

Whole Grain Chow Mein #22101WG



Whole grain chow mein noodles with carrots, edamame and soy sauce.

Nutrition Facts

Serving Size 4.8 oz (136g)
Servings Per Case about 112

Amount Per Serving

Calories 190 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 270mg **11%**

Total Carbohydrate 27g **9%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 7g

Vitamin A 50% • Vitamin C 25%

Calcium 4% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

CHOW MEIN NOODLES (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], VITAL WHEAT GLUTEN, 100% FULLY REFINED SOYBEAN OIL, SALT, POTASSIUM CARBONATE, SODIUM CARBONATE, SAVORY SAUCE (WATER, GLUTEN FREE TAMARI SOY SAUCE [WATER, SOYBEANS, SALT, SUGAR], 100% FULLY REFINED SOYBEAN OIL, MOLASSES, SWEET CHILI SAUCE [WATER, SUGAR, CHILI GARLIC SAUCE (SALTED CHILI PEPPERS (CHILI PEPPERS, SALT), WATER, SUGAR, RICE VINEGAR, DEHYDRATED GARLIC, MODIFIED CORN STARCH, ACETIC ACID), DISTILLED VINEGAR, CORN STARCH, CONTAINS LESS THAN 2% OF: GARLIC, NATURAL FLAVORS, SALT, SPICES], SESAME OIL, CORNSTARCH, GARLIC POWDER, BLACK PEPPER, XANTHAN GUM, GROUND GINGER, ONION POWDER, MALTODEXTRIN, YEAST EXTRACT, NATURAL FLAVOR), CARROTS, CELERY, EDAMAME, ONIONS, RED BELL PEPPER.

CONTAINS: SOY AND WHEAT. "Manufactured on equipment that processes eggs"

BASIC HEATING INSTRUCTIONS:

(1) 5.63 lb bag of Vegetable Chow Mein

Stir Fry: (Best)

(product must be thawed)

Heat a flat grill or tilt skillet to 450 F. Add oil to grill or skillet. Place thawed noodles and add 3 cups of water into noodles. Blend noodles, sauce, water, and vegetables with tongs or spatula. Continue cooking until hot or 165 F. Remove to a 4" pan.

Boil in Bag/Steamer: (Fair)

(product must be thawed)

Place entire bag into hot boiling water or steamer for 15-18 minutes or until content reach 165°F. Open bag and place content in a 4" pan. Blend noodles, sauce, and vegetables with tongs and serve. Be careful not to over boil.

Convection/Conventional oven (Good)

(product must be thawed)

Preheat oven to 350°F (convection) or 400°F (conventional). Spray 2" full hotel pan with non-stick cooking spray. Empty thawed Chow Mein noodles with sauce and vegetables into pan, add in 3 cups of water and cover with foil. Bake for 15 minutes, remove from oven and stir with tongs. Bake for additional 10 minutes or until product reach 165°F.

(112) 4.8 oz servings per case, (6) 5.63 lb bags
Net Wt. 33.75 lb Gr. Cs Wt: 36.25 lb
Case Information: Item# 22101WG
Case L x W x H: 15.25 x 8.5 x 12
Cube: 0.90 TI x HI: 10 X 5
Shelf Life: Frozen 12 months at 0°F +/- 10°F
GTIN: 00856235005507

CN Equivalency = 1G& 1V (1/4 cup Veg)



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For more information contact:
info@asianfoodsolutions.com

Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Whole Grain Chow Mein with Vegetable and Sauce Code No.: 22101 WG
 Manufacturer: Asian Food Solutions Serving Size 4.80 oz
 (raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non- creditable grains: Yes No **How many grams:**
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). *(Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16grams creditable grain per oz eq; Group H uses the standard of 28grams creditable grain per oz eq; and Group I is reported by volume or weight.)*

Indicate to which Exhibit A Group (A-I) the Product Belongs: H

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) ²	Creditable Amount
	A	B	A ÷ B
Whole Wheat Flour	14.28	28	0.51
Enriched Whole Wheat Flour	13.72	28	0.49
			1
Total Creditable Amount³			1

*Creditable grains are whole-grain meal/flour and enriched meal/flour.


¹ (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

² Standard grams of creditable grains from the corresponding Group in Exhibit A.

³ Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 4.80 oz
 Total contribution of product (per portion) 1 oz equivalent

I certify that the above information is true and correct and that a 4.80 oz portion of this product (ready for serving) provides 1 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.



 Signature

 Lincoln Yee
 Printed Name

_____ Co-President
 _____ Title

 1-1-18 Date

 888-499-6888 Phone Number

Product Formulation Statement (PFS) for Documenting Vegetables and Fruits

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Specific vegetable subgroups must be offered weekly and fruit must be served daily for the National School Lunch Program. For more detailed information on meal pattern requirements see the Nutrition Standards for School Meals Website at <http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>.

Product Name: Whole Grain Chow Mein with Vegetable and Sauce Code: 22101WG
 Manufacturer: Asian Food Solutions Serving Size: 4.80 oz

I. Vegetable Component

Please fill out the chart below to determine the creditable amount of vegetables.

Description of Creditable Ingredient per Food Buying Guide (FBG)	Vegetable Subgroup	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/Servings Per Unit	Creditable Amount ¹ (quarter cups)	
Carrots - sliced	Red/Orange	0.535	X	12.6/16	0.4213	
Edamamae - shelled	Legumes	0.37		10.70/16	0.2474	
Celery - diced	Other	0.535	X	12.3/16	0.4112	
Onions - thawed	Other	0.32		7.92/16	0.1584	
Red Bell - frozen diced	Red/Orange	0.32	X	12.10/16	0.242	
Total Creditable Vegetable Amount:						
<ul style="list-style-type: none"> ¹FBG calculations for vegetables are in quarter cups. See chart on following page for quarter cup to cup conversions. Vegetables and vegetable purees credit on volume served. Tomato paste and puree will continue to credit as a calculated volume based on the yields in the FBG. At least 1/8 cup of recognizable vegetable is required to contribute towards the vegetable component or a specific vegetable subgroup. The other vegetable subgroup may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups. School food authorities may offer any vegetable subgroup to meet the total weekly requirement for the additional vegetable subgroup. Please note that raw leafy green vegetables credit as half the volume served in school meals (For example: 1 cup raw spinach credits as 1/2 cup dark green vegetable. Legumes may credit towards the vegetable component or the meat alternate component, but not as both in the same meal. The school menu planner will decide how to incorporate legumes into the school meal. However, a manufacturer should provide documentation to show how legumes contribute towards the vegetable component and the meat alternate component. See chart on the following page for conversion factors The PFS for meat/meat alternate may be used to document how legumes contribute towards the meat alternate component. 					Total Cups Beans/Peas (Legumes)	0.2474 (no credit)
					Total Cups Dark Green	
					Total Cups Red/Orange	(0.4213 + 0.242) = 0.6633 qt cup = 1/8 cup
					Total Cups Starchy	
					Total Cups Other	(0.4112 + 0.1584) = 0.5696 qt cup = 1/8 cup

I certify the above information is true and correct and that 4.80 ounce serving of the above product contains 1/4 cup(s) of Red/Orange & Other vegetables.
(vegetable subgroup)

II. Fruit Component

Please fill out the chart below to determine the creditable amount of fruits.

Description of Creditable Ingredient per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/Servings Per Unit	Creditable Amount ¹ (quarter cups)
		X		
		X		
		X		
Total Creditable Fruit Amount:				

- ¹FBG calculations for fruits are in quarter cups. See chart below for quarter cup to cup conversions.
- Fruits and fruit purees credit on volume served.
- At least 1/8 cup of recognizable fruit is required to contribute towards the fruit component.
- Please note that dried fruits credit as double the volume served in school meals (For example, 1/2 cup raisins credits as 1 cup fruit).

I certify the above information is true and correct and that 4.8oz serving of the above product contains 0 of fruit.

Quarter Cup to Cup Conversions*

0.5 Quarter Cups = 1/8 Cup vegetable/fruit or 0.5 ounces of equivalent meat alternate

1.0 Quarter Cups = 1/4 Cup vegetable/fruit or 1.0 ounce of equivalent meat alternate

1.5 Quarter Cups = 3/8 Cup vegetable/fruit or 1.5 ounces of equivalent meat alternate

2.0 Quarter Cups = 1/2 Cup vegetable/fruit or 2.0 ounces of equivalent meat alternate

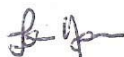
2.5 Quarter Cups = 5/8 Cup vegetable/fruit or 2.5 ounces of equivalent meat alternate

3.0 Quarter Cups = 3/4 Cup vegetable/fruit or 3.0 ounces of equivalent meat alternate

3.5 Quarter Cups = 7/8 Cup vegetable/fruit or 3.5 ounces of equivalent meat alternate

4.0 Quarter Cups = 1 Cup vegetable/fruit or 4.0 ounces of equivalent meat alternate

*The result of 0.9999 equals 1/8 cup but a result of 1.0 equals 1/4 cup



President

Signature

Title

Lincoln Yee

1-1-2018

888-499-6888

Printed Name

Date

Phone Number