# Preferred Meal Systems, Inc.
## Product Specification Sheet

**Item Name:** Apple Cinnamon Multigrain Mini Crisp  
**Brand:** Preferred Meal Systems, Inc.  
**CN Number:**  
**Basis for Data Submitted:** As Served  
**Package Size:** 1.00 (oz) 28.35 (g)  
**Servings Per Package:** 1  
**Weight Per Serving:** 1.00 (oz) 28.35 (g)  
**Nutrients based on:** 1 Serving  
**Product Composition:** Consists of one 1.00 oz unit of apple cinnamon multigrain crisps  
**Meal Contributions:** 0.00 oz meat/meat alternative  
1.00 grain/bread equivalent  
**Preparation Instructions:** Keep in dry storage.  
**Source of Nutritional Information:** Vendor/Supplier

| Nutrient         | Quantity  
|------------------|-----------  
| Calories (KCAL)  | 140.0      
| Protein (GM)     | 2.0        
| Carbohydrates (GM)| 21.0    
| Total Fat (GM)   | 3.5        
| Saturated Fat (GM) | 0.5      
| MonoFat          |            
| PolyFat          |            
| % Calories from Fat | 22.5 (%)  
| Cholesterol (MG) | 0.0        
| Vitamin A (RE)   | 0.0        
| Vitamin C (MG)   | 0.0        
| Thiamin          |            
| Riboflavin       |            
| Niacin           |            
| Calcium (MG)     | 0.0        
| Iron (MG)        | 0.4        
| Potassium        |            
| Phosphorus       |            
| Sodium (MG)      | 110.0      
| Fiber (GM)       | 2.0        

*No Value-Indicates no information available*

**Ingredients:** Whole Grains (corn flour, rice flour, oat flour), canola oil, sugar, salt, natural flavor, malic acid (acccidulant) and baking soda

Reviewed by: [Signature]

Thursday, May 27, 2010 2:45:42PM  
Product Specification Sheet  
Page 1 of 1