



School Year 2013 - 2014
 Nutritional Information for **TASTY BRANDS**



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
00801WG	CN Whole Grain Cheese Lasagna Rollup	29.53	4.15	1	110	190	40	21%	4.5	2.5	0	35	290	24	2	5	13	4	0	20	6	082777	2		1
00805WG	CN Whole Grain Meat (Turkey) Ravioli	26.5	3.78	3	108	190	35	18%	4	2	0	60	340	24	3	1	15	4	0	10	10		2		1
00821WG	Whole Grain Vegetable Lasagna Rollup	29.53	4.15	1	110	170	25	14%	3	1.5	0	25	360	25	3	4	12	25	10	15	6		1.5	1	0.125
00834WG	Whole Grain Mini Cheese Ravioli	31.5	2.17	7	221	110	15	13%	2	1	0	30	240	16	2	1	8	2	0	6	4		1		0.5
25101	Whole Grain Cheese Quesadillas	29.4	3.92	1	112	310	140	45%	16	9	0	35	790	25	3	2	18	15	2	25	2		2		1.5
25102	WG Chicken Cheese Quesadilla	29.41	3.88	1	112	280	110	39%	12	7	0	35	640	25	4	2	19	10	2	15	2		2		1.5
25701	WG Flour Mini Taco	26.06	4.05	3	99	260	100	38%	11	4.5	0	50	460	27	5	1	15	15	4	15	15		2		1.5
25702	Volcano WG Flour Mini Taco	26.06	4.05	3	99	260	100	38%	11	4.5	0	50	460	27	5	1	15	15	4	15	15		2		1.5
52220	Mini Cheese Pizza Bagel	29.5	3.8	4	120	200	50	25%	6	4	0	15	390	21	3	3	18	4	6	25	10		2	0.125	1.5
7001	WG Turkey Bologna & Cheese Wrap	18.5	3.7	1	80	260	140	54%	15	6	0	50	870	17	3	1	14	750	6	250	0.72		2		1
7002	WG Turkey & Cheese Wrap	18.5	3.7	1	80	230	90	39%	10	5	0	35	830	18	3	1	18	750	4.8	200	1.08		2		1
7004	WG Italian Combo Wrap	18.5	3.7	1	80	240	100	42%	11	5	0	45	780	17	3	2	16	500	4.8	200	0.72		2		1
7005	WG Turkey Salami & Cheese Wrap	19.25	3.85	1	80	240	110	46%	12	6	0	50	880	18	3	2	16	500	1.2	200	0.72		2		1
7006	WG Turkey Ham Cheese Wrap	18.5	3.7	1	80	230	90	39%	10	5	0	40	760	17	3	2	18	500	0	200	1.08		2		1
52225	Mini Pepperoni & Cheese Pizza Bagel	31.3	4.04	4	120	220	60	27%	6	3.5	0	20	540	23	3	4	19	10	15	20	15		2		1.5

For additional product information visit http://dese.mo.gov/divadm/food/Nutritional_Facts_Index.html
www.tastybrandsk12.com



Code: 52221

Product Name: Mini Cheese & Turkey Pepperoni
Pizza Bagels

Effective Date: 10/22/2012

Supersedes:

Pack Size: 480/1.01 oz.
4 per serving (4.04 oz.)

Each serving (4 – 1.01 oz. units) of Mini Cheese & Turkey Pepperoni Pizza Bagels provides 2.00 oz. equivalent meat alternate, 1.50 oz eq grains, and 1/8 cup vegetable.

Product Info

Nutrition Facts

Serving Size 4 Pieces (119g)

Amount Per Serving

Calories 220 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 540mg **23%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 19g

Vitamin A 10% • Vitamin C 15%

Calcium 20% • Iron 15%

*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

PREPARATION – for best results

Keep frozen until ready to prepare

1. Preheat convection oven to 350° (conventional oven to 375°F). Set fan speed to HIGH.
2. Place 80 mini pizza bagels on a parchment lined full sheet pan.
3. Bake for approximately 8 minutes. Ovens will vary so please adjust time and temperature. Internal product temperature must reach 165°F, regardless of bake time).
4. Serve.
5. Holding: Allow pan to cool for 3-5 minutes and then cover tightly with plastic film. Hold covered tray in a moist 145°F warmer for up to 1 hour.

SPECIFICATIONS

Shelf life: 12 months frozen (-10°F - 0°F)

Ti-Hi: 8 x 5

Cases/pallet: 40 Dim: 19.2”x11.75”x14.1”

Case cube: 2.21 ft³

Gross Case Wt: 31.30 lbs; Net wt: 30.30lbs

UPC: 10852777002783

ALLERGENS: Wheat, Soy & Milk (produced on equipment that also handles egg)

INGREDIENTS

BAGEL: Enriched High Gluten Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate [B1], Riboflavin [B2], Folic Acid), Water Isolated Soy Protein, Wheat Gluten, Yeast, Granulated Sugar, Contains Less Than 2% Of Salt, Soybean Oil, Lecithin, And Calcium Propionate (Preservative).

TOPPING: Low Moisture Part Skim Mozzarella Cheese (Part Skim Milk, Cheese Cultures, Salt, Enzymes, Calcium Chloride, Rice Flour Added To Prevent Caking), Turkey Pepperoni (Turkey, Seasoning (Corn Syrup Solids, Spice [Mustard], Dextrose, Soy Protein Concentrate, Flavoring [Including Smoke Flavor], Paprika Oleoresin, Garlic Powder), Salt, Contains 2% or Less Water, Citric Acid, Dextrose, Carrageenan, Natural Flavoring, Sodium Nitrite. Pizza Sauce (Water, Tomato Paste, Sugar, Salt, Garlic Powder, Spices [Not More Than 2% Soybean Oil Added To Prevent Caking]).

CONTAINS: 480 MINI CHEESE & TURKEY PEPPERONI
PIZZA BAGELS (120 SERVINGS) PER CASE

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Effective Date: 08/30/2012

Supersedes:

Code: 25702

Pack: 297/1.35oz

Product Name: Whole Grain Volcano Mini Chicken Tacos Serving Size: 4.05 oz.

Statement of child nutrition food based meal pattern equivalency: Each 4.05 oz serving of Whole Grain Volcano Mini Chicken Tacos provides 2.00 oz equivalent meat alternate and 1.5 oz eq grains for the Child Nutrition Meal Pattern Requirements.

Product Info

PREPARATION – for best results

Keep frozen until ready to prepare

- 1. Lay frozen Mini Tacos on a parchment lined sheet pan. Do not prepare from thawed.
2. Bake in a 350°F convection oven for 6-8 minutes. For a more crunchy tortilla, bake at 375°F for approximately 8-10 minutes. Ovens will vary so please adjust time and temperature. Internal product temperature must reach 165°F).
3. Serve

Product will hold for 1 hour or longer stored uncovered in a dry 145° warmer.

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

Ti-Hi: 10/4 – double stacked 80 cases

Cases/pallet: 40 – double stacked

Case cube: 1.21; Dimension: 15.8”x11.875”x11.125”

Pallet height: 89

Gross case wt: 26.06 lbs Net: 25.06lbs

Pallets/truck: 24

UPC: 10852777002469

ALLERGENS:Wheat, Milk, & Soy

GRAINS: More than 50% are whole grain

Nutrition Facts

Serving Size 3 Pieces (114g)

Amount Per Serving

Calories 260 Calories from Fat 100

% Daily Value*

Total Fat 11g 17%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 460mg 19%

Total Carbohydrate 27g 9%

Dietary Fiber 5g 20%

Sugars 1g

Protein 15g

Vitamin A 15% • Vitamin C 4%

Calcium 15% • Iron 15%

*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

INGREDIENTS: Mechanically Separated Chicken, Whole Wheat Flour, Water, Mozzarella Cheese (Pasteurized Whole Cow's Milk, Cheese Culture, Salt, Enzymes), Textured Vegetable Protein (Soy Flour), Seasoning (Spices, Paprika, Salt, Modified Corn Starch, Sugar, Garlic Powder, Natural Flavor, Citric Acid, Caramel Color), Contains Less Than 2% Of: Chicken Base [Chicken Meat Including Natural Chicken Juices, Natural Sea Salt, Chicken Fat, Vegetable Extract (Potato, Carrot, Onion), Yeast Extract, Natural Flavors, And Turmeric], Tomato Paste, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Relecithinated Soy Flour (Soy Flour, Soybean Oil, Soy Lecithin), L-Cysteine Monohydrochloride, Modified Food Starch, Vinegar, Methylcellulose, Guar Gum, Salt Replacer (Natural Flavor, Potassium Chloride), Salt, Soybean Oil, FD&C Red 40 Lake.

CONTAINS: 99 – 4.05 OZ SERVINGS PER CASE 297/1.35oz (3 WG VOLCANO MINI CHICKEN TACOS PER SERVING)

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Effective Date: 09/19/2012

Supersedes: 08/30/2012

Code: 25701

Pack: 297/1.35oz.

Product Name: Whole Grain Flour Mini Chicken Tacos Serving Size: 4.05 oz.

Statement of child nutrition food based meal pattern equivalency: Each 4.05 oz serving of Whole Grain Flour Mini Chicken Tacos provides 2.00 oz equivalent meat alternate and 1.5 oz eq grains for the Child Nutrition Meal Pattern Requirements.

Product Info

PREPARATION – for best results

Keep frozen until ready to prepare

1. Lay frozen Mini Tacos on a parchment lined sheet pan. Do not prepare from thawed.
2. Bake in a 350°F convection oven for 6-8 minutes. For a more crunchy tortilla, bake at 375°F for approximately 8-10 minutes. Ovens will vary so please adjust time and temperature. Internal product temperature must reach 165°F).
3. Serve.

Product will hold for 1 hour or longer stored uncovered in a dry 145° warmer.

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

Ti-Hi: 10/4 – double stacked 80 cases

Cases/pallet: 40 – double stacked

Case cube: 1.21; Dimension: 15.8”x11.875”x11.125”

Pallet height: 89

Gross case wt: 26.06 lbs Net: 25.06lbs

Pallets/truck: 24

UPC: 10852777002476

ALLERGENS: Wheat, Milk, & Soy

GRAINS: More than 50% are whole grain

Nutrition Facts

Serving Size 3 Pieces (114g)

Amount Per Serving

Calories 260 Calories from Fat 100

% Daily Value*

Total Fat 11g 17%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 460mg 19%

Total Carbohydrate 27g 9%

Dietary Fiber 5g 20%

Sugars 1g

Protein 15g

Vitamin A 15% • Vitamin C 4%

Calcium 15% • Iron 15%

*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

INGREDIENTS: Mechanically Separated Chicken, White Whole Wheat Flour, Water, Mozzarella Cheese (Pasteurized Whole Cow's Milk, Cheese Culture, Salt, Enzymes), Textured Vegetable Protein (Soy Flour), Seasoning (Spices, Paprika, Salt, Maltodextrin, Modified Corn Starch, Sugar, Garlic Powder, Citric Acid, Natural Flavor, Caramel Color), Contains Less than 2% of: Chicken Base [Chicken Meat Including Natural Chicken Juices, Natural Sea Salt, Chicken Fat, Vegetable Extract (Potato, Carrot, Onion), Yeast Extract, Natural Flavors, and Turmeric], Tomato Paste, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Releccithinated Soy Flour (Soy Flour, Soybean Oil, Soy Lecithin), Salt Replacer (Natural Flavor, Potassium Chloride), Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate, Modified Food Starch, Vinegar, Methylcellulose, Guar Gum, L-Cysteine Monohydrochloride, Salt, Soybean Oil.

CONTAINS: 99 – 4.05 OZ SERVINGS PER CASE 297/1.35oz

(3 WG FLOUR MINI CHICKEN TACOS PER SERVING)

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Effective Date: 08/30/2012
Supersedes: 06/26/2012

Code: 25102

Product Name: Whole Grain Cheese & Chicken Quesadilla

Serving Size: 3.88 oz.

Statement of child nutrition food based meal pattern equivalency: Each 3.88 oz Whole Grain Cheese & Chicken Quesadilla provides 2.00 oz equivalent meat alternate and 1.5 oz-eq grains.

Product Info

Nutrition Facts

Serving Size 1 Quesadilla (110g)

Amount Per Serving

Calories 280 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 640mg 27%

Total Carbohydrate 25g 8%

Dietary Fiber 4g 16%

Sugars 2g

Protein 19g

Vitamin A 10% • Vitamin C 2%

Calcium 15% • 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

PREPARATION – for best results

Keep frozen until ready to prepare

Method 1

1. Place frozen quesadillas on parchment lined sheet pan. Lay out 2 rows of 10 quesadillas (20 per tray).
2. Lay each quesadilla flat, overlapping ½ to ¾ inches. Overlap the straight edge over the curved edge.
3. Stage quesadillas on trays at room temperature for approximately hour prior to cooking to partially thaw product. At room temperature, filling temperature will not exceed 45°F during the hour.
4. Bake in a 375°F convection oven (400°F conventional oven) for 14 to 17 minutes. Note: Ovens will vary so please adjust time and temperature as necessary. Internal product temperature must reach 165°F.
5. Remove from oven. Allow to cool for 5 minutes.
6. Wrap tray in plastic film and hold in warmer for 15 minutes.
7. Remove from warmer and serve.

Method 2

1. Layer 10 frozen quesadillas in 2 layers between parchment paper sheets in a 2-inch hotel pan (20 quesadillas per pan).
2. Cover pan tightly with foil.
3. Bake in a 375°F convection oven (400°F conventional oven) for 25 to 30 minutes. Note: Ovens will vary so please adjust time and temperature as necessary. Internal product temperature must reach 165°F.
4. Remove pan from oven and place in 145°F warmer for at least 15 minutes (keep foil on). Serve.

Product will hold in 145°F warmer for 1 – 2 hours.

Shelf life:	12 months frozen (0° - 15°F)	Dim:	17.83"x11.13"x9.25"
Ti-Hi:	10 x 5	Case cube:	1.064 ft3
Cases/pallet:	50	Pallet height:	52-inches
Gross case wt:	29.41 lbs; Net wt: 27.16 lbs		
Pallets/truck:	24		
UPC:	10852777002070		
ALLERGENS:	Contains Milk, Wheat, & Soy		
GRAINS:	100% of the grains used in this product are whole grains		

INGREDIENTS

FILLING: Reduced Fat Pasteurized Process American Cheese (Reduced Fat American Cheese [Cultured Milk, Salt, Enzymes], Water, Nonfat Dry Milk* Cream, Sodium Phosphate, Potassium Citrate, Cheddar Cheese [Cultured Milk, Salt, Enzymes], Salt, Lactic Acid), Cooked Chicken, Part Skim Low Moisture Mozzarella (Pasteurized Cultured Part Skim Milk, Salt, Enzymes), Red Sauce (Water, Tomato Paste [Tomatoes], Vinegar, Chili Powder [Chili Peppers, Spices, Salt], Paprika, Salt, Modified Food Starch, Cumin, Garlic Powder, Onion Powder.) **TORTILLA:** Whole Wheat Flour, Water, Vegetable Shortening (Interesterified Soybean Oil, Fully Hydrogenated Soybean Oil), Contains 2% or less of the Following: Sugar, Salt, Baking Powder (Sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vital Wheat Gluten, Monoglycerides, Potassium Sorbate, Calcium Propionate and/or Sodium Propionate, (Preservative) Fumaric Acid, Dough Conditioner (Sodium Metabisulfite, Corn Starch, Microcrystalline Cellulose, Dicalcium Phosphate). **Sealant:** Water, Corn Starch. *Ingredient Not in Regular Pasteurized Process American Cheese.

CONTAINS: 112 – 3.88 OZ SERVINGS PER CASE
(1 WG CHEESE & CHICKEN QUESADILLA PER SERVING)

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Effective Date: 09/11/2012

Supersedes:

Code: 00834WG

Product Name: Whole Grain Mini Cheese Ravioli

Serving Size: 2.17 oz.

Statement of child nutrition food based meal pattern equivalency: Each 2.17 oz. serving (7 pieces) of Whole Grain Mini Cheese Ravioli provides 1.00 oz equivalent meat alternate and 0.50 oz-eq grains.

Product Info

Nutrition Facts

Serving Size 7 Mini Ravioli (62g)

Amount Per Serving

Calories 110 Calories from Fat 15

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 240mg 10%

Total Carbohydrate 16g 5%

Dietary Fiber 2g 8%

Sugars 1g

Protein 8g

Vitamin A 2% • Vitamin C 0%

Calcium 6% • 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
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

PREPARATION – for best results

Keep frozen until ready to prepare

Method 1 - Boiling

- 1.Heat to a full boil an appropriate amount of water. Use 3 quarts of water for each 1 pound of ravioli.
- 2.Add the frozen ravioli to the boiling water. Gently stir the contents, initially and periodically, to prevent sticking.
- 3.Boil the mini ravioli for approximately 3-4 minutes; the ravioli will begin to float. **Ravioli are cooked when the internal temperature reaches 165°F.**
- 4.Remove cooked ravioli to serving pan and toss with sauce to prevent sticking. Serve with sauce and garnish with grated or shredded cheese.
- 5.If storing in a moist 145°F warmer, cover the pan with plastic film and hold up to 1 hour.

Method 2 – Baking

- 1.Preheat convection oven to 375° (conventional oven to 400°F); fan speed on high.
- 2.Spray bottom and sides of full steam table pan with non-stick cooking spray.
- 3.Pour 3 cups sauce into pan and spread to cover the bottom.
- 4.Lay frozen ravioli flat in the pan. Lay out up to 3 layers, applying sauce between layers. Sauce the uppermost layer. Sauce usage is approximately 48 oz.
- 5.Light apply non-stick cooking spray to bottom of aluminum foil; cover pan tightly with the foil.
- 6.Bake for 30 – 40 minutes. Ovens will vary so please adjust time and temperature. **Ravioli are cooked when the internal temperature reaches 165°F**
- 7.Remove from oven and serve. Garnish with grated or shredded cheese.
- 8.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)

Ti-Hi: 8 x 6

Cases/pallet: 48

Gross case wt: 31.50 lbs; Net wt: 30.00 lbs

Pallets/truck: 24

UPC: 10852777002759

ALLERGENS: Contains Milk, Egg, & Wheat

GRAINS: 50% of the grains used in this product are whole grains

Dim: 17" x13" x8"

Case cube: 1.023 ft3

Pallet height: 54-inches

INGREDIENTS

Filling: Fat Free Ricotta Cheese (Whey, Skim Milk [Made From Nonfat Dry Milk Powder], Vinegar, Xanthan Gum, Carrageenan), Water, Egg, Low Moisture Part Skim Mozzarella Cheese (Nonfat Dry Milk Powder, Sweet Cream, Water, Cheese Culture, Salt, Enzymes), Whey Protein Isolate, Sodium Caseinate, Romano Cheese Made From Cow's Milk (Cultured Milk, Salt, Enzymes), Bleached Wheat Flour, Garlic Salt (Salt, Dehydrated Garlic), Salt, Corn Starch-Modified, Sugar, Dehydrated Garlic.

Pasta: 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.

CONTAINS: 221 – 2.17 OZ SERVINGS PER CASE
(7 WG MINI CHEESE RAVIOLI PER SERVING)

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Effective date: 07/09/2012

Supersedes: 04/11/2012

Code: 00821WG

**Product Name: Whole Grain Cheese & Vegetable
Lasagna Rollup**

Serving Size: 4.15 oz

Pack: 110 / 4.15 oz

Each serving (one – 4.15 oz. unit) of Whole Grain Cheese & Vegetable Lasagna Rollup provides 1.50 oz. equivalent meat alternate, 1 serving of bread alternate, and 1/8 cup vegetable serving.

Product Info

Nutrition Facts

Serving Size 1 Rollup (4.15 oz)

Amount Per Serving		% Daily Value*	
Calories 170	Calories from Fat 25		
Total Fat 3g			5%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 25mg			8%
Sodium 360mg			15%
Total Carbohydrate 25g			8%
Dietary Fiber 3g			12%
Sugars 4g			
Protein 12g			
Vitamin A 25%		Vitamin C 10%	
Calcium 15%		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
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

SPECIFICATIONS

Shelf life:	12 months frozen (-10°F - 0°F)
Ti-Hi:	9 x 6
Cases/pallet:	54 Dim: 16'x13.25'x11.25"
Case cube:	1.076 ft ³
Pallet height:	65-inches
Gross case wt:	29.53lbs; Net wt: 28.53lbs
Pallets/truck:	24
UPC:	10852777002629

INGREDIENTS

FILLING: Fat Free Ricotta Cheese (Whey, Skim Milk [Made From Nonfat Dry Milk Powder], Vinegar, Xanthan Gum, Carrageenan), Red Bell Peppers, Spinach, Carrots, Broccoli, Low Moisture Part Skim Mozzarella Cheese (Nonfat Dry Milk Powder, Sweet Cream, Water, Cheese Culture, Salt, Enzymes), Onion, Egg, Parmesan Cheese (Part Skim Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Isolate, Romano Cheese Made From Cow's Milk (Cultured Milk, Salt, Enzymes) Bleached Wheat Flour, Sodium Caseinate, Salt, Garlic Powder, Dehydrated Garlic, Sugar, Spice.

PASTA: Whole Wheat Flour And Enriched Semolina Blend (Whole Wheat Flour, Semolina, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water.

ALLERGENS

Contains: Milk, Wheat and Egg

GRAINS

50% of the grains used in this product are whole grains

COOKING INSTRUCTIONS

OVEN: Sauce bottom of full or 1/2 steam table pan. Place lasagna in pan and cover with sauce. Seal pan with aluminum foil. Preheat oven to 375°F. Bake for 35-40 min (frozen) or 25-30 min (thawed).

STEAMER: Sauce bottom of pan. Place lasagna in pan and cover with sauce. Seal pan, first with plastic wrap and then with foil. Steam for approx. 35-40 minutes. Suggestion: Remove foil (and plastic wrap) and place back in oven for 5 minutes to crisp the edges of the lasagna. Garnish with shredded mozzarella for added appeal.

NOTE: OVENS WILL VARY SO PLEASE ADJUST TIME AND TEMPERATURE. INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F

CONTAINS: 110 - 4.15 OZ SERVINGS PER CASE
(1 LASAGNA ROLLUP PER SERVING)

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Effective date: 11/16/2012

Supersedes:

Code: 00814WG

Serving Size: 4.40 oz

Product Name: Whole Grain Turkey & Cheese Lasagna Rollup

Pack: 113/4.40oz

Each serving (one – 4.40 oz. unit) of Whole Grain Turkey & Cheese Lasagna Rollup provides 2.00 oz. equivalent meat alternate and 1 oz eq grains.

Product Info

Nutrition Facts

Serving Size 1 Piece (4.40 oz.)

Amount Per Serving

Calories 230 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 380mg **16%**

Total Carbohydrate 24g **8%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 18g

Vitamin A 2% • **Vitamin C 0%**

Calcium 15% • **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
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

PREPARATION – for best results

Keep frozen until ready to prepare

Method 1- Baking

- 1.Preheat convection oven to 375°F. Set fan to HIGH.
- 2.Distribute 3 cups of room temperature canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.
- 3.Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
- 4.Spread sauce over pasta to cover.
- 5.Cover the pan tightly with aluminum foil.
- 6.Bake for 55 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 – Steaming

- 1.Set steamer to HIGH.
- 2.Distribute 3 cups of room temperature canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.
- 3.Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
- 4.Spread sauce over pasta to cover.
- 5.Cover the pan tightly with plastic film and then aluminum foil.
- 6.Steam for 55 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.**

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 (-10° - 10°F)	Dim: 19.9"x11.9"x10.9"
Ti-Hi:	8 x 6	Case cube: 1.48 ft ³
Cases/pallet:	48	Pallet height: 70.8-inches
Gross case wt:	32.04 lbs; Net wt: 31.04 lbs	
Pallets/truck:	26	
UPC:	10852777002377	

ALLERGENS: Contains Wheat, Milk, Egg & Soy

GRAINS: 50% of the grains used in this product are whole grains

INGREDIENTS

Filling: Precooked Turkey Thigh Patty Crumbles (Turkey Thigh, Water, Contains 2% Or Less Modified Food Starch, Salt, Natural Flavoring), Low Moisture Part Skim Mozzarella Cheese (Culture Skim Milk, Salt, Enzymes), Fat Free Ricotta Cheese (Whey, Skim Milk [Made from Nonfat Dry Milk Powder], Vinegar, Xanthan Gum, Carrageenan), Water, Corn Starch-Modified, Salt, Egg, Caramel Color, Dehydrated Garlic, Extractives of Paprika. **Pasta:** Whole Wheat Flour And Enriched Semolina Blend (Whole Wheat Flour, Semolina, Niacin, Ferrous Sulfate, Thiamin Mononitrate [Vitamin B₁], Riboflavin [Vitamin B₂], Folic Acid), Water.

CONTAINS: 113 - 4.40 OZ SERVINGS PER CASE
(1 TURKEY LASAGNA ROLLUP PER SERVING)

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7581250

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Effective Date: 10/18/2012
Supersedes:

Code: 00805WG

Product Name: Whole Grain Jumbo Turkey & Cheese Ravioli

Serving Size: 3.78 oz.

Pack: 324/1.26 oz.

Each serving (three – 1.26 oz. units) of Whole Grain Jumbo Turkey & Cheese Ravioli provides 2.00 oz equivalent meat alternate and 1.0 oz-eq grains.

Product Info

Nutrition Facts

Serving Size 3 Pieces (107g)

Amount Per Serving

Calories 190 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 340mg 14%

Total Carbohydrate 24g 8%

Dietary Fiber 3g 12%

Sugars 1g

Protein 15g

Vitamin A 4% • Vitamin C 0%

Calcium 10% • Iron 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

PREPARATION – for best results

Keep frozen until ready to prepare

Method 1 – Baking

- 1.Preheat convection oven to 375° (conventional oven to 400°F); fan speed on high.
- 2.Spray bottom and sides of full steam table pan with non-stick cooking spray.
- 3.Pour 3 cups sauce into pan and spread to cover the bottom.
- 4.Lay frozen ravioli flat in the pan. Lay out up to 3 layers, applying sauce between layers. Sauce the uppermost layer. Sauce usage is approximately 48 oz.
- 5.Lightly apply non-stick cooking spray to bottom of aluminum foil; cover pan tightly with the foil.
- 6.Bake for 30 – 40 minutes. Ovens will vary so please adjust time and temperature as necessary. **Ravioli are cooked when the internal temperature reaches 165°F.**
- 7.Remove from oven and serve. Garnish with grated or shredded cheese.
- 8.If storing in a moist 145°F warmer, cover the pan with plastic film and hold up to 1 hour.

Method 2 - Boiling

- 1.Heat to a full boil an appropriate amount of water. Use 3 quarts of water for each 1 pound of ravioli.
- 2.Add the frozen ravioli to the boiling water. Gently stir the contents, initially and periodically, to prevent sticking.
- 3.Boil the mini ravioli for approximately 3-4 minutes; the ravioli will begin to float. **Ravioli are cooked when the internal temperature reaches 165°F.**
- 4.Remove cooked ravioli to serving pan and toss with sauce to prevent sticking. Serve with sauce and garnish with grated or shredded cheese.
- 5.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 ft³

Cases/pallet: 56 Pallet height: 54-inches

Gross case wt: 26.5 lbs; Net wt: 25.5 lbs

Pallets/truck: 24

UPC: 10852777002681

ALLERGENS: Contains Wheat, Milk, Egg & Soy

GRAINS: 50% of the grains used in this product are whole grains

INGREDIENTS

FILLING: 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, Precooked Ground Turkey Thigh (Ground Turkey Thigh, Water, Contains 2% Or Less Modified Food Starch, Salt, Natural Flavoring), Egg, Fat Free Ricotta Cheese (Whey, Skim Milk [Made From Nonfat Dry Milk Powder], Vinegar, Xanthan Gum, Carrageenan), Low Moisture Part Skim Mozzarella Cheese (Nonfat Dry Milk Powder, Sweet Cream, Water, Cheese Culture, Salt, Enzymes), Whey Protein Isolate, Grilled Onion, Textured Vegetable Protein (Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamin Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin), Sodium Caseinate, Salt, Spices, Garlic (Garlic, Citric Acid [As A Preservative]), Caramel Color, Corn Starch-modified, Extractives Of Paprika.

CONTAINS: 108 – 3.78 OZ SERVINGS PER CASE
(3 WG TURKEY & CHEESE RAVIOLI PER SERVING)

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Effective date: 06/27/2012

Supersedes: 01/18/2012

Code: 00801WG

Product Name: Whole Grain Cheese Lasagna Rollup

Serving Size: 4.15 oz

Pack: 110/4.15oz

Each serving (one – 4.15 oz. unit) of Whole Grain Cheese Lasagna Rollup provides 2.00 oz. equivalent meat alternate and 1 serving of bread alternate. CN # 082285 11/11

Product Info

Nutrition Facts

Serving Size 1 Rollup (4.15 oz)

Amount Per Serving

Calories 190 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 290mg **12%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 13g

Vitamin A 4% • **Vitamin C 0%**

Calcium 20% • **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
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

SPECIFICATIONS

Shelf life: 12 months frozen (-10°F - 0°F)
 Ti-Hi: 9 x 6
 Cases/pallet: 54 Dim: 16'x13.25'x11.25"
 Case cube: 1.076 ft³
 Pallet height: 65-inches
 Gross case wt: 29.53lbs; Net wt: 28.53lbs
 Pallets/truck: 25
 UPC: 00852777002240

INGREDIENTS

FILLING: Fat Free Ricotta Cheese (Whey, Skim Milk [Made From Nonfat Dry Milk Powder], Vinegar, Xanthan Gum, Carrageenan), Low Moisture Part Skim Mozzarella Cheese (Nonfat Dry Milk Powder, Sweet Cream, Water, Cheese Culture, Salt, Enzymes), Romano Cheese Made From Cow's Milk (Cultured Milk, Salt, Enzymes), Egg, Water, Whey Protein Isolate, Sodium Caseinate, Sugar, Salt, Dehydrated Garlic.
PASTA: Whole Wheat Flour And Enriched Semolina Blend (Whole Wheat Flour, Semolina, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water.

ALLERGENS

Contains: Milk, Wheat and Egg

GRAINS

50% of the grains used in this product are whole grains

COOKING INSTRUCTIONS

OVEN: Sauce bottom of full or 1/2 steam table pan. Place lasagna in pan and cover with sauce. Seal pan with aluminum foil. Preheat oven to 375°F. Bake for 35-40 min (frozen) or 25-30 min (thawed).

STEAMER: Sauce bottom of pan. Place lasagna in pan and cover with sauce. Seal pan, first with plastic wrap and then with foil. Steam for approx. 35-40 minutes. Suggestion: Remove foil (and plastic wrap) and place back in oven for 5 minutes to crisp the edges of the lasagna. Garnish with shredded mozzarella for added appeal.

NOTE: OVENS WILL VARY SO PLEASE ADJUST TIME AND TEMPERATURE. INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F

CONTAINS: 110 - 4.15 OZ SERVINGS PER CASE
(1 LASAGNA ROLLUP PER SERVING)

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