



Rose & Shore

Purveyors of Fine Custom Foods

Effective: July 1, 2012

REDUCED FAT MACARONI & CHEESE (850-TRAY)

Ingredient Statement: Macaroni (water, whole wheat flour, semolina [wheat], niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid); Cheese Sauce (pasteurized process reduced fat American cheese [American cheese {milk, cheese cultures, salt, enzymes}, water, sodium citrate, whey, modified food starch, salt, apocarotenol], water, modified food starch); Reduced Fat Cheddar Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes and annatto color).

Contains: Wheat and Milk.

Made on shared equipment that also processes egg

| Nutrition Facts | |
|---|---|
| Serving Size 7 ounces (198g) | |
| Servings Per Container 45 trays | |
| Amount Per Serving | |
| Calories 330 | Calories from Fat 110 |
| <small>% Daily Value*</small> | |
| Total Fat 12g | 18% |
| Saturated Fat 5g | 26% |
| Cholesterol 35mg | 12% |
| Sodium 610mg | 25% |
| Total Carbohydrate 35g | 12% |
| Dietary Fiber 3g | 13% |
| Sugars 2g | |
| Protein 18g | |
| Vitamin A 15% | • Vitamin C 0% |
| Calcium 40% | • Iron 10% |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small> | |
| | <small>Calories: 2,000 2,500</small> |
| Total Fat | <small>Less than 65g 80g</small> |
| Saturated Fat | <small>Less than 20g 25g</small> |
| Cholesterol | <small>Less than 300mg 300mg</small> |
| Sodium | <small>Less than 2,400mg 2,400mg</small> |
| Total Carbohydrate | <small>300g 375g</small> |
| Dietary Fiber | <small>25g 30g</small> |
| <small>Calories per gram:</small> | |
| <small>Fat 9 • Carbohydrate 4 • Protein 4</small> | |

5151 Alcoa Avenue, Vernon CA 90058
Telephone: (323) 826-2144 Facsimile: (323) 826-2150
www.roseandshore.com

| | <u>Amount Per 100g</u> | <u>Amount Per Serving</u> |
|-----------------------------|------------------------|---------------------------|
| Calories | 165.48 | 328.40 |
| Calories from Fat | 53.42 | 106.00 |
| Calories from Saturated Fat | 23.25 | 46.13 |
| Protein | 9.20 g | 18.26 g |
| Carbohydrates | 17.60 g | 34.93 g |
| Dietary Fiber | 1.68 g | 3.33 g |
| Soluble Fiber | 0.30 g | 0.60 g |
| Insoluble Fiber | 1.38 g | 2.74 g |
| Sugar - Total | 1.14 g | 2.26 g |
| Other Carbohydrates | 15.52 g | 30.80 g |
| Fat - Total | 5.94 g | 11.78 g |
| Saturated Fat | 2.58 g | 5.13 g |
| Mono Fat | 2.34 g | 4.65 g |
| Poly Fat | 0.79 g | 1.57 g |
| Trans Fatty Acids | 0.03 g | 0.06 g |
| Cholesterol | 18.64 mg | 37.00 mg |
| Vitamin A | 350.99 IU | 696.54 IU |
| Thiamin - B1 | 0.18 mg | 0.36 mg |
| Riboflavin - B2 | 0.19 mg | 0.38 mg |
| Niacin - B3 | 1.62 mg | 3.21 mg |
| Vitamin - B6 | 0.07 mg | 0.14 mg |
| Vitamin - B12 | 0.27 mcg | 0.54 mcg |
| Biotin | 0.00 mcg | 0.00 mcg |
| Vitamin C | 0.00 mg | 0.00 mg |
| Vitamin E Alpha-Tocopherol | 0.09 mg | 0.18 mg |
| Folate | 40.74 mcg | 80.85 mcg |
| Vitamin K | 0.62 mcg | 1.23 mcg |
| Calcium | 205.93 mg | 408.67 mg |
| Chloride | 0.00 mg | 0.00 mg |
| Copper | 0.08 mg | 0.16 mg |
| Iron | 1.03 mg | 2.05 mg |
| Magnesium | 29.74 mg | 59.02 mg |
| Phosphorus | 269.02 mg | 533.87 mg |
| Potassium | 143.73 mg | 285.24 mg |
| Sodium | 306.15 mg | 607.56 mg |
| Zinc | 1.11 mg | 2.20 mg |