

# TABATCHNICK

SINCE 1905



## Meal Pattern Contribution

**Product:** Vegetable  
**Code Number:** 00070  
**Manufacturer:** Tabatchnick  
**Packaging:** 2/8 lb bags (42.6/6.0 oz servings)  
**Allergens:** Wheat, Barley  
**Shelf Life:** 3 years

## Requirements:

**Meat/Meat Alternate:** None  
**Fruit/Vegetable:** 1/2 cup Veg  
(1/8 cup ROV, 3/8 cup Other Veg)

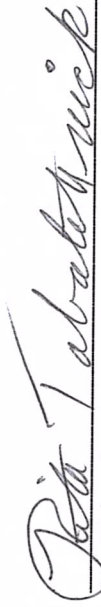
## **Ingredients:**

Water, Carrots, Green Beans, Onions, Tomato Paste, Celery, Peas, Potatoes, Corn, Lima Beans, Barley, Enriched Macaroni Product (Durum Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Green Split Peas, Corn Starch, Salt, Canola Oil, Spices, Mirepoix (Vegetables [Carrots, Celery, Onions], Soybean Oil, Sugar, Salt, Corn Starch, Natural Flavor), Xanthan Gum, Garlic.

## **Handling Instructions:**

For Baking/Convection Oven: For best result defrost in refrigerator for 1 to 2 days prior to use. Place defrosted pouch in water and bring to boil for 20 minutes or until temperature of 175 degrees is reached.

I hereby certify that the above information is calculated using the USDA Food Buying Guide, Publication Aid #1331 (as amended) and is true and correct. Each 6.0 oz. serving contains no Meat and 1/2 cup of vegetable (1/8 cup ROV, 3/8 cup Other Veg) to contribute to the USDA meal pattern requirements as specified in the food buying guide.

  
Rita Tabatchnick, President

04/19/21  
Date

## **NUTRITIONAL FACTS**

SERV. SIZE	6 oz
SERV PER CONT	42.6
CAL	72
CAL F / FAT	12
TOTAL FAT (G)	1
SATUR FAT (G)	0
TRANS FAT (G)	0
CHOL (MG)	0
SODIUM (MG)	280
CARB (G)	14
TOTAL FIBER (G)	3
DIETARY SUG. (G)	2
PROTEIN (G)	2
VIT A	36%
VIT C	8%
CALCIUM	3%
IRON	5%