



# Whole Grain Lo Mein Noodles

## DESCRIPTION:

Delicious and soft noodles are an excellent option to compliment a wide variety of Asian entrees. Enjoy!

## FOOD BASED EQUIVALENCY:

One serving provides 1 serving (1/2 cup) of whole grain noodles/grain.

Each case contains 20 lbs of Whole Grain Lo Mein Noodles.

## HEATING INSTRUCTIONS:

- Place product in a sheet pan and place sheet pan in cooler (45°) two full days prior to serving or until fully thawed.
- Place product into hotel pan (1 Bag/pan), drizzle 1 to 3 cups of water evenly over noodles and toss, cover with lid.
- Heat in convection oven at 350° for about 20-25 minutes or until 165°.

## INGREDIENTS:

Whole Grain Lo Mein (Whole Wheat Flour, Enriched Wheat Flour, Tapioca Starch, Wheat Gluten, Water)

**CONTAINS: WHEAT**

**NO TRANS FAT**  
**NO MSG**



## Nutrition Facts

Serving Size 2.46oz (70g)

### Amount Per Serving

Calories 87

Calories from Fat 0

### % Daily Value\*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 2mg

0%

Total Carbohydrate 18.6g

6%

Sugars 0.56g

Protein 3.7g

Vitamin A 0%

Vitamin C 0%

Calcium 1%

Iron 4%

\*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
Sat 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

I certify this information is true and correct:

Grant K. Kwok  
President

July 1, 2016  
Date

\*\*Effective for one year from date signed\*\*

Product Code	Description	U/M	Count	Lbs
Lo Mein: CCF-0011	Lo Mein Noodles	5 lbs	6	30



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## Pack Information

**Pack:** 6/5 lb Bags.

**Case Net Wt. (Lbs):** 30 lbs

**Case Gross Wt. (Lbs):** 31 lbs

**Case Dimension:** 14x12x9

**Case Cube:** 0.87

**Cases/Pallet Layer:** 8

**Layers/ Pallet:** 8

**Cases/ Pallet:** 64

## Shelf Life

**Frozen:** 1 year

**Refrigerated:** 3 days

**Note:** Product not intended to be eaten cold. See Cooking Instructions