



School Year 2013 - 2014
Nutritional Information for ES Foods



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
05811	RF CN Nacho/Spicy Cheese Sauce - R/Sodium pouch	30	2	1	240	100	60	63%	7	4.5	0	20	230	3	0	2	7	4	0	20	0	080611	1	0	0
05812	RF CN Cheese Sauce Reduced Sodium - pouch	30	2	1	240	100	60	63%	7	4.5	0	20	230	3	0	2	7	4	0	20	0	080610	1	0	0
05914	RF CN Whole Grain Mac & Cheese R/Sodium pouch	30	6	1	80	270	110	40%	12	7	0	40	460	26	2	6	16	8	2	40	6	080612	2	0	1
16951	Pepperidge Farms WG toasted RF cheese sandwich	20	3	1	96	210	70	33%	8	4	0	25	600	24	4	5	14	2	0	50	10		1.5	0	1
16952	1W Pepperidge Farms WG toasted RF cheese sand	20	3	1	96	210	70	33%	8	4	0	25	600	24	4	5	14	2	0	50	10		1.5	0	1
16953	Pepperidge Farms WG toasted RF cheese sandwich	17	2.5	1	96	170	50	29%	6	3	0	15	460	23	4	4	11	2	0	35	10		1	0	1
25301	Cheese Pizza Sandwich stuffed sandwich	28	4	1	96	324	99	31%	11	6	0	22	549	37	4	4	19	4	0	35	15		2	0	2
25304	Reduced Fat Pepperoni Pizza stuffed sandwich	28	4	1	96	333	108	32%	11	6	0	27	666	37	4	4	18	4	0	30	15		2	0	2
25305	Philly Steak & cheese stuffed sandwich	28	4.1	1	96	315	90	29%	10	6	0	27	684	37	4	4	18	4	0	30	15		2	0	2
25308	Breakfast stuffed sandwich, potato, egg, cheese,	32	3.2	1	160	230	9	80%	9	4.5	0	65	310	28	1	2	10	4	0	10	10		1	0	2
25309	Turkey sausage, egg, RF cheese, stuffed sandwich	30	2.8	1	160	200	60	30%	6	2.5	0	45	470	28	1	5	9	4	0	8	10		1	0	2
25324	Rice, Beans, & cheese stuffed sandwich	30	5	1	96	320	90	28%	10	6	0	15	500	41	1	4	17	0	0	20	20		2	0	2.5

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

www.esfoods.com



Code: 16951 / 16952 (IW)

Serving Size: 3.0 oz

Product Name: Toasted Cheese Goldfish Bread Sandwich (100% Whole Wheat)

Each 3.0 oz sandwich provides 1.5 oz equivalent meat/meat alternate and 1 serving of bread alternate based on the USDA Food Buying Guide Requirements.

Nutrition Facts

Serving Size 1 Sandwich (85g)

Amount Per Serving	
Calories 210	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 25mg	8%
Sodium 600mg	25%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 14g	
Vitamin A 2%	• Vitamin C 0%
Calcium 50%	• Iron 10%
Vitamin D 10%	• Thiamin 15%
Riboflavin 8%	• Niacin 10%
Folate 10%	

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

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

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

INGREDIENTS: Cheese: Milk, Skim Milk, Water, Cheese Culture, Whey, Salt, Potassium Citrate, Modified Food Starch, Sodium Citrate, Sorbic Acid (Preservative), Lactic Acid, Color Added, Cream, Soy Lecithin, Enzymes. Goldfish Bread: Whole Wheat Flour, Water, Yeast, Sugar, Modified Wheat Starch, Sugarcane Fiber, Wheat Gluten, Contains 2 Percent Or Less Of: Honey, Monoglycerides, Soybean Oil, Calcium Propionate And Sorbic Acid To Retard Spoilage, Salt, Lower Sodium Natural Sea Salt, Guar Gum, Xanthan Gum, Carageenan, Wheat Flour, Natural Flavor, Ferrous Sulfate, Niacinamide, Calcium Sulfate, Folic Acid, Riboflavin [Vitamin B2], Thiamine Mononitrate [Vitamin B1], Vitamin D3, Malted Barley Flour..

Allergens: Wheat, Soy, Milk. May Contain Sesame Seeds

Case Count: 96 Sandwiches	Cube: 1.5 ft3	Kosher: None
Ti/Hi: 6 x 8	Net cs wt: 18 lbs fixed	Cases/Pallet: 48
Gross cs wt: 20 lbs fixed	Case Dims: 19 3/8" x 15 7/8" x 8 7/8"	UPC 16951: 10693392000832
		UPC 16952: 10693392000849

Shelf Life Frozen: Minimum 4 months	Case Code "USE BY "MMDDYY"
Keep frozen until ready to heat.	Storage -10° to 0°F

HEATING INSTRUCTIONS:

From Thawed: Preheat convection oven to 350°F. Lay out product on parchment-lined ungreased pan. Heat for approximately 3-8 minutes to achieve an internal temperature of 160°F. Let stand for approximately five minutes prior to serving.

From Frozen: Preheat convection oven to 350°F. Lay out product on parchment-lined ungreased pan. Heat for approximately 10-15 minutes to achieve an internal temperature of 160°F. Let stand for 5 minutes prior to serving. NOTE: OVENS WILL VARY SO PLEASE ADJUST TIME AND TEMPERATURE AS NEEDED.

I certify that the above information is correct

Dean Angel
Technical Services & QA Manager

(1 TOASTED CHEESE SANDWICH PER SERVING)



Code: 05914

Serving Size: 6.0 oz

Product Name: Reduced Fat Macaroni & Cheese, Reduced Sodium with Whole Grain Macaroni

Each 30 lb. case provides 80 servings of 6.0 oz each. Each 6.0 oz. serving (by weight) of Reduced Fat Macaroni and Cheese, Reduced Sodium with Whole Grain Macaroni provides 2.0 oz. equivalent meat alternate and 1 serving of bread alternate.

Nutrition Facts

Serving Size 6 oz.

Amount Per Serving

Calories 250 **Calories from Fat 90**

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 460mg	19%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 16g	

Vitamin A 8% • Vitamin C 0%

Calcium 35% • Iron 2%

*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

Shelf life: 12 months frozen (0° - 15°F)
 Ti-Hi: 13 x 4
 Cases/pallet: 52
 Case Dims: 15.07" x 9.5" x 10.63"
 Case cube: 0.88 ft³
 Gross case wt: 31.50 lbs
 Pallets/truck: 22
 UPC: 106 93392 00024 5

Ingredients: Water, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Whole Wheat Elbow Macaroni (Whole Durum Wheat Flour, Semolina, Durum Wheat Flour, Oat Fiber), Nonfat Milk, Modified Food Starch, Cheese Blend (Cheddar, Semi-Soft and Blue Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Water, Sodium Phosphate, Vinegar, Salt), Potassium Triphosphate, Sodium Polyphosphate, Sea Salt, Natural Butter Flavor (Maltodextrin, Sunflower Oil, Modified Food Starch, Natural Flavor, Tricalcium Phosphate), Annatto Color, Yeast Extract.

Allergens: Milk, Egg and Wheat

COOKING INSTRUCTIONS:

FROM THAWED: STEAM KETTLE: Place unopened pouch in boiling water. Power Pouch Cuisine will be ready to serve in 20-25 min.
CONVECTION OVEN: Take food contents out of pouch and place in covered tray. Preheat oven to 375°F and heat for approx. 35 minutes.
FROM FROZEN: STEAM KETTLE: Place unopened pouch in boiling water. Power Pouch Cuisine will be ready to serve in 40-45 min.
CONVECTION OVEN: Take food contents out of pouch and place in covered tray. Preheat oven to 375°F and heat for approx. 55 to 60 minutes.

NOTE: OVENS WILL VARY SO PLEASE ADJUST TIME AND TEMPERATURE. INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F. IMPORTANT: AS IN ANY BOIL-IN-BAG PRODUCT, DO NOT OVERLOAD POTS. BAGS MUST FLOAT FREELY AND NOT TOUCH BOTTOM OR SIDES OF KETTLE.

I certify that the above information is correct


 Dean Angel
 Technical Services & QA Manager

CONTAINS: 6/5.0 LB POUCHES PER CASE
 80 – 6.0 OZ SERVINGS PER CASE



Code: 05812

Serving Size: 2.00 oz

Product Name: Reduced Fat Cheese Sauce, Reduced Sodium

Each 5 lb. pouch contains forty 2.0 oz. servings. Each 2.0 oz. serving (by weight) of Reduced Fat Cheese Sauce, Reduced Sodium provides 1.00 oz. equivalent meat alternate. CN # 079956 (approval pending)

Nutrition Facts

Serving Size 2 oz. (57g)

Amount Per Serving

Calories 100 **Calories from Fat 60**

	% Daily Value*
Total Fat 7g	11%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 230mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	

Protein 7g

Vitamin A 4% • Vitamin C 0%

Calcium 20% • Iron 0%

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

		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

Shelf life: 12 months frozen (0° - 15°F)

Ti-Hi: 12 x 5

Cases/pallet: 60

Cases Dims: 15.25" x 9.25" x 8.625"

Case cube: 0.70 ft³

Gross case wt: 31.00 lbs

Pallets/truck: 22

UPC: 106 93392 00020 7

Ingredients: Water, Cheddar Cheese (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Nonfat Milk, Modified Food Starch, Potassium Polyphosphate, Sodium Polyphosphate, Cheddar Cheese Blend (Cheddar, Granular, Semi-Soft and Blue Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes]), Water, Sodium Phosphate, Vinegar, Salt), Blend Of Natural Cheeses (Blue Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Calcium Chloride], Whey, Water, Salt, Lactic Acid, Citric Acid, Sodium Citrate), Sea Salt, Yeast Extract, Annatto Color.

Allergens: Milk

COOKING INSTRUCTIONS:

FROM THAWED: STEAM KETTLE: Place unopened pouch in boiling water. Power Pouch Cuisine will be ready to serve in 20-25 min.

CONVECTION OVEN: Take food contents out of pouch and place in covered tray. Preheat oven to 375°F and heat for approx. 35 minutes.

FROM FROZEN: STEAM KETTLE: Place unopened pouch in boiling water. Power Pouch Cuisine will be ready to serve in 40-45 min.

CONVECTION OVEN: Take food contents out of pouch and place in covered tray. Preheat oven to 375°F and heat for approx. 55 to 60 minutes.

NOTE: OVENS WILL VARY SO PLEASE ADJUST TIME AND TEMPERATURE. INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F. IMPORTANT: AS IN ANY BOIL-IN-BAG PRODUCT, DO NOT OVERLOAD POTS. BAGS MUST FLOAT FREELY AND NOT TOUCH BOTTOM OR SIDES OF KETTLE.

CONTAINS: 6/5.0 LB POUCHES PER CASE
240 SERVINGS PER CASE



Code: 05811

Serving Size: 2.00 oz

Product Name: Reduced Fat Nacho Cheese Sauce, Reduced Sodium

Each 5 lb. pouch contains forty 2.0 oz. servings. Each 2.0 oz. serving (by weight) of Reduced Fat Nacho Cheese Sauce, Reduced Sodium provides 1.00 oz. equivalent meat alternate. CN # 079957 (approval pending)

Nutrition Facts	
Serving Size 2 oz. (57g)	
Amount Per Serving	
Calories 100	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 230mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 7g	
Vitamin A 4%	• Vitamin C 0%
Calcium 20%	• Iron 0%
*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	

Shelf life: 12 months frozen (0° - 15°F)
 Ti-Hi: 12 x 5
 Cases/pallet: 60
 Cases Dims: 15.25" x 9.25" x 8.625"
 Case cube: 0.70 ft³
 Gross case wt: 31.00 lbs
 Pallets/truck: 22
 UPC: 106 93392 00023 8

Ingredients: Water, Cheddar Cheese (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Nonfat Milk, Modified Food Starch, Sodium Polyphosphate, Cheddar Cheese Blend (Cheddar, Granular, Semi-Soft and Blue Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Water, Sodium Phosphate, Vinegar, Salt), Blend Of Natural Cheeses (Blue Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Calcium Chloride], Whey, Water, Salt, Lactic Acid, Citric Acid, Sodium Citrate), Salt, Vinegar, Yeast Extract, Annatto Color, Artificial Jalapeno Pepper Flavoring (Propylene Glycol, Artificial Flavor), Natural Flavor.

Allergens: Milk

COOKING INSTRUCTIONS:

FROM THAWED: STEAM KETTLE: Place unopened pouch in boiling water. Power Pouch Cuisine will be ready to serve in 20-25 min.
CONVECTION OVEN: Take food contents out of pouch and place in covered tray. Preheat oven to 375°F and heat for approx. 35 minutes.
FROM FROZEN: STEAM KETTLE: Place unopened pouch in boiling water. Power Pouch Cuisine will be ready to serve in 40-45 min.
CONVECTION OVEN: Take food contents out of pouch and place in covered tray. Preheat oven to 375°F and heat for approx. 55 to 60 minutes.

NOTE: OVENS WILL VARY SO PLEASE ADJUST TIME AND TEMPERATURE. INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F. IMPORTANT: AS IN ANY BOIL-IN-BAG PRODUCT, DO NOT OVERLOAD POTS. BAGS MUST FLOAT FREELY AND NOT TOUCH BOTTOM OR SIDES OF KETTLE.

CONTAINS: 6/5.0 LB POUCHES PER CASE
 240 SERVINGS PER CASE