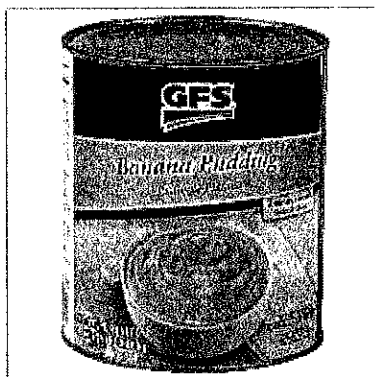


GFS Ready-to-Serve Banana Pudding, #10, 112 Oz Can, 6/Case



Item Number: 244643   

This is a creamy banana pudding that is possible to serve straight from the can or use as a dessert filling.

- Extended shelf-life for longer hold time and less spoilage
- Ready to use for quick preparation

Case (6/112 Ounce Can)

Print

Nutrition

Based On:

Rounding:

Ingredients

Water, sugar, skim milk, modified food starch, lactose, partially hydrogenated soybean oil, contains 2 percent or less of the following: salt, sodium stearoyl lactylate, xanthan gum, artificial flavor, yellow 5, yellow 6. COMMON ALLERGENS PRESENT: Milk. Nutrition and Ingredient statement updated July 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 allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 0.5 cup (128g)	
Amount Per Serving	
Calories 140	Calories From Fat 31.5
	% Daily Value *
Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 1g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 170mg	7%
Potassium	n/a
Carbohydrates 26g	9%
Fiber 0g	n/a
Sugar 19g	
Protein 0g	n/a
Vitamin A IU 0% Vitamin C 0% Calcium 2% Iron 0%	
* 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	20 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

GFS Ready-to-Serve Butterscotch Pudding, #10, 112 Oz Can, 6/Case



Item Number: 106747

This butterscotch pudding, produced with fresh milk from Upper Midwest farms, has a creamy, brown sugar flavor and can be served straight from the can or used as a dessert filling.

- Extended shelf-life for longer hold time and less spoilage
- Ready to use for quick preparation

Case (6/112 Ounce Can)

Print

Nutrition

Based On: Rounding:

Ingredients

Water, skim milk, sugar, modified food starch, lactose, partially hydrogenated soybean oil, contains 2 percent or less of the following: salt, sodium stearoyl lactylate, artificial flavor, xanthan gum, caramel color, yellow 5, yellow 6. COMMON ALLERGENS PRESENT: Milk. Nutrition and Ingredient statement updated July 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 allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 0.5 cup (128g)	
Amount Per Serving	
Calories 140	Calories From Fat 36
	% Daily Value *
Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 1.5g	
PolyUnsat. Fat	n/a
MonoUnsat. Fat	n/a
Cholesterol 0mg	n/a
Sodium 240mg	10%
Potassium	n/a
Carbohydrates 25g	8%
Fiber 0g	n/a
Sugar 18g	
Protein 0g	n/a
Vitamin A 1U 0% Vitamin C 0% Calcium 2% Iron 0%	
* 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	20 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

GFS Ready-to-Serve Milk Chocolate Pudding, #10, 112 Oz Can, 6/Case



Item Number: 163554   

This smooth, sweet milk-chocolate pudding is produced with fresh milk from Upper Midwest farms. It has a rich, creamy flavor and can be served straight from the can or used as a pie filling.

- Extended shelf-life for longer hold time and less spoilage
- Ready to use for quick preparation

Case (6/112 Ounce Can)

\$0.04/oz \$30.07

Print

Nutrition

Based On: Rounding:

Ingredients

Water, sugar, skim milk, modified food starch, dextrose, vegetable oil (contains one or more of the following: modified palm oil, soybean oil, canola oil, sunflower oil), cocoa (processed with alkali), contains 1 percent or less of the following: salt, artificial flavor, sodium phosphate, sodium stearoyl lactylate, color added (including yellow 6). **COMMON ALLERGENS PRESENT: Milk.** Nutrition and Ingredient statement updated July 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 allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 0.5 cup (128g)	
Amount Per Serving	
Calories 120	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 0.5g	2%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 200mg	8%
Potassium	n/a
Carbohydrates 24g	8%
Fiber 1g	4%
Sugar 16g	
Protein 1g	2%
Vitamin A 0% Vitamin C 0% 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	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	20 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

GFS Ready-to-Serve Tapioca Pudding, #10, 108 Oz Can, 6/Case



Item Number: 180297

This sweet tapioca pudding is produced with fresh milk from Upper Midwest farms. It has a rich, creamy flavor and can be served straight from the can or used as a dessert filling.

- Extended shelf-life for longer hold time and less spoilage
- Ready to use for quick preparation

Case (6/108 Ounce Can)

Print

Nutrition

Based On: Rounding:

Ingredients

SKIM MILK, WATER, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, MODIFIED FOOD STARCH, TAPIOCA, CONTAINS 2 PERCENT OR LESS OF THE FOLLOWING: SALT, ARTIFICIAL FLAVOR, SODIUM STEAROYL LACTYLATE, SODIUM PHOSPHATE, SOY LECITHIN, COLOR ADDED (INCLUDING YELLOW 5). COMMON ALLERGENS PRESENT: Milk, Soy. 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 0.5 cup (128g)	
Amount Per Serving	
Calories 140	Calories From Fat 40.5
	% Daily Value *
Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 1.5g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 180mg	8%
Potassium	n/a
Carbohydrates 23g	8%
Fiber 0g	n/a
Sugar 16g	
Protein 2g	4%
Vitamin A IU 0% Vitamin C 0% Calcium 6% Iron 0%	
* 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	60 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

GFS Ready-to-Serve Vanilla Pudding, #10, 112 Oz Can, 6/Case



Item Number: 106771

This vanilla pudding is produced with fresh milk from Upper Midwest farms. It has a warm, sweet flavor and can be served straight from the can or used as a dessert filling.

- Extended shelf-life for longer hold time and less spoilage
- Ready to use for quick preparation

Case (6/112 Ounce Can)

Print

Nutrition

Based On: Rounding:

Ingredients

Water, sugar, skim milk, modified food starch, maltodextrin, vegetable oil (contains one or more of the following: modified palm oil, soybean oil, canola oil, sunflower oil), contains 2 percent or less of the following: natural and artificial flavor, salt, xanthan gum, sodium phosphate, sodium stearoyl lactylate, color added (including yellow 5 and yellow 6). COMMON ALLERGENS PRESENT: Milk. Nutrition and Ingredient statement updated July 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 allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 0.5 cup (128g)	
Amount Per Serving	
Calories 130	Calories From Fat 27
% Daily Value *	
Fat 3g	5%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 200mg	8%
Potassium	n/a
Carbohydrates 25g	8%
Fiber 0g	n/a
Sugar 15g	
Protein 0g	n/a
Vitamin A 1U 0% Vitamin C 0% Calcium 2% Iron 0%	
* 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:

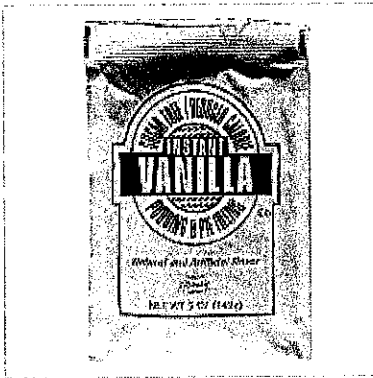
Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	20 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Chef's Champion No Sugar Added Vanilla Pudding Mix, 5 Oz Package, 12/Case

Item Number: 187301 



Sweetened with Splenda, this mix makes a no sugar added, reduced-calorie pudding with a creamy, rich texture that is simple to prepare. Whip with skim milk for a light dessert option, pudding pie, or a base for parfaits.

Case (12/5 Ounce Package)

[Print](#)

Nutrition

Based On: Rounding:

Ingredients

For ingredient or allergen information, please contact Diamond Crystal, phone: 800-654-5115. Please reference manufacturer number: 53078. Nutrition updated April 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 0.5 cup (18g)	
Amount Per Serving	
Calories 50	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 370mg	15%
Potassium 5mg	n/a
Carbohydrates 15g	5%
Fiber 3g	12%
Sugar 1g	
Protein 0g	n/a
Vitamin A IU 0% Vitamin C 0% Calcium 15% Iron 0%	
* 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

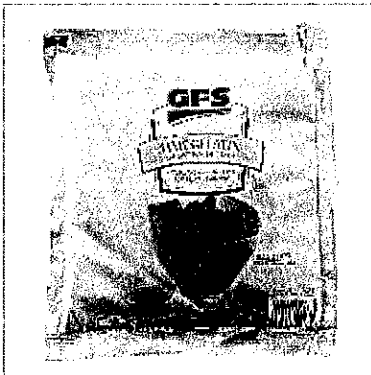
Fat Soluble Vitamins:




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	150 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

GFS Lime Gelatin Mix, 24 Oz Package, 12/Case

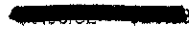


Item Number: 524654   

This lime-flavored mix offers a quality, fat-free solution for making a refreshing gelatin dessert. Once mixed, it maintains its original texture for 2-3 days and may be served plain, with fruit, or in a salad recipe.

- Good source of vitamin C

Case (12/24 Ounce Package)



Print

Nutrition

Based On:

Rounding:

Ingredients

Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Natural and Artificial Flavor, Ascorbic Acid (Vitamin C), Yellow 5, Yellow 5 Lake, Blue 1, Blue 1 Lake.
 COMMON ALLERGENS PRESENT: None. Nutrition & Ingredient statement updated January 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 tbsp (19g)	
Amount Per Serving	
Calories 70	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 105mg	4%
Potassium	n/a
Carbohydrates 17g	6%
Fiber 0g	n/a
Sugar 17g	
Protein 1g	2%
Vitamin A IU 0% Vitamin C 25% Calcium 0% Iron 0%	
* 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	15 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 mg
Manganese	n/a
Iodine	n/a