### Tredyffrin Easttown School District Allergens List Elementary Schools 2023-2024

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.

							Aller	gen	s					
	(Double Click on s, bread sheets at bottom of list)	Portion	Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free	Carbs- Grams	Other
ENTRÉE		4											00	Sesame
French Toast Sticks	French Toast	4ea	х				х	Х					38g	Seed
	Syrup	1.5z											71g	
Chappaburgar	w Sausage Patty	2z										X	0g	
Cheeseburger	Hamburger Patty American Cheese	2 1 sl		х			x	x				Х	0g 2g	
		1 31		^			<u> </u>	^					zy	May contain
	Hamburger Bun	1.75z	х	х			х						22g	Sesame Seeds
Chicken Nuggets	Nuggets	5 ea	х				х						13g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x						14g	May contain Sesame Seeds
Popcorn Chicken	Popcorn Chicken	10ea	х	Х			х						20g	00000
	· ·													May contain
	Whole Wheat Dinner Roll #60	1 ea (1z)	х	х			X						14g	Sesame Seeds
Chicken Patty	Chicken Patty	1 ea	х				х						15g	00000
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x						14g	May contain Sesame Seeds
Chicken Tenders	Tenders	3ea/95gr	х				х						16g	Occus
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x						14g	Facility w/ Sesame Seeds
Macaroni & Cheese	Mac & Cheese	6oz	х	Х						Х			31g	
	Whole Wheat Dinner Roll #60	1 ea (1z)	x	x			x						14g	Facility w/ Sesame Seeds
Meatball Sandwich	Beef Meatballs	5ea	х	х			х						4g	00000
	Marinara Sauce	1/2 cup										х	8g	
	Steak Roll 6" #555	1ea	x	x				x						Facility w/ Sesame Seeds
Mini Corn Dogs	Mini Corn Dogs	6 ea	х				х			Х			30g	
Nachos	Tortilla Chips	1.5z						Х				Х	30g	
	Cheddar Cheese	2z		Х								Х	2g	
	Beef Crumble	2z						х				х	2g	
Pasta w/Meatsauce	Pasta	5ea	х	Х			х						4g	
	Marinara Sauce	1/2 cup			<u> </u>							Х	8g	
Pizza Dippers	Beef Crumble Breadsticks w/Mozzarella	1ea 2 ea	х	х	-		X						2g 54g	
ו יבצמ טואאפוס	Marinara Sauce	2.5z	^	^	-			x					54g 7g	
PBJ on Whole Wheat	PBJ	1 ea/5.3z	х		x			X					64g	
Pizza Slice	Pizza Slice	1 sl	х	x									28g	Facility w/ Egg
Pizza French Bread Tony's	French Bread	1 sl	Х	Х			Х						32g	
Pizza 5" Individual	5" Individual	1 sl	х	Х			Х						31g	
Taco Salad	Tortilla Chips	1.5z						Х	l		l	Х	30g	

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.

ITEM     (Double Click on Bold Items to get ingredients, bread sheets at bottom of lisb)     St. 2				Allergens											
Chedar Cheese     2z     x		Bold Items to get ingredients, bread sheets at bottom of list)		Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free	Carbs- Grams	Other
Diced Tomato     1/4 cup     Image of the start									х				х		
Breaded Lettuce     1/4 cup     Image     Image <td></td> <td></td> <td></td> <td></td> <td>х</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>Х</td> <td></td> <td></td>					х								Х		
Taco Sauce     1pk/     2     3     3     1g       Veggie Burger & Cheese on a Bun     Hamburger Bun     1.75z     x     x     x     x     1     16g     Facility w/ Seame       Apple Juice     4x     <															
Veggie Burger     2.5z     x															
Veggie Burger & Cheese on a Bun   Hamburger Bun   1.75z   x															
Wegge Bulger Brite Brite Bun   1.75z   x		Veggie Burger	2.5z	Х	Х			Х			Х			16g	
FRUIT     Apple Juice     4z     1 bag/2z     1 3g       Apple Silces     1 bag/2z     1 bag/2z     7g       Apple-Fresh     1 ea     34g       Applesauce     1/2 cup     1 4g       Banana     1 ea     23       Grape Juice     4z     1 19g       Grapes, Fresh     1/2 cup     1 19g       Mixed Fruit in Juice     1/2 cup     1 13g       Orange Juice     4z     1 13g       Orange Smiles     3 ea     1 11g       Peaches in Juice     1/2 cup     1 12g       Pearts in Juice     1/2 cup     1 12g       Pearts in Juice     1/2 cup     1 12g       Pearts in Juice     1/2 cup     1 2g       Pearts in Juice     1/2 cup     1 2g       Pearts in Juice     1/2 cup     2 2g       VEGETABLES     1 2g     2 2g       Vactorts     1 bag/2.6z     5g       Baked Beans     1/2 cup     3 3g       Carnot Sticks     1/2 cup     2 3g       Cucumber Silces     1/2 c	Veggie Burger & Cheese on a Bun	Hamburger Bun	1.75z	x	x			x						22g	Sesame
Apple Juice   4z   193 g     Apple Firesh   1 ea   7 g     Apple Firesh   1 ea   34 g     Apple Silces   12 cup   1   14 g     Banana   1 ea   1   23     Grape Silces   4z   1   19 g     Grapes, Fresh   1/2 cup   1   19 g     Mixed Fruit in Juice   1/2 cup   1   13 g     Orange Juice   4z   1   13 g     Orange Smiles   3 ea   11 g   13 g     Orange Smiles   3 ea   11 g   13 g     Pears in Juice   1/2 cup   1   13 g     Pears in Juice   1/2 cup   1   12 g     Pears in Juice   1/2 cup   1   2 g     Corn Cornots   1/2 cup   1   3 g     Cornots   1/2 cup   1   2 g     Cornot Cicks   1/2 cup   1 <td></td> <td>American Cheese</td> <td>1 sl</td> <td></td> <td>Х</td> <td></td> <td></td> <td>Х</td> <td>Х</td> <td></td> <td></td> <td></td> <td></td> <td>2g</td> <td></td>		American Cheese	1 sl		Х			Х	Х					2g	
Apple Silces   1 bag/2z   1   7g     Apples Fresh   1ea   1/2 cup   14g     Banana   1 ea   12 cup   14g     Grape Juice   4z   19g   14g     Grape Juice   4z   19g   17g     Orange Juice   4z   13g   17g     Orange Juice   4z   13g   13g     Orange Smiles   3 ea   11g   13g     Orange Smiles   3 ea   11g   12g     Pearts in Juice   1/2 cup   12g   12g     Pearts in Juice   1/2 cup   12g   12g     Pearts in Juice   1/2 cup   12g   22g     VECETABLES   12g   22g   22g     VCETABLES   12g   3g   3g     Broccoli   1/2 cup   3g   3g     Carrot Sticks   1/2 cup   20g   3g     Carrot Sticks   1/2 cup   20g   3g     Grame Stices   1/2 cup   13g   3g     Grame Stices   1/2 cup   13g   3g     Grame Stice			17											120	
Apple-Fresh   1 ea   1/2 cup   1/4 g     Applesauce   1/2 cup   1   14g     Banana   1 ea   1   14g     Grape Juice   4z   1   19g     Grapes, Fresh   1/2 cup   1   19g     Mixed Fruit in Juice   1/2 cup   1   13g     Orange Smiles   3 ea   11g     Pears in Juice   1/2 cup   1   11g     Pears in Juice   1/2 cup   1   19g     Pears in Juice   1/2 cup   1   30g     Prineapple Chunks   1/2 cup   1   30g     Carrot Sticks   1/2 cup   1   30g     Corn   1/2 cup   1   1/3g     Corn   1/2 cup   1   1/4g     EverAcets															
Applesauce   1/2 cup   1/2 cup   1/4 cup     Banana   1 ea   1   23     Grape Juice   4z   19g     Grapes, Fresh   1/2 cup   19g     Mixed Fruit n Juice   1/2 cup   17g     Orange Juice   4z   13g     Orange Smiles   3 ea   11g     Peaches in Juice   1/2 cup   11g     Peaches in Juice   1/2 cup   12g     Pearts, Fresh   1 ea   12g     Pearts, Fresh   1 ea   12g     Pearts, Fresh   1 ea   22g     VICETABLES   1/2 cup   22g     VICETABLES   22g   30g     Baked Beans   1/2 cup   30g     Broccoli   1/2 cup   30g     Corm   1/2 cup   30g     Cormor Slicks   1/2 cup   20g     Corm Slicks   1/2 cup   20g     Green Beans   1/2 cup   20g     Green Beans   1/2 cup   11g     Potato Puffs, Baked Bookie   9ea   13g     Skim   Non-Fat Chocolate <td></td> <td></td> <td>Ŭ</td> <td></td> <td></td> <td><u> </u></td> <td></td> <td><u> </u></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>			Ŭ			<u> </u>		<u> </u>							
Banana   1 ea   23     Grape Juice   4z   12 cup   19g     Grapes, Fresh   1/2 cup   10   19g     Mixed Fruit in Juice   1/2 cup   10   13g     Orange Smiles   3 ea   112 cup   113g     Peaches in Juice   1/2 cup   10   113g     Pears in Juice   1/2 cup   10   19g     Pears in Juice   1/2 cup   10   12g     Pears in Juice   1/2 cup   10   12g     Pears in Juice   1/2 cup   10   12g     Baby Carrots   1/2 cup   10   10   12g     Baked Beans   1/2 cup   10   30g   3g     Carrot Sticks   1/2 cup   10   10   20g     Corm   1/2 cup   112   9.6g   3g     Graes Bans   1/2 cup   112   13g   3g     Pota															
Grape Juice     4z     Image Server S															
Grapes, Fresh   1/2 cup   1/2 cup   1/2 cup   1/3 g     Mixed Fruit in Juice   4z   1/3 g   1/3 g     Orange Juice   4z   1/2 cup   1/3 g     Orange Smiles   3 ea   1/2 cup   1/2 g     Peaches in Juice   1/2 cup   1/2 g   1/2 g     Pears in Juice   1/2 cup   1/2 g   1/2 g     Pears in Juice   1/2 cup   1/2 g   1/2 g     Pears in Juice   1/2 cup   1/2 g   1/2 g     Pears in Juice   1/2 cup   1/2 g   1/2 g     Pears in Juice   1/2 cup   1/2 g   1/2 g     Pears in Juice   1/2 cup   1/2 g   1/2 g     Baby Carrots   1 bag/2.62   1/2 g   30 g     Carrot Sticks   1/2 cup   1/2 g   20 g     Cucumber Slices   1/2 cup   1/2 g   1/2 g     Cucumber Slices   1/2 cup   1/2 g   1/3 g     Reas   1/2 cup   1/3 g   1/3 g     Potato Puffs, Baked   9ea   1/3 g   1/3 g     Skim   8z   1/3 g   1/3 g </td <td></td>															
Mixed Fruit in Juice   1/2 cup   17g     Orange Juice   4z   13g     Orange Smiles   3 ea   11g     Peaches in Juice   1/2 cup   12g     Pears, Fresh   1 ea   12g     Pineapple Chunks   1/2 cup   22g     VEGETABLES   3g   22g     Baby Carrots   1 bag/2.6z   5g     Baked Beans   1/2 cup   3 ag     Carrot Sticks   1/2 cup   3g     Corn   1/2 cup   3g     Carrot Sticks   1/2 cup   3g     Carrot Sticks   1/2 cup   3g     Carrot Sticks   1/2 cup   3g     Carene Beans   1/2 cup   3g     Green Beans   1/2 cup   3g     Peato Puffs, Baked   9ea   11g     Potato Puffs, Baked   9ea   13g     Skim   8z   4   13g     Non-Fat Chocolate   8z   4   24g     Water   8z   4   3g     Sugar Cookie   1oz   x   x   x     Shedked Co															
Orange Juice     14z     11g       Orange Smiles     3 ea     11g     11g       Peaches in Juice     1/2 cup     12 cup     12g     12g       Pears in Juice     1/2 cup     12 cup     12g     12g       Pears in Juice     1/2 cup     12g     13g     30g       Baby Carrots     1/2 cup     12g     13g     30g       Barce Beans     1/2 cup     12g     13g     30g       Corm     1/2 cup     12g     12g     12g     12g       Curmber Slices     1/2 cup     12g     13g     11g       Potato Puffs, Baked     9ea     9ea     14g     14g       Baty Exate Shift     9ea     13g     13g       % White															
Orange Smiles   3 ea   11g     Peaches in Juice   1/2 cup   12g     Pears in Juice   1/2 cup   12g     VEGETABLES   12g   12g     Baked Beans   1/2 cup   13g     Baked Beans   1/2 cup   12g     Corn   1/2 cup   12g   12g     Corn   1/2 cup   12g   12g     Courdmer Slices   1/2 cup   12g   11g     Peass   1/2 cup   11g   11g     Potato Puffs, Baked   9ea   11g   11g     Potato Puffs, Baked   9ea   12g   13g     Skim   8z   13g   13g     Non-Fat Chocolate   8z   13g   0g     Sugar Cookie   10z   x   x   x  <															
Peaches in Juice   1/2 cup   1/2 cup   1/2 cup   1/2 cup     Pears, Fresh   1 ea   1/2 cup   1/2 cup   1/2 cup     Pineapple Chunks   1/2 cup   1/2 cup   1/2 cup   22g     VEGETABLES   1/2 cup   1/2 cup   1/2 cup   1/2 cup   1/2 cup     Baked Beans   1/2 cup   1/2 cup   1/2 cup   1/2 cup   30g     Broccoli   1/2 cup   1/2 cup   1/2 cup   1/2 cup   1/2 cup     Carrot Sticks   1/2 cup   1/2 cup   1/2 cup   1/2 cup   1/2 cup     Cucumber Slices   1/2 cup   1/2 cup   1/2 cup   1/2 cup   1/2 cup     Cucumber Slices   1/2 cup   1/2 cup   1/2 cup   1/2 cup   1/2 cup     Peas   1/2 cup   1/2 cup   1/2 cup   1/3 g   1/3 g     Potato Puffs, Baked   9ea   9ea   1/3 g   1/3 g     Skim   8z   1/2 cup   1/3 g   1/3 g     Non-Fat Chocolate   8z   1/2 cup   1/3 g   1/3 g     Skim   8z   1/2 cup   1/3 g   1/3 g<															
Pears in Juice   1/2 cup   1   19g     Pears, Fresh   1 ea   26g     Pineapple Chunks   1/2 cup   22g     VEGETABLES   1/2 cup   5g     Baked Beans   1/2 cup   30g     Broccoli   1/2 cup   3g     Carrot Sticks   1/2 cup   3g     Corn   1/2 cup   20g     Cucumber Slices   1/2 cup   20g     Cucumber Slices   1/2 cup   20g     Green Beans   1/2 cup   20g     Peas   1/2 cup   11g     Potato Puffs, Baked   9ea   11g     BEVERAGES   1/2 cup   11g     Potato Puffs, Baked   9ea   11g     Beas   1/2 cup   11g     Potato Puffs, Baked   9ea   11g     Beas   1/2 cup   11g     Potato Puffs, Baked   9ea   11g     Beas   1/2 cup   11g     Potato Puffs, Baked Cookie   3g   11g     Skim   8z   13g     Non-Fat Chocolate   8z   13g <t< td=""><td colspan="2"></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>															
Pears, Fresh   1 ea   1 ea   26g     Pineapple Chunks   1/2 cup   22g     VEGETABLES     Baky Carrots   1 bag/2.6z   5g     Baked Beans   1/2 cup   30g     Broccoli   1/2 cup   3g     Carrot Sticks   1/2 cup   9.6g     Corn   1/2 cup   9.6g     Corn   1/2 cup   9.6g     Corn Sticks   1/2 cup   9.6g     Green Beans   1/2 cup   9.6g     Peas   1/2 cup   9.6g     Green Beans   1/2 cup   9.6g     Peas   1/2 cup   9.6g     Peas   1/2 cup   9.6g     BEVERAGES   11g   11g     Potato Puffs, Baked   9ea   11g     BEVERAGES   9.6g   13g     Skim   8z   9.6g   13g     Non-Fat Chocolate   8z   9.6g   0g     Fresh Baked Cookie   10z   x   x   x     Sugar Cookie   10z   x   x   24g     Sugar Cookie   10z															
Pineapple Chunks   1/2 cup   22g     VEGETABLES   1 bag/2.6z   5g     Baby Carrots   1/2 cup   20g     Baked Beans   1/2 cup   20g     Broccoli   1/2 cup   20g     Carrot Sticks   1/2 cup   20g     Corn   1/2 cup   20g     Cucumber Slices   1/2 cup   20g     Green Beans   1/2 cup   20g     Peas   1/2 cup   20g     Potato Puffs, Baked   9ea     BEVERACES   1/2 cup   11g     Potato Puffs, Baked   9ea   14g     BEVERACES   12 cup   13g     Skim   8z   13g     Non-Fat Chocolate   8z   0g     Vater   8z   0g     Fresh Baked Cookie   10z   x   x   x     Cereal Bar Cinn. Toast Crunch Lunch Snack Only   1.42z   x   x   29g     Cereal Bar Concol Puffs Lunch Snack Only   1.42z   x   x   29g     Chip Cheese Crunchy Baked Hot WG   .88z   x   x   16g															
VEGETABLES   1   bag/2.6z   5g     Baby Carrots   1   bag/2.6z   30g     Baked Beans   1/2 cup   30g     Broccoli   1/2 cup   33g     Carrot Sticks   1/2 cup   9.6g     Corn   1/2 cup   9.6g     Cucumber Slices   1/2 cup   9.6g     Green Beans   1/2 cup   9.6g     Peas   1/2 cup   11g     Potato Puffs, Baked   9ea   11g     BeverActes   1/2 cup   11g     1% White   8z   13g     Skim   8z   13g     Non-Fat Chocolate   8z   13g     Vater   8z   0g   0g     Fresh Baked Cookie   10z   x   x   17g     Sugar Cookie   10z   x   x   18g     SNACKS   2g   2g   2g   2g     Cereal Bar Cinn. Toast Crunch Lunch Snack Only   1.42z   x   x   29g     Cereal Bar Cocoa Puffs Lunch Snack Only   1.42z   x   x   29g     Cereal Bar Conoa															
Baby Carrots   1 bag/2.6z   5g     Baked Beans   1/2 cup   30g     Broccoli   1/2 cup   3g     Carrot Sticks   1/2 cup   3g     Carrot Sticks   1/2 cup   3g     Corn   1/2 cup   3g     Cucumber Slices   1/2 cup   3g     Green Beans   1/2 cup   3g     Peas   1/2 cup   3g     Baked Beans   1/2 cup   3g     BeVERAGES   1/2 cup   3g     BeVERAGES   1/2 cup   3g     Skim   8z   11g     Non-Fat Chocolate   8z   13g     Water   8z   13g     Cookie   10z   x   x     Sugar Cookie   10z   x   x     SNACKS   10z   x   x   29g     Cereal Bar Cinn. Toast Crunch Lunch Snack Only   1.42z   x   x   29g     Cereal Bar Cocoa Puffs Lunch Snack Only   1.42z   x   x   29g     Cereal Bar Cocoa Puffs Lunch Snack Only   1.42z   x   x   29g <td></td>															
Baked Beans   1/2 cup   30g     Broccoli   1/2 cup   3g     Carrot Sticks   1/2 cup   9.6g     Corn   1/2 cup   20g     Cuumber Slices   1/2 cup   20g     Green Beans   1/2 cup   20g     Peas   1/2 cup   20g     Potato Puffs, Baked   9ea     BVERACES   1/2 cup   20g     Skim   1/2 cup   20g     Non-Fat Chocolate   8z   20g     Vater   8z   20g     Chocolate Chip Cookie   10z   x   x     Sugar Cookie   10z   x   x   11g     Sugar Cookie   10z   x   x   12g     Shack S   10z   x   x   12g     Sugar Cookie   10z   x   x   20g     Shack S   10z   x   x   20g     Checolate Chip Cookie   10z   x   x   12g     Sugar Cookie   10z   x   x   20g     Shack S   10z   x   x	Baby Carrots		1 bag/2.6z											5g	
Carrot Sticks   1/2 cup   1/2 cup   9.6g     Corn   1/2 cup   20g     Cucumber Slices   1/2 cup   5g     Green Beans   1/2 cup   1   5g     Peas   1/2 cup   1   11g     Potato Puffs, Baked   9ea   1/2 cup   11g     BEVERAGES   9ea   1/2 cup   14g     BEVERAGES   9ea   13g     Skim   8z   13g     Non-Fat Chocolate   8z   13g     Water   8z   10z   24g     Fresh Baked Cookie   10z   x   x   x     Chocolate Chip Cookie   10z   x   x   x   18g     SNACKS   10z   x   x   29g   29g     Cereal Bar Cocoa Puffs Lunch Snack Only   1.42z   x   x   29g     Cereal Bar Cocoa Puffs Lunch Snack Only   1.42z   x   x   29g     Chip Cheese Crunchy Baked Hot WG   .88z   x   4   29g     Chip Cheese Puff Cheddar Reduced Fat   .7z   x   4   15g	Baked Beans														
Corn   1/2 cup   1/2 cup   20g     Cucumber Slices   1/2 cup   5g     Green Beans   1/2 cup   6   5g     Peas   1/2 cup   6   7g     Potato Puffs, Baked   9ea   6   11g     BEVERAGES   9ea   11g   14g     BEVERAGES   8z   13g   13g     1% White   8z   6   13g     Skim   8z   6   13g     Non-Fat Chocolate   8z   6   24g     Water   8z   6   0g     Fresh Baked Cookie   10z   x   x   x   17g     Sugar Cookie   10z   x   x   x   18g     SNACKS   2cereal Bar Cinn. Toast Crunch Lunch Snack Only   1.42z   x   x   29g     Cereal Bar Cocoa Puffs Lunch Snack Only   1.42z   x   x   29g     Cereal Bar Crunch Snack Only   1.42z   x   x   29g     Cereal Bar Crunch Baked Hot WG   .88z   x   x   16g     Chip Cheese Crunchy Baked Hot WG															
Cucumber Slices   1/2 cup   1/2 cup   5g     Green Beans   1/2 cup   7g     Peas   1/2 cup   11g     Potato Puffs, Baked   9ea   1/2 cup     BEVERAGES   14g     BKim   8z   13g     Non-Fat Chocolate   8z   13g     Water   8z   13g     Chocolate Chip Cookie   10z   x   x   17g     Sugar Cookie   10z   x   x   18g     SNACKS   Cereal Bar Cinn. Toast Crunch Lunch Snack Only   1.42z   x   x   29g     Chip Cheese Crunchy Baked Hot WG   .88z   x   x   16g   29g     Chip Cheese Puff Cheddar Reduced Fat   .7z   x   x   x   16g     Chip Potato Bbg Baked Crisps   .88z   x   x   14g   29g															
Green Beans1/2 cup7gPeas1/2 cup11gPotato Puffs, Baked9eaBEVERAGES1% White8zSkim8zNon-Fat Chocolate8zWater8zFresh Baked Cookie10zX xxX yaterSugar Cookie10zSNACKSCereal Bar Cinn. Toast Crunch Lunch Snack Only1.42zCereal Bar Cinn. Toast Crunch Lunch Snack Only1.42zX xxX yaterCereal Bar Cinn. Toast Crunch Lunch Snack Only1.42zX xxX yaterCereal Bar Cinn. Toast Crunch Lunch Snack Only1.42zX xxX yaterX yaterxX yaterYater1.42zYaterxYaterYaterxYater<															
Peas   1/2 cup   Image: state sta															
Potato Puffs, Baked9ea9ea14gBEVERAGES1% White8z1% White8zSkim8zNon-Fat Chocolate8zWater8zFresh Baked CookieChocolate Chip Cookie10zXXXXXXXSugar CookieSNACKSCereal Bar Cinn. Toast Crunch Lunch Snack Only1.42zXXXXXZXCheese Crunchy Baked Hot WGChip Cheese Crunchy Baked WGChip Cheese Puff Cheddar Reduced Fat.7zXXX </td <td></td>															
BEVERAGES1% White8z13gSkim8z13gNon-Fat Chocolate8z124gWater8z124gWater8z124gFresh Baked Cookie10zxChocolate Chip Cookie10zxSwagar Cookie10zxSNACKS10zxCereal Bar Cinn. Toast Crunch Lunch Snack Only1.42zxCereal Bar Cocoa Puffs Lunch Snack Only1.42zxCereal Bar Trix Lunch Snack Only1.42zxChip Cheese Crunchy Baked Hot WG.88zxChip Cheese Puff Cheddar Reduced Fat.7zxChip Potato Bbq Baked Crisps.88zxXX13g															
1% White8z13gSkim8z113gNon-Fat Chocolate8z124gWater8z11Chocolate Chip Cookie1ozxxxSugar Cookie1ozxxx17gSugar Cookie1ozxxx18gSNACKS1ozxxx18gCereal Bar Cinn. Toast Crunch Lunch Snack Only1.42zxx29gCereal Bar Cocoa Puffs Lunch Snack Only1.42zxx29gCereal Bar Trix Lunch Snack Only1.42zxx29gChip Cheese Crunchy Baked Hot WG.88zx15g29gChip Cheese Puff Cheddar Reduced Fat.7zxxx13gChip Potato Bbq Baked Crisps.88zxxx13g			9ea											14g	
Skim8zII13gNon-Fat Chocolate8z8zII24gWater8z8zII0gFresh Baked Cookie10zxxx17gChocolate Chip Cookie10zxxx17gSugar Cookie10zxxx18gSNACKSIozxxx18gCereal Bar Cinn. Toast Crunch Lunch Snack Only1.42zxx29gCereal Bar Cocoa Puffs Lunch Snack Only1.42zxx29gCereal Bar Trix Lunch Snack Only1.42zxx29gCereal Bar Trix Lunch Snack Only1.42zxx16gChip Cheese Crunchy Baked Hot WG.88zx4x16gChip Cheese Puff Cheddar Reduced Fat.7zx4x13gChip Potato Bbq Baked Crisps.88zxxx19g			â											4.6	
Non-Fat Chocolate8zaa </td <td></td>															
Water8z8z0gFresh Baked Cookie0gChocolate Chip Cookie1ozxxxxSugar Cookie1ozxxxx17gSugar Cookie1ozxxxx18gSNACKSCereal Bar Cinn. Toast Crunch Lunch Snack Only1.42zxxx29gCereal Bar Cocoa Puffs Lunch Snack Only1.42zxxx29gCereal Bar Trix Lunch Snack Only1.42zxx29gChip Cheese Crunchy Baked Hot WG.88zxa16gChip Cheese Puff Cheddar Reduced Fat.7zxax13gChip Potato Bbq Baked Crisps.88zxax13g															
Fresh Baked CookieChocolate Chip Cookie10zxxxx17gSugar Cookie10zxxxx18gSNACKSCereal Bar Cinn. Toast Crunch Lunch Snack Only1.42zxxx30gCereal Bar Cocoa Puffs Lunch Snack Only1.42zxxx29gCereal Bar Trix Lunch Snack Only1.42zxxx29gCereal Bar Trix Lunch Snack Only1.42zxx16gChip Cheese Crunchy Baked Hot WG.88zxxx16gChip Cheese Puff Cheddar Reduced Fat.7zxxx13gChip Potato Bbq Baked Crisps.88zxxx19g															
Chocolate Chip Cookie10zxxxxx17gSugar Cookie10zxxxx18gSNACKSCereal Bar Cinn. Toast Crunch Lunch Snack Only1.42zxxx30gCereal Bar Cocoa Puffs Lunch Snack Only1.42zxx29gCereal Bar Trix Lunch Snack Only1.42zxx29gCereal Bar Trix Lunch Snack Only1.42zxx29gChip Cheese Crunchy Baked Hot WG.88zx229gChip Cheese Crunchy Baked WG.88zx4x16gChip Cheese Puff Cheddar Reduced Fat.7zx4x13gChip Potato Bbq Baked Crisps.88zx4x19g			ŏΖ											υg	
Sugar Cookie10zxxx18gSNACKSCereal Bar Cinn. Toast Crunch Lunch Snack Only1.42zxxx30gCereal Bar Cocoa Puffs Lunch Snack Only1.42zxxx29gCereal Bar Trix Lunch Snack Only1.42zxxx29gCereal Bar Trix Lunch Snack Only1.42zxx29gChip Cheese Crunchy Baked Hot WG.88zx429gChip Cheese Crunchy Baked WG.88zx416gChip Cheese Puff Cheddar Reduced Fat.7zx4xChip Potato Bbq Baked Crisps.88zx4xLunch Shack Ority.88zx4xLunch Snack Only.88zx410gChip Cheese Puff Cheddar Reduced Fat.7zx4xLunch Shack Ority.88zx4xLunch Shack Ority.88zxx4Lunch Shack Ority.88zxx4Lunch			107	v	v			v			v			17a	
SNACKSCereal Bar Cinn. Toast Crunch Lunch Snack Only1.42zxx30gCereal Bar Cocoa Puffs Lunch Snack Only1.42zxx29gCereal Bar Trix Lunch Snack Only1.42zxx29gChip Cheese Crunchy Baked Hot WG.88zx29gChip Cheese Crunchy Baked WG.88zx29gChip Cheese Puff Cheddar Reduced Fat.7zxx16gChip Potato Bbq Baked Crisps.88zxx13g					X										
Cereal Bar Cinn. Toast Crunch Lunch Snack Only1.42zxx30gCereal Bar Cocoa Puffs Lunch Snack Only1.42zxx29gCereal Bar Trix Lunch Snack Only1.42zxx29gChip Cheese Crunchy Baked Hot WG.88zx29gChip Cheese Crunchy Baked WG.88zx29gChip Cheese Puff Cheddar Reduced Fat.7zx2Chip Potato Bbq Baked Crisps.88zx413g			102	^				^			^			iog	
Cereal Bar Cocoa Puffs Lunch Snack Only1.42zxx29gCereal Bar Trix Lunch Snack Only1.42zxx29gChip Cheese Crunchy Baked Hot WG.88zx429gChip Cheese Crunchy Baked WG.88zx44Chip Cheese Puff Cheddar Reduced Fat.7zx4xChip Potato Bbq Baked Crisps.88zx4x			1 427	Y				Y						30a	
Cereal Bar Trix Lunch Snack Only1.42zxx29gChip Cheese Crunchy Baked Hot WG.88zxx16gChip Cheese Crunchy Baked WG.88zxx16gChip Cheese Puff Cheddar Reduced Fat.7zxx13gChip Potato Bbq Baked Crisps.88zxxx19g															
Chip Cheese Crunchy Baked Hot WG.88zxxx16gChip Cheese Crunchy Baked WG.88zxx16gChip Cheese Puff Cheddar Reduced Fat.7zxx13gChip Potato Bbq Baked Crisps.88zxxx19g															
Chip Cheese Crunchy Baked WG.88zxxx16gChip Cheese Puff Cheddar Reduced Fat.7zxxx13gChip Potato Bbq Baked Crisps.88zxxx19g					¥			<b>–</b>					x		
Chip Cheese Puff Cheddar Reduced Fat.7zxxx13gChip Potato Bbq Baked Crisps.88zxxx19g															
Chip Potato Bbq Baked Crisps .88z x x x 19g															
								x							
		)S													

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.

						Aller	gens	S					
ITEM (Double Click on Bold Items to get ingredients, bread sheets at bottom of list)	Portion	Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free	Carbs- Grams	Other
Chip Potato Ruffles Cheddar And Sour Cream Baked	.8z		X			x					Х	17g	
Chip Potato Sour Cream & Onion	.88z		X			x					Х	19g	
Chip Tortilla Cool Ranch Reduced Fat	1z		х									20g	
Chip Tortilla Corn Baked Scoop	.88z										X	19g	
Chip Tortilla Nacho Cheese Reduced Fat	1z		X									20g	
Cookie Chocolate Chip Grandmas WG	1.22z	Х	X			X						25g	
Cracker Animal Shaped Mixed Berry WG (Nut-Free)	1z	Х	Х			X						18g	
Cracker Cheese WG Square	1z	х	X			x						19g	
Dorito's Yellow Corn Nacho Cheese Tri	1z		X									20g	
Frito's Original Corn Chips	.75z										X	12g	
Pepperidge Farm Cheddar Goldfish	.75z	Х	X									14g	
Pepperidge Farm Pretzel Goldfish	.75z	х	X	<u> </u>							_	16g	
Popcorn Cheese Cheddar White Ckd	.5z		X	<u> </u>							X	13g	
Pretzel Heart Plain Salted	.7z	х		-								16g	
Sunchip Chip Multigrain Cheddar Harvest	1z	X	X									19g	
Sunchip Chip Multigrain Garden Salsa	1z	X	X	_								19g	
Sunchip Multigrain	1z	х		-								19g	
Tostitos Red. Fat Crispy Rounds	.87z			_							X	18g	
Welches Fruit Snacks Mixed Bites	1.55z											36g	
FROZEN NOVELTIES						6							
Rosati 4.4oz Blue Rasp Freeze	1ea			-							X	25g	
Rosati 4.4oz Cherry/Fruit	1ea			_							X	25g	
Rosati 4.4oz Cry- Sr Apple Cup	1ea			-							X	25g	
Rosati 4.4oz Mango Fruit Frz	1ea			-							X	25g	
Richs 3oz Lf Choc/Vanilla Cup	1ea		X	<u> </u>								17g	
Richs 3oz Lf Chocolate Cup	1ea		X	_								17g	
Richs Fudge Frenzy	1ea		X	_								14g	
Richs Orange Cream Bar	1ea		X	_								21g	
Richs Rich Choc Dipped Vanilla Bar	1ea		X	-		Х						19g	
Richs Sav. Sour Blue Rasp	1ea			-								14g	
Richs Sch Choc Crunch	1ea	Х	X	-		Х						23g	
Richs Sch Sav. Sour Cherry	1ea			-								14g	
Richs Sch Straw Shortcake	1ea	X	X	-		X						23g	
Richs Sch Van Sand BREAKFAST	1ea	X	х			Х						24g	
Cereal Chx Blueberry Cup	207										v	46g	
Cereal Chx Cin Cup	2oz 2oz			-							X X	46g	
Cereal Cin Toast Crc Wgr	202 202	v		-		v					X	40g 44g	
Cereal Cocoa Puffs Wgr Reduc	202 202	х		-		х					х	44g 47g	
Cereal Honey Cheerios 2C	202 202			-		-					X	47g	
Cereal Lucky Charms Wgr	202 202			-		-					~	44y 47g	
Cereal Trix Cup	202 202			<u> </u>		-					_	47g 46g	
Muffin Banana Wgr 3.1 Z Iw Fzn	3.1z	x	х			x			х			40g 44g	
Muffin Choc Chip Wgr 3.1 Z lw	3.1z	x	x	<u> </u>		x			x		_	44g 45g	
Muffin, Banana WG 3.3 Oz Iw Flat	3.3z	x	x	-		Ê	х		X		_	44g	
Muffin, Chocolate Chip WG 3.3 Oz Iw Flat	3.3z	x	x			-	X		X		_	44g	
CONDIMENTS	0.02	~					~						
Honey Mustard Dressing Single Serve Cup	1z								Х			9g	
Ranch Buttermilk Dressing	12gr		х	-			х		X		_	1g	
Ranch Light Dressing Cup	1z		x	-		-	~		X		_	2g	
Bbq Sweet Sauce Single Serve Cup	1z											10g	
1-24 0.000 00000 000310 000 00 00p	12		-	I									

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.

		Allergens											
ITEM (Double Click on Bold Items to get ingredients, bread sheets at bottom of list)	Portion	Wheat	Milk	Peanuts	Tree Nuts	Soy	Soybean Oil	Shell- fish	Egg	Fish	Gluten-Free	Carbs- Grams	Other
Honey Mustard Cup	1z											8g	
Ketchup Tomato Fancy 33% Single Serve Packet	9gr											2g	
Marinara Sauce Single Serve Cup	2.5z											7g	
Mayonnaise Light Single Serve Pouch	.44z						Х		Х			1g	
Mayonnaise Pouch	12gr						Х		Х			0g	
Mustard Ylw Pouch	4.5gr											0g	
Salsa Mild Cup	3z											5g	
Syrup Pnck Mapl Flvrd Rc	1z											17g	



## <u>Code: 60</u>

# 55% Whole Wheat Cluster Dinner Rolls

<b>Nutrition</b>	Facts	<b>INGREDIENTS:</b> WATER, WHOLE WHEAT FLOUR, WHEAT FLOUR ENRICHED WITH [
		MALTED BARLEY FLOUR, NIACIN, REDUCED
12 servings per container		IRON, THIAMIN MONONITRATE, RIBOFLAVIN
Serving size	1 Roll (33g)	FOLIC ACID ], SALT, YEAST, PALM &
Amount Per Serving		SOYBEAN OIL, SUGAR, VITAL WHEAT
•	70	GLUTEN, DEXTROSE, CALCIUM PROPIONATE, SOY FLOUR, SODIUM STEAROYL LACTYLATE,
Calories		DATEM, CALCIUM SULFATE, NATURAL
	% Daily Value*	FLAVOR, POTASSIUM BROMATE, ASCORBIC
Total Fat 1g	1%	ACID, WHEY, L-CYSTEINE, ENZYMES.
Saturated Fat 0g	0%	
<i>Trans</i> Fat 0g		ALLERGEN ALERT: WHEAT, SOY AND MILK.
Cholesterol 0mg	0%	
Sodium 160mg	7%	
Total Carbohydrate 14g	5%	
Dietary Fiber 2g	7%	
Total Sugars 1g		BAKED & DISTRIBUTED BY:
Protein 3g	6%	MORABITO BAKING COMPANY, INC. 757 KOHN STREET, NORRISTOWN, PA 19401
Vitamin D 0mcg	0%	www.morabito.com
Calcium 26mg	2%	
Iron 1.08mg	6%	
Potassium 45mg	1%	
* The % Daily Value (DV) tells you how mut of food contributes to a daily diet. 2,000 ca general nutrition advice.		



# <u>Code: 84</u> 55% Whole Wheat Hamburger Rolls

		<b>INGREDIENTS:</b> WATER, WHOLE WHEAT
Nutrition	Facts	FLOUR, WHEAT FLOUR ENRICHED WITH [
		MALTED BARLEY FLOUR, NIACIN, REDUCED
12 servings per container		IRON, THIAMIN MONONITRATE, RIBOFLAVIN,
Serving size	1 Roll (50g)	FOLIC ACID ], SALT, YEAST, VEGETABLE
Amount Per Serving		SHORTENING, SUGAR, VITAL WHEAT GLUTEN,
•	110	DEXTROSE, CALCIUM PROPIONATE, SOY
Calories		FLOUR, SODIUM STEAROYL LACTYLATE,
	% Daily Value*	DATEM, CALCIUM SULFATE, ENZYMES,
Total Fat 0.5g		NATURAL FLAVOR, POTASSIUM BROMATE, ASCORBIC ACID, L-CYSTEINE, WHEY.
Saturated Fat 0g	0%	ABCORDIC ACID, L'CTOTERIVE, WHET.
Trans Fat 0g		ALLERGEN ALERT: WHEAT, SOY AND MILK.
Cholesterol Omg	0%	MAY CONTAIN: SESAME SEEDS
Sodium 230mg	10%	
Total Carbohydrate 22g	8%	
Dietary Fiber 2g	7%	
Total Sugars 1g		
		BAKED & DISTRIBUTED BY: MORABITO BAKING COMPANY, INC.
Protein 4g	8%	757 KOHN STREET, NORRISTOWN, PA 19401
Vitamin D 0mcg	0%	www.morabito.com
Calcium 26mg	2%	
Iron 1.44mg	8%	
Potassium 70mg	1%	
* The % Daily Value (DV) tells you how mu of food contributes to a daily diet. 2,000 c general nutrition advice.		



## <u>Code: 505</u>

# 55% Whole Wheat Medium Kaiser Rolls

Nutrition	Facte	<b>INGREDIENTS:</b> WHOLE WHEAT FLOUR,
	1 4013	WATER, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED
12 servings per container		IRON, THIAMIN MONONITRATE, RIBOFLAVIN,
Serving size	1 Roll (50g)	FOLIC ACID ], SUGAR, SALT, WHEAT GLUTEN,
Amount Per Serving		WHEY, YEAST, CANOLA OIL, SOY FLOUR,
-	160	CORN FLOUR, MALT, CALCIUM PROPIONATE,
Calories	100	DATEM, ASCORBIC ACID, L-CYSTEINE,
	% Daily Value*	ENZYMES.
Total Fat 1.5g	2%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 350mg	15%	
Total Carbohydrate 30g	11%	ALLERGEN ALERT: WHEAT, SOY AND MILK.
Dietary Fiber 3g	11%	
Total Sugars 1g		BAKED & DISTRIBUTED BY:
Protein 6g	12%	MORABITO BAKING COMPANY, INC.
Vitamin D 0mcg	0%	757 KOHN STREET, NORRISTOWN, PA 19401 www.morabito.com
Calcium 78mg	<u> </u>	
Iron 1.8mg	<u> </u>	
Potassium 105mg	2%	
5		
* The % Daily Value (DV) tells you how mu of food contributes to a daily diet. 2,000 c	9	
general nutrition advice.		



## Code: 506 100% Whole Wheat Pullman Bread

Nutrition	Facts	
24 servings per container <b>Serving size</b>	1 Slice (33g)	YEAST, WHEY (MILK), VITAL WHEAT GLUTEN, CORN STARCH, MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, SOY FLOUR, DATEM,
Amount Per Serving Calories	70	AMMONIUM SULFATE, CALCIUM SULFATE, CANOLA OIL, ASCORBIC ACID, ENZYMES, CALCIUM PEROXIDE, MONOCALCIUM PHOSPHATE, CALCIUM PROPIONATE.
	% Daily Value*	PROSPRATE, CALCIUM PROFIONATE.
Total Fat 1g	1%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 240mg	10%	
Total Carbohydrate 15g	5%	ALLERGEN ALERT: WHEAT, SOY AND MILK.
Dietary Fiber 2g	7%	
Total Sugars 2g		BAKED & DISTRIBUTED BY:
Protein 4g	8%	MORABITO BAKING COMPANY, INC.
Vitamin D 0mcg	0%	757 KOHN STREET, NORRISTOWN, PA 19401 www.morabito.com
Calcium 26mg	2%	
Iron 0.72mg	4%	
Potassium 80mg	2%	
* The % Daily Value (DV) tells you how m of food contributes to a daily diet. 2,000 general nutrition advice.	9	



## Code: 555 55% Whole Wheat 6" Steak Roll

Nutrition	Easte	<b>INGREDIENTS:</b> WHOLE WHEAT FLOUR,
NULIIUI	<b>Γαζι</b> 3	
12 servings per container		[MALTED BARLEY FLOUR, NIACIN, REDUCED
•	1 Dell (71a)	IRON, THIAMIN MONONITRATE, RIBOFLAVIN,
Serving size	1 Roll (71g)	FOLIC ACID], SUGAR, SALT, WHEAT GLUTEN,
Amount Per Serving		WHEY, YEAST, VEGETABLE SHORTENING,
•	190	CORN FLOUR, CALCIUM PROPIONATE,
Calories	150	DATEM, CALCIUM SULFATE, ASCORBIC ACID,
	% Daily Value*	L-CYSTINE, SOY FLOUR, ENZYMES.
Total Fat 2g	3%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 420mg	18%	
Total Carbohydrate 37g	13%	ALLERGEN ALERT: WHEAT, SOY AND MILK.
Dietary Fiber 4g	14%	
Total Sugars 1g		BAKED & DISTRIBUTED BY:
Protein 7g	14%	MORABITO BAKING COMPANY, INC.
	00/	757 KOHN STREET, NORRISTOWN, PA 19401 www.morabito.com
Vitamin D 0mcg	0%	www.inorabito.com
Calcium 71mg	5%	
Iron 2mg	11%	
Potassium 126mg	3%	
* The % Daily Value (DV) tells you how my of food contributes to a daily diet. 2,000 of general nutrition advice.		



## 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

#### PRE Kee Met 1.Prr 2.Sp 3.Po cove 4.Pla saut 5.Sp 6.Lig 7.Ba

## **Nutrition Facts**

Serving Size 3 Pieces (107g)

Amount Per Serving

Calories 200	) Cal	ories fron	n Fat 40
		% Da	aily Value
Total Fat 4.5	jg		7%
Saturated	Fat 2.5g		13%
Trans Fat	0g		
Cholesterol	25mg		8%
Sodium 360	mg		15%
Total Carbo	hydrate 3	24g	8%
Dietary Fil	•	•	8%
Sugars 2c	<b>v</b>		
Protein 15g			
l lotein log			
Vitamin A 4%	, •	Vitamin (	010%
Calcium 20%	, • •	Iron 6%	
*Percent Daily Va diet. Your daily va depending on yo	alues may b	e higher or l	
Total Fat Saturated Fat	Less than Less than	65g 20g	80g 25g
Cholesterol	Less than	20g 300ma	25g 300mg
Sodium	Less than	2,400mg	2.400mg
Total Carbohydra		300g	375g
Distance Provide		25g	30g ັ
Dietary Fiber			



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

### 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

Heat to a full boil an appropriate amount of water. Use 3 quarts of water for each 1 pound of ravioli.
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						
ALLERGENS:	Contains Wheat, Milk, & Egg						
GRAINS:	GRAINS: 51% of the grains used in this product are whole grains						
CONTAINS 110242 COMMODITY CHEESE							

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		Per	Serving	Per Container				
Nutrition Data for Label		NLR 2016 NLEA						
Serving Size (Household Measure)		1 packet						
Serving Size (Metric Measure)		4.5 g						
Servings Per Container		1						
Servings per Container - Outer		500						
Serving Size Label Statement		1 packet (4.5g)						
Include Container Nutritionals on Label?	Per Serving	Per Serving	Per Container	Per Container	Per 100g			
Amount	rei Seiving	% DV		% DV				
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			

This document may contain confidential information, trade secrets or other information that is proprietary and confidential to US Foods. To the extent it contains such confidential information, this document may not be disclosed to any third party without US Foods' prior written consent.

PLM Spec #\Version - ASYS#: Spec Description:

Folate			24.65 mcg DFE
Vitamin B12			0 mcg
Biotin			0 mcg
Pantothenic Acid (B5)			0.12 mg
Phosphorus			mg
lodine			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.