

New York Breadsticks, 7-8 Inch, Prebaked, Frozen, 1.23 Ounce, 132 Ct Bag, 1/Case

Item Number: 509167 *

Case (1/132 Count Bag)



Print

Nutrition

Based On: AP Breadstick, Frozen, New York Frozen Rounding: On

Ingredients

ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, CONTAINS 2% OR LESS OF: SALT, SUGAR, DEXTROSE, YEAST, DOUGH CONDITIONERS (DATEM, ASCORBIC ACID, ENZYMES, L-CYSTEINE), CALCIUM PROPIONATE (PRESERVATIVE), MONOGLYCERIDES, WHEY (A MILK INGREDIENT), CITRIC ACID, CORNMEAL. COMMON ALLERGENS PRESENT: Milk, Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 each (43g)	
Amount Per Serving	
Calories 120	Calories From Fat 13.5
	% Daily Value *
Fat 1.5g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 240mg	10%
Potassium	n/a
Carbohydrates 22g	7%
Fiber 1g	4%
Sugar 1g	
Protein 4g	8%
Vitamin A 0% Vitamin C 2% Calcium 0% Iron 4%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

**Water Soluble Vitamins:**

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	1.2 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

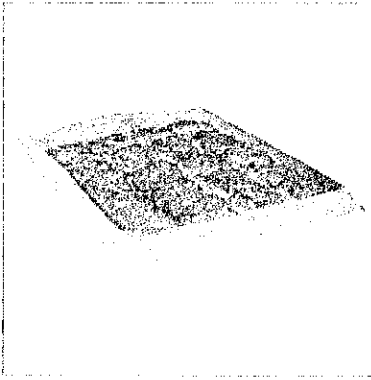
Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

GFS Unsliced Buttermilk Biscuits, Round, Frozen, 2.5 Ounce, 20 Ct Tray, 6/Case



Item Number: 685010

Offering quality, convenience, and value, these biscuits are made from scratch with real buttermilk for classic shape and tenderness.

- Prebaked on ovenable trays for simple preparation and cleanup
- Unique side opening case design allows for easy freezer access to the product
- Contains zero grams trans fat

Case (6/20 Count Tray)



Print

Nutrition

Based On: Rounding:

Ingredients

ENRICHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTERMILK, VEGETABLE OIL (PALM AND PALM KERNEL OILS), ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), CONTAINS 2% OR LESS OF: SALT, SUGAR, DEXTROSE, NATURAL FLAVORS, SOYBEAN OIL. COMMON ALLERGENS PRESENT: Milk, Wheat. MAY CONTAIN: Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated January 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 each (71g)	
Amount Per Serving	
Calories 220	Calories From Fat 72
	% Daily Value *
Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 720mg	30%
Potassium	n/a
Carbohydrates 32g	11%
Fiber 0g	n/a
Sugar 3g	
Protein 4g	8%
Vitamin A 0% Vitamin C 0% Calcium 4% Iron 15%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

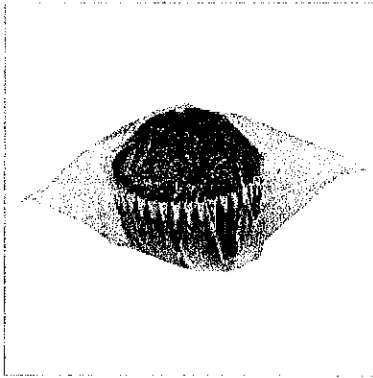
Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	2.7 mg
Manganese	n/a
Iodine	n/a

GFS Banana Nut Muffins, Fully Baked, Frozen, Individually Wrapped, 1 Ct Package, 80/Case



Item Number: 576972

These banana nut muffins are made from quality ingredients and feature a unique, handmade appearance and texture, making them ideal for use in a variety of applications.

- Fully baked eliminating labor and preparation time
- Thaw-and-serve convenience reduces labor and preparation time
- Individually wrapped for convenience and portion control

Case (80/1 Count Package)

Print

Nutrition

Based On: Rounding:

Ingredients

Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), banana puree, sugar, soybean oil, eggs, water, walnuts, contains 2% or less of: non fat milk, food starch-modified, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), high fructose corn syrup, salt, natural flavors, potassium sorbate and sodium propionate (to retain freshness), xanthan gum, corn starch. COMMON ALLERGENS PRESENT: Wheat, Egg, Milk, Tree Nuts. Nutrition and Ingredient statement updated October 2015. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 1 each (51g)	
Amount Per Serving	
Calories 170	Calories From Fat 63
% Daily Value *	
Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 10mg	3%
Sodium 150mg	6%
Potassium	n/a
Carbohydrates 22g	7%
Fiber 0g	n/a
Sugar 11g	
Protein 2g	4%
Vitamin A 0% Vitamin C 0% Calcium 0% Iron 4%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

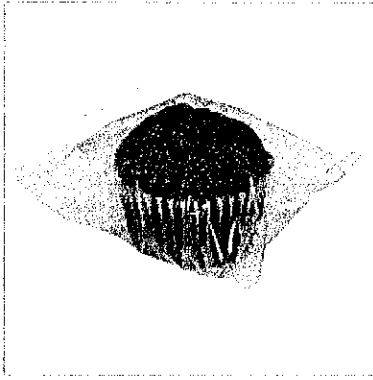
Fat Soluble Vitamins:


Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a


**GFS Apple Cinnamon Muffins, Fully Baked, Frozen,
Individually Wrapped, 1.8 Ounce, 1 Ct Package, 80/Case**



Item Number: 576999 

These apple cinnamon muffins are made from quality ingredients and feature a unique, handmade appearance and texture, making them ideal for use in a variety of applications.

- Fully baked eliminating labor and preparation time
- Individually wrapped for convenience and portion control
- Thaw-and-serve convenience reduces labor and preparation time

Case (80/1 Count Package) 

Print

Nutrition

Based On: Rounding:

Ingredients

Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), sugar, soybean oil, diced apples, water, eggs, molasses, non fat milk, contains 2% or less of: high fructose corn syrup, food starch-modified, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), salt, natural flavors, potassium sorbate and sodium propionate (to retain freshness), xanthan gum, cinnamon, spices, corn starch. **COMMON ALLERGENS PRESENT:** Wheat, Eggs, Milk. Nutrition and Ingredient statement updated October 2015. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 1 each (51g)	
Amount Per Serving	
Calories 170	Calories From Fat 72
% Daily Value *	
Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 10mg	3%
Sodium 180mg	8%
Potassium	n/a
Carbohydrates 22g	7%
Fiber 0g	n/a
Sugar 10g	
Protein 3g	6%
Vitamin A IU 0% Vitamin C 10% Calcium 2% Iron 4%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	6 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a


Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

GFS Macaroni Pasta Salad, Vegetarian, Refrigerated, 10 Lb Carton, 3/Case

Item Number: 738131 

Case (3/10 Pound Carton) 

Print

Nutrition

Based On: Rounding:

Ingredients

COOKED ENRICHED MACARONI PRODUCT (Water, Macaroni (Semolina [Wheat], Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid)), MAYONNAISE (Soybean Oil, Eggs, Water, Egg Yolks [Egg Yolks, Salt], Sugar, Distilled Vinegar, Salt, Lemon Juice [Lemon Juice Concentrate, Water], Paprika), WATER, SUGAR, CELERY, ONIONS, MUSTARD (Distilled Vinegar, Mustard Seed, Salt, Turmeric, Spices), RED BELL PEPPERS, SEA SALT, WHITE DISTILLED VINEGAR, POTASSIUM SORBATE (To Retard Spoilage). COMMON ALLERGENS PRESENT: Wheat, Egg. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (140g)	
Amount Per Serving	
Calories 370	Calories From Fat 198
	% Daily Value *
Fat 22g	34%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 20mg	7%
Sodium 820mg	34%
Potassium	n/a
Carbohydrates 36g	12%
Fiber 1g	4%
Sugar 8g	
Protein 6g	12%
Vitamin A 0% Vitamin C 2% Calcium 2% Iron 8%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

**Water Soluble Vitamins:**

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	1.2 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

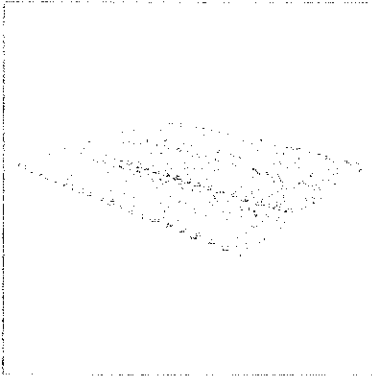
Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a

GFS Ridged Curly Lasagna Pasta, 10 Lb Bag, 1/Case



Item Number: 108197

These wide, flat, lasagna noodles have extra ridges to trap the sauce and hold in the flavor. Made from 100 percent, select, durum wheat semolina, they provide quality and consistency.

- Contains zero grams trans fat
- Sodium-free
- Enriched with iron and B vitamins
- Bulk packaging saves time and reduces waste when serving large groups

Case (1/10 Pound Bag)

Print

Nutrition

Based On: Rounding:

Ingredients

Durum wheat semolina, [enriched with iron (ferrous sulfate) and b vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)].
COMMON ALLERGENS PRESENT: Wheat. Nutrition and Ingredient statement updated August 2015. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 2 oz (56g)	
Amount Per Serving	
Calories 210	Calories From Fat 9
	% Daily Value *
Fat 1g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 42g	14%
Fiber 2g	8%
Sugar 3g	
Protein 7g	14%
Vitamin A 0% Vitamin C 0% Calcium 0% Iron 10%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

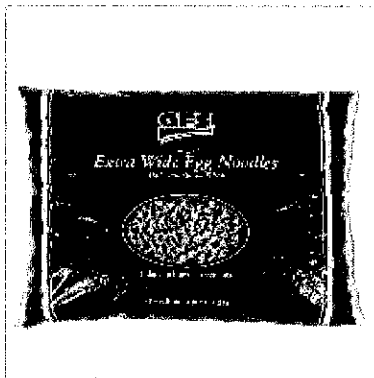
Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

GFS .5 Inch Extra Wide Egg Noodle Pasta, 5 Lb Bag, 2/Case



Item Number: 292346

These wide, wavy, egg noodles are made with 100 percent durum wheat semolina and eggs for a mild, nut-like, wheat taste. They offer quality and consistency and can be used in baked dishes, soups, and casseroles.

- Contains zero grams trans fat
- Sodium-free
- Enriched with iron and B vitamins

Case (2/5 Pound Bag)



Print

Nutrition

Based On: Rounding:

Ingredients

Durum wheat semolina, durum wheat flour, [enriched with iron (ferrous sulfate) and b vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], eggs. COMMON ALLERGENS PRESENT: Wheat, Egg. Nutrition and ingredient statement updated June 2015. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 2 oz (56g)	
Amount Per Serving	
Calories 220	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 55mg	18%
Sodium 15mg	1%
Potassium	n/a
Carbohydrates 40g	13%
Fiber 1g	4%
Sugar 2g	
Protein 8g	16%
Vitamin A 10% Vitamin C 0% Calcium 0% Iron 10%	
Thiamin 30% Riboflavin 10% Niacin B3 15% Folic Acid 30%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.45 mg
Riboflavin	0.17 mg
Niacin B3	3 mg
Pantothenic Acid	n/a
Folic Acid	120 mcg
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

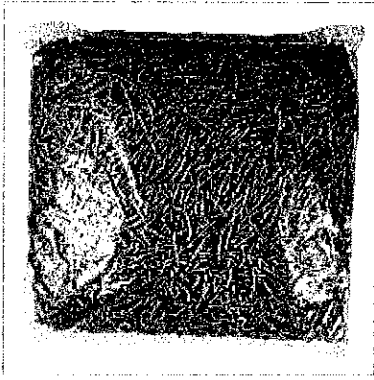
Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

GFS .125 Inch Kluski Noodle Pasta, 5 Lb Bag, 2/Case



Item Number: 270385



These flat, egg noodles are made from 100 percent durum wheat semolina and eggs for a mild, nut-like flavor. They are a thicker noodle which makes them good choice for hearty, noodle soups.

- Contains zero grams trans fat
- Sodium-free
- Enriched with iron and B vitamins

Case (2/5 Pound Bag)

Print

Nutrition

Based On: Rounding:

Ingredients

Durum wheat semolina, durum wheat flour [enriched with iron (ferrous sulfate) and b vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], eggs. COMMON ALLERGENS PRESENT: Wheat, Egg. Nutrition & Ingredient statement updated June 2015. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 2 oz (56g)	
Amount Per Serving	
Calories 220	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 55mg	18%
Sodium 15mg	1%
Potassium	n/a
Carbohydrates 40g	13%
Fiber 1g	4%
Sugar 2g	
Protein 8g	16%
Vitamin A 0% Vitamin C 0% Calcium 0% Iron 10%	
Thiamin 30% Riboflavin 10% Niacin B3 15% Folic Acid 30%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.45 mg
Riboflavin	0.17 mg
Niacin B3	3 mg
Pantothenic Acid	n/a
Folic Acid	120 mcg
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

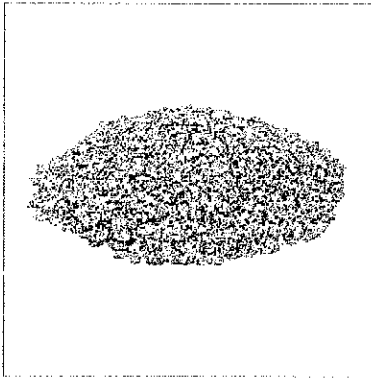
Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

GFS Quick Oats, 42 Oz Carton, 12/Case



Item Number: 240869

These rolled oats provide a quick preparation product which is low in sodium.

Case (12/42 Ounce Carton)

Print

Nutrition

Based On: Rounding:

Ingredients

100% Whole grain rolled oats. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.5 cup (39g)	
Amount Per Serving	
Calories 140	Calories From Fat 22.5
	% Daily Value *
Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 26g	9%
Fiber 4g	16%
Sugar 0g	
Protein 5g	10%
Vitamin A 0% Vitamin C 0% Calcium 0% Iron 10%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	1/2 Cup Dry
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	1.25 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a


Fat Soluble Vitamins:

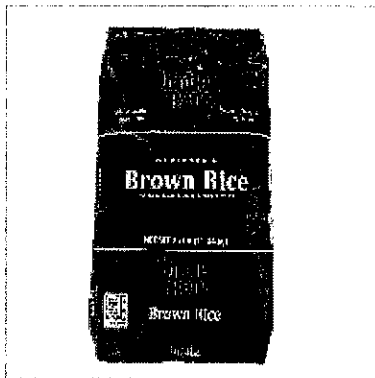
Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

Uncle Ben's Parboiled Long Grain Brown Rice, 25 Lb Bag, 1/Bag

Item Number: 146404 



This fluffy, parboiled, long-grain brown rice contains 100 percent whole grains. Low in fat, it is a natural source of fiber.

- Cholesterol-free
- Vegetarian

Bag (1/25 Pound Bag)



Print

Nutrition

Based On: Rounding:

Ingredients

For ingredient or allergen information, please contact: Mars Foodservice, phone: 800-432-2331/web page: www.masterfoodservices.com. Please reference manufacturer number: 12111. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated January 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 0.25 cup (47.91g)	
Amount Per Serving	
Calories 170	Calories From Fat 13.5
	% Daily Value *
Fat 1.5g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium 100mg	3%
Carbohydrates 36g	12%
Fiber 2g	8%
Sugar 0g	
Protein 4g	8%
Vitamin A 0% Vitamin C 0% Calcium 0% Iron 2%	
Thiamin 10% Niacin B3 20% Folic Acid 6%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	None Provided
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.15 mg
Riboflavin	n/a
Niacin B3	4 mg
Pantothenic Acid	n/a
Folic Acid	24 mcg
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rules:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a

Stovetop Chicken Flavored Stuffing Mix, Flex Pack, 48 Oz Bag, 6/Case

Item Number: 173582 *



Offering a homestyle flavor, this chicken stuffing is made with a blended of spices, vegetables, and bread crumbs for easy preparation.

Case (6/48 Ounce Bag)

Print

Nutrition

Based On: AP Stuffing Mix, Chix, Flex Prep, Stovet Rounding: On

Ingredients

ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, CANOLA OIL, SALT, CONTAINS LESS THAN 2% OF HYDROLYZED SOY PROTEIN, YEAST, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, COOKED CHICKEN AND CHICKEN BROTH, ONIONS*, CELERY*, PARSLEY*, MONOSODIUM GLUTAMATE, SPICE, SUGAR, TURMERIC, DISODIUM GUANYLATE, DISODIUM INOSINATE, ASCORBIC ACID, NATURAL FLAVOR, WITH BHA, BHT, CITRIC ACID, AND PROPYL GALLATE AS PRESERVATIVES. DRIED* COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated January 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 oz (28g)	
Amount Per Serving	
Calories 110	Calories From Fat 22.5
	% Daily Value *
Fat 2.5g	4%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 450mg	19%
Potassium 45mg	1%
Carbohydrates 19g	6%
Fiber 1g	4%
Sugar 2g	
Protein 3g	6%
Vitamin A 0% Vitamin C 0% Calcium 0% Iron 6%	
Phosphorous 20%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a





Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	200 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

Tostitos Tortilla Chips, Bite-Size, Round, Single-Serve, 1 Oz Bag, 104/Case

Item Number: 415020    



These hearty chips are made simply with white corn, vegetable oil, and a dash of salt, which combines for classic corn taste and crunchy texture. These chips contain no milk ingredients, and are free of preservatives.

- Contains zero grams trans fat
- No monosodium glutamate (MSG)
- Individual serving size for portion control

Case (104/1 Ounce Bag)

Print

Nutrition

Based On: Rounding:

Ingredients

For ingredient or allergen information, please contact: Frito Lay, phone: 800-352-4477/web page: www.fritolay.com. Manufacturer number: 11133. Nutrition updated August 2015. The nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 1 Pkg (28.35g)	
Amount Per Serving	
Calories 140	Calories From Fat 63
% Daily Value *	
Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 110mg	5%
Potassium	n/a
Carbohydrates 18g	6%
Fiber 2g	8%
Sugar 0g	
Protein 2g	4%
Vitamin A IU 0% Vitamin B6 4% Vitamin C 0% Calcium 2%	
Iron 2% Phosphorous 4% Magnesium 4% Thiamin 2%	
Niacin B3 2%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.03 mg
Riboflavin	n/a
Niacin B3	0.4 mg
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	0.08 mg
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	40 mg
Zinc	n/a
Magnesium	16 mg
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a