, durum wheat semolina, durum wheat flour, niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid), **part-skim mozzarella cheese** (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose [added to prevent caking]), **canola oil, Italian garlic seasoning** (spices, maltodextrin [from corn], dehydrated garlic, natural flavor)

Allergens Milk, Wheat

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Classic Chicken Parm Pasta

Whole-grain breaded chicken bites and whole-grain rotini pasta, tossed in marinara sauce and topped with shredded mozzarella cheese



Crediting 2 oz eq Grain, 2 oz eq MMA, 1/8 cup Red/Orange Veg
Product Code FG1075

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 30 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 20 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	13.35 lbs..
Selling Unit Dimensions	7.72"x5.06"x1.38"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (8.90 oz)

Amount per serving
Calories 430

% Daily Value*

Total Fat 19g 24%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 630mg 27%

Total Carbohydrate 48g 17%

Dietary Fiber 5g 18%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 20g

Vitamin D 0mcg 0%

Calcium 129mg 10%

Iron 4mg 20%

Potassium 604mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

fully cooked whole-grain breaded chicken breast chunks (chicken breast with rib meat, water, salt, sodium phosphates, breaded with: whole wheat flour, water, enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], enriched yellow corn flour [corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], salt, soybean oil, spices, onion powder, garlic powder, corn starch, sodium bicarbonate, natural extractives of annatto seed, malted barley flour, yeast, dextrose, malt syrup [malted barley, corn], yeast extract, citric acid, flavor [soybean oil, natural extractives of chili peppers, polyglycerol esters of fatty acids], breaded set in vegetable oil), **marinara sauce** (crushed tomatoes [water, concentrated crushed tomatoes], sugar, sea salt, extra virgin olive oil, sunflower oil, spices, dehydrated garlic, citric acid), **whole-grain rotini** (whole wheat durum flour, durum wheat semolina, durum wheat flour, niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid), **part-skim mozzarella cheese** (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose [added to prevent caking]), **canola oil**, **Italian garlic seasoning** (spices, maltodextrin [from corn], dehydrated garlic, natural flavor)

Allergens Milk, Wheat

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Alfredo Pasta with Chicken

Whole-grain penne pasta with a creamy parmesan & cheddar alfredo sauce and diced seasoned chicken breast



Crediting 2 oz eq Grain, 2 oz eq MMA

Product Code FG1083

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 30 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 20 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	13.32 lbs..
Selling Unit Dimensions	7.72"x5.06"x1.38"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (8.88 oz)

Amount per serving
Calories 420

% Daily Value*

Total Fat 15g 19%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 65mg 22%

Sodium 570mg 25%

Total Carbohydrate 46g 17%

Dietary Fiber 4g 14%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 29g

Vitamin D 0mcg 0%

Calcium 288mg 20%

Iron 3mg 15%

Potassium 450mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

revolution foods alfredo sauce (water, whole milk [grade a milk vitamin d3], onions, parmesan cheese [cultured pasteurized part-skim milk, salt, enzymes, powdered cellulose, salt], heavy cream, cheddar cheese powder [cheddar cheese (pasteurized milk, salt, cheese culture, enzymes), salt, lactic acid, natural flavors, contains <2% silicon dioxide, disodium phosphate], organic whole wheat flour [organic hard red spring wheat], butter [pasteurized cream, salt], modified corn starch, minced garlic [garlic, water], canola oil, sea salt [salt, magnesium carbonate], natural cheddar flavor [cheddar cheese (pasteurized milk, cultures, salt, enzymes), water, salt, natural flavors, sodium phosphate, sodium citrate, xanthan gum], natural cheese flavor [parmesan cheese (pasteurized milk, cultures, salt, enzymes), water, salt, sodium phosphate, sodium citrate, xanthan gum], xanthan gum, black pepper, ground nutmeg), **whole-grain penne** (whole what durum flour, durum wheat semolina, durum wheat flour, niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid), **cooked seasoned diced chicken breast** (chicken breast with rib meat, water, rice starch, natural flavor, black pepper), **parmesan cheese** (pasteurized milk, cultures, salt, enzymes), **canola oil**

Allergens Milk, Wheat

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Macaroni & Cheese

Whole-grain macaroni pasta with cheddar & parmesan cheese sauce



Crediting 2 oz eq Grain, 3.25 oz eq MMA

Product Code FG1077

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 30 – 45 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 25 – 35 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	16.4 lbs.
Selling Unit Dimensions	7.72"x5.06"x1.38"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (10.93 oz)

Amount per serving

Calories 630

% Daily Value*

Total Fat 37g **47%**

Saturated Fat 20g **100%**

Trans Fat 0g

Cholesterol 105mg **35%**

Sodium 950mg **41%**

Total Carbohydrate 48g **17%**

Dietary Fiber 4g **14%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 31g

Vitamin D 1mcg **6%**

Calcium 766mg **60%**

Iron 2mg **10%**

Potassium 347mg **8%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

reduced-fat cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto [color], vitamin a palmitate), **revolution cheese sauce** (milk [2% reduced fat milk, vitamin a palmitate, vitamin d3], water, wheat flour [organic hard red spring wheat], butter [pasteurized cream, salt], modified food starch, cheddar cheese [pasteurized milk, cheese culture, salt, enzymes, annatto coloring, potato starch, corn starch, dextrose, calcium sulfate, enzyme], natural cheddar cheese flavor [cheddar cheese (pasteurized milk, cultures, salt, enzymes), water, salt, natural flavors, sodium phosphate, sodium citrate, xanthan gum], nutritional yeast flakes [dried yeast, niacin, riboflavin, thiamin hydrochloride, pyridoxine hydrochloride, folic acid, cobalamin], natural parmesan cheese flavor [parmesan cheese (pasteurized milk, cultures, salt, enzymes), water, salt, sodium phosphate, sodium citrate], sea salt [salt, magnesium carbonate], canola oil, xanthan gum, white pepper, annatto powder [for color]), **whole-grain macaroni** (whole wheat durum flour, durum wheat semolina, wheat flour, niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid)

Allergens Milk, Wheat

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Macaroni & Cheese with Chicken Bites

Whole-grain macaroni pasta with cheddar & parmesan cheese sauce, paired with whole-grain breaded chicken bites



Crediting 1.5 oz eq Grain, 2.5 oz eq MMA

Product Code FG1078

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 30 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 25 – 35 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	11.78 lbs.
Selling Unit Dimensions	7.72"x5.06"x1.38"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (7.85 oz)

Amount per serving
Calories 470
% Daily Value*

Total Fat 28g	36%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 740mg	32%
Total Carbohydrate 34g	12%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 391mg	30%
Iron 2mg	10%
Potassium 333mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

fully cooked whole grain breaded chicken breast chunks (chicken breast with rib meat, water, salt, sodium phosphates, breaded with: whole wheat flour, water, enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], enriched yellow corn flour [corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], salt, soybean oil, spices, onion powder, garlic powder, corn starch, sodium bicarbonate, natural extractives of annatto seed, malted barley flour, yeast, dextrose, malt syrup [malted barley, corn], yeast extract, citric acid, flavor [soybean oil, natural extractives of chili peppers, polyglycerol esters of fatty acids], breadening set in vegetable oil), **reduced-fat cheddar cheese** (pasteurized part-skim milk, cheese cultures, salt, enzymes & annatto [color], powdered cellulose [added to prevent caking], natamycin [a natural mold inhibitor]), **revolution cheese sauce** (milk [2% reduced fat milk, vitamin a palmitate, vitamin d3], water, wheat flour [organic hard red spring wheat], butter [pasteurized cream, salt], modified corn starch, cheddar cheese [pasteurized milk, cheese culture, salt, enzymes, annatto coloring, potato starch, corn starch, dextrose, calcium sulfate], natural cheddar cheese flavor [cheddar cheese (pasteurized milk, cultures, salt, enzymes), water, salt, natural flavors, sodium phosphate, sodium citrate, xanthan gum], nutritional yeast flakes [dried yeast, niacin, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, folic acid, cyanocobalamin (b12 produced by natural fermentation)], natural parmesan cheese flavor [parmesan cheese (pasteurized milk, cultures, salt, enzymes), water, salt, sodium phosphate, sodium citrate, xanthan gum]), canola oil, xanthan gum, white pepper, annatto powder [for color]), **whole grain macaroni** (whole wheat durum flour, durum wheat semolina, durum wheat flour, niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid)

Allergens Milk, Wheat

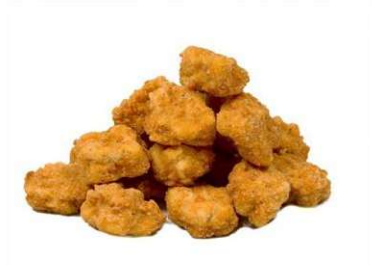
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Breaded Chicken Bites

Whole-grain breaded chicken breast chunks



Crediting 1 oz eq Grain, 2 oz eq MMA

Product Code FG1091

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 15 – 30 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 10 – 20 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	6.63 lbs.
Selling Unit Dimensions	7.72"x5.06"x1.38"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (4.42 oz)

Amount per serving
Calories 290

	% Daily Value*
Total Fat 18g	23%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 490mg	21%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 14g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 2mg	10%
Potassium 299mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

fully cooked whole-grain breaded chicken breast chunks (chicken breast with rib meat, water, salt, sodium phosphates, breaded with: whole wheat flour, water, enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], enriched yellow corn flour [corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], salt, soybean oil, spices, onion powder, garlic powder, corn starch, sodium bicarbonate, natural extractives of annatto seed, malted barley flour, yeast, dextrose, malt syrup [malted barley, corn], yeast extract, citric acid, flavor [soybean oil, natural extractives of chili peppers, polyglycerol esters of fatty acids], breeding set in vegetable oil)

Allergens Wheat

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Breaded Chicken Bites (Bulk Case)

Bulk case of whole-grain breaded chicken breast chunks



Crediting 1 oz eq Grain, 2 oz eq MMA

Product Code FG1046

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 10 – 25 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 5 – 15 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Bulk Case
Net Case Weight	20 lbs..
Selling Unit Dimensions	n/a
Case Count	941 units
Case Dimensions	18.8"x12"x8.3"
Pallet Configurations	Ti8/Hi9

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

Serving size 13 Pieces (125g)

Amount per serving

Calories **290**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 480mg **21%**

Total Carbohydrate 19g **7%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 14g

Vitamin D 0mcg **0%**

Calcium 14mg **2%**

Iron 2mg **10%**

Potassium 297mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

fully cooked whole-grain breaded chicken breast chunks (chicken breast with rib meat, water, salt, sodium phosphates, breaded with: whole wheat flour, water, enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], enriched yellow corn flour [corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], salt, soybean oil, spices, onion powder, garlic powder, corn starch, sodium bicarbonate, natural extractives of annatto seed, malted barley flour, yeast, dextrose, malt syrup [malted barley, corn], yeast extract, citric acid, flavor [soybean oil, natural extractives of chili peppers, polyglycerol esters of fatty acids], breading set in vegetable oil)

Allergens Wheat

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Chili Citrus Drumstick with Rice & Beans

Oven-roasted, bone-in chicken drumstick tossed in chili citrus sauce with seasoned brown rice & pinto beans



Crediting 2 oz eq Grain, 2 oz eq MMA

Product Code FG1009

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 35 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 25 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	14.9 lbs.
Selling Unit Dimensions	7.72"x5.06"x1.38"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entrée (9.91 oz)

Amount per serving
Calories 460

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 410mg	18%
Total Carbohydrate 68g	25%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 8g Added Sugars	15%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3mg	15%
Potassium 597mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

cooked chicken drumstick (chicken drumstick, canola oil, less than 2% salt, paprika, garlic powder, onion powder, black pepper), long grain brown rice, pinto beans, light brown sugar, vegetable broth concentrate (vegetable juice concentrates [tomato, mushroom, onion, carrot, celery], sugar, maltodextrin, salt, yeast extract, xanthan gum, natural flavor), canola oil, granulated garlic, chili citrus seasoning (chili peppers [including chipotle chili pepper], citric acid, dehydrated garlic, spices, no more than 2% silicon dioxide), Mexican spice blend (chili peppers, spices, dehydrated garlic, dehydrated onion, paprika, no more than 2% silicon dioxide [added to prevent caking]), sea salt, apple cider vinegar, cornstarch, black pepper, onion powder

Allergens None

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Fiesta Scoops with Three Layer Dip

Lightly salted, oven-baked corn tortilla Scoops with taco-spiced brown rice, pinto beans & low-fat mozzarella cheese



Crediting 2 oz eq Grain, 2.25 oz eq MMA

Product Code FG1025

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 35 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 25 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	13.8 lbs.
Selling Unit Dimensions	7.25"x5.38"x1.88"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)
Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entrée (9.16 oz)

Amount per serving
Calories 440

% Daily Value*

Total Fat 12g 15%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 590mg 26%

Total Carbohydrate 64g 23%

Dietary Fiber 8g 29%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 20g

Vitamin D 0mcg 0%

Calcium 345mg 25%

Iron 3mg 15%

Potassium 695mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

part-skim mozzarella cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose [added to prevent caking]), **pinto beans**, **long grain brown rice**, **revolution foods ranchero sauce** (water, crushed tomatoes [tomatoes, citric acid], tomato paste [tomatoes], onions, chipotle peppers in adobo sauce [whole chipotle peppers, water, vinegar, tomato paste, salt, spices, mustard powder, natural flavoring], canola oil, ground cumin seeds, ground coriander, concentrated lime juice, sugar, apple cider vinegar, sea salt [salt, magnesium carbonate], jalapeno pepper), oven baked Tostitos scoops tortilla chips (whole corn, corn, vegetable oil [corn, sunflower and/or canola oil, salt]), **revolution cheese sauce** (milk [2% reduced fat milk, vitamin a palmitate, vitamin d3], water, wheat flour [organic hard red spring wheat], butter [pasteurized cream, salt], modified corn starch, cheddar cheese [pasteurized milk, cheese culture, salt, enzymes, annatto coloring, potato starch, corn starch, dextrose, calcium sulfate], natural cheddar cheese flavor, cheddar cheese [pasteurized milk, cultures, salt, enzymes], water, salt, natural flavors, sodium phosphate, sodium citrate, xanthan gum), nutritional yeast flakes [dried yeast, niacin, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, folic acid, cyanocobalamin (b12 produced by natural fermentation)], natural parmesan cheese flavor [parmesan cheese (pasteurized milk, cultures, salt, enzymes), water, salt, sodium phosphate, sodium citrate, xanthan gum], canola oil, xanthan gum, white pepper, annatto powder [for color], **Mexican spice blend** (chili peppers, spices, dehydrated garlic, dehydrated onion, paprika, no more than 2% silicon dioxide [added to prevent caking]), vegetable broth concentrate (vegetable juice concentrates [tomato, mushroom, onion, carrot, celery], sugar, maltodextrin, salt, yeast extract, xanthan gum, natural flavor), **granulated garlic**, **apple cider vinegar**, canola oil, sea salt, onion powder, black pepper

Allergens Milk, Wheat

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Cheese Enchilada with Rice & Beans

Whole-grain tortilla filled with cheddar cheese, topped with enchilada sauce and served with seasoned brown rice & black beans



Crediting 2.25 oz eq Grain, 2.25 oz eq MMA

Product Code FG1019

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 35 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 25 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	12.6 lbs.
Selling Unit Dimensions	7.72"x5.06"x1.38"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts	
Serving Size 1 entrée (8.38 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 370	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 360mg	15%
Total Carbohydrate 56g	19%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 19g	
Vitamin A 10%	Vitamin C 25%
Calcium 25%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients & Allergens

whole-grain cheese enchilada (reduced fat cheddar cheese (pasteurized milk, cheese cultures, salt enzymes, and annatto {if colored}), whole-grain white corn tortilla (whole-grain corn masa flour {corn masa flour, propionic acid, guar gum, cellulose gum, phosphoric acid, enzymes}, water), **enchilada sauce** (tomato paste, rehydrated onion, corn flour, canola oil, paprika {paprika, rosemary extract}, cumin, cayenne pepper, water, garlic powder, onion, salt), **black beans**, **brown rice**, **marinara sauce** (crushed tomatoes [water, concentrated crushed tomatoes], sugar, sea salt, extra virgin olive oil, sunflower oil, spices, dehydrated garlic, citric acid), **enchilada seasoning** (dehydrated vegetables [red bell pepper, onion, garlic], food starch-modified, sugar, chili pepper, molasses, salt, cocoa powder, maltodextrin, spices, xanthan gum, no more than 2% calcium silicate [added to prevent caking]), **vegetable broth** (vegetable juices [tomato, mushroom, onion, carrot, celery], sugar, maltodextrin, salt, yeast extract, natural flavor), **canola oil**, **Mexican spice blend** (chili peppers, spices, dehydrated garlic, dehydrated onion, paprika, no more than 2% silicon dioxide [added to prevent caking]), **granulated garlic**, **black pepper**, **sea salt**

Allergens Milk

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Chicken Enchilada with Brown Rice

Whole-grain tortilla filled with shredded chicken, topped with enchilada sauce & shredded mozzarella and served with seasoned brown rice



Crediting 2.25 oz eq Grain, 2.5 oz eq MMA

Product Code FG1022

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 35 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 25 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	10.6 lbs.
Selling Unit Dimensions	7.72"x5.06"x1.38"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

Serving Size 1 entrée (7.07 oz)
Servings Per Container 1

Amount Per Serving		
Calories	340	Calories from Fat 50
		% Daily Value*
Total Fat	6g	9%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	350mg	15%
Total Carbohydrate	41g	14%
Dietary Fiber	3g	12%
Sugars	1g	
Protein	22g	
Vitamin A	8%	Vitamin C 25%
Calcium	8%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

whole-grain chicken enchilada [cooked chicken white meat shredded boneless chicken breast with rib meat, water, canola oil, modified potato starch, salt, sugar, lemon juice concentrate, granulated garlic, and black pepper], [whole-grain white corn tortilla: whole-grain corn masa flour (corn masa flour, propionic acid, guar gum, cellulose gum, phosphoric acid, enzymes), water], [enchilada sauce: tomato paste, rehydrated onion, corn flour, canola oil, paprika, (paprika, rosemary extract), cumin, cayenne pepper, water, garlic powder, onion, salt, (sriracha mayonnaise: mayonnaise (soybean oil, eggs, water, distilled vinegar, contains less than 2% salt, sugar, lemon juice concentrate), chili sauce (red chili, white vinegar, sugar, salt, garlic, acetic acid, lactic, red chili powder, xanthan gum, potassium sorbate)] **part-skim mozzarella cheese** (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose (added to prevent caking)), **brown rice**, **marinara sauce** (crushed tomatoes [water, concentrated crushed tomatoes], sugar, sea salt, extra virgin olive oil, sunflower oil, spices, dehydrated garlic, citric acid), **enchilada seasoning** (dehydrated vegetables [red bell pepper, onion, garlic], food starch-modified, sugar, chili pepper, molasses, salt, cocoa powder, maltodextrin, spices, xanthan gum, no more than 2% calcium silicate (added to prevent caking)), **vegetable broth** (vegetable juices [tomato, mushroom, onion, carrot, celery], sugar, maltodextrin, salt, yeast extract, natural flavor), **granulated garlic**, **canola oil**, **black pepper**, **sea salt**

Allergens Egg, Milk

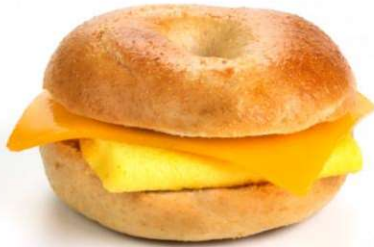
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Kim Doyle
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Egg & Cheddar Bagel Sandwich

Whole-grain plain bagel with an egg patty and cheddar cheese



Crediting 2 oz eq Grain, 1 oz eq MMA

Product Code FG1000

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 25 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 20 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	4.8 lbs.
Selling Unit Dimensions	4.75"x4.75"x2.00"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (3.20 oz)

Amount per serving
Calories 190

% Daily Value*

Total Fat 5g 6%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 95mg 32%

Sodium 270mg 12%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 11%

Total Sugars 2g

Includes 2g Added Sugars 4%

Protein 8g

Vitamin D 0mcg 0%

Calcium 140mg 10%

Iron 1mg 6%

Potassium 125mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

white wheat bagel (water, whole wheat flour, enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], bagel base [sugar, salt, malted barley flour, molasses powder (molasses, wheat starch), mono and diglycerides, ammonium chloride, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrates, riboflavin, folic acid), ascorbic acid, calcium sulfate, l-cysteine hydrochloride, enzymes], honey, soybean/canola oil, vital wheat gluten, malt syrup [corn, malted barley], emulsifier [water, monoglycerides, preservatives (propionic acid, phosphoric acid)], calcium propionate, yeast), **scrambled egg patty** (whole eggs, water, whey solids, nonfat dried milk, corn syrup solids, xanthan gum, citric acid), **cheddar cheese** (pasteurized milk, cheese cultures, salt, enzymes, annatto [natural color])

Allergens Egg, Milk, Wheat

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Egg, Chicken Sausage & Cheddar Bagel Sandwich

Whole-grain plain bagel with egg patty, cooked & seasoned chicken sausage patty and cheddar cheese



Crediting 2 oz eq Grain, 1.75 oz eq MMA

Product Code FG1002

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 25 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 20 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	6.3 lbs.
Selling Unit Dimensions	4.75"x4.75"x2.00"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (4.20 oz)

Amount per serving
Calories 240

% Daily Value*

Total Fat 8g 10%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 120mg 40%

Sodium 380mg 17%

Total Carbohydrate 27g 10%

Dietary Fiber 3g 11%

Total Sugars 3g

Includes 2g Added Sugars 4%

Protein 14g

Vitamin D 0mcg 0%

Calcium 147mg 10%

Iron 1mg 6%

Potassium 185mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

white wheat bagel (water, whole wheat flour, enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], bagel base [sugar, salt, malted barley flour, molasses powder (molasses, wheat starch), mono and diglycerides, ammonium chloride, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrates, riboflavin, folic acid), ascorbic acid, calcium sulfate, l-cysteine hydrochloride, enzymes], honey, soybean/canola oil, vital wheat gluten, malt syrup [corn, malted barley], emulsifier [water, monoglycerides, preservatives (propionic acid, phosphoric acid)], calcium propionate, yeast), **scrambled egg patty** (whole eggs, water, whey solids, nonfat dried milk, corn syrup solids, xanthan gum, citric acid), cooked **seasoned chicken patty** (chicken, water, less than 2% cane sugar, salt, spices [contains silicon dioxide]), **cheddar cheese** (pasteurized milk, cheese cultures, salt, enzymes, annatto [natural color])

Allergens Egg, Milk, Wheat

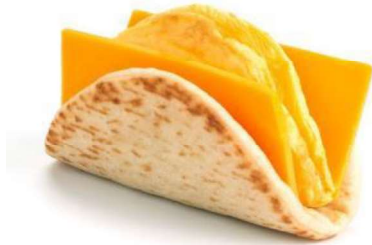
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Cheese Omelet Gordita

Egg & Colby cheese omelet patty & sliced cheddar cheese in a round, whole-grain flatbread



Crediting 1 oz eq Grain, 1.25 oz eq MMA

Product Code FG1005

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 25 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 20 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	3.7 lbs.
Selling Unit Dimensions	4.75"x4.75"x2.00"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (2.43 oz)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 340mg	15%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 137mg	10%
Iron 1mg	6%
Potassium 107mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

omelet with Colby cheese (whole egg, Colby cheese [cultured pasteurized milk, salt, enzymes, annatto [natural color], anticake [potato starch, powdered cellulose], soybean oil, nonfat milk, modified corn starch, natural cheddar flavor [maltodextrin, whey solids, natural cheddar cheese flavor, salt], salt, xanthan gum, citric acid, pepper), **whole-grain flatbread** (whole wheat flour, enriched unbleached wheat flour [wheat flour, malted barley flour, ascorbic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, soybean oil, yeast, contains less than 2% sugar, nonfat dry milk, salt, wheat gluten, sodium stearoyl lactylate, leavening [sodium acid pyrophosphate, baking soda, monocalcium phosphate], guar gum, enzyme), **cheddar cheese** (pasteurized milk, cheese cultures, salt, enzymes, annatto [natural color])

Allergens Egg, Milk, Wheat

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Cheese Omelet & Chicken Sausage Gordita

Egg & Colby cheese omelet patty and cooked & seasoned chicken sausage patty in a round, whole-grain flatbread



Crediting 1 oz eq Grain, 1.75 oz eq MMA

Product Code FG1006

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 25 – 40 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 20 – 30 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	4.6 lbs.
Selling Unit Dimensions	4.75"x4.75"x2.00"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (3.06 oz)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 390mg	17%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 68mg	6%
Iron 1mg	6%
Potassium 159mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

omelet with Colby cheese (whole egg, Colby cheese [cultured pasteurized milk, salt, enzymes, annatto [natural color], anticake [potato starch, powdered cellulose], soybean oil, nonfat milk, modified corn starch, natural cheddar flavor [maltodextrin, whey solids, natural cheddar cheese flavor, salt], salt, xanthan gum, citric acid, pepper), **whole-grain flatbread** (whole wheat flour, enriched unbleached wheat flour [wheat flour, malted barley flour, ascorbic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, soybean oil, yeast, contains less than 2% of the following: sugar, nonfat dry milk, salt, wheat gluten, sodium stearoyl lactylate, leavening [sodium acid pyrophosphate, baking soda, monocalcium phosphate], guar gum, enzyme), **cooked seasoned chicken patty** (chicken, water, less than 2% cane sugar, salt, spices [contains silicon dioxide])

Allergens Egg, Milk, Wheat

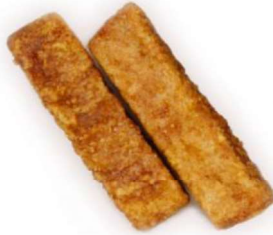
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French Toast Sticks (2 ct.)

Two whole-grain French toast sticks lightly spiced with cinnamon & nutmeg



Crediting 2 oz eq Grain

Product Code FG1062

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 20 – 35 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 15 – 25 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	6.3 lbs..
Selling Unit Dimensions	7.72"x5.06"x1.38"
Case Count	24 units
Case Dimensions	21.38"x15.63"x6.38"
Pallet Configurations	Ti5/Hi4

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (2.96 oz)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 12g Added Sugars	25%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 50mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

whole-grain French toast stick whole wheat bread [whole wheat flour, water, enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, soybean oil, salt, calcium propionate, datem, soy lecithin, water, whole wheat batter [sugar, whole wheat flour, enriched wheat flour (enriched with niacin, iron, thiamine, riboflavin, folic acid), dextrose, yellow corn flour, modified cornstarch, cinnamon, nutmeg, egg, skim milk, salt, soybean oil, natural flavor, leavening [sodium bicarbonate], corn syrup solids, modified cellulose, soy lecithin, coating (enriched wheat flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], yellow corn flour, sugar, soy flour, salt, dextrose, leavening (sodium bicarbonate, monocalcium phosphate), yeast), soybean oil, cinnamon sugar

Allergens Egg, Milk, Soy, Wheat

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French Toast Sticks (bulk)

Bulk case of whole-grain French toast sticks lightly spiced with cinnamon & nutmeg



Crediting 1 oz eq Grain

Product Code FG1044

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 15 – 30 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 15 – 25 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Bulk Case
Net Case Weight	10 lbs.
Selling Unit Dimensions	n/a
Case Count	108 units
Case Dimensions	18"x10"x7.5"
Pallet Configurations	10x10

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

Serving size	1 stick (42g)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 130mg	6%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 6g Added Sugars	10%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 25mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients & Allergens

whole-grain French toast stick whole wheat bread [whole wheat flour, water, enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, soybean oil, salt, calcium propionate, datem, soy lecithin, water, whole wheat batter [sugar, whole wheat flour, enriched wheat flour (enriched with niacin, iron, thiamine, riboflavin, folic acid), dextrose, yellow corn flour, modified cellulose, soy lecithin, nutmeg, egg, skim milk, salt, soybean oil, natural flavor, leavening [sodium bicarbonate], corn syrup solids, modified cellulose, soy lecithin, coating (enriched wheat flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], yellow corn flour, sugar, soy flour, salt, dextrose, leavening (sodium bicarbonate, monocalcium phosphate), yeast), soybean oil, cinnamon sugar

Allergens Egg, Milk, Soy, Wheat

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Pancakes (3 ct.)

Three fluffy whole-grain, buttermilk pancakes



Crediting 3 oz eq Grain

Product Code FG1061

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 20 – 35 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 15 – 25 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	6.3 lbs..
Selling Unit Dimensions	7.72"x5.06"x1.38"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 entree (4.20 oz)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 45g	16%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 9g Added Sugars	20%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 3mg	15%
Potassium 119mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

whole wheat pancakes (flour blend [whole wheat flour, unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid)], water, dextrose, sugar, soybean oil, whole eggs, baking powder, buttermilk, salt)

Allergens Egg, Milk, Wheat

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Pancakes (bulk)

Bulk case of fluffy whole-grain, buttermilk pancakes



Crediting 1 oz eq Grain

Product Code FG1045

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 10 – 25 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 5 – 15 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Bulk Case
Net Case Weight	12.6 lbs.
Selling Unit Dimensions	n/a
Case Count	144 units
Case Dimensions	13"x11.7"x10.25"
Pallet Configurations	Ti12/Hi7

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

Serving size 1 pancake (40g)

Amount per serving
Calories 80

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 15g 5%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 3g Added Sugars 6%

Protein 2g

Vitamin D 0mcg 0%

Calcium 24mg 2%

Iron 1mg 6%

Potassium 40mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

whole wheat pancakes (flour blend [whole wheat flour, unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid)], water, dextrose, sugar, soybean oil, whole eggs, baking powder, buttermilk, salt)

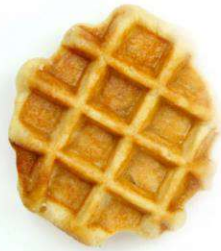
Allergens Egg, Milk, Wheat

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Waffle

Whole-grain Belgian-style waffle



Crediting 2 oz eq Grain

Product Code FG1081

Heating Instructions

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 20 – 35 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 10 – 20 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	3.6 lbs.
Selling Unit Dimensions	4.75"x4.75"x2.00"
Case Count	24 units
Case Dimensions	13"x13"x11" (varies)
Pallet Configurations	Ti9/Hi6 (varies)

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 waffle (2.4 oz)

Amount per serving
Calories 310

	% Daily Value*
Total Fat 17g	22%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 250mg	11%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 11g Added Sugars	20%
Protein 5g	
Vitamin D 4mcg	20%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 100mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

whole-grain waffle (whole wheat flour, enriched wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], soybean oil, mono and diglycerides, soy lecithin, tocopherols and ascorbyl palmitate as antioxidants, water, pearl sugar, whole egg, invert sugar. contains 2% of: ascorbic acid, enzymes, malted barley flour, natural flavor with other natural flavors, nonfat dry milk, rice flour, salt, soy flour, soy lecithin, sugar, wheat gluten, whey solids, yeast)

Allergens Egg, Milk, Soy, Wheat

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Lemon Muffin

Whole-grain muffin lightly sweetened using applesauce with a bright, citrus flavor



Crediting 2 oz eq Grain

Product Code FG1051

Heating Instructions

Thaw and Serve, OR, if heating desired, remove muffin from plastic before heating.

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 15 – 30 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 10 – 20 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	20 lbs..
Selling Unit Dimensions	n/a
Case Count	100 units
Case Dimensions	16.75"x13"x13.625"
Pallet Configurations	Ti8/Hi6

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container

Serving size 1 muffin (3.2 oz)

Amount per serving

Calories 260

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 270mg 12%

Total Carbohydrate 39g 14%

Dietary Fiber 2g 7%

Total Sugars 14g

Includes 10g Added Sugars 20%

Protein 5g

Vitamin D 0mcg 0%

Calcium 15mg 2%

Iron 1mg 6%

Potassium 121mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

whole wheat lemon muffin (whole wheat flour, water, enriched wheat flour [wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid], apple sauce [apples, water, ascorbic acid (vitamin c)], sugar, canola oil, eggs, natural flavor, vanilla extract [water, ethyl alcohol, sugar, natural flavor], buttermilk, baking powder [sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate], citric acid, sodium bicarbonate, enzymes, salt)

Allergens Egg, Milk, Wheat

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Autumn Spice Muffin

Whole-grain sweet potato muffin lightly spiced with cinnamon & orange



Crediting 2 oz eq Grain

Product Code FG1050

Heating Instructions

Thaw and Serve, OR, if heating desired, remove muffin from plastic before heating.

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 15 – 30 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 10 – 20 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	20 lbs..
Selling Unit Dimensions	n/a
Case Count	100 units
Case Dimensions	16.75"x13"x13.625"
Pallet Configurations	Ti8/Hi6

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 muffin (3.2 oz)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 170mg	7%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2mg	10%
Potassium 148mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

whole wheat sweet potato muffin (water, whole wheat flour, enriched wheat flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sweet potato, eggs, brown sugar, brown rice syrup, canola oil, rolled oats, carrot puree, allspice, baking powder [sodium pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate], cinnamon, enzymes, natural orange flavor, natural flavor [water, alcohol, invert syrup], salt, sodium bicarbonate, spice, sugar, sweet whey)

Allergens Egg, Milk, Wheat

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French Toast Muffin

Whole-grain muffin with a hint of cinnamon & vanilla, lightly sweetened using applesauce & maple syrup



Crediting 2 oz eq Grain

Product Code FG1049

Heating Instructions

Thaw and Serve, OR, if heating desired, remove muffin from plastic before heating.

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 15 – 30 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 10 – 20 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	20 lbs..
Selling Unit Dimensions	n/a
Case Count	100 units
Case Dimensions	16.75"x13"x13.625"
Pallet Configurations	Ti8/Hi6

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 muffin (3.2 oz)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 200mg	9%
Total Carbohydrate 39g	14%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 5g Added Sugars	10%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 136mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

whole wheat French toast muffin (water, whole wheat flour, unsweetened applesauce, enriched wheat flour [wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid], canola oil, sugar, eggs, brown sugar, sweet whey, natural flavor [water, alcohol, invert syrup], cinnamon, natural maple flavor, baking powder [sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate], sodium bicarbonate, enzymes, salt)

Allergens Egg, Milk, Wheat

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Cinnamon Crumble Muffin

Whole-grain cinnamon muffin lightly sweetened using applesauce and topped with cinnamon crumbles



Crediting 2 oz eq Grain

Product Code FG1053

Heating Instructions

Thaw and Serve, OR, if heating desired, remove muffin from plastic before heating.

Preheat oven to 250°F. Heating at high temperature (350°F or above) is not recommended. Transfer product on to a sheet pans and place into pre-heated oven.

Heat from Frozen (preferred): Heat at 250°F for 15 – 30 minutes or until the internal temperature reaches 165°F.

Heat from Thawed: Heat at 250°F for 10 – 20 minutes or until the internal temperature reaches 165°F.

Let stand for few minutes before opening the package.

CAUTION: Tray will be hot. Please handle carefully.

Ovens may vary so adjust cooking times accordingly.

Net Selling Unit	Individually Wrapped
Net Case Weight	15.3 lbs..
Selling Unit Dimensions	n/a
Case Count	72 units
Case Dimensions	16.75"x13"x13.625"
Pallet Configurations	Ti8/Hi6

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 muffin (3.4 oz)

Amount per serving
Calories 250

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 190mg	8%
Total Carbohydrate 37g	13%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 2mg	10%
Potassium 138mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

whole-grain cinnamon crumble muffin (water, whole wheat flour, unbleached enriched flour [unbleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], apple sauce [apples, water, ascorbic acid (vitamin c)], canola oil, eggs, brown sugar, sugar, contains less than 2% of baking powder, buttermilk, natural flavor with other natural flavors, salt, sodium bicarbonate, cinnamon)

Allergens Egg, Milk, Wheat

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Cinnamon Crisp Bar

Soft baked whole-grain nutrition bar with flaky oats and cinnamon crumbles



Crediting 2 oz eq Grain

Product Code FG1057

Heating Instructions

Thaw product fully under refrigeration and serve.

Net Selling Unit	Individually Wrapped
Net Case Weight	16.5 lbs..
Selling Unit Dimensions	n/a
Case Count	120
Case Dimensions	12.5"x9.75"x10.2"
Pallet Configurations	Ti15/Hi7

Shelf Life	6 Months Frozen
Storage Temperature	Keep frozen 0 degrees
Storage Method	Frozen

Nutrition Facts

1 servings per container
Serving size 1 bar (2.2 oz)

Amount per serving
Calories **250**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 39g **14%**

Dietary Fiber 3g **11%**

Total Sugars 13g

Includes 10g Added Sugars **20%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 21mg **2%**

Iron 1mg **6%**

Potassium 105mg **2%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients & Allergens

cinnamon crisp bar (whole-grain oat blend [whole oat flour, oats], enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], corn syrup, sugar, soybean oil, canola oil, raisin paste, crisp rice [brown rice flour], natural flavors, cinnamon, baking soda, salt)

Allergens Wheat

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