NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Berry OrangeVeggielicious Muffin

PRODUCT CODE: 21689FIW

PORTION SIZE: 3.5 oz., 100 grams

PACKED: 120 IW

CASE NET WEIGHT: 27 lbs.

CASE DIMENSIONS: 20.126"x16.689"x 11.628"

PALLETIZING: 6 ti X 6 hi

MEAL CONTRIBUTION:

EACH WHOLE GRAIN EQUIVALENT BERRY ORANGE VEGGIELICIOUS MUFFIN: The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

INGREDIENTS: Whole grain flour, proprietary red / orange vegetable blend puree, contains one or more of the following: (cranberry, blackberry, strawberry, raspberry), water, eggs, sugar, modified food starch, dried whey (milk), emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), wheat gluten, salt, natural flavors, and imitation vanilla.

ALLERGENS: Gluten, wheat, soy, and milk.

SERVING DIRECTIONS: Thaw at room temperature 2 hours

prior to serving.

I certify that the above information is accurate at present on this date.

Name: Tom Rykalsky Title: CEO



Nutri Serving Size 1 M Servings Per Co	/luffin (100g		acts
Amount Per Serving			
Calories 200		Calories	from Fat 31.5
			% Daily Values
Total Fat 3.5g			5%
Saturated Fa	t Og		0%
Trans Fat 0g			
Cholesterol 0.2	5ma		0%
Sodium 225mg	3		99
Total Carbohyd	Irate 37a		12%
Dietary Fiber			16%
Sugars 21g	79		107
Protein 4a			8%
Protein 49			67
Vitamin A 30%	•	'	√itamin C 6%
Calcium 5%	•		Iron 3.5%
*Percent Daily Values Values may be highe			
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Apple Veggielicious Muffin

PRODUCT CODE: 21638FIW

PORTION SIZE: 3.5 oz., 100 grams

PACKED: 120 IW

CASE NET WEIGHT: 27 lbs.

CASE DIMENSIONS: 20.126"x16.7"x11. 628"

PALLETIZING: 6 ti X 6 hi

MEAL CONTRIBUTION:

EACH WHOLE GRAIN EQUIVALENT APPLE VEGGIELICIOUS MUFFIN: The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup RED / ORANGE vegetable serving.

INGREDIENTS: Whole grain flour, proprietary red / orange vegetable blend puree, apple puree, water, eggs, sugar, modified food starch, dried whey (milk), apple chunks, emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), wheat gluten, salt, natural flavors, and imitation vanilla.

ALLERGENS: Gluten, wheat, soy, and milk.

SERVING DIRECTIONS: Thaw at room temperature 2 hours

prior to serving.

I certify that the above information is accurate at present on this date.

Name: Tom Rykalsky Title: CEO



Nutri Serving Size 1 M Servings Per Co	Muffin (100g		acts
Amount Per Serving	J		
Calories 192		Calorie	s from Fat 18
			% Daily Values
Total Fat 2g			3%
Saturated Fa	t 0g		0%
Trans Fat 0g			
Cholesterol 0.2	5ma		0%
Sodium 225ma	9		10%
Total Carbohyo	irate 37a		12%
Dietary Fiber			14%
Sugars 21g	0.0g		177
			004
Protein 4g			8%
Vitamin A 40%	•		Calcium 5%
Iron 3.5%			
*Percent Daily Value: Values may be high			
Total Fat	Less than	65a	2,500 80a
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Apple Squffin

PRODUCT CODE: 21693FIW

PORTION SIZE: 3.5 oz., 100 grams

PACKED: 120 IW

CASE NET WEIGHT: 27 lbs.

CASE DIMENSIONS: 20.12"x16.69"x11.63"

PALLETIZING: 6 ti X 6 hi

MEAL CONTRIBUTION:

EACH WHOLE GRAIN EQUIVALENT Apple Creme Veggie squffin: The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

INGREDIENTS: Whole grain flour, proprietary red / orange vegetable blend puree, apple puree, water, eggs, sugar, modified food starch, dried whey (milk), apple chunks, emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), wheat gluten, salt, natural flavors, and imitation vanilla.

ALLERGENS: Gluten, wheat, soy, and milk.

SERVING DIRECTIONS: Thaw at room temperature 2 hours

prior to serving.

I certify that the above information is accurate at present on this date.

Name: Tom Rykalsky Title: CEO



Nutri Serving Size 1 S Servings Per Co	quffin (100		acts
Amount Per Serving			
Calories 192		Calorie	s from Fat 1
			% Daily Value:
Total Fat 2g			39
Saturated Fa	t 0g		09
Trans Fat 0g			
Cholesterol 0.2	5ma		09
Sodium 225mg			109
Total Carbohyd	rate 37a		129
Dietary Fiber			149
Sugars 21g			
Protein 4g			80
Vitamin A 40%	<u> </u>		Calcium 59
Iron 3.5%			
*Percent Daily Values Values may be higher			
v araco may be riigire	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Banana Veggielicious Muffin

PRODUCT CODE: 21633FIW

PORTION SIZE: 3.5 oz., 100 grams

PACKED: 120 IW

CASE NET WEIGHT: 27 lbs.

CASE DIMENSIONS: 20.126"x16.689"x 11.628"

PALLETIZING: 6 ti X 6 hi

MEAL CONTRIBUTION:

EACH WHOLE GRAIN EQUIVALENT BANANA VEGGIELICIOUS MUFFIN: The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

INGREDIENTS: Whole grain flour, proprietary red / orange vegetable blend puree, water, banana, eggs, egg replacer, sugar, modified food starch, dried whey (milk), emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate) wheat gluten, salt, natural flavors, imitation vanilla.

ALLERGENS: Gluten, wheat, soy, and milk.

SERVING DIRECTIONS: Thaw at room temperature 2 hours

prior to serving.

I certify that the above information is accurate at present on this date.

Name: Tom Rykalsky Title: CEO

Signature: Tom Rykalsky Date: January 2016



Nutri Serving Size 1 M Servings Per Co	/luffin (100g		acts
Amount Per Serving			
Calories 195		Calories	from Fat 31.5
			% Daily Values
Total Fat 3.5g			5%
Saturated Fa	t 0g		0%
Trans Fat 0g			
Cholesterol 0.2	5ma		0%
Sodium 250mg	Cing		10%
Total Carbohyd	Irate 30a		13%
			14%
Dietary Fiber	3.5 <u>y</u>		1470
Sugars 20g			
Protein 3.5g			7%
Vitamin A 30%	•	,	Vitamin C 4%
Calcium 3.5%	•		Iron 12%
*Percent Daily Values Values may be highe			
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Blueberry Veggielicious Muffin

PRODUCT CODE: 21644FIW

PORTION SIZE: 3.5 oz., 100 grams

PACKED: 120 IW

CASE NET WEIGHT: 27 lbs.

CASE DIMENSIONS: 20.126"x16.689"x 11.628"

PALLETIZING: 6 ti X 6 hi

MEAL CONTRIBUTION:

EACH WHOLE GRAIN EQUIVALENT BLUEBERRY VEGGIELICIOUS MUFFIN: The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

INGREDIENTS: Whole grain flour, proprietary red / orange vegetable blend puree, blueberry puree, water, eggs, sugar, modified food starch, dried whey (milk), blueberries, emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), wheat gluten, salt, natural flavors, and imitation vanilla.

ALLERGENS: Gluten, wheat, soy, and milk.

SERVING DIRECTIONS: Thaw at room temperature 2 hours

prior to serving.

I certify that the above information is accurate at present on this date.

Name: Tom Rykalsky Title: CEO



Nutri Serving Size 1 M			acts
Servings Per Co		9/	
Amount Per Serving			
Calories 200	<u> </u>	Calories	from Fat 31.5
			% Daily Values*
Total Fat 3.5g			5%
Saturated Fa	t Oa		0%
	ı og		U78
Trans Fat 0g	_		
Cholesterol 0.2	5mg		0%
Sodium 225mg			10%
Total Carbohyd	Irate 37g		12%
Dietary Fiber	3.5g		14%
Sugars 21g			
Protein 4g			8%
Frotein 19			
Vitamin A 60%	•	,	Vitamin C 6%
Calcium 3.5%	•		Iron 3.5%
*Percent Daily Values Values may be highe	er or lower dep	ending on you	ır calorie needs. ´
	Calories		2,500
Total Fat	Less than	65g	80g
Sat Fat Cholesterol	Less than Less than	20g 300ma	25g 300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate	2000 (11011	300a	375a
Dietary Fiber		25g	30g

NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Cocoa Veggielicious Muffin

PRODUCT CODE: 21682FIW

PORTION SIZE: 3.5 oz., 100 grams

PACKED: 120 IW

CASE NET WEIGHT: 27 lbs.

CASE DIMENSIONS: 20.126"x16.689"x 11.628"

PALLETIZING: 6 ti X 6 hi

MEAL CONTRIBUTION:

EACH WHOLE GRAIN EQUIVALENT COCOA VEGGIELICIOUS MUFFIN: The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup dark green vegetable serving.

INGREDIENTS: Whole grain flour, proprietary green vegetable blend puree, water, eggs, sugar, cocoa, modified food starch, dried whey (milk), emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate) wheat gluten, salt, natural flavors, and imitation vanilla.

ALLERGENS: Gluten, wheat, soy, and milk.

SERVING DIRECTIONS: Thaw at room temperature 2 hours

prior to serving.

I certify that the above information is accurate at present on this date.

Name: Tom Rykalsky Title: CEO



Nutri Serving Size 1 1 Servings Per Co	Muffin (10		acts
Amount Per Serving	J		
Calories 200		Calories	from Fat 31.5
			% Daily Values
Total Fat 3.5g			5%
Saturated Fa	t Oa		0%
Trans Fat 0g			
Cholesterol 0.2	5ma		0%
Sodium 225mg	Jing		10%
	Innta 20-		13%
Total Carbohyd			
Dietary Fiber	3.5g		14%
Sugars 20g			
Protein 5g			10%
Vitamin A 50%	•	,	Vitamin C 6%
Calcium 5%	•		Iron 16%
*Percent Daily Values Values may be highe			
Total Fat	Less than	65g	2,500 80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Cocoa Veggie Squffin

PRODUCT CODE: 21691FIW

PORTION SIZE: 3.5 oz., 100 grams

PACKED: 120 IW

CASE NET WEIGHT: 27 lbs.

CASE DIMENSIONS: 20.126"x16.689"x 11.628"

PALLETIZING: 6 ti X 6 hi

MEAL CONTRIBUTION:

EACH WHOLE GRAIN EQUIVALENT Cocoa Veggie squffin: The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup dark green vegetable serving.

INGREDIENTS: Whole grain flour, proprietary green vegetable blend puree, water, eggs, sugar, cocoa, modified food starch, dried whey (milk), emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate) wheat gluten, salt, natural flavors, and imitation vanilla.

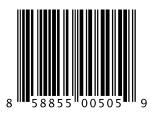
ALLERGENS: Gluten, wheat, soy, and milk.

SERVING DIRECTIONS: Thaw at room temperature 2 hours

prior to serving.

I certify that the above information is accurate at present on this date.

Name: Tom Rykalsky Title: CEO



Nutri Serving Size 1 S Servings Per Co	quffin (100		acts
Amount Per Serving			
Calories 200		Calories	from Fat 31.
			% Daily Value:
Total Fat 3.5g			5%
Saturated Fa	t 0g		09
Trans Fat 0g			
Cholesterol 0.2	5ma		09
Sodium 225mg			109
Total Carbohyd	rate 39a		139
Dietary Fiber			149
Sugars 20g			
Protein 5g			109
Vitamin A 50%	•		Vitamin C 69
Calcium 5%	•		Iron 169
*Percent Daily Values Values may be highe			
Total Fat	Less than	65g	80g
Sat Fat Cholesterol	Less than	20g	25g
Cholesterol Sodium	Less than	300mg 2400mg	300mg 2400mg
Total Carbohydrate	ress might	300g	375g
Dietary Fiber		25g	30g

NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Orange Crème Veggielicious Muffin

PRODUCT CODE: 21658FIW

PORTION SIZE: 3.5 oz., 100 grams

PACKED: 120 IW

CASE NET WEIGHT: 27 lbs.

CASE DIMENSIONS: 20.126"x16.689"x 11.628"

PALLETIZING: 6 ti X 6 hi

MEAL CONTRIBUTION:

EACH WHOLE GRAIN EQUIVALENT CRÈME VEGGIELICIOUS MUFFIN: The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

INGREDIENTS: Whole grain flour, proprietary red / orange vegetable blend puree, water, eggs, sugar, modified food starch, dried whey (milk), emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate) wheat gluten, salt, natural flavors, and imitation vanilla.

ALLERGENS: Gluten, wheat, soy, and milk.

SERVING DIRECTIONS: Thaw at room temperature 2 hours

prior to serving.

I certify that the above information is accurate at present on this date.

Name: Tom Rykalsky Title: CEO



Nutri Serving Size 1 M Servings Per Co	/luffin (100g		acts
Amount Per Serving			
Calories 195		Calories	from Fat 31.5
			% Daily Values
Total Fat 3.5g			5%
Saturated Fa	t Oa		0%
Trans Fat 0g			
Cholesterol 0.2	5ma		0%
Sodium 225mg	oning		10%
Total Carbohyd	Irsta 20a		13%
Dietary Fiber	3.5g		14%
Sugars 20g			
Protein 3.5g			7%
Vitamin A 30%	•		Vitamin C 4%
Calcium 3.5%	•		Iron 12%
*Percent Daily Values Values may be highe			
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Veggie Corn Muffin

PRODUCT CODE: 21692FIW

PORTION SIZE: 3.5 oz., 100 grams

PACKED: 120 IW

CASE NET WEIGHT: 27 lbs.

CASE DIMENSIONS: 20.126"x16.689"x 11.628"

PALLETIZING: 6 ti X 6 hi

MEAL CONTRIBUTION:

EACH WHOLE GRAIN EQUIVALENT VEGGIELICIOUS Corn Muffin: The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

INGREDIENTS: Whole grain flour, Corn Meal, proprietary red/orange vegetable blend puree, water, eggs, sugar, modified food starch, dried whey (milk), Carrot emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), wheat gluten, salt, natural flavors, and imitation vanilla.

ALLERGENS: Gluten, wheat, soy, and milk.

SERVING DIRECTIONS: Thaw at room temperature 2 hours

prior to serving.

I certify that the above information is accurate at present on this date.

Name: Tom Rykalsky Title: CEO



Nutri Serving Size 1 M Servings Per Co	/luffin (100g		acts
Amount Per Serving			
Calories 198		Calorie	s from Fat 16
			% Daily Values*
Total Fat 2g			3%
Saturated Fa	t 0g		0%
Trans Fat 0g			
Cholesterol 0.2	5ma		0%
Sodium 225mg	oning		10%
	l==4= 20=		13%
Total Carbohyd			
Dietary Fiber	3.5g		14%
Sugars 22g			
Protein 4g			8%
Vitamin A 20%	•		Calcium 5%
Iron 7%			
*Percent Daily Values Values may be highe			
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Veggie Southwest (Jalapeno) Corn Muffin

PRODUCT CODE: 21654FIW

PORTION SIZE: 3.5 oz., 100 grams

PACKED: 120 IW

CASE NET WEIGHT: 27 lbs.

CASE DIMENSIONS: 20.126"x16.689"x 11.628"

PALLETIZING: 6 ti X 6 hi

MEAL CONTRIBUTION:

EACH WHOLE GRAIN EQUIVALENT VEGGIELICIOUS Corn Muffin: The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

INGREDIENTS: Whole grain flour, Corn Meal, proprietary red/orange vegetable blend puree, water, eggs, sugar, modified food starch, dried whey (milk), Carrot, diced jalapeno, emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), wheat gluten, salt, natural flavors, and imitation vanilla.

ALLERGENS: Gluten, wheat, soy, and milk.

SERVING DIRECTIONS: Thaw at room temperature 2 hours

prior to serving.

I certify that the above information is accurate at present on this date.

Name: Tom Rykalsky Title: CEO



Nutri Serving Size 1 M Servings Per Co	/luffin (100g		acts
Amount Per Serving			
Calories 198		Calorie	s from Fat 16
			% Daily Values*
Total Fat 2g			3%
Saturated Fa	t 0g		0%
Trans Fat 0g			
Cholesterol 0.2	5mg		0%
Sodium 225mg			10%
Total Carbohyd	Irate 38a		13%
Dietary Fiber			14%
Sugars 22g			
Protein 4g			8%
Vitamin A 21%	•		Vitamin C 4%
Calcium 5%	•		Iron 7%
*Percent Daily Values Values may be highe			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRITION & ANALYSIS SHEET

PRODUCT NAME: Whole Grain Equivalent Pumpkin Spice Veggielicious Muffin

PRODUCT CODE: 21690FIW

PORTION SIZE: 3.5 oz., 100 grams

PACKED: 120 IW

CASE NET WEIGHT: 27 lbs.

CASE DIMENSIONS: 20.126"x16.689"x 11.628"

PALLETIZING: 6 ti X 6 hi

MEAL CONTRIBUTION:

EACH WHOLE GRAIN EQUIVALENT PUMPKIN SPICE VEGGIELICIOUS MUFFIN: The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

INGREDIENTS: Whole grain flour, proprietary red / orange vegetable blend puree, water, eggs, sugar, modified food starch, dried whey (milk), emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate) wheat gluten, salt, natural flavors, cinnamon, and imitation vanilla.

ALLERGENS: Gluten, wheat, soy, and milk.

SERVING DIRECTIONS: Thaw at room temperature 2 hours

prior to serving.

I certify that the above information is accurate at present on this date.

Name: Tom Rykalsky Title: CEO



Nutri	tio	n F	acts
Serving Size 1			
Serving Olze 11		<i>3)</i>	
Amount Per Serving			
Calories 195		Calories	from Fat 31.5
			% Daily Values*
Total Fat 3.5g			5%
Saturated Fa	ıt 0g		0%
Trans Fat 0g			
Cholesterol 0.2	!5ma		0%
Sodium 225mg	9		10%
Total Carbohyo	irate 39d		13%
Dietary Fiber			14%
Sugars 20g	0.09		1770
			7%
Protein 3.5g			170
Vitamin A 30%	•	,	Vitamin C 4%
Calcium 3.5%	•		Iron 12%
*Percent Daily Value Values may be high			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g