



Farm Rich® Breaded Mozzarella Cheese Sticks



65216

Nutrition Facts Amount per School Serving

Serving Size 5 sticks = 2 oz cheese and 2.25 slice bread credit

Pack Size: 8/3 lb.

Amount per Serving					
Calories 440 Calories from Fat 230					
% Daily Value*					
Protein	19g		Vitamin A	404IU	8%
Total Fat	21g	32%	Vitamin C	0.4mg	0%
Saturated Fat	8g	41%	Calcium	407mg	40%
Trans Fat	0g		Iron	2.2mg	10%
Cholesterol	30mg	10%			
Sodium	740mg	31%			
Total Carbohydrate	33g	11%			
Dietary Fiber	4g	15%			
Sugars	1g				

Number of sticks per pound of product, average:	18
Weight per stick, average:	24.5 grams
Cheese content of product:	47.29%
Weight of cheese per stick, average:	11.59 grams
1.0 oz (28.34 grams) of cheese equals 1.00 meat/meat alternate	
11.59g x 5 sticks	57.95 grams
Batter and Breading content of product:	50.00%
Weight of Batter and Breading @ 50% per stick, average:	12.25 grams
25 grams of batter and breading equal 1 slice bread credit.	
12.25g x 5 sticks	61.25 grams

We certify that the above information is true and correct.

Raymond L. Jones
Vice President, Food Safety
& Shrimp Procurement

May 24, 2005

P.O. Box 20670 St. Simons Island, GA 31522 1-800-654-9731



**Farm Rich® Better for You
Breaded Mozzarella Cheese Sticks**

 **65220** 

Nutrition Facts Amount per School Serving

Serving Size 6 sticks = 2.00 bread credit and 2.00 oz. serving of cheese

Pack Size: 8/3 lb.

Amount per Serving

	Calories 310	Calories from Fat 100			
	% Daily Value*				
Protein	21g		Vitamin A	585IU	10%
Total Fat	11g	17%	Vitamin C	0.72mg	2%
Saturated Fat	3.5g	18%	Calcium	387mg	40%
Trans Fat	0g				
Cholesterol	10mg	3%	Iron	1.49mg	8%
Sodium	690mg	29%			
Total Carbohydrate	35g	12%			
Dietary Fiber	4g	16%			
Sugars	1g				

Number of sticks per pound of product:	21
Weight per stick, average:	21.66 grams
<u>Cheese content of product:</u>	46.21%
Weight of cheese per stick:	10.00 grams
<u>Batter and Breading content of product:</u>	51.10%
Weight of Batter and Breading per stick:	11.06 grams
25 grams of batter and breading equal 1 slice bread credit.	

We certify that the above information is true and correct.


Raymond L. Jones

Vice President, Food Safety & Shrimp Procurement

July 24, 2007



Farm Rich® Pizza Cheese Crunchers™

 **65225** 

Nutrition Facts **Amount per School Serving**
Serving Size 4 sticks = 2 oz. meat/meat alternate, 2 bread credits
Pack Size: 8/3.14 lbs

Amount per Serving
Calories 400 Calories from Fat 170
% Daily Value*

Protein	20g		Vitamin A	505IU	10%
Total Fat	19g	29%	Vitamin C	2.37mg	4%
Saturated Fat	8g	40%	Calcium	441mg	45%
Trans Fat	0g				
Cholesterol	30mg	10%	Iron	1.75mg	10%
Sodium	820mg	34%			
Total Carbohydrate	41g	14%			
Dietary Fiber	5g	20%			
Sugars	3g				

Number of pieces per pound of product: 11-12
Weight per piece, average: 1.4 oz

Cheese content of product:

Weight of cheese per piece: 0.51 oz
1.00 oz. of cheese equals 1 meat/meat alternate credit

Batter and Breading content of product:

Creditable grains per stick: 7.501 grams
14.75 grams of creditable grains = 1 serving

We certify that the above information is true and correct.


Raymond L. Jones

Vice President, Seafood Procurement
and Regulatory Affairs

18 November 2009



Farm Rich® Pizza Dippers™

 **65233** 

Nutrition Facts Amount per School Serving

Serving Size 2 clusters = 2.00 oz meat/meat alternate and 2.00 servings bread/bread alternate

Amount per Serving					
Calories 250		Calories from Fat 60			
% Daily Value*					
Protein	20g		Vitamin A	500IU	10%
Total Fat	7g	11%	Vitamin C	1.17mg	2%
Saturated Fat	3g	15%	Calcium	328mg	35%
Trans Fat	0g				
Cholesterol	10mg	3%	Iron	1.71mg	10%
Sodium	600mg	25%			
Total Carbohydrate	28g	9%			
Dietary Fiber	2g	8%			
Sugars	6g				

Weight per cluster, average: 57 grams

Cheese content of product: 46.61%

Weight of cheese per cluster: 0.9475 oz

Soy protein content of product: 0.67%

Protein equivalency per cluster: 0.0264 oz

Dough content of product: 46.97%

Flour content per cluster: 16.175 grams

14.75 grams of flour equals 1 bread credit

We certify that the above information is true and correct.


 Raymond L. Jones

Vice President, Corporate Food Safety & Shrimp Procurement

26 June 2008



Farm Rich® Pizza Dippers

65268



Nutrition Facts Amount per School Serving

Serving Size 4 sticks =2.0 oz cheese and 2 slice bread credit

Pack Size: 100/4 oz.

Amount per Serving					
Calories 320		Calories from Fat 130			
% Daily Value*					
Protein	19g		Vitamin A	404IU	8%
Total Fat	14	22%	Vitamin C	0mg	0%
Saturated Fat	7g	34%	Calcium	422mg	40%
Cholesterol	30mg	10%	Iron	0.8mg	4%
Sodium	680mg	28%			
Total Carbohydrate	29g	10%			
Dietary Fiber	<1g	2%			
Sugars	3g				

Number of sticks per pound of product:	16
Weight per stick, average:	28.35 grams
<u>Cheese content of product:</u>	50.89%
Weight of cheese per stick:	14.42 grams
1.0 oz of cheese equals 1.00 meat/meat alternate	
<u>Crust content of product:</u>	49.00%
Weight of crust per stick:	13.89 grams
25 grams equal 1 slice bread credit.	

We certify that the above information is true and correct.


 Raymond L. Jones
 Vice President, Food Safety
 and Shrimp Procurement

April 11, 2003



65282

Farm Rich® Pepperoni Pizzatas



Nutrition Facts Amount per School Serving

Serving Size 2 sticks = 2 oz meat/meat alternate and 2 serving bread alternate

Amount per Serving					
Calories 360		Calories from Fat 170			
% Daily Value*					
Protein	19g		Vitamin A	459IU	10%
Total Fat	19g	30%	Vitamin C	1.63mg	2%
Saturated Fat	8g	42%	Calcium	340mg	35%
Cholesterol	35mg	12%	Iron	1.22mg	6%
Sodium	920mg	38%			
Total Carbohydrate	28g	9%			
Dietary Fiber	<1g	4%			
Sugars	3g				

Weight per stick, average:	62 grams
<u>Cheese content of product:</u>	32.89%
Weight of cheese per stick, average:	22.36 grams
1.0 oz (28.34 grams) of cheese equals 1.00 meat alternate	
22.36g x 2 sticks	44.72 grams
<u>Pepperoni content of product:</u>	11.36%
1.17 oz = 1 oz protein	6.05 grams
6.05g x 2 sticks	12.1 grams
<u>Dough content of product:</u>	41%
Enriched flour content of dough per stick, average:	13.62 grams
14.75 grams of enriched flour equals 1 slice bread credit.	
13.62g x 2 sticks	27.24 grams

We certify that the above information is true and correct.

Raymond L. Jones

Raymond L. Jones
Vice President, Food Safety
& Shrimp Procurement

April 11, 2003



65302

BBQ Chicken Sandwich Melt

Serving Size 2 pieces (135 g) = 2 oz meat/meat alternate and 2.00 Breads/grain on USDA Child Nutrition Food Based Menus.

Packed 10/2.5 lb bags / 25 lb case wt. / Servings per case: approx. 84

Nutrition Facts per Serving (2 pieces)			
Calories 300		Calories from Fat 90	
Protein	20 g	Vitamin A 50 IU	
Total Fat	10 g	Vitamin C 2.4 mg	
Saturated Fat	4.5g	Calcium 350 mg	
Trans Fat	0g		
Cholesterol	30 mg	Iron 1.8 mg	
Sodium	800 mg	Vitamin D	45%
Total Carbohydrate	33g		
Dietary Fiber	3g		
Sugars	6mg		

Ingredients: Low moisture part-skim mozzarella cheese (pasteurized part skim milk, salt, enzymes), reduced fat mozzarella Cheese (Pasteurized part-skim milk, nonfat milk, cheese cultures, modified corn starch*, salt, Vitamin A palmitate, Vitamin D3, enzymes), water, white whole wheat flour, enriched wheat flour(flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), fully cooked chicken , barbecue sauce (water, tomato paste, sugar, brown sugar, distilled vinegar, chili powder [chili pepper, spices, salt, garlic, silicon dioxide, ethoxyquin], salt, modified corn starch, spices, methylcellulose gum, citric acid, caramel color, natural smoke flavors, red jalapeno puree[red jalapeno peppers, water, citric acid], Worcestershire sauce concentrate [water, vinegar, salt, sugar, caramel color {contains sulfites} , malic acid, molasses, citric acid, onion and garlic, food gums {Arabic, xanthan, guar, cellulose}, dextrose, spices, chili pepper, spice extractives, and smoke flavor], lemon juice concentrate, xanthan gum, onion powder, sodium benzoate, potassium sorbate, dehydrated garlic, dehydrated onion and smoke powders [maltodextrin powder, natural hickory and mesquite smoke flavor], contains 2% or less of each of the following: DATEM, diced jalapeno peppers, methylcellulose, red bell pepper, salt, sodium aluminum phosphate, sodium bicarbonate, soy protein isolate, soybean oil, vital wheat gluten, yeast. *ingredient not in regular mozzarella cheese.

Contains milk, wheat, soy

Cooking Instructions: Bake at 350F in convection oven for 15-16 min. Internal temp. 165°F

I certify that the above information is true and correct

Shirley J Brown, Ed.D, SNS / National Director of Product Training
Rich Products Corporation 1150 Niagara St., Buffalo, NY 1-800-828-2021

August 12, 2010



65303

Meatball Marinara Sandwich Melt

Serving Size 2 pieces (152 g) = 2 oz meat/meat alternate and 2.00 Breads/grain on USDA Child Nutrition Food Based Menus.

Packed 10/2.5 lb bags / 25 lb case wt. / Servings per case: approx. 84

Nutrition Facts per Serving 2 pieces (4.74 oz.) (134g)			
Calories 300		Calories from Fat 120	
Protein	20 g	Vitamin A	440.92 IU
Total Fat	14 g	Vitamin C	3.97 mg
Saturated Fat	6g	Calcium	390.56 mg
Trans Fat	0g		
Cholesterol	30 mg	Iron	2 mg
Sodium	660 mg		
Total Carbohydrate	30g		
Dietary Fiber	3g		
Sugars	4mg		

Ingredients: Marinara sauce (water, tomato paste, crushed tomatoes, sugar, dehydrated garlic, methylcellulose gum, salt, soybean oil, xanthan gum, spices, ascorbic acid (Vitamin C0, Low moisture part-skim mozzarella cheese (pasteurized part skim milk, salt, enzymes),reduced fat mozzarella Cheese (Pasteurized part-skim milk, nonfat milk, cheese cultures, modified corn starch*, salt, Vitamin A palmitate, enzymes), reduced fat, salt, calcium chloride), fully cooked beef meatballs (beef[no more than 20% fat], water,soy flour, flavorings, salt, dextrose, imported parmesan and romano cheese blend [imported cow's and/or sheep's milk], cheese cultures, salt, enzymes], breadcrumbs, [wheat flour, water, salt, yeast], potato starch, granulated onion and garlic, species, raw sugar, parsley), water whole white wheat flour, enriched flour (flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), contains 2% or less of each of the following: DATEM, salt, methylcellulose, sodium aluminum phosphate, sodium bicarbonate, soybean oil, sugar, vital wheat gluten, yeast.

*ingredient not in regular mozzarella cheese.

Contains milk, wheat, soy

Cooking Instructions: Bake at 350F in convection oven for 15-16 min. Internal temp. 165°F

I certify that the above information is true and correct

Shirley J Brown, Ed.D, SNS / National Director of Product Training
Rich Products Corporation 1150 Niagara St., Buffalo, NY 1-800-828-2021

September 2, 2010