## Item

**Item Name:** GRLD CHK PATTY / GREEN BEANS

**Brand:** Preferred Meal Systems, Inc.

**CN Number:**

**Basis for Data Submitted:** As Served

**Package Size:** 4.63 (oz) 131.26 (g)

**Servings Per Package:** 1

**Weight Per Serving:** 4.63 (oz) 131.26 (g)

**Nutrients based on:** 1 Serving

**Product Composition:** Consists of one 4.63oz serving of grilled chicken patty with green beans.

**Meal Contributions:** 2.25 oz.meat/meat alternative, 0.00 grain/bread equivalent, 3/8 cup fruit/vegetable

**Preparation Instructions:** Cook 24-27 minutes in a 325 degree oven to a minimum of 165°F as verified by a food thermometer.

**Source of Nutritional Information:** Ingredient supplier and/or USDA database

### NUTRIENT INFORMATION PER SERVING

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>144.1 (KCAL)</td>
</tr>
<tr>
<td>Protein</td>
<td>16.1 (GM)</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>4.4 (GM)</td>
</tr>
<tr>
<td>Total Fat</td>
<td>7.0 (GM)</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.8 (GM)</td>
</tr>
<tr>
<td>MonoFat</td>
<td>0.2 (GM)</td>
</tr>
<tr>
<td>PolyFat</td>
<td>0.5 (GM)</td>
</tr>
<tr>
<td>% Calories from Fat</td>
<td>43.7 (%)</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>40.0 (MG)</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>27.9 (RE)</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>7.6 (MG)</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.1 (MG)</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.1 (MG)</td>
</tr>
<tr>
<td>Niacin</td>
<td>0.3 (MG)</td>
</tr>
<tr>
<td>Calcium</td>
<td>51.9 (MG)</td>
</tr>
<tr>
<td>Iron</td>
<td>1.2 (MG)</td>
</tr>
<tr>
<td>Potassium</td>
<td>109.2 (MG)</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>18.8 (MG)</td>
</tr>
<tr>
<td>Sodium</td>
<td>292.1 (MG)</td>
</tr>
<tr>
<td>Fiber</td>
<td>1.5 (GM)</td>
</tr>
</tbody>
</table>

No Value—Indicates no information available

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**COOK AND SERVE ROASTED CHICKEN BREAST PATTIE WITH GREEN BEANS IN SEASONED SAUCE**

**INGREDIENTS:** FULLY COOKED ROASTED CHICKEN BREAST PATTIE (boneless skinless chicken breast meat, water, 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), seasoning (salt, maltodextrin, dextrose, modified corn starch, torula yeast, grill flavor (from sunflower oil), corn syrup solids, disodium inosinate and disodium guanylate, sodium phosphates, sugar, white pepper, onion powder and citric acid); GREEN BEANS IN SEASONED SAUCE (green beans, water, liquid margarine (soybean oil; water; partially hydrogenated cottonseed and soya oils, colored with beta carotane; propylene glycol, artificially flavored; corn oil, vitamin A palmitate)). CONTAINS: SOY

**COOKING INSTRUCTION:** Cook 24-27 minutes in a 325°F oven to a minimum of 165°F. as verified by a food thermometer.

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2242-GK3

**KEEP FROZEN**

INSTITUTIONAL USE ONLY

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Reviewed by: [Signature]

Wednesday, July 28, 2010 9:13:05AM  Product Specification Sheet