

PIEROGI, POTATO & CHEESE AMERICAN COOKED FROZEN BAG MINI WHOLE GRAIN

Nutritional Facts			
Serving Size: 6 Pierogies (78 g)			
Amount per Serving			Calories from Fat: 50
Calories: 150			% Daily Value*
Total Fat:	6g		9%
Saturated Fat:	3g		15%
Trans Fat:	0g		
Cholesterol:	65mg		21%
Sodium:	230mg		10%
Total Carbohydrate:	18g		6%
Dietary Fiber:	2g		10%
Sugars:	0g		
Other Carbohydrate:			
Protein	8g		
Vitamin A:			0%
Vitamin C:			2%
Calcium:			10%
Iron:			8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	80g
Cholesterol	Less than	2,400mg	80g
Sodium		65g	80g
Total Carbohydrate		65g	80g
Dietary Fiber	Less than	65g	80g

Ingredients:
WATER, WHOLE WHEAT FLOUR AND ENRICHED DURUM FLOUR (WHEAT FLOUR, DURUM FLOUR, NIACIN, FERROUS SULFATE (REDUCED IRON), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PROCESS AMERICAN CHEESE (CHEESE [PASTEURIZED MILK, CULTURED MILK, SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, CALCIUM CHLORIDE], WATER, CREAM, SODIUM CITRATE OR SODIUM PHOSPHATE {EMULSIFIER} MILK FAT, SALT, SORBIC ACID, ACETIC OR LACTIC ACID (PRESERVATIVE), ARTIFICIAL COLOR OR ANNATTO [COLOR]), DRY WHOLE EGGS, DEHYDRATED POTATOES (POTATOES, MONO & DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, CITRIC ACID), SOY PROTEIN ISOLATE, FOOD STARCH- MODIFIED, OAT FIBER, NATURAL FLAVOR, SPICE.

Additional Description:
MADE W/ WHOLE GRAIN DOUGH. KOSHER OU 100 PC PER BAG. Contribution to school menu: Grain/Bread Serving ¾, Meat Alternate 1 oz.