



**BERNARD**  
FOOD INDUSTRIES, INC.®

INSTITUTIONAL FOODS

SPECIAL DIET FOODS



PRODUCT CODE  
202197 & 202195

FLAVOR  
KWIK DISH MEXICAN LASAGNA DINNER MIX

<b>Nutrition Facts</b>	
600 servings per container	
Serving size 6 oz prepared (21g mix)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron .7mg	4%
Potassium 30mg	1%

Ingredients : Pasta (51% Whole Durum Flour, Semolina Durum Wheat Flour [Enriched With Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid] And Water), Sugar, Corn Starch, Salt, Chili Powder (Spices Including Paprika, Salt, Garlic), Spice, Sunflower Oil, Onion Powder, Silicon Dioxide, Citric Acid, Guar Gum, Garlic Powder.  
Contains Wheat

<b>Nutrition Facts</b>	
50 servings per container	
Serving size 6 oz prepared (21g mix)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
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Contains Wheat

Steven Bernard, CEO

Date: Nov 1, 2017

**Formulation Statement for Documenting Grains in School Meals**  
**Required Beginning SY 2013-2014**  
*( Crediting Standards Based on Revised Exhibit A )*  
*weights per oz equivalent*

School Food Authorities (SFAs) should include a copy of the label from the purchased product carton 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: Kwik Dish Mexican Lasagna Code No.: 202197 & 202195  
 Manufacturer: Bernard Foods Serving Size: 6 oz.

**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 0.24oz equivalent or 3.99 grams for Groups A-G and 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).** *(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)*

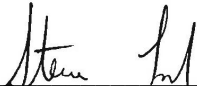
**Indicate which Exhibit A Group (A-I) the Product Belongs:**          **H**

Description of Product per Food Buying Guide	Portion Size of Product as Purchased <b>A</b>	Weight of one ounce equivalent as listed in SP 30-2012 <b>B</b>	Creditable Amount <b>A ÷ B</b>
Pasta	15 Grams	28 Grams	0.54
<b>Total Creditable Amount<sup>1</sup></b>			<b>0.54</b>

<sup>1</sup> 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 6 oz.  
 Total contribution of product (per portion) 0.5 oz equivalent

I further certify that the above information is true and correct and that a 6 ounce portion of this product (ready for serving) provides 0.5 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

STEVE LOSH  
 \_\_\_\_\_  
 Printed Name

TECHNICAL DIRECTOR  
 \_\_\_\_\_  
 Title

Nov 1, 2017      800-323-3663 X 122  
 \_\_\_\_\_      \_\_\_\_\_  
 Date      Phone Number