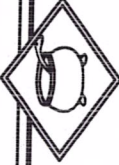


TABATCHNICK

SINCE

1905



Meal Pattern Contribution

Product: Lentil
Code Number: 00084
Manufacturer: Tabatchnick
Packaging: 2/8 lb bags (42.6/6.0 oz servings)
Allergens: None
Shelf Life: 3 years

Requirements Met

Meat/Meat Alternate : 1/2 cup Legume
Fruit/Vegetable: 1/8 cup Other Veg, 1/8 cup ROV

NUTRITIONAL FACTS

SERV. SIZE	6 oz
SERV PER CONT	42.6
CAL	128
CAL F / FAT	0
TOTAL FAT (G)	0
SATUR FAT (G)	0
TRANS FAT (G)	0
CHOL (MG)	0
SODIUM (MG)	288
CARB (G)	23
TOTAL FIBER (G)	6
DIETARY SUG. (G)	2
PROTEIN (G)	9
VIT A	36%
VIT C	5%
CALCIUM	3%
IRON	12%

Ingredients:

Water, Lentils, Carrots, Onions, Celery, Tomato Paste, Tomatoes (Diced Tomatoes, Tomato Juice), Spinach, Salt, Basil, Parsley, Mirepoix (Vegetables [Carrots, Celery, Onions], Soybean Oil, Sugar, Salt, Corn Starch, Natural Flavor), Xanthan Gum, Garlic, Spices.

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 1/2 cup Meat (Legumes) and 1/4 cup of vegetable to contribute to the USDA meal pattern requirements as specified in the food buying guide.

Rita Tabatchnick, President

04/19/21

Date