

EXECUTIVE OFFICE

200 East Beach Avenue
Inglewood, CA 90302-3404
Tel: 310-674-3180 Fax: 310-673-7008
sales@donleefarms.com



CNQ162403

200/2.4 oz portions
NET WT 30.0 LB

FULLY COOKED CHARBROILED
BEEF STEAK BURGER
CHOPPED AND FORMED, SMOKE FLAVORING ADDED

INGREDIENTS: Ground beef (not more than 20% fat), seasoning (salt, dehydrated onion and garlic, spices, torula yeast with natural hickory smoke flavor, sugar, natural flavor).

CONTAINS COMMODITIES DONATED BY THE UNITED STATES DEPARTMENT OF AGRICULTURE. THIS PRODUCT SHALL BE SOLD ONLY TO ELIGIBLE RECIPIENT AGENCIES.

Heating Instructions:
Conventional oven 350° F, Frozen: 15 - 20 min, Thawed: 12 - 15 min
Convection oven 350° F, Frozen: 12 - 15 min, Thawed: 8 - 10 min

KEEP FROZEN FOR INSTITUTIONAL USE ONLY.

CN 077377
EACH 2.4 oz. FULLY COOKED CHAR-BROILED BEEF STEAK BURGER PROVIDES 2.25 oz. EQUIVALENT MEAT FOR CHILD
CN NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND
NUTRITION SERVICE, USDA 02-10). CN



CN Don Lee Farms, 200 E. Beach Ave, Inglewood, CA 90302
(310) 674-3180 www.donleefarms.com



12/10/2010



Data Submission Form

Basis for data submitted are "As served"

Brand: **DON LEE FARMS**

Package size (lb): 30.0

Servings/package: 200

Product name: **FULLY COOKED BEEF STEAK BURGER**

Product code: **CNQ162403**

CN label number: **077377**

Analysis based on 1 serving: **1 piece** **2.4 oz (68.04gm)**

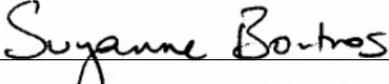
Nutrients	Nutrients per Serving	Unit
Total Calories	126	kcal
Calories from fat	68.4	kcal
Protein	13.5	grams
Total fat	7.6	grams
Saturated Fat (gm)	3.2	grams
Artificial Trans Fat (gm)	0	grams
Carbohydrate (gm)	0.5	grams
Fiber (gm)	0.1	grams
Cholesterol (mg)	45	milligrams
Calcium (mg)	7	milligrams
Iron (mg)	1.4	milligrams
Sodium (mg)	384	milligrams
Vitamin C (mg)	0	milligrams
Vitamin A (I.U.)	0	IU
Thiamin-B1 (mg)	0.1	milligrams
Riboflavin-B2 (mg)	0.1	milligrams
Niacin-B3 (mg)	2.3	milligrams
Vitmin-B6 (mg)	0.3	milligrams

Allergens None known. Gluten free.

Source of nutrient data used to calculate the nutrient analysis: ESHA database Genesis software (calculated)

Preparation instructions to include: ingredients to be added and amounts, cooking methods, time and temperature.

Store frozen up to 12 months, or refrigerated up to 7 days. Do not refreeze. This is a "heat and serve product" which may be reheated thawed or from frozen. To thaw, leave under refrigeration in the case 24 hours. Heat in a single layer on trays in an oven preheated to 350°F. Conventional oven: frozen 15 - 20 min, thawed 12 - 15 min. Convection oven : frozen 12 - 15 min, thawed 8 - 10 min. Cook time may vary by oven type or load.

 12/10/2010
 SUZANNE BOUTROS, QC SUPERVISOR DATE

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CNQ163003

180/3.0 oz portions
NET WT 33.76 LB

FULLY COOKED CHARBROILED
BEEF STEAK BURGER
CHOPPED AND FORMED, SMOKE FLAVORING ADDED

INGREDIENTS: Ground beef (not more than 20% fat), seasoning (salt, dehydrated onion and garlic, spices, torula yeast with natural hickory smoke flavor, sugar, natural flavor).

CONTAINS COMMODITIES DONATED BY THE UNITED STATES DEPARTMENT OF AGRICULTURE. THIS PRODUCT SHALL BE SOLD ONLY TO ELIGIBLE RECIPIENT AGENCIES.

Heating Instructions:
Conventional oven 350° F, Frozen: 15 - 20 min, Thawed: 12 - 15 min
Convection oven 350° F, Frozen: 12 - 15 min, Thawed: 8 - 10 min

KEEP FROZEN FOR INSTITUTIONAL USE ONLY.

CN 077378
EACH 3.0 oz. FULLY COOKED CHAR-BROILED BEEF STEAK BURGER PROVIDES 2.5 oz. EQUIVALENT MEAT FOR CHILD
CN NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND
NUTRITION SERVICE, USDA 02-10). CN

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12/10/2010



Data Submission Form

Basis for data submitted are "As served"

Brand: **DON LEE FARMS**

Product name:

Product code: **CNQ163003**

CN label number: **077378**

Analysis based on 1 serving: **3.0 oz (85.05gm)**

Package size (lb):

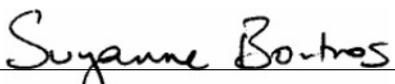
Servings/package:

Nutrients	Nutrients per Serving	Unit
Total Calories	157	kcal
Calories from fat	85.5	kcal
Protein	16.9	grams
Total fat	9.5	grams
Saturated Fat (gm)	4.0	grams
Artificial Trans Fat (gm)		grams
Carbohydrate (gm)	0.6	grams
Fiber (gm)	0.1	grams
Cholesterol (mg)	42	milligrams
Calcium (mg)	8.4	milligrams
Iron (mg)	1.8	milligrams
Sodium (mg)	480	milligrams
Vitamin C (mg)	0	milligrams
Vitamin A (I.U.)	0	IU
Thiamin-B1 (mg)	0.1	milligrams
Riboflavin-B2 (mg)	0.2	milligrams
Niacin-B3 (mg)	2.9	milligrams
Vitmin-B6 (mg)	0.4	milligrams

Allergens **NONE KNOWN. GLUTEN FREE.**

Source of nutrient data used to calculate the nutrient analysis: ESHA database Genesis software (calculated)

Preparation instructions to include: ingredients to be added and amounts, cooking methods, time and temperature.


SUZANNE BOUTROS, QC SUPERVISOR

12/10/2010

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CNQ26243K

200/2.4oz.pieces
NET WT 30.0 LB

FULLY COOKED CHAR-BROILED BEEF PATTY

INGREDIENTS:Ground beef (not more than 20% fat), water, textured vegetable protein product (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), seasoning (hydrolyzed soy protein (caramel color), dehydrated onion and garlic, potassium chloride, salt, maltodextrin, spice, sugar, torula yeast, yeast extract, disodium inosinate, natural flavoring). ALLERGEN INFORMATION:Soy. CONTAINS COMMODITIES DONATED BY THE UNITED STATES DEPARTMENT OF AGRICULTURE.THIS PRODUCT SHALL BE SOLD ONLY TO ELIGIBLE RECIPIENT AGENCIES.

Heating Instructions:
Conventional oven 350° F, Frozen: 15 - 20 min, Thawed: 12 - 15 min
Convection oven 350° F, Frozen: 12 - 15 min, Thawed: 8 - 10 min

KEEP FROZEN FOR INSTITUTIONAL USE ONLY

CN 078890
EACH 2.4 oz.FULLY COOKED CHAR-BROILED BEEF PATTY PROVIDES 2.0 oz.EQUIVALENT MEAT/MEAT ALTERNATE FOR
CN CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD
AND NUTRITION SERVICE, USDA 08-10.) CN



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12/10/2010



Data Submission Form

Basis for data submitted are "As served"

Brand: **DON LEE FARMS**

Package size (lb): 30.0

Servings/package: 200

Product name: **FULLY COOKED CHARBROILED BEEF PATTY**

Product code: **CNQ26243K**

CN label number: **078890**

Analysis based on 1 serving: **1 patty** **2.4 oz (68.04gm)**

Nutrients	Nutrients per Serving	Unit
Total Calories	117	kcal
Calories from fat	60.3	kcal
Protein	13.5	grams
Total fat	6.7	grams
Saturated Fat (gm)	2.7	grams
Artificial Trans Fat (gm)	0	grams
Carbohydrate (gm)	0.7	grams
Fiber (gm)	0.4	grams
Cholesterol (mg)	41	milligrams
Calcium (mg)	11	milligrams
Iron (mg)	1.5	milligrams
Sodium (mg)	119	milligrams
Vitamin C (mg)	0	milligrams
Vitamin A (I.U.)	14	IU
Thiamin-B1 (mg)	0.1	milligrams
Riboflavin-B2 (mg)	0.1	milligrams
Niacin-B3 (mg)	2.4	milligrams
Vitmin-B6 (mg)	0.3	milligrams

Allergens soy. Gluten free.

Source of nutrient data used to calculate the nutrient analysis: ESHA database Genesis software (calculated)

Preparation instructions to include: ingredients to be added and amounts, cooking methods, time and temperature.

Store frozen up to 12 months, or refrigerated up to 7 days. Do not refreeze. This is a "heat and serve product" which may be reheated thawed or from frozen. To thaw, leave under refrigeration in the case 24 hours. Heat in a single layer on trays in an oven preheated to 350°F. Conventional oven: frozen 15 - 20 min, thawed 12 - 15 min. Convection oven : frozen 12 - 15 min, thawed 8 - 10 min. Cook time may vary by oven type or load.

Suzanne Boutros
 SUZANNE BOUTROS, QC SUPERVISOR

12/10/2010

DATE

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CNQ252253

240/2.25oz portions
NET WT 33.75 lbs

**FULLY COOKED CHAR-BROILED
MESQUITE BEEF PATTY
SMOKE FLAVORING ADDED**

INGREDIENTS: Ground beef (not more than 20 % fat), water, textured vegetable protein product (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), seasoning (salt, whey, hydrolyzed soy protein, maltodextrin, sugar, malted barley flour, onion, dextrose, torula yeast, beef broth, lactic acid, calcium lactate, autolyzed yeast extract, natural flavors including hickory, caramel color, corn starch, phosphates, garlic, disodium inosinate, tomato powder, disodium guanylate).

ALLERGEN INFORMATION: Soy, milk.

CONTAINS COMMODITIES DONATED BY THE UNITED STATES DEPARTMENT OF AGRICULTURE. THIS PRODUCT SHALL BE SOLD ONLY TO ELIGIBLE RECIPIENT AGENCIES.

Heating Instructions:

Conventional oven 350° F, Frozen: 15 - 20 min, Thawed: 12 - 15 min

Convection oven 350° F, Frozen: 12 - 15 min, Thawed: 8 - 10 min

To reduce pink coloration, thaw 24 hours before heating, and drain cooking juices immediately

KEEP FROZEN FOR INSTITUTIONAL USE ONLY.

CN 076066
ONE 2.25 oz. FULLY COOKED CHAR-BROILED MESQUITE BEEF PATTY PROVIDES 2.00 oz. EQUIVALENT MEAT/MEAT
CN ALTERNATE FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 11-09.) CN



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12/10/2010



Data Submission Form

Basis for data submitted are "As served"

Brand: **DON LEE FARMS**

Package size (lb): 33.75

Servings/package: 240

Product name: **CHARBROILED MESQUITE BEEF PATTY**

Product code: **CNQ252253**

CN label number: 076066

Analysis based on 1 serving: one patty 2.25 oz (63.79gm)

Nutrients	Nutrients per Serving	Unit
Total Calories	139	kcal
Calories from fat	87.3	kcal
Protein	12.0	grams
Total fat	9.7	grams
Saturated Fat (gm)	3.9	grams
Artificial Trans Fat (gm)	0	grams
Carbohydrate (gm)	1.0	grams
Fiber (gm)	0.4	grams
Cholesterol (mg)	37	milligrams
Calcium (mg)	11.9	milligrams
Iron (mg)	1.3	milligrams
Sodium (mg)	258	milligrams
Vitamin C (mg)	0	milligrams
Vitamin A (I.U.)	14	IU
Thiamin-B1 (mg)	0.1	milligrams
Riboflavin-B2 (mg)	0.1	milligrams
Niacin-B3 (mg)	2.2	milligrams
Vitmin-B6 (mg)	0.3	milligrams

Allergens soy, milk.

Source of nutrient data used to calculate the nutrient analysis: ESHA database Genesis software (calculated)

Preparation instructions to include: ingredients to be added and amounts, cooking methods, time and temperature.

Store frozen up to 6 months, or refrigerated up to 7 days. Do not refreeze. This is a "heat and serve product" which may be reheated thawed or from frozen. To thaw, leave under refrigeration in the case 24 hours. Heat in a single layer on trays in an oven preheated to 350°F. Conventional oven: frozen 15 - 20 min, thawed 12 - 15 min. Convection oven : frozen 12 - 15 min, thawed 8 - 10 min. Cook time may vary by oven type or load.

Suzanne Boutros 12/10/2010
 SUZANNE BOUTROS, QC SUPERVISOR DATE

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CNQ15401

4/10 LB NET WT
320 servings 2 oz

FULLY COOKED
ALL-BEEF CRUMBLE
UNSEASONED

INGREDIENTS: Ground beef (not more than 20% fat).
CONTAINS COMMODITIES DONATED BY THE UNITED STATES DEPARTMENT OF AGRICULTURE. THIS PRODUCT SHALL BE SOLD ONLY TO ELIGIBLE RECIPIENT AGENCIES.

Heating Instructions:
Conventional oven 350° F, Frozen: 15 - 20 min, Thawed: 12 - 15 min
Convection oven 350° F, Frozen: 12 - 15 min, Thawed: 8 - 10 min

KEEP FROZEN FOR INSTITUTIONAL USE ONLY.

CN 076249
ONE 2.00 oz. PORTION (BY WEIGHT) FULLY COOKED ALL-BEEF CRUMBLE PROVIDES 2.00 oz. EQUIVALENT MEAT FOR CHILD
CN NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND
NUTRITION SERVICE, USDA 02-10) CN

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12/10/2010



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CNQTM500

6/5.00 pouches
 NET WT. 30 LBS.

FULLY COOKED
BEEF TACO MEAT FILLING

INGREDIENTS: Ground beef (not more than 20% fat), water, seasoning (isolated oat product, salt, chili pepper, spices, dehydrated garlic, paprika, yellow corn flour, soy lecithin, dehydrated onion, hydrolyzed soy protein, sugar, autolyzed yeast extract, soy sauce powder [(wheat, soybeans, salt), maltodextrin, salt], flavor (beef fat and natural flavors), malic acid, disodium guanylate, disodium inosinate).

ALLERGEN INFORMATION: Soy, wheat

CONTAINS COMMODITIES DONATED BY THE UNITED STATES DEPARTMENT OF AGRICULTURE. THIS PRODUCT SHALL BE SOLD ONLY TO ELIGIBLE RECIPIENT AGENCIES.

Heating Instructions:

BOIL-IN BAGS: HEAT IN BOILING WATER ABOUT ONE HOUR IF FROZEN, 30 MINUTES IF THAWED.

KEEP FROZEN FOR INSTITUTIONAL USE ONLY.

CN	076084
ONE 4.37 oz. PORTION BY WEIGHT FULLY COOKED BEEF TACO FILLING PROVIDES 2.00 oz. EQUIVALENT MEAT FOR CHILD	
CN	CN
NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 11-09.)	

CN

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12/10/2010



Data Submission Form

Basis for data submitted are "As served"

Brand: **DON LEE FARMS**

Package size (lb): 30

Servings/package: 110

Product name: **BEEF TACO MEAT FILLING**

Product code: **CNQTM500**

CN label number: 076084

Analysis based on 1 serving: 4.37 4.37 oz (123.9gm)

Nutrients	Nutrients per Serving	Unit
Total Calories	186	kcal
Calories from fat	111.6	kcal
Protein	15.6	grams
Total fat	12.4	grams
Saturated Fat (gm)	4.7	grams
Artificial Trans Fat (gm)	0	grams
Carbohydrate (gm)	5.1	grams
Fiber (gm)	3.3	grams
Cholesterol (mg)	49	milligrams
Calcium (mg)	21	milligrams
Iron (mg)	2.0	milligrams
Sodium (mg)	637	milligrams
Vitamin C (mg)	0	milligrams
Vitamin A (I.U.)	0	IU
Thiamin-B1 (mg)	0.1	milligrams
Riboflavin-B2 (mg)	0.1	milligrams
Niacin-B3 (mg)	2.5	milligrams
Vitmin-B6 (mg)	0.3	milligrams

Allergens **SOY, WHEAT.**

Source of nutrient data used to calculate the nutrient analysis: ESHA database Genesis software (calculated)

Preparation instructions to include: ingredients to be added and amounts, cooking methods, time and temperature.

BOIL-IN BAGS: HEAT IN BOILING WATER ABOUT ONE HOUR IF FROZEN, 30 MINUTES IF THAWED.

Suzanne Boutros 12/10/2010
 SUZANNE BOUTROS, QC SUPERVISOR DATE

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CNQ28053VS

0.5 oz each
960 pieces
NET WT 30 LB

FULLY COOKED

BEEF MEATBALLS

TEXTURED VEGETABLE PROTEIN ADDED

INGREDIENTS: Ground beef (not more than 20% fat), water, textured vegetable protein product (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), onion, whole dried eggs, seasoning (salt, hydrolyzed soy protein (caramel color), dehydrated onion and garlic, maltodextrin, spice, sugar, torula yeast, autolyzed yeast extract, disodium inosinate, natural flavoring), vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin).

ALLERGEN INFORMATION: Soy, eggs.

CONTAINS COMMODITIES DONATED BY THE UNITED STATES DEPARTMENT OF AGRICULTURE. THIS PRODUCT SHALL BE SOLD ONLY TO ELIGIBLE RECIPIENT AGENCIES.

Heating Instructions:

Conventional oven 350° F, Frozen: 15 - 20 min, Thawed: 12 - 15 min

Convection oven 350° F, Frozen: 12 - 15 min, Thawed: 8 - 10 min

KEEP FROZEN FOR INSTITUTIONAL USE ONLY.

CN

076076

FOUR FULLY COOKED BEEF MEATBALLS 0.50 oz. EACH, PROVIDE 2.00 oz. EQUIVALENT MEAT/MEAT ALTERNATE FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 10-09.)

CN

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12/10/2010



Data Submission Form

Basis for data submitted are "As served"

Brand: **DON LEE FARMS**

Package size (lb): 30

Servings/package: 240

Product name: **FULLY COOKED BEEF MEATBALLS**

Product code: **CNQ28053VS**

CN label number: 076076

Analysis based on 1 serving: 4 pieces 2.0 oz (56.7 gm)

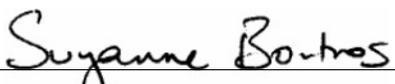
Nutrients	Nutrients per Serving	Unit
Total Calories	92	kcal
Calories from fat	43.2	kcal
Protein	10.8	grams
Total fat	4.8	grams
Saturated Fat (gm)	1.9	grams
Artificial Trans Fat (gm)	0	grams
Carbohydrate (gm)	1.7	grams
Fiber (gm)	0.7	grams
Cholesterol (mg)	47	milligrams
Calcium (mg)	18	milligrams
Iron (mg)	1.4	milligrams
Sodium (mg)	300	milligrams
Vitamin C (mg)	0	milligrams
Vitamin A (I.U.)	13	IU
Thiamin-B1 (mg)	0.1	milligrams
Riboflavin-B2 (mg)	0.1	milligrams
Niacin-B3 (mg)	1.5	milligrams
Vitmin-B6 (mg)	0.2	milligrams

Allergens Soy, egg.

Source of nutrient data used to calculate the nutrient analysis: ESHA database Genesis software (calculated)

Preparation instructions to include: ingredients to be added and amounts, cooking methods, time and temperature.

Store frozen up to 6 months, or refrigerated up to 7 days. Do not refreeze. This is a "heat and serve product" which may be reheated thawed or from frozen. To thaw, leave under refrigeration in the case 24 hours. Heat in a single layer on trays in an oven preheated to 350°F. Conventional oven: frozen 15 - 20 min, thawed 12 - 15 min. Convection oven : frozen 12 - 15 min, thawed 8 - 10 min. Cook time may vary by oven type or load. Alternate method, simmer in the sauce of your sauce stirring occasionally to prevent sticking.


SUZANNE BOUTROS, QC SUPERVISOR

12/10/2010

DATE

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CNQ633803

130/3.8oz. portions
NET WT 30.875 LB

**FULLY COOKED BREADED
CHICKEN FRIED BEEF PATTY
FRIED IN SOYBEAN OIL**

BEEF PATTY INGREDIENTS:Ground beef (not more than 20% fat), water, textured vegetable protein product (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), seasoning (salt, hydrolyzed soy protein (caramel color), dehydrated onion and garlic, maltodextrin, spice, sugar torula yeast, autolyzed yeast extract, disodium inosinate, natural flavoring).

BREADING INGREDIENTS:Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, salt, dextrose, yellow corn flour, buttermilk, soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), spice, oleoresin paprika, onion powder, natural flavor. **FRIED IN SOYBEAN OIL.** **ALLERGEN INFORMATION:** Contains soy, wheat, milk.

CONTAINS COMMODITIES DONATED BY THE UNITED STATES DEPARTMENT OF AGRICULTURE. THIS PRODUCT SHALL BE SOLD ONLY TO ELIGIBLE RECIPIENT AGENCIES.

Heating Instructions: Conventional oven 400° F, Frozen: 15 - 20 min, Thawed: 12 - 15 min
Convection oven 400° F, Frozen: 12 - 15 min, Thawed: 8 - 10 min

KEEP FROZEN FOR INSTITUTIONAL USE ONLY.

CN 075916
ONE FULLY COOKED BREADED CHICKEN FRIED BEEF PATTY PROVIDES 2.25 oz. EQUIVALENT MEAT/MEAT ALTERNATE
CN AND 1 SERVING OF BREAD ALTERNATE FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND CN
STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 11-09.)



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12/10/2010



Data Submission Form

Basis for data submitted are "As served"

Brand: **DON LEE FARMS**

Package size (lb): 30.875

Servings/package: 130

Product name: **BREADED CHICKEN FRIED BEEF PATTY**

Product code: **CNQ633803**

CN label number: 075916

Analysis based on 1 serving: 1 piece 3.8 oz (107.7gm)

Nutrients	Nutrients per Serving	Unit
Total Calories	277	kcal
Calories from fat	116.1	kcal
Protein	17.2	grams
Total fat	12.9	grams
Saturated Fat (gm)	4.3	grams
Artificial Trans Fat (gm)	0	grams
Carbohydrate (gm)	24.7	grams
Fiber (gm)	2.1	grams
Cholesterol (mg)	37	milligrams
Calcium (mg)	66	milligrams
Iron (mg)	3.5	milligrams
Sodium (mg)	549	milligrams
Vitamin C (mg)	0	milligrams
Vitamin A (I.U.)	66	IU
Thiamin-B1 (mg)	0.1	milligrams
Riboflavin-B2 (mg)	0.1	milligrams
Niacin-B3 (mg)	3.0	milligrams
Vitmin-B6 (mg)	0.3	milligrams

Allergens Soy, wheat, milk.

Source of nutrient data used to calculate the nutrient analysis: ESHA database Genesis software (calculated)

Preparation instructions to include: ingredients to be added and amounts, cooking methods, time and temperature.

Store frozen up to 6 months, or refrigerated up to 7 days. Do not refreeze. This is a "heat and serve product" which may be reheated thawed or from frozen. To thaw, leave under refrigeration in the case 24 hours. Heat in a single layer on trays in an oven preheated to 400°F. Conventional oven: frozen 15 - 20 min, thawed 12 - 15 min. Convection oven : frozen 12 - 15 min, thawed 8 - 10 min. Cook time may vary by oven type or load.

Suzanne Boutros 12/10/2010
 SUZANNE BOUTROS, QC SUPERVISOR DATE