

Child Nutrition Meal Pattern Contribution Basic American Foods SKU 10847 Lentil Penne 2/5 lb pch

Product Formulation Sheet: Vegetable

| Description of Credible Ingredient per Food Buying Guide (FBG) | Vegetable Subgroup | Ounces per Raw Portion of Creditable Ingredient | Multiply | FBG Yield/Purchase Unit | Creditable Amount (Quarter Cups) |
|--|--------------------|---|----------|----------------------------|----------------------------------|
| Lentils, dry | Beans/Pea | 0.5408 | X | 1.85 | 1.00 |
| Lentils, dry | Beans/Pea | 1.0816 | X | 1.85 | 2.00 |
| Total Creditable Vegetable Amount | | 1.00/2.00 | | Total Cups Bean/Pea | 0.25/0.50 |



| Nutrition Information | | | |
|-------------------------|---------|---------|--|
| USDA Vegetable | 1/4 cup | 1/2 cup | |
| Contribution Equivalent | 15.33 g | 30.65 g | |
| Calories | 50 | 110 | |
| Protein | 3 g | 6 g | |
| Carbohydrate | 10 g | 20 g | |
| Dietary Fiber | <1 g | 2 g | |
| Total Sugars | 0 g | 0 g | |
| Added Sugars | 0 g | 0 g | |
| Total Fat | 0 g | 0 g | |
| Trans Fat | 0 g | 0 g | |
| Saturated Fat | 0 g | 0 g | |
| Cholesterol | 0 mg | 0 mg | |
| Iron | 0.8 mg | 1.5 mg | |
| Calcium | 0 mg | 10 mg | |
| Sodium | 0 mg | 0 mg | |
| Potassium | 100 mg | 200 mg | |
| Vitamin D | 0.1 mcg | 0.2 mcg | |

| SERVING SIZE MEASURE/WEIGHT | MEAL PATTERN CONTRIBUTION EQUIVALENT | EQUIVALENT SERVINGS PER BAG | EQUIVALENT SERVINGS PER CASE |
|-----------------------------|--------------------------------------|-----------------------------|------------------------------|
| 1.53 oz. | 1/4C Vegetable/Bean/Pea | 76.91 | 153.82 |
| 3.06 oz. | 1/2C Vegetable/Bean/Pea | 38.46 | 76.92 |

Ingredients: Red Lentil Flour, White Rice, Pea Protein.

Packaging and Storage Information: Store cool dry (less than 80 degree F); 365 Days.

Preparation and Cooking Instructions

1: Add 1 bag pasta to boiling water. Reduce heat to medium-high, stir occasionally. 2: Cook 10-12 minutes. (to desired tenderness) 3: Drain, rinse. [Alternate] To Precook: 1: Add 1 bag boiling water. Reduce heat to medium-high, stir occasionally. 2: Cook 5-7 minutes. (to desired tenderness) 3: Drain, rinse. 4: Chill in ice water, drain. Refrigerate covered. Reheat. Tips: Blanch for 30-60 sec or steam in perforated pan on high for 1-2 mins; Hold hot at 145°F until service.

Nutrition Claims: Very Low Sodium per 100g, Gluten Free, No Artificial Flavors, Colors, Preservatives, Vegan, Complete Protein, Kosher Pareve.

I certify that the above information is true and correct when prepared according to directions.

Joe E Bailey, Regulatory Operations Manager

3/20/2019
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Product Formulation Sheet: Meat/Meat Alternate

| Description of Credible Ingredient per Food Buying Guide (FBG) | Ounces per Raw Portion of Creditable Ingredient | Multiply | FBG Yield/Purchase Unit | | Creditable Amount |
|--|---|----------|-------------------------|--------------|-------------------|
| Lentils, dry | 0.4368 | X | 1.85 | | 0.8080 |
| Description of APP, Manufacturer's Name, and Code Number | Ounces Dry APP Per Portion | Multiply | % of Protein As-Is | Divide by 18 | Creditable Amount |
| Vitessence Pulse CT 1552 Protein | 0.0672 | X | 55 | ÷ by 18 | 0.2053 |
| Total Creditable M/M Amount: | | | | | 1.00 |

| Description of Credible Ingredient per Food Buying Guide (FBG) | Ounces per Raw Portion of Creditable Ingredient | Multiply | FBG Yield/Purchase Unit | | Creditable Amount |
|--|---|----------|-------------------------|--------------|-------------------|
| Lentils, dry | 0.8632 | X | 1.85 | | 1.5969 |
| Description of APP, Manufacturer's Name, and Code Number | Ounces Dry APP Per Portion | Multiply | % of Protein As-Is | Divide by 18 | Creditable Amount |
| Vitessence Pulse CT 1552 Protein | 0.1328 | X | 55 | ÷ by 18 | 0.4057 |
| Total Creditable M/M Amount: | | | | | 2.00 |



| Nutrition Information | | | |
|--------------------------|---------------------------|---------------------------|--|
| | 1 oz. Meat/Meat Alternate | 2 oz. Meat/Meat Alternate | |
| USDA Meat/Meat Alternate | Alternate | Alternate | |
| Contribution Equivalent | 14.29 g | 28.24 g | |
| Calories | 50 | 100 | |
| Protein | 3 g | 6 g | |
| Carbohydrate | 9 g | 19 g | |
| Dietary Fiber | <1g | 2 g | |
| Total Sugars | 0 g | 0 g | |
| Added Sugars | 0 g | 0 g | |
| Total Fat | 0 g | 0 g | |
| Trans Fat | 0 g | 0 g | |
| Saturated Fat | 0 g | 0 g | |
| Cholesterol | 0 mg | 0 mg | |
| Iron | 0.7 mg | 1.4 mg | |
| Calcium | 0 mg | 10 mg | |
| Sodium | 0 mg | 0 mg | |
| Potassium | 90 mg | 180 mg | |
| Vitamin D | 0.1 mcg | 0.1 mcg | |

| SERVING SIZE MEASURE/WEIGHT | MEAL PATTERN CONTRIBUTION EQUIVALENT | EQUIVALENT SERVINGS PER BAG | EQUIVALENT SERVINGS PER CASE |
|-----------------------------|--------------------------------------|-----------------------------|------------------------------|
| 1.24 oz. | 1 Meat/Meat Alternate | 94.90 | 189.80 |
| 2.44 oz. | 2 Meat/Meat Alternate | 48.23 | 96.46 |

Ingredients: Red Lentil Flour, White Rice, Pea Protein.

Packaging and Storage Information: Store cool dry (less than 80 degree F); 365 Days.

Preparation and Cooking Instructions

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