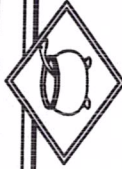


TABATCHNICK

SINCE

1905



Meal Pattern Contribution

Product: Tomato Rice
Code Number: 00077
Manufacturer: Tabatchnick
Packaging: 2/8 lb bags (42.6/6.0 oz servings)
Allergens: None
Shelf Life: 3 years

Requirements Met

Meat/Meat Alternate : None

Fruit/Vegetable: 1/4 cup Other Veg, 3/8 cup ROV

Ingredients:

Tomatoes (Diced Tomatoes, Tomato Juice), Water, Onions, Celery, Green Pepper, Brown Rice, Sugar, Tomato Paste, Canola Oil, Salt, Mirepoix (Vegetables{Carrots, Celery, Onions}, Soybean Oil, Sugar, Salt, Corn Starch, Natural Flavor), Spices, Xanthan Gum.

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 vegetable (1/4 cup OV, 3/8 cup ROV) 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	88
CAL F / FAT	24
TOTAL FAT (G)	3
SATUR FAT (G)	0
TRANS FAT (G)	0
CHOL (MG)	0
SODIUM (MG)	208
CARB (G)	14
TOTAL FIBER (G)	2
DIETARY SUG. (G)	8
PROTEIN (G)	2
VIT A	8%
VIT C	20%
CALCIUM	3%
IRON	3%