



# ANNE ARUNDEL COUNTY PUBLIC SCHOOLS

## ELEVATING ALL STUDENTS... ELIMINATING ALL GAPS

### AA CHILI, THREE BEAN BOWL

#### Nutrition Facts

Serving Size: SERVING

Serving per Container: 1

Amount Per Serving

Calories: 624

Calories from Fat 158

% Daily Value<sup>2</sup>

**Total Fat 17.5g**

27%

Saturated Fat 4.6g

23%

Trans Fat<sup>1</sup> 0.0g

**Cholesterol 49mg**

16%

**Sodium 784mg**

33%

**Total Carbohydrate 99.6g**

33%

Dietary Fiber 12.7g

52%

Sugars 19.0g

**Protein 20.9g**

42%

Vitamin A 0%

Vitamin C 0%

Calcium 18%

Iron 34%

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<sup>2</sup> - Percent Daily Values are based on a 2,000 calorie diet.

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.



#### Allergens

Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
YES	YES	NO	NO	NO	NO	YES	YES

YES = Present NO = Absent ? = Undefined

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



# Premium Three Bean Chili

JTM Item Number: 5383

## Product Title

THREE BEAN VEGETABLE CHILI

Nutritional Information	Per Serving	Per 100 Grams
Serving Size (oz.)	8.00	3.53
Serving Size (g)	226.80	100.00
Servings Per Case	59	136
Calories (kcal)	261	115
Protein (g)	12	5
Carbohydrates (g)	38	17
Dietary Fiber (g)	11	5
Total Sugar (g)	6	3
Added Sugar (g)	0	0
Fat (g)	7	3
Saturated Fat (g)	1.1	0.49
Trans Fatty Acid (g)	0.0	0.00
Cholesterol (mg)	0	0
Vitamin D (mcg)	0	0
Calcium (mg)	95	42
Iron (mg)	4	2
Potassium (mg)	1621	714
Sodium (mg)	537	237

## Ingredients

COOKED RED KIDNEY BEANS, WATER, COOKED BLACK BEANS, COOKED GREAT NORTHERN BEANS, TOMATO STRIPS IN PUREE (with salt and citric acid), TOMATO PASTE, CELERY, ONIONS, SOYBEAN OIL, GREEN BELL PEPPERS, CONTAINS LESS THAN 2% OF SEASONING (potassium chloride, flavor [contains maltodextrin]), SALT, MASA HARINA (corn masa flour, trace of lime), SUGAR, DEHYDRATED CILANTRO, DEHYDRATED GARLIC, SPICES.

CN Statement: CN ID Number:

## Allergens

None

## Preparation

KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

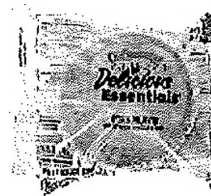
## Product Specifications

UPC (GTIN)	00049485053835
Case Pack	30#6 Bags
Net Weight	30.000
Gross Weight	31.300
Case Length	15.310
Case Width	11.880
Case Height	6.880
Case Cube	0.730
TixHi	10x7
Shelf Life	730



# 21640 - MUFFIN CORN MADE WITH 51% WHOLE GRAIN INDIVIDUALLY WRAPPED 72/2 OZ

Certified Kosher Dairy. Meets Smart Snack Criteria. Can be sold to schools. 1.5 Creditable Grain Ounce Equivalents. Whole Grains Council Stamp: 50%+ stamp. Minimum 13 grams per serving. Minimum 50% of total grains as whole grain. 0g Trans fat per serving. No Artificial Colors. No Artificial Flavors. No High Fructose Corn Syrup.



Brand: Delicious Essentials

## Nutrition Facts

72 servings per container

Serving size

1 muffin (57g)

Amount per serving

**Calories**

**190**

Total Fat 7g

9%

Saturated Fat 2g

10%

Trans Fat 0g

Cholesterol 40mg

13%

Sodium 190mg

8%

Total Carbohydrate 31g

11%

Dietary Fiber 1g

4%

Total Sugars 13g

Includes g Added Sugars

0%

Protein 4g

Vitamin D %

Calcium 20mg 2%

Iron 1.1mg 6%

Potassium 0%

Vitamin C 0mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients

Whole Grains (Whole Yellow Corn Meal, Whole Wheat Flour), Sugar, Eggs, Water, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Glycerine, Contains 2% Or Less of: Modified Corn Starch, Wheat Gluten, Whey (Milk), Leavening (Baking Soda, Sodium Aluminum Phosphate), Palmoil, Canola Oil, Potassium Sorbate (Preservative), Salt, Mono- And Diglycerides, Propylene Glycol Mono- And Diesters of Fats And Fatty Acids, Sodium Alginate, Xanthan Gum, Calcium Sulfate, Lactylic Esters of Fatty Acids, Soy Lecithin, Canola Lecithin, Enzymes. Contains: Eggs, Milk, Soy, Wheat.

### Case Specifications

GTIN	10013087216407	Case Gross Weight	10.75 LB
UPC		Case Net Weight	9 LB
Pack Size		Case L,W,H	16.45 IN, 10.95 IN, 8.27 IN
Shelf Life	365 Days	Cube	0.86 CF
Tie x High	9 x 9		

### Preparation and Cooking

Thaw and serve. Must keep frozen until ready to use.

### Serving Suggestions

Thaw and serve

### Packaging and Storage

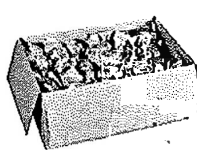
Each muffin is individually wrapped in fully labeled film and packed in a master case. Store frozen.

### Allergens

CONTAINS:

Eggs or Egg Derivatives, Milk or Milk Derivatives, Soybeans or Soybean Derivatives, Wheat or Wheat Derivatives

### Images



Country of Origin: U.S.A.

## Ben's Original™ Wholegrain Brown Rice - Parboiled Long Grain Rice

Item Code	10232075
UPC Code	054800423682
UCC Code	054800423682

Channel	Food Service
Serv Size (g)	45
Serv Per Pckg	About 252

Unit Net Weight	25 lb
	11.34 kg

### Nutrition Data

### Nutrition Facts Panel

	Per Srv	Per 100g
Calories	161.65	359.23
Fat g	1.35	3.00
Sat Fat g	0.32	0.70
Trans Fat g	0.00	0.01
Cholest mg	0.00	0.00
Sodium mg	2.93	6.51
Carbs g	33.62	74.70
Dietary Fiber g	1.49	3.30
Sugars g	0.32	0.70
Added Sugars g	0.00	0.00
Protein g	3.78	8.40
Vit D mcg	0.00	0.00
Calcium mg	4.95	11.00
Iron mg	0.34	0.76
Potass mg	93.15	207.00
Thiamin mg	0.16	0.36
Niacin mg	3.46	7.68
Folate DFE mcg	75.14	166.98

Nutrition Facts	
252 servings per container	
Serving size 1/4 cup (45g)	
(about 1 cup cooked)	
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Values*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.3mg	0%
Potassium 90mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
<b>INGREDIENTS: WHOLE GRAIN BROWN RICE.</b>	

### Ingredients

WHOLE GRAIN BROWN RICE.

### USDA BE Status

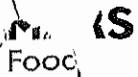
☒ Not a BE food  
☐ Contains BE Ingredients

### May contain label (ONLY mark if required)

Milk ☐  
Peanuts ☐  
Wheat ☐  
Soy ☐  
Egg ☐

### Allergens

(For US & Canada) Soy ☐ Milk ☐ Egg ☐ Peanuts ☐  
**Contains:** Wheat ☐ Shellfish ☐ Fish ☐ Tree Nuts ☐  
-----  
(Additional allergens for Canada market ONLY)  
**Contains:** Gluten NON Wheat ☐ Mustard ☐ Sesame ☐  
(Barley/Oat/Rye)



1131 W. Blackhawk St.  
Chicago, IL 60642

## National School Lunch & Breakfast Program

Product  
Description

Ben's Original™ Wholegrain Brown Rice - Parboiled Long Grain Rice

UPC Code

054800423682

Units Per Case

1

25 lb

Item Code

10232075

### Meal Pattern Contribution

Portion Size	1/2 cup prepared
Meal Pattern	Creditable Amount
Grains (Oz. Equivalent)	1
Meat/Meat Alt. (Oz. Equivalent)	
Vegetables (Cups)	
Beans/Peas (Legumes)	

Comments

Manufacturer's code: 423510

Meets the Definition of Whole  
Grain Rich?

☒ Y ☐ N

### Product Information

Nutrition Facts, serving size, and claims are based on FDA Regulations.  
Portion size used in the calculation of Meal Pattern differs from FDA Serving Size.

Nutrition Facts	
252 servings per container	
Serving size	1/4 cup (45g) (about 1 cup cooked)
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.3mg	0%
Potassium 90mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
INGREDIENTS: WHOLE GRAIN BROWN RICE	

### WHOLE GRAIN BROWN RICE.

Fat Free	<input type="checkbox"/>	Cholesterol Free	<input checked="" type="checkbox"/>
Low Fat	<input checked="" type="checkbox"/>	Low Cholesterol	<input type="checkbox"/>
No Saturated Fat	<input checked="" type="checkbox"/>	Sodium Free	<input checked="" type="checkbox"/>
Low Saturated Fat	<input type="checkbox"/>	Very Low Sodium	<input type="checkbox"/>
0g Trans Fat	<input checked="" type="checkbox"/>	Low Sodium	<input type="checkbox"/>

I certify that the above information is true and correct.

*Peter Lu*

Scientific & Regulatory Affairs

Date Signed:

2/2/2022

# FoodData Central Search Results

ARS HOME > FOODDATA CENTRAL > RICE, WHITE, LONG-GRAIN, REGULAR, RAW, ENRICHED (SR LEGACY, 168877)

## Rice, white, long-grain, regular, raw, enriched

SR Legacy, released in April 2018, is the final release of this data type and will not be updated. For more recent data, users should search other data types in FoodData Central.

**Data Type:** SR Legacy

**Food Category:** Cereal Grains and Pasta

**FDC ID:** 168877

**NDB Number:** 20044

**FDC Published:** 4/1/2019

### Nutrients

### Measures

#### Portion:

1 cup (185 g)

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Water	21.5	g							
Energy	675	kcal	Calculated						
Energy	2830	kJ							
Protein	13.2	g							
Total lipid (fat)	1.22	g							
Ash	1.18	g							
Carbohydrate, by difference	148	g	Calculated						
Fiber, total dietary	2.4	g							
Total Sugars	0.222	g							
Sucrose	0.148	g	Analytical	2		0.037	0.278		
Glucose	0.037	g	Analytical	2		0.037	0.037		
Fructose	0.037	g	Analytical	2		0.037	0.037		
Lactose	0	g	Analytical	2		0	0		
Maltose	0	g	Analytical	2		0	0		

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
			Concentration adjustment; Solids; Retention factors not used						
Vitamin B-12	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Vitamin B-12, added	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Vitamin A, RAE	0	µg							
Retinol	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Carotene, beta	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Carotene, alpha	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Cryptoxanthin, beta	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
SFA 4:0	0	g							
SFA 6:0	0	g							
SFA 8:0	0	g							
SFA 10:0	0	g							
SFA 12:0	0	g							
SFA 14:0	0.007	g							
SFA 16:0	0.298	g							
SFA 18:0	0.022	g							
Fatty acids, total monounsaturated	0.381	g							
MUFA 16:1	0.004	g							
MUFA 18:1	0.376	g							
MUFA 20:1	0	g							
MUFA 22:1	0	g							
Fatty acids, total polyunsaturated	0.327	g							
PUFA 18:2	0.27	g							
PUFA 18:3	0.057	g							
PUFA 18:4	0	g							
PUFA 20:4	0	g							
PUFA 20:5 n-3 (EPA)	0	g							
PUFA 22:5 n-3 (DPA)	0	g							
PUFA 22:6 n-3 (DHA)	0	g							
Cholesterol	0	mg							
Tryptophan	0.154	g							
Threonine	0.472	g							
Isoleucine	0.57	g							
Leucine	1.09	g							
Lysine	0.477	g							
Methionine	0.311	g							
Cystine	0.27	g							
Phenylalanine	0.705	g							



[FAQ](#)

[About Us](#)

[Contact FoodData Central](#)

[USDA.gov](#)

[Agricultural Research Service](#)

[Plain Writing](#)

[FOIA](#)

[Accessibility Statement](#)

[Information Quality](#)

[Privacy Policy](#)

[Non-Discrimination Statement](#)

[USA.gov](#)

[WhiteHouse.gov](#)

