



**REQUEST  
FOODS, INC.**

**PRODUCT NAME:** HOMESTYLE CHICKEN & DUMPLINGS  
**GORDON FOOD SERVICE PRODUCT #:** 821845  
**REQUEST FOODS FG#:** 82184

**INGREDIENT STATEMENT:** WATER, RAISED DUMPLINGS (ENRICHED WHEAT FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, EGG, SOYBEAN OIL, NONFAT DRY MILK, SUGAR, SALT, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE, CORNMEAL, SESAME SEEDS), COOKED DICED CHICKEN, CHICKEN FAT, NONFAT DRY MILK, MODIFIED CORN STARCH, CHICKEN BASE (CHICKEN, CHICKEN BROTH, MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, FLAVOR, CHICKEN FAT, SALT, TURMERIC), CREAM, WHEAT FLOUR, SALT, SUGAR, CHICKEN BROTH, FLAVORINGS, MONO- & DIGLYCERIDES WITH CITRIC ACID, MUSHROOM FLAVOR (MALTODEXTRIN, MUSHROOM EXTRACT, SALT), LACTIC ACID (FOOD STARCH-MODIFIED AND LACTIC ACID).

**CONTAINS:** WHEAT, MILK, EGG, SOY

**NUTRITION PANEL:**

<b>Nutrition Facts</b>	
Serving Size 1 Cup with 2 Dumplings (283g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 460</b>	<b>Calories from Fat 210</b>
% Daily Value*	
<b>Total Fat 24g</b>	<b>37%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol 90mg</b>	<b>30%</b>
<b>Sodium 1000mg</b>	<b>42%</b>
<b>Total Carbohydrate 38g</b>	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 8g	
<b>Protein 14g</b>	
Vitamin A 2%	• Vitamin C 2%
Calcium 25%	• Iron 15%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

**SCHOOL LUNCH EQUIVALENT DATA:**

PLEASE SEE ATTACHED LETTER FROM PATRICIA PHILLIPS, PHILLIPS RESOURCES

August 18, 2014

To whom it may concern:

I have reviewed the product formulation for Request Foods' HOMESTYLE CHICKEN & DUMPLINGS (product code number 821845) and calculated the credit toward the child nutrition meal pattern requirements based on the Food Buying Guide and the weight of cooked lean meat. One 283 gram serving of HOMESTYLE CHICKEN & DUMPLINGS contains 1.5 ounce of meat/meat alternate and 1.5 oz equivalent grain.

Sincerely,



Patricia Phillips