



# Gluten Free Lunch Box # 1

## Product Specifications

DI Code	DOT Code	UPC	Pack Size	Case Dimension	Net. Weight	Gross Weight	Cube	Cases per Pallet
300192	542923	03007456704008	1 box	9 x 9x 6	1.48	2.08	.28	200

Piece Length	Piece Width	Piece Height	Diameter	Pallet TI x HI	Shelf Life	Storage Temp
Na	Na	Na	Na	20 x 10	180 days	Frozen

## Breaded Chicken Chunks

**Ingredient Statement:** Chicken Breast with Rib Meat, Water, Evaporated Cane Syrup, Sea Salt, Native Potato Starch, Breaded with: Dried Potatoes, Rice Flour, Spice, Dextrose, Soybean Oil, Battered with: Water, Yellow Corn Flour, Corn Starch, Sea Salt, Garlic Powder, Onion Powder, Pre-Dusted with: Rice Flour, Tapioca Dextrin, Corn Starch, Salt, Spice, Garlic Powder, Onion Powder, Ground Celery. Breading is set in Vegetable Oil.

**Contains: Soy**

M/MA: 2.50 oz.  
G/GA: 1.0 oz.

Nutrition Facts		Amount/serving	%DV	Amount/serving	%DV
Serv. Size 156g Serv. Per Cont 1		<b>Total Fat</b> 13g	<b>20%</b>	<b>Total Carb.</b> 18g	<b>6%</b>
Calories 312 Fat Cal. 110		Sat. Fat 2g	<b>10%</b>	Fiber 0g	<b>0%</b>
		Trans Fat 0g		Sugars 2g	
		<b>Cholest.</b> 101mg	<b>34%</b>	<b>Protein</b> 29g	
		<b>Sodium</b> 862mg	<b>36%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0%	Vitamin C 3%	Calcium 0%	Iron 7%

### Preparation:

Conventional Oven: Preheat oven to 375°. Remove from packaging and place on baking sheet. Place on the middle rack of the oven and cook for 15-20 minutes, turning product halfway through. Convection Oven: Preheat oven to 375°. Remove from packaging and place on baking sheet. Place on the middle rack of the oven and cook for 13-15 minutes, turning product halfway through.

## Macaroni & Cheese

**Ingredient Statement:** Cooked Macaroni (Water, White Rice Flour), Water, Pasteurized Process Cheese Spread (Cheddar Cheese {Milk, Cheese Culture, Salt, Enzymes}, Water, Whey, Sodium Phosphate, Whey Protein Concentrate, Cream, Contains 2% or less of: Nonfat Dry Milk, Salt, Anhydrous Milkfat, Autolyzed Yeast, Natural Flavors, Hydroxypropyl Methylcellulose, Extractives of Paprika and Annatto {Color}), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto {Color}), Margarine (Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Contains Less than 2% of Whey Solids, Soy Lecithin, Vegetable Mono & Diglycerides, Sodium Benzoate {a preservative}, Natural & Artificial Flavor, Beta Carotene {Color}, Vitamin A Palmitate Added), Food Starch - Modified, Cheddar Blend Cheese (Cheddar Cheese {Pasteurized Milk, Cheese Culture, Salt, Enzymes}, Water, Skim Milk, Cream, Whey Protein Concentrate, Sodium Phosphate, Contains 2% or less of: Salt, Sodium Citrate, Sodium Alginate, Xanthan Gum, Sorbic Acid {preservative}, Color {Apo-Carotenal, Extractives of Paprika and Annatto}), Rice Flour, Non-Dairy Creamer (Partially Hydrogenated Soy Bean Oil, Corn Syrup Solids, Potassium Caseinate, Sugar, Dipotassium Phosphate, Mono & Diglycerides, Salt, Sodium Stearoyl Lactylate, Carrageenan, Artificial Flavor and Extract of Turmeric and Annatto), Salt, Disodium Phosphate, Pepper, Ground Mustard Seed.

**Contains: Milk, Soy**

M/MA: 2.25 oz.

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 5 oz (142g) Serv. Per Cont. 1		<b>Total Fat</b> 11g	<b>17%</b>	<b>Total Carb.</b> 30g	<b>10%</b>
Calories 250 Fat Cal. 100		Sat. Fat 5g	<b>25%</b>	Fiber 0g	<b>0%</b>
		Trans Fat 1g		Sugars 3g	
		<b>Cholest.</b> 25mg	<b>8%</b>	<b>Protein</b> 9g	
		<b>Sodium</b> 640mg	<b>27%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0%	Vitamin C 0%	Calcium 20%	Iron 2%

### Preparation:

Preheat oven to 400°. Remove all film packaging and place tray on baking sheet. Place on the middle rack of the oven and cook for 15-19 minutes.

**Corn Dog**

**Ingredient Statement:** Uncured Hot Dog: Beef, Water. Contains Less Than 2% Of The Following: Sea Salt, Paprika, Dehydrated Onion, Spices, Nutmeg Oil, Celery Powder. Gluten Free Batter: Yellow Corn Flour, Sugar, Yellow Corn Meal, Tapioca Starch, Rice Flour, Egg Whites, Soy Flour, Sunflower Oil, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Egg Yolks, Salt, Xanthan Gum, Vanilla Flavor (Dextrose, Natural Flavors (Including Vanilla Extract), Corn Starch). **Contains: Egg, Soy**

M/MA: 2.0 oz.  
G/GA: .50 oz.

<b>Nutrition Facts</b>		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 corn dog (71g)		<b>Total Fat</b> 8g	<b>12%</b>	<b>Total Carb.</b> 21g	<b>7%</b>
Serv. Per Cont. 24		Sat. Fat 2.5g	13%	Fiber 1g	4%
<b>Calories</b> 180		<i>Trans</i> Fat 0g		Sugars 6g	
Fat Cal. 70		<b>Cholest.</b> 30mg	<b>10%</b>	<b>Protein</b> 0g	
		<b>Sodium</b> 410mg	<b>17%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%			

**Preparation:**

Conventional oven: thaw corn dogs and bake for 15 minutes at 350 degrees F. If frozen, bake for 25 minutes.

Convection oven: thaw corn dogs and bake for 11 minutes at 350 degrees F. If frozen, bake for 18 minutes.

Microwave: thaw corn dogs and heat for 60 seconds on high. If frozen, heat for 90 seconds. Caution: stick may be hot from all heating methods.

**6” Cheese Pizza**

**Ingredient Statement:** Crust: Water, rice flour, modified rice starch, potato starch, sugar, tapioca flour, potato flour, NMG0 canola/olive oil blend, fresh yeast, salt, xanthan gum, calcium sulfate (added for freshness).Cheese: Pasteurized part skim milk, cheese culture, salt, enzymes. Sauce: Crushed tomatoes (water, concentrated crushed tomatoes), tomato puree (water, tomato paste), sugar, salt, spices, soybean oil, citric acid, dehydrated onions, garlic, Romano cheese flavor [Romano cheese (milk, cheese cultures, salt, enzymes), water, enzymes], onion powder, spice extractive.

**Contains: Milk, Soy**

M/MA: 1.50 oz.  
G/GA: .75 oz.

<b>Nutrition Facts</b>		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 pizza (153g)		<b>Total Fat</b> 16g	<b>25%</b>	<b>Total Carb.</b> 46g	<b>15%</b>
Serv. Per Cont. 1		Sat. Fat 6g	32%	Fiber 1g	3%
<b>Calories</b> 400		<i>Trans</i> Fat 0g		Sugars 4g	
Fat Cal. 140		<b>Cholest.</b> 25mg	<b>8%</b>	<b>Protein</b> 13g	
		<b>Sodium</b> 550mg	<b>23%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 4% • Vitamin C 0% • Calcium 30% • Iron 4%			

**Preparation:**

Preheat oven to 400°. Remove all film packaging and place pizza on baking sheet. Place on the middle rack of the oven and cook for 12-15 minutes. Let cool for 3-4 minutes.

**Hamburger with Bun**

**Ingredients:** Hamburger: Ground Beef (not more than 20% fat), Water, Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), Salt, Sodium Phosphates, Caramel Color. Bun: Water, Food Starch-Modified, Corn Starch, Potato Starch, Long Grain Milled Rice, Stabilized Rice Bran, Granulated Sugar, Canola Oil, Yeast, Egg White Solids, Salt, Tapioca Starch, Pea Fiber, Modified Cellulose, Resistant Corn Starch (Dietary Fiber), Xanthan Gum, Psyllium Husk Powder, Cultured Corn Syrup Solids, Citric Acid, Calcium Sulfate, Enzymes. **Contains: Soy, Egg.**

M/MA: 2.0 oz.  
G/GA: .50 oz.

<b>Nutrition Facts</b>		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 patty&bun (150g)		<b>Total Fat</b> 15g	<b>22%</b>	<b>Total Carb.</b> 41g	<b>14%</b>
Serv. Per Cont. 1		Sat. Fat 4g	20%	Fiber 4g	16%
<b>Calories</b> 360		<i>Trans</i> Fat 0.5g		Sugars 6g	
Fat Cal. 130		<b>Cholest.</b> 35mg	<b>12%</b>	<b>Protein</b> 18g	
		<b>Sodium</b> 770mg	<b>32%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 15%			

**Preparation:** Place Bun aside and let thaw for 2 hours.

Conventional Oven: Preheat oven to 375°. Remove all film packaging and place beef patty on a baking sheet and cook for 6-8 minutes.