

School Year 2014-2015
Nutritional Information for **CAPTAIN KEN'S FOODS, INC.**



Product Code Number	Product Description	Case Weight (lbs)	Serving Size (oz)	Portions per Serving	Svgs per Case	Calories	Calories From Fat	% Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (%DV)	CN Number (if applicable)	Meat/MA Credit	Veg Credit	Bread Svgs Credit
11180-608	CHILI (BEEF)	30.00	6.0	1	80	170	70	12%	7	2.5	0	30	510	14	4	5	13	15	20	5	4		2.00	3/8 cup	
11925-608	BEEF MEAT SAUCE	30.00	3.0	1	160	100	50	9%	6	2	0	20	240	5	2	3	7	10	25	2	5		1.00	1/4 cup	
31180-608	MACARONI & BEEF	30.00	6.0	1	80	180	40	7%	4.5	1.5	0	20	570	23	2	6	10	30	30	4	10		1.00	3/8 cup	
51180-608	BEEF TACO MEAT	30.00	2.0	1	240	70	35	6%	4	1.5	0	15	230	3	1	0	8	10	6	2	8		1.47		
51181-608	BEEF TACO MEAT-Reduced Sodium	30.00	2.0	1	240	80	45	8%	5	2	0	15	150	3	2	0	8	10	4	4	8		1.47		
53180-608	TATER TOT CASSEROLE	30.00	4.0	1	120	195	105	19%	12	4	0	27	410	13	1	<1	8	1	1	4	6		1.00	1/4 cup	
91180-608	SLOPPY JOE TOPPING	30.00	2.0	1	240	90	45	8%	5	2	0	15	230	6	0	1	5	4	15	0	4		0.85	1/4 cup	

For additional product information visit http://dese.mo.gov/divadm/food/Nutritional_Facts_Index.html
www.captainkens.com



Committed To Quality Since 1967

PRODUCT FACT SHEET:

Chili With Beans With Donated Commodity Ground Beef

All Natural Ingredients!

Description. Thick and hearty chunks of 100 percent ground beef, the highest quality kidney beans, fresh vegetables, and mild seasonings, offer an exceptional homemade-style chili.

PRODUCT HIGHLIGHTS:

- “ALL NATURAL” Ingredients.
- Complete Product.
- Fully Cooked. Just Heat & Serve.
- Flash-Frozen to Lock in Freshness.
- Premium Product. Consistent Quality.
- Convenient and Easy to Use.
- Gluten Free
- No Preservatives, Fillers, or MSG.
- Nutritional Excellence.
- Homemade Taste, Style and Appearance.

Nutrition Facts			
Serving Size: 1 cup (227 g)			
Amount Per Serving			
Calories 230	Calories from Fat 90		
	% Daily Value*		
Total Fat 10g		15%	
Saturated Fat 3.5g		18%	
Trans Fat 0g			
Cholesterol 40mg		13%	
Sodium 680mg		28%	
Total Carbohydrate 19g		6%	
Dietary Fiber 6g		24%	
Sugars 7g			
Protein 17g			
Vitamin A 20% • Vitamin C 25%			
Calcium 10% • 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
Sat. 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	Carbohydrates	4
		Protein	4

INGREDIENTS: Beef, Water, Kidney Beans (Cooked), Diced Tomatoes (Tomatoes, Tomato Juice), Tomato Sauce (Tomato Paste, Water), Celery, Brown Sugar, Green Peppers, Salt, Chili Powder (Chili Pepper, Spices, Salt, Garlic), Dehydrated Onions, Chili Pepper.

CN Credit. Each 8-ounce serving provides a CN Credit of 2.5 ounces equivalent meat/meat alternative and 3/8 cup vegetable.

DISTRIBUTION: Contact Jeff or Greg Evola of Food Sales Midwest at 636-724-1840, Chuck Vandenberg of Hockenberg Newburgh 913-383-9111 or Tom Traxler at Captain Ken’s Foods at 651-298-0071.

PACK SIZES: 6 – 5 lb. Boilable Bags.

SHELF LIFE: If frozen, one (1) year. Must keep under 0° Fahrenheit.
If refrigerated, five (5) days. Must keep under 40° Fahrenheit.

All Captain Ken’s products are *JUST LIKE HOMEMADE!*

For a complete *Product List*, please contact us or visit our website at www.captainkens.com.



Committed To Quality Since 1967

PRODUCT FACT SHEET:

**Beef Taco Meat
and Textured Vegetable Protein Filling
With Donated Commodity Ground Beef
(Ground Beef & Fortified TVP)**

Description. A specially seasoned blend of spices, fresh ground beef, and fortified TVP offering quality and multiple meal applications for tacos, taco salad, and other dishes.

PRODUCT HIGHLIGHTS:

- Complete Product.
- Fully Cooked. Just Heat & Serve.
- Premium Ingredients.
- Consistent Quality.
- Convenient and Easy to Use.
- Quick-Frozen to Lock in Freshness.
- No MSG. 0 grams of Trans Fat.
- Gluten Free.
- Multiple Applications.

Nutrition Facts		
Serving Size: 2 ounces (56g)		
Amount Per Serving		
Calories 70 Calories from Fat 35		
		% Daily Value*
Total Fat	4g	6%
Saturated Fat	1.5g	7%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	230mg	9%
Total Carbohydrate	3g	1%
Dietary Fiber	1g	6%
Sugars	0g	
Protein	8g	
Vitamin A 10% • Vitamin C 6%		
Calcium 2% • Iron 8%		
* 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
Sat. 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 • Carbohydrates 4 • Protein 4		

INGREDIENTS: Ground Beef, Water, Textured Vegetable Protein (Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamin Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)), Tomato Sauce (Water, Tomato Paste), Spices, Salt, Dehydrated Onions, Chili Powder (Chili Pepper, Spices, Salt, Garlic), Corn Starch. **Contains:** Soy

CN CREDIT: Each two-ounce serving provides a *CN Credit* of 1.25-ounces (rounded from 1.473-ounces) equivalent meat/meat alternate.

DISTRIBUTION: Contact Jeff or Greg Evola of Food Sales Midwest at 636-724-1840, Chuck Vandenberg of Hockenberg Newburgh 913-383-9111 or Tom Traxler at Captain Ken's Foods at 651-298-0071.

PACK SIZES: 6 – 5 lb. Boil-in-Bags.

SHELF LIFE: If frozen, one (1) year. Must keep under 0° Fahrenheit.
If refrigerated, seven (7) days. Must keep under 40° Fahrenheit.

Captain Ken's products offer a delicious homemade taste every time!
For a complete *Product List*, please contact us.



Committed To Quality Since 1967

Product Code MUPC # 55181

PRODUCT FACT SHEET:

MARIA'S BEEF TACO MEAT FILLING RS

(Ground Beef & Fortified TVP)

(RS=REDUCED SODIUM)

Description. A specially seasoned blend of spices, fresh ground beef, and fortified TVP offering quality and multiple meal applications for tacos, taco salad, and other dishes.

Nutrition Facts

Serving Size: 2 ounces (56g)

Amount Per Serving

Calories 80 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol 15mg 6%

Sodium 150mg 6%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 6%

Sugars 0g

Protein 8g

Vitamin A 10% • Vitamin C 4%

Calcium 4% • Iron 8%

* 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
Sat. 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 • Carbohydrates 4 • Protein 4

PRODUCT HIGHLIGHTS:

- Complete Product.
- 31% *less* sodium.
- Fully Cooked. Just Heat & Serve.
- Convenient and Easy to Use.
- Quick-Frozen to Lock in Freshness.
- Premium Ingredients. Consistent Quality.
- No MSG. No Trans Fat. Gluten Free.
- Multiple Applications.



INGREDIENTS: Ground Beef, Water, Textured Vegetable Protein, (Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate (Iron), Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamin Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)), Taco Seasoning (Dried Onions, Salt, Paprika, Chili Powder, Garlic Powder, Cornstarch, Cumin, Cayenne Pepper, Chili Pepper, Oregano). **Contains:** Soy.

CN CREDIT: Each two-ounce serving provides a *CN Credit* of 1.25-ounces (rounded from 1.473-ounces) equivalent meat/meat alternate.

DISTRIBUTION: Contact your local food distributor or call Captain Ken's Foods at 651-298-0071. Also, visit our web page at www.captainkens.com.

PACK SIZES: 6 – 5 Lbs. Boilable Bags (MUPC-55181)

SHELF LIFE: If frozen, one (1) year. Must keep under 0° Fahrenheit.
If refrigerated, seven (7) days. Must keep under 40° Fahrenheit.

Captain Ken's products offer a delicious homemade taste every time!

For a complete *Product List*, please contact us.



Committed To Quality Since 1967

PRODUCT FACT SHEET:

**SLOPPY JOE MEAT SAUCE WITH
DONATED COMMODITY GROUND BEEF**

Description. Hearty chunks of fresh ground beef, diced onions and fresh celery in a thick, rich tomato sauce offering a homemade taste, style and appearance.

Nutrition Facts	
Serving Size: 1/4 cup (57g)	
Servings Per Container 40	
Amount Per Serving (2.0 Ounces)	
Calories 90	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	6%
Sodium 190mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber <1g	2%
Sugars 1g	
Protein 5g	
Vitamin A 6% • Vitamin C 10%	
Calcium 0% • Iron 4%	
* 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
Sat. 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 • Carbohydrates 4 • Protein 4	

PRODUCT HIGHLIGHTS:

- Complete Product.
- Fully Cooked. Just Heat & Serve.
- Premium Ingredients.
- Consistent Quality.
- Convenient and Easy to Use.
- Quick-Frozen to Lock in Freshness.
- No MSG.
- Nutritional Excellence.
- Homemade Taste, Style and Appearance.

INGREDIENTS: Beef, Ketchup (Tomato Concentrate made from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring), Tomato Paste, Water, Onions, Celery, Green Peppers, Worcestershire Sauce (Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Anchovies, Tamarind, Natural Flavor), Cider Vinegar, Brown Sugar, Mustard, Salt, Modified Food Starch, Black Pepper. **Contains:** Fish (Anchovies)

CN CREDIT: Each two-ounce serving provides a *CN Credit* of .50 ounces (rounded from .85-ounces) equivalent meat/meat alternate and 1/4 cup vegetable (rounded from 1/3 cup).

DISTRIBUTION: Contact Jeff or Greg Evola of Food Sales Midwest at 636-724-1840, Chuck Vandenburg of Hockenberg Newburgh 913-383-9111 or Tom Traxler at Captain Ken's Foods at 651-298-0071.

PACK SIZES: 6 – 5 lbs. Boilable Bags [Schools]

SHELF LIFE: If frozen, one (1) year. Must keep under 0° Fahrenheit.
If refrigerated, 21 days. Must keep under 40° Fahrenheit.

All Captain Ken's products are **JUST LIKE HOMEMADE!**
For a complete Captain Ken's Foods *Product List*, please contact us.



Committed To Quality Since 1967

PRODUCT FACT SHEET:

**BEEF MEAT AND TOMATO SAUCE
WITH DONATED COMMODITY
GROUND BEEF**

Description. A thick meat sauce made with fresh lean ground beef, robust flavored tomato paste, and a mild touch of Italian seasoning. Great for topping pastas or using to make other Italian dishes and specialties taste their best.

Nutrition Facts		
Serving Size: 1/3 Cup (85 g)		
Amount Per Serving: (3.0 ounces)		
Calories 95 Calories from Fat 54		
		% Daily Value*
Total Fat 6g		10%
Saturated Fat 2.5g		12%
Trans Fat 0g		
Cholesterol 20mg		7%
Sodium 163mg		7%
Total Carbohydrate 4g		1%
Dietary Fiber 1g		4%
Sugars 2g		
Protein 6g		
Vitamin A 5% • Vitamin C 7%		
Calcium 1% • Iron 7%		
* 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
Sat. 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	• Carbohydrates 4 • Protein 4

PRODUCT HIGHLIGHTS:

- Premium Product.
- Freshest Ingredients.
- No Preservatives, Fillers, or MSG.
- Homemade Taste, Style and Appearance.

INGREDIENTS: Ground Beef, Water, Tomato Sauce (Tomato Paste, Water), Italian Seasoning (Spices [Oregano, Basil, Black Pepper, Thyme, Spices], Salt, Sugar, Parmesan Cheese [Pasteurized Skim Milk, Salt, Enzymes] and Red Bell Pepper), Granulated Garlic, Salt, Onion Powder, Parmesan Cheese (Pasteurized Part-Skim Cow's Milk, Culture, Salt, Starch and Powdered Cellulose to Prevent Caking), Parsley, Black Pepper. **Contains:** Milk

Other Nutritional Information. Each 3 ounce beef meat sauce serving provides 1.0 oz equivalent meat/meat alternative and 1/4 cup vegetable.

DISTRIBUTION: Contact Jeff or Greg Evola of Food Sales Midwest at 636-724-1840, Chuck Vandenberg of Hockenberg Newburgh 913-383-9111 or Tom Traxler at Captain Ken's Foods at 651-298-0071.

PACK SIZE: 6 – 5 lbs. Boilable Bags [Schools]

SHELF LIFE: If frozen, one (1) year. Must keep under 0° Fahrenheit.
If refrigerated, five (5) days. Must keep under 40° Fahrenheit.

All Captain Ken's products are *JUST LIKE HOMEMADE!*
For a complete *Product List*, please contact us.



Committed To Quality Since 1967

PRODUCT FACT SHEET:

**MACARONI and DONATED COMMODITY
GROUND BEEF IN SAUCE**

Description. A hearty meal of tender elbow macaroni, 100 percent fresh ground beef, fresh vegetables and savory seasonings, in a rich and juicy tomato sauce.

PRODUCT HIGHLIGHTS:

- Complete Product.
- Fully Cooked. Just Heat & Serve.
- Premium Ingredients.
- Consistent Quality.
- Convenient and Easy to Use.
- Quick-Frozen to Lock in Freshness.
- No thickeners, fillers, or MSG.
- Nutritional Excellence.
- Homemade Taste, Style and Appearance.

Nutrition Facts		
Serving Size: 3/4 Cup (170 g)		
Amount Per Serving		
Calories 190 Calories from Fat 55		
		% Daily Value*
Total Fat	6g	9%
Saturated Fat	3.5g	17%
Cholesterol	16mg	5%
Sodium	372mg	15%
Total Carbohydrate	22g	7%
Dietary Fiber	2.5g	10%
Sugars	2.5g	
Protein	14.5g	
Vitamin A 30% • Vitamin C 7%		
Calcium 10% • Iron 7%		
* 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
Sat. 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 • Carbohydrates 4 • Protein 4		

INGREDIENTS: Macaroni (Cooked: Water, Enriched Durum Semolina (Durum Semolina, Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid), Egg Whites, Salt), Ground Beef, Tomato Sauce (Water, Tomato Paste), Diced Tomatoes (Tomatoes, Tomato Juice), Water, Celery, Brown Sugar, Green Peppers, Chili Powder (Chili Pepper, Cumin, Salt, Oregano, Garlic), Salt, Onions, Chili Pepper, Jalapeno Pepper (Peppers, Vinegar, Salt). Contains: Wheat Gluten, Egg

CN CREDIT: Each six-ounce serving provides a *CN Credit* of 1.00 ounces (rounded from 1.01-ounces) equivalent meat/meat alternate and 3/4 cup vegetable (rounded from 3/4 cup).

DISTRIBUTION: Contact Jeff or Greg Evola of Food Sales Midwest at 636-724-1840, Chuck Vandenberg of Hockenberg Newburgh 913-383-9111 or Tom Traxler at Captain Ken's Foods at 651-298-0071.

PACK SIZES: 6 – 5 lb. Boil-in-Bags

SHELF LIFE: If frozen, one (1) year. Must keep under 0° Fahrenheit.
If refrigerated, five (5) days. Must keep under 40° Fahrenheit.

Captain Ken's products offer a delicious homemade taste every time!
For a complete *Product List*, please contact us.

CAPTAIN KEN'S FOODS



Committed To Quality Since 1967

PRODUCT FACT SHEET:

TATER TOT CASSEROLE

With Ground Beef & Cheese

Description. Another Captain Ken's favorite. It follows in the same tradition of Captain Ken's other products; quality comfort food. This recipe is made with fresh ground beef, diced onions, blended seasonings, then topped with a generous layer of tater tots and cheddar cheese to provide a homemade taste, style and appearance.

Nutrition Facts

Serving Size: 1/2 cup (113g)	
Servings Per Container About 20	
Amount Per Serving (4 Ounces)	
Calories 195 Calories from Fat 105	
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 4g	20%
Trans Fat < .5g	
Cholesterol 27mg	9%
Sodium 410mg	17%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars <1g	
Protein 8g	
Vitamin A 1% • Vitamin C 1%	
Calcium 4% • 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
Sat. 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 • Carbohydrates 4 • Protein 4

PRODUCT HIGHLIGHTS:

- Complete Product.
- Fully Cooked. Just Heat & Serve.
- Premium Ingredients.
- Consistent Quality.
- Convenient and Easy to Use.
- Quick-Frozen to Lock in Freshness.
- Homemade Taste, Style and Appearance.

INGREDIENTS: Tater Tots (Potatoes, Vegetable Oil [Contains one or more of the following: Soybean Oil, Canola Oil], Salt, Dextrose, and Disodium Dihydrogen, Pyrophosphate to Promote Color Retention), Ground Beef, Water, Milk (Reduced Fat Milk), Onions, Shredded Cheese (Mild Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto {Vegetable Color}], Powdered Cellulose [To Prevent Caking], Potassium Sorbate and Natamycin [Preservatives]), Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Chicken Base (Chicken Meat and Natural Chicken Juices, Salt, Chicken Fat, Corn Syrup, Yeast Extract, Natural Flavoring, Wine, Turmeric), Minced Garlic, Salt, Ground Black Pepper. **Contains Wheat, Milk.**

CN CREDIT: Each (4) four-ounce serving provides a *CN Credit* of 1.00 ounce equivalent meat/meat alternate and 1/4 cup vegetable.

DISTRIBUTION: Contact Jeff or Greg Evola of Food Sales Midwest at 636-724-1840, Chuck Vandenberg of Hockenberg Newburgh 913-383-9111 or Tom Traxler at Captain Ken's Foods at 651-298-0071.

PACK SIZES: 6 – 5 lbs. Aluminum Tray With Aluminum Lid [Foodservice & Deli].

SHELF LIFE: If frozen, one (1) year. Must keep under 0° Fahrenheit.
If refrigerated, five (5) days. Must keep under 40° Fahrenheit.

All Captain Ken's products are **JUST LIKE HOMEMADE!**

For a complete *Product List*, please contact us.