

**Tredyffrin Easttown School District Allergens List  
Secondary Schools  
2022-2023**

The information on this list is taken from the most up to date nutritional information provided to the Food and Nutrition Services Department. Please be aware that there are occurrences throughout the school year when our food distributor will make substitutions for ordered foods that may be out of stock. In addition, we receive monthly offerings from the USDA which may be substituted for regularly purchased items. If the information we have received states that a product is manufactured in a facility with a known allergen a "T" for Trace is indicated in the list. The best management of students with food allergies will take teamwork between the parent or guardian, student, school nurse and the Food and Nutrition Services Department.

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ITEM	Portion	Allergens											Carbs- Grams	Other	
		Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free				
<b>ENTRÉE</b>															
<b>Chicken Alfredo &amp; Broccoli</b>	Chicken Fajita Meat	3z												2g	
	Penne Pasta	1cup	x											41g	Facility w/ Egg
	Alfredo Sauce JTM 5722	2oz		x										4g	
<b>French Toast Sticks</b>	French Toast	4ea	x				x	x						38g	
	Syrup	1.5z												71g	
	w Sausage Patty	2z										x		1g	
<b>Breaded Chicken Breast Sandwich</b>	Brded Chicken	1ea	x				x							9g	
	Hamburger Bun	1.75z	x	x			x							22g	Facility w/ Sesame Seeds
<b>Bacon Cheeseburger</b>	Hamburger	1(2.5z)					x							2g	
	American Cheese	1 sl		x			x	x						1g	
	Bacon	1ea												0g	
	Hamburger Bun	1.75z	x	x			x							22g	Facility w/ Sesame Seeds
<b>Cheesesteak w Fried Onions</b>	Steakmeat	2.5z												4g	
	American Cheese	1 sl		x			x	x						1g	
	Sauteed Onions in Oil	1/4cup												5g	
<b>Cheeseburger</b>	Hamburger Patty	2					x	x				x		0g	
	American Cheese	1 sl		x			x	x						1g	
	Hamburger Bun	1.75z	x	x			x							22g	Facility w/ Sesame Seeds
<b>Pulled Pork Sandwich on a Kaiser</b>	Pulled Pork w BBQ Sauce													12g	
	Kaiser Roll Code #35		x	x			x							39g	
<b>Chicken Fajita w/Cheedar Cheese</b>	Chicken Fajita Meat	3z												2g	
	Sauteed Onions & Peppers Veg Oil	1/2 Cup												8.1g	
	Shredded Cheddar	1z		x										1g	
<b>Roasted Chicken</b>	Chicken	4oz												0g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x							14g	Facility w/ Sesame Seeds
<b>Chicken Nuggets</b>	Nuggets	5 ea	x				x							16g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x							14g	Facility w/ Sesame Seeds
<b>Popcorn Chicken</b>	Chicken	12 ea	x				x							14g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x							14g	Facility w/ Sesame Seeds
<b>Cheese Ravioli</b>	Raviloli	3 ea	x	x						x				24g	
	Spaghetti Sauce	1/2 cup										x		13g	
<b>Chicken Patty</b>	Patty	1 ea	x				x							15g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x							14g	Facility w/ Sesame Seeds
<b>Chicken Cacciatore over</b>	Chicken Fajita Meat	3z												2g	

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		Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free				
Penne Pasta	Spaghetti Sauce	1/2 cup											x	13g	
	Sauteed Onions & Peppers Veg Oil	1/2 Cup												8.1g	
	Penne Pasta	1 cup	x											41g	Facility w/ Egg
Chicken Tenders	Tenders	3ea/95gr	x				x							16g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x				x						14g	Facility w/ Sesame Seeds
General Tso Chicken Lo Mein	Chicken w General Tso Sauce	3.9oz	x	x				x						24g	
	Lo Mein Noodles	5oz	x						x					74g	
Macaroni & Cheese	Mac & Cheese		x	x									x	31g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x				x						14g	Facility w/ Sesame Seeds
Meatball Sandwich	Meatballs	5ea	x	x				x						4g	
	Spaghetti Sauce	1/2 cup											x	13g	
	Steak Roll 6" #555	1ea	x	x				x	x					37g	Facility w/ Sesame Seeds
Mini Corn Dogs		6 ea	x	x				x						17g	
Penne Pasta	Penne Pasta	1 cup	x											41g	Facility w/ Egg
	Ground Beef	2oz												0g	
	Spaghetti Sauce	1/2 cup											x	13g	
Stuffed Shells w/Spaghetti Sauce	Shells	2ea	x	x										11g	
	Spaghetti Sauce	1/2 cup											x	13g	
Pizza Dippers (Cheese Breadsticks)		2 ea	x	x										54g	
	Marinara Sauce	2.5z							x					7g	
PBJ on Whole Wheat		1 ea/5.3z	x		x				x					64g	
Pizza Slice		1 sl	x	x									t	28g	Facility w/ Egg
Pizza Slice w/Pepperoni	Pizza Slice	1 sl	x	x									t	28g	Facility w/ Egg
	Pepperoni	3 sl												0g	
Pizza French Bread Tony's		1 sl	x	x				x						32g	
Pizza 5" Individual		1 sl	x	x				x						31g	
Soft Chicken Taco	Tortilla	1 ea	x						x					18g	
	Chicken Fajita Meat	3z												2g	
	Shredded Cheddar	1z		x										1g	
	Diced Tomato	1/4 cup												1.2g	
	Shredded Lettuce	1/4 cup												.5g	
	Taco Sauce	1pkt												1g	
Toasted Cheese Sandwich	American Cheese	2z		x				x	x					2g	
	Bread #506 Whole Wheat	2sl	x	x				x						15g	Facility w/ Sesame Seeds
Veggie Burger & Cheese on a Bun	Veggie Burger	2.5z	x	x				x					x	16g	
	Hamburger Bun	1.75z	x	x				x						22g	Facility w/ Sesame Seeds
	American Cheese	1 sl		x				x	x					1g	
Chicken Caesar Salad	Chopped Iceburg	.5cup												1g	

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		Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free				
	Chopped Romaine	.5cup												1g	
	Cooked Diced Chicken	3z												1g	
	Grated Parmesan Cheese	3.5g		1										0g	
	Seasoned Croutons us9688763	4 tblsp	x	x										8g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x				x						14g	May contain Sesame Seeds
<b>Taco Salad</b>	Seasoned Taco Meat (JTM CP5250)	3.17oz						x						5g	
	Shredded Lettuce	1 cup												2.1g	
	Tomatoes Diced	1/4cup												2g	
	Shredded Cheddar	1z		x										1g	
	Tortilla Chips	1z(16chips)												22g	
<b>Chicken Club Salad</b>	Chicken Fajita Meat	3z												2g	
	Chopped Iceburg	.5cup												1g	
	Chopped Romaine	.5cup												1g	
	Tomatoes Diced	1/4cup												2g	
	Chopped Bacon	1sl												0g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x				x						14g	May contain Sesame Seeds
	Seasoned Croutons us9688763	4 tblsp	x	x										8g	
<b>Antipasto Salad</b>	Chopped Iceburg	.5cup												1g	
	Chopped Romaine	.5cup												1g	
	Tomatoes Diced	1/4cup												2g	
	Sliced Pepperoni	2oz												0g	
	Strips of American Cheese	1 sl		x				x	x					1g	
	Strips of Turkey Ham	4sl												0g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x				x						14g	May contain Sesame Seeds
<b>Southwest Turkey Salad</b>	Chopped Iceburg	.5cup												1g	
	Chopped Romaine	.5cup												1g	
	Tomatoes Diced	1/4cup												2g	
	Tortilla Chips	1z(16chips)												22g	
	Shredded Cheddar	1z		x										1g	
	Corn	1/4Cup												7g	
	Diced Turkey	2z												0g	
<b>FRUIT</b>															
<b>Apple Juice</b>		4z												13g	
<b>Apple Slices</b>		1 bag/2z												7g	
<b>Apple-Fresh</b>		1 ea												34g	
<b>Applesauce</b>		1/2 cup												14g	
<b>Banana</b>		1 ea												23	
<b>Grape Juice</b>		4z												19g	
<b>Grapes, Fresh</b>		1/2 cup												8g	
<b>Mixed Fruit in Juice</b>		1/2 cup												17g	
<b>Orange Juice</b>		4z												13g	
<b>Orange Smiles</b>		3 ea												11g	
<b>Peaches in Juice</b>		1/2 cup												12g	
<b>Pears in Juice</b>		1/2 cup												19g	
<b>Pears, Fresh</b>		1 ea												26g	
<b>Pineapple Chunks</b>		1/2 cup												22g	



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		Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free			
Sunchip Chip Multigrain Garden Salsa	1z	X	X										19g	
Cookie Sugar, Fresh Baked	1z	X				X			X				18g	
Pastry Pop Tart Blueberry Frosted	1.76z	X				X							38g	
Pastry Pop Tart Cin WG	1.76z	X				X							38g	
Pastry Pop Tart Stwby Whl	1.69z	X				X							38g	
<b>FROZEN NOVELTIES</b>														
Rosati 4.4oz American Hero	1											X	25g	
Rosati 4.4oz Blue Rasp Freeze	1											X	25g	
Rosati 4.4oz Cherry/Fruit	1											X	25g	
Rosati 4.4oz Cry- Cherry Cups	1											X	25g	
Rosati 4.4oz Cry- Sr Apple Cup	1											X	25g	
Rosati 4.4oz Emoji Cups	1											X	25g	
Rosati 4.4oz H.Birthday Cups	1											X	25g	
Rosati 4.4oz Mango Fruit Frz	1											X	25g	
Rosati 4.4oz Snow Joe Cups	1											X	25g	
Rosati 4.4oz Watermelon	1											X	25g	
Rosati 4.4oz Chillin Bat Cups Order By 9/20 For Halloween	1											X	25g	
Rosati 4.4oz Givin Thanks Cups For Thanksgiving	1											X	25g	
Rosati 4.4oz H.New Year Cups For New Years	1											X	25g	
Rosati 4.4oz Sweetheart CupsFor Valentines Day	1											X	25g	
Rosati 4.4oz Luck O Irish Cups For St Patty'S Day	1											X	25g	
Rosati 4.4oz Hip Hoppin Cups For Spring	1											X	25g	
Richs 3oz Lf Choc/Vanilla Cup	1		X										17g	
Richs 3oz Lf Chocolate Cup	1		X										17g	
Richs 3oz Lf Strawberry Cup	1		X										17g	
Richs 3oz Lf Vanilla Cup	1		X										17g	
Richs Cool Watermelon Bar	1		X										14g	
Richs Fudge Frenzy	1		X										14g	
Richs Orange Cream Bar	1		X										21g	
Richs Rich Vanilla Bar	1		X			X							19g	
Richs Sav. Sour Blue Rasp	1												14g	
Richs Sch Choc Crunch	1	X	X			X							23g	
Richs Sch Sav. Sour Cherry	1												14g	
Richs Sch Straw Shortcake	1	X	X			X							23g	
Richs Sch Van Sand	1	X	X			X							24g	
<b>BREAKFAST</b>														
Bagel Plain 2.3 Z Sliced Thaw &	2.3z	X					X						30g	
Cereal Apple Jacks Apple Cinnamon	1z	X					X						25g	
Cereal Cheerio Honey Nut WG	1z				X								23g	Contains Almonds
Cereal Cheerio WG Single Serve	1z											X	14g	
Cereal Chex Cinnamon Gluten Free Single Serve Bowl	1z											X	23g	
Cereal Chex Honey Nut WG Single Serve GF	1z				X								38g	Contains Almonds
Cereal Cinnamon Toast Crunch WG	1z	X				X							22g	
Cereal Cocoa Puffs WG	1z												25g	
Cereal Frosted Flake Reduced Sugar	1z	X											24g	May contain soy
Cereal Fruit Loops Reduced Sugar	1z	X											24g	
Cereal Lucky Charms WG	1z											X	23g	
Cereal Rice Chex Gluten Free Single Serve	1z											X	24g	





Code: 60

## 55% Whole Wheat Cluster Dinner Rolls

### Nutrition Facts

12 servings per container

**Serving size** **1 Roll (33g)**

**Amount Per Serving**

**Calories** **70**

**% Daily Value\***

**Total Fat** 1g **1%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 14g **5%**

Dietary Fiber 2g **7%**

Total Sugars 1g

**Protein** 3g **6%**

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 1.08mg **6%**

Potassium 45mg **1%**

\* The % Daily Value (DV) 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.

**INGREDIENTS:** WATER, WHOLE WHEAT FLOUR, WHEAT FLOUR ENRICHED WITH [ Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid ], Salt, Yeast, Palm & Soybean Oil, Sugar, Vital Wheat Gluten, Dextrose, Calcium Propionate, Soy Flour, Sodium Stearoyl Lactylate, DATEM, Calcium Sulfate, Natural Flavor, Potassium Bromate, Ascorbic Acid, Whey, L-Cysteine, Enzymes.

**ALLERGEN ALERT: WHEAT, SOY AND MILK.**

**BAKED & DISTRIBUTED BY:**  
 MORABITO BAKING COMPANY, INC.  
 757 KOHN STREET, NORRISTOWN, PA 19401  
[www.morabito.com](http://www.morabito.com)

**INFORMATION:** The information listed above has been compiled from publications of the USDA and from data provided by Ingredient Vendor Suppliers.



Code: 84

## 55% Whole Wheat Hamburger Rolls

### Nutrition Facts

12 servings per container

**Serving size** 1 Roll (50g)

**Amount Per Serving**

**Calories** 110

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 230mg 10%

**Total Carbohydrate** 22g 8%

Dietary Fiber 2g 7%

Total Sugars 1g

**Protein** 4g 8%

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 1.44mg 8%

Potassium 70mg 1%

\* The % Daily Value (DV) 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.

**INGREDIENTS:** WATER, WHOLE WHEAT FLOUR, WHEAT FLOUR ENRICHED WITH [ MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID ], SALT, YEAST, VEGETABLE SHORTENING, SUGAR, VITAL WHEAT GLUTEN, DEXTROSE, CALCIUM PROPIONATE, SOY FLOUR, SODIUM STEAROYL LACTYLATE, DATEM, CALCIUM SULFATE, ENZYMES, NATURAL FLAVOR, POTASSIUM BROMATE, ASCORBIC ACID, L-CYSTEINE, WHEY.

**ALLERGEN ALERT: WHEAT, SOY AND MILK.**

MAY CONTAIN: SESAME SEEDS

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Code: 505

## 55% Whole Wheat Medium Kaiser Rolls

### Nutrition Facts

12 servings per container

**Serving size** 1 Roll (50g)

**Amount Per Serving**

**Calories** 160

% Daily Value\*

**Total Fat** 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 350mg 15%

**Total Carbohydrate** 30g 11%

Dietary Fiber 3g 11%

Total Sugars 1g

**Protein** 6g 12%

Vitamin D 0mcg 0%

Calcium 78mg 6%

Iron 1.8mg 10%

Potassium 105mg 2%

\* The % Daily Value (DV) 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.

**INGREDIENTS:** WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID ], SUGAR, SALT, WHEAT GLUTEN, WHEY, YEAST, CANOLA OIL, SOY FLOUR, CORN FLOUR, MALT, CALCIUM PROPIONATE, DATEM, ASCORBIC ACID, L-CYSTEINE, ENZYMES.

**ALLERGEN ALERT: WHEAT, SOY AND MILK.**

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Code: 506

## 100% Whole Wheat Pullman Bread

### Nutrition Facts

24 servings per container

**Serving size** 1 Slice (33g)

**Amount Per Serving**

**Calories** 70

**% Daily Value\***

**Total Fat** 1g 1%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 240mg 10%

**Total Carbohydrate** 15g 5%

Dietary Fiber 2g 7%

Total Sugars 2g

**Protein** 4g 8%

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 0.72mg 4%

Potassium 80mg 2%

\* The % Daily Value (DV) 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.

**INGREDIENTS:** WHOLE WHEAT FLOUR, WATER, SUGAR, SALT, CRACKED WHEAT, YEAST, WHEY (MILK), VITAL WHEAT GLUTEN, CORN STARCH, MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, SOY FLOUR, DATEM, AMMONIUM SULFATE, CALCIUM SULFATE, CANOLA OIL, ASCORBIC ACID, ENZYMES, CALCIUM PEROXIDE, MONOCALCIUM PHOSPHATE, CALCIUM PROPIONATE.

**ALLERGEN ALERT: WHEAT, SOY AND MILK.**

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Code: 555

## 55% Whole Wheat 6" Steak Roll

### Nutrition Facts

12 servings per container

**Serving size** 1 Roll (71g)

**Amount Per Serving**

**Calories** 190

**% Daily Value\***

**Total Fat** 2g 3%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 420mg 18%

**Total Carbohydrate** 37g 13%

Dietary Fiber 4g 14%

Total Sugars 1g

**Protein** 7g 14%

Vitamin D 0mcg 0%

Calcium 71mg 5%

Iron 2mg 11%

Potassium 126mg 3%

\* The % Daily Value (DV) 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.

**INGREDIENTS:** WHOLE WHEAT FLOUR, WATER, WHEAT FLOUR ENRICHED WITH [MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, SALT, WHEAT GLUTEN, WHEY, YEAST, VEGETABLE SHORTENING, CORN FLOUR, CALCIUM PROPIONATE, DATEM, CALCIUM SULFATE, ASCORBIC ACID, L-CYSTINE, SOY FLOUR, ENZYMES.

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**Code: 00804WG**

**Product Name: Whole Grain Jumbo Cheese Ravioli**

**Serving Size: 3.78 oz.**

**Pack: 324/1.26 oz.**

Each serving (three – 1.26 oz. units) of Whole Grain Jumbo Cheese Ravioli provides 2.00 oz equivalent meat alternate and 1.0 oz-eq grains. CN# 093367 08-15

## Product Info



### PREPARATION – for best results

#### Keep frozen until ready to prepare

#### Method 1 – Baking

- 1.Preheat convection oven to 375° ; fan speed on high.
- 2.Spray bottom and sides of full steam table pan with non-stick cooking spray.
- 3.Pour 4 cups of room temperature, canned sauce into the bottom of a stainless steel pan and spread to cover the bottom.
- 4.Place 5 pounds of frozen (-10°F to +10°F) ravioli and cover with 6 cups of room temperature , canned sauce
- 5.Spread sauce over pasta to cover..
- 6.Lightly apply non-stick cooking spray to bottom of aluminum foil; cover pan tightly with the foil.
- 7.Bake for 50 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. **Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.**

#### Method 2 - Boiling

- 1.Heat to a full boil an appropriate amount of water. Use 3 quarts of water for each 1 pound of ravioli.
- 2.Add the frozen ravioli to the boiling water. Gently stir the contents, initially and periodically, to prevent sticking.
- 3.Boil the ravioli for approximately 3-4 minutes; the ravioli will begin to float. **Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.**

If storing in a moist 145°F warmer, cover the pan with plastic film and hold up to 1 hour.

Shelf life:	12 months frozen (0° - 15°F)	Dim: 17"x13"x8"
Ti-Hi:	8 x 7	Case cube: 1.023 ft <sup>3</sup>
Cases/pallet:	56	Pallet height: 62-inches
Gross case wt:	26.51 lbs;	Net wt: 25.51 lbs
Pallets/truck:	26	
UPC:	10852777002148	
<b>ALLERGENS:</b>	<b>Contains Wheat, Milk, &amp; Egg</b>	
<b>GRAINS:</b>	<b>51% of the grains used in this product are whole grains</b>	
	<b>CONTAINS 110242 COMMODITY CHEESE</b>	

**Filling Ingredients:** Low Fat Ricotta Cheese (Skim Milk, Water, Modified Food Starch, Milkfat, Milk Protein Concentrate, Xanthan Gum, Carrageenan Gum, Acetic Acid), Water, Low Moisture Part Skim Mozzarella Cheese (Cultured Part Skim Milk, Salt, Enzymes), Romano Cheese Made From Cow's Milk (Cultured Milk, Salt, Enzymes), Whey Protein Isolate, Sodium Caseinate, Parmesan Cheese (Part Skim Milk, Cheese Cultures, Salt, Enzymes), Asiago Cheese (Cultured Milk, Salt, Enzymes), Whole Wheat Crackermeal (Whole Wheat Flour, Dextrose), Garlic Salt (Salt, Dehydrated Garlic), Corn Starch-Modified, Sugar, Dehydrated Garlic. **Pasta Ingredients:** Whole Wheat Flour and Enriched Flour Blend (Whole Wheat Flour, Enriched Durum Wheat Flour [Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid]), Water, Egg, Ascorbic Acid.

## Nutrition Facts

Serving Size 3 Pieces (107g)

Amount Per Serving

**Calories 200**      **Calories from Fat 40**

% Daily Value\*

<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein</b> 15g	

Vitamin A 4%      •      Vitamin C 10%

Calcium 20%      •      Iron 6%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Andrew P. Signorelli  
Dir./Tech. Services  
Tasty Brands

CONTAINS: 108 – 3.78 OZ SERVINGS PER CASE  
(3 WG CHEESE RAVIOLI PER SERVING)

Tasty Brands • 6800 Jericho Turnpike, Suite 101 West • Syosset, NY 11791 • 516-938-4588

Fax 516-935-1825 • www.tastybrandsk12.com

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Nutrition Facts		Per Serving		Per Container	
<b>Nutrition Data for Label</b>		NLR 2016 NLEA			
<b>Serving Size (Household Measure)</b>		1 packet			
<b>Serving Size (Metric Measure)</b>		4.5 g			
<b>Servings Per Container</b>		1			
<b>Servings per Container - Outer</b>		500			
<b>Serving Size Label Statement</b>		1 packet (4.5g)			
<b>Include Container Nutritionals on Label?</b>					
Amount	Per Serving	Per Serving % DV	Per Container	Per Container % DV	Per 100g
Calories	5 cal				90.1 kcal
Calories from Fat					2.75 g
Total Fat	0 g	0 %			5.54 g
Saturated Fat	0 g	0 %			0.31 g
Trans Fat	0 g				0 g
Polyunsaturated Fat					1.53 g
Monounsaturated Fat					3.43 g
Cholesterol	0 mg	0 %			0 mg
Sodium	55 mg	2 %			1191.11 mg
Total Carbohydrate	0 g	0 %			5.13 g
Dietary Fiber	0 g	0 %			2 g
Sugars	0 g				1.06 g
Added Sugars	0 g	0 %			0 g
Protein	0 g				4.03 g
Vitamin D	0 mcg	0 %			0 mcg
Calcium	2 mg	0 %			44.64 mg
Iron	0 mg	0 %			1.69 mg
Potassium	5 mg	0 %			115.74 mg
Vitamin A					22.31 mcg
Vitamin C					1.12 mg
Vitamin E					0.77 mg
Vitamin K					0.83 mcg
Thiamine (B1)					0.15 mg
Riboflavin (B2)					0.06 mg
Niacin (B3)					1.36 mg
Vitamin B6					0.06 mg

PLM Spec #\Version - ASYS#: 0000002574\002 - 1329747  
 Spec Description: MR\_MUSTARD, YLW SS POUCH\_500/4.5 GR\_273021

Folate					24.65 mcg DFE
Vitamin B12					0 mcg
Biotin					0 mcg
Pantothenic Acid (B5)					0.12 mg
Phosphorus					mg
Iodine					3 mcg
Magnesium					57.08 mg
Zinc					0.93 mg
Selenium					31.66 mcg
Copper					0.1 mg
Manganese					0.38 mg
Chromium					0.03 mcg
Molybdenum					0 mcg
Chloride					1815.82 mg
Choline					18.67 mg
Vitamin A IU					74.37 iu
Vitamin D IU					0 iu
Vitamin E IU					iu

**Ingredient Statement**

(exactly as on the label):      INGREDIENTS: DISTILLED VINEGAR, WATER, NO. 1 MUSTARD SEED, SALT, TURMERIC, OLEORESIN PAPRIKA, SPICES.