24A

Cookie Dough

RichLife™ School Cookies

Chocolate Chip (05452)

05452

Nutrition Facts Amount per School Serving
Serving Size: 1 cookie (26 g)

Amount per Serving				
Calories 100			Calories from Fat 30	
		% Daily Value*		
Protein	1g		Vitamin A	0%
Total Fat	3.5g	**5%**	Vitamin C	0%
Saturated Fat	1g	**5%**	Calcium	0%
Trans Fat	0g		Iron	4%
Cholesterol	0mg	**0%**	Thiamin	4%
Sodium	120mg	**5%**	Riboflavin	2%
Total Carbohydrate	17g	**6%**	Niacin	2%
Dietary Fiber	1g	**3%**	Folate	4%
Sugars	9g			

RichLife™ School Cookies

Sugar (05596)

05596

Nutrition Facts Amount per School Serving

Serving Size: 1 cookie (26 g)

Amount per Serving				
Calories 100			Calories from Fat 30	
		% Daily Value*		
Protein	1g		Vitamin A	0%
Total Fat	3.5g	**5%**	Vitamin C	0%
Saturated Fat	.5g	**3%**	Calcium	0%
Trans Fat	0g		Iron	2%
Cholesterol	0mg	**0%**	Thiamin	4%
Sodium	95mg	4%	Riboflavin	2%
Total Carbohydrate	17g	**6%**	Niacin	2%
Dietary Fiber	1g	**2%**	Folate	4%
Sugars	8g			

NUTRITION DATA

This information is based on information provided to us by our vendors. It is accurate as of February 23, 2007. If you require updated information, please contact Best Maid Customer Service.

70069

03320123010971

Preform Wellness Option 1 180/2oz Oatmeal Blueberry

NUTRITION INFORMATION:

	Quantity	% DV
Calories	210	
Calories Fat	45	
Total Fat	5g	8%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	20mg	7%
Sodium	230mg	10%
Total Carbohydrate	36g	12%
Dietary Fiber	2g	8%
Sugar	18g	
Protein	3g	
Vitamin A		4%
Vitamin C		0%
Calcium		0%
Iron		10%

ALLERGEN INFORMATION:

Contains: Wheat, eggs, milk.

INGREDIENT INFORMATION:

INGREDIENTS: Oats, enriched cake flour, blueberry bits, whole eggs, invert sugar, bettur (partially hydrogenated soybean oil, sweet cream buttermilk, salt, mono and diglycerides, soy lecithin, potassium sorbate and citric acid as preservatives, artificial flavoring, vitamim A plamitate added, colored with carotene), marharine (palm oil, water, soybean oil, salt, vegetable mono and diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavor, beta carotene, vitamin A palmitate added, whey), apple powder, soda bicarbonate, baking powder, hydroxylated soy lecithin, butter vanilla ppwder (dextrose, corn starch, tocopherols, ascorbyl palmitate, vegetable oil, alcohol, apo carotenal), salt, cainnamon.
Contains: Wheat, eggs, dairy

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River Falls WI 54022-1594

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customerservice@bestmaid.com

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Toll-Free: (888) 444-0322
Fax: (715) 426-1950

24212

212 Homestyle M & M

11/24/2003

Nutrition Facts

Serving Size 1 Cookie (2.0 oz) (57g)
Servings Per Container
Calories 240
Calories from Fat 90

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 10g	**16%**	**Total Carbohydrate** 35g	**12%**
Saturated Fat 4g	**20%**	Dietary Fiber less than 1 gram	**3%**
Cholesterol 15mg	**5%**	Sugars 20g	
Sodium 250mg	**11%**	**Protein** 3g	
Vitamin A 2% • Vitamin C 0%		Calcium 2% • Iron 6%	

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched Unbleached Wheat Flour (unbleached wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin), M & M's (milk chocolate [sugar, chocolate, cocoa butter, skim milk, milkfat, lactose, soy lecithin, salt, artificial flavor], sugar, less than .5% - cornstarch, corn syrup, coloring [yellow 5 lake, blue 1 lake, red 40 lake, yellow 6 lake, blue 2 lake], dextrin), Brown Sugar, Sugar, Enriched Bleached Wheat Flour (bleached wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin), Margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, whey, vegetable mono and diglycerides, soybean lecithin, artificial flavor, beta carotene [color], vitamin A palmitate), Vegetable Shortening (partially hydrogenated soybean oil), Liquid Whole Eggs (pastuerized), Invert Sugar, Butter, Water, Salt, Baking Soda, Soy Lecithin (a natural ingredient added to maintain freshness), Nartural & Artificial Flavoring.

HOPE'S COUNTRY FRESH COOKIES

01/22/2007

Homestyle White Chocolate Macadamia (non trans fat)

24207

Nutrition Facts

Serving Size 1 Cookie (2.0 oz) (57g)

Amount Per Serving

Calories 270 Calories from Fat 120

	% Daily Value*
Total Fat 14g	21%
Saturated Fat 6g	31%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 240mg	10%
Potassium 50mg	1%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	3%
Sugars 19g	
Protein 3g	

Vitamin A 2% • Vitamin C 0%

Calcium 4% • Iron 6%

*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
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched Wheat Flour (unbleached and bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin), White Chocolate Chunks (sugar, fractionated palm kernel oil, nonfat Milk, Whey, partially hydrogenated palm oil, Soy lecithin, artificial flavor), Margarine (Soybean Oil, Plam Oil, Water, Salt, Mono and Diglycerides, Soy Lecithin, Natural Flavor, Annatto Color, Vitamin A Palmitate), Macadamia Nuts, Brown Sugar, Sugar, Eggs (pasteurized), Invert Sugar, Butter, Water, Modified Food Starch, Salt, N & A Flavoring, Baking Soda, Soy Lecithin, Guar Gum.

Contains Egg, Milk, Soy, Macadamia Nuts, Wheat.
(May contain trace amounts of other treenuts and peanuts)

HOPE'S COUNTRY FRESH COOKIES

01/22/2007

Homestyle Sugar Cookie (non trans fat)

24204

Nutrition Facts

Serving Size 1 Cookie (2.0 oz) (57g)

Amount Per Serving

Calories 240	**Calories from Fat 90**
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 3g	**16%**
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 10mg	**3%**
Sodium 280mg	**12%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 1g	2%
Sugars 18g	
Protein 3g	

Vitamin A 0% • **Vitamin C 0%**

Calcium 4% • **Iron 8%**

*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
Saturated Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	300 mg
Sodium	Less Than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched Wheat Flour (bleached and unbleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin), Sugar, Margarine (Soybean Oil, Plam Oil, Water, Salt, Mono and Diglycerides, Soy Lecithin, Natural Flavor, Annatto Color, Vitamin A Palmitate), Water, Nonfat Dry Milk, Eggs (pasteurized), Modified Food Starch, Whey protein, N & A Flavoring, Invert Sugar, Salt, Soy Lecithin, Baking Soda, Natural Flavor, Guar Gum.

Contains Egg, Milk, Soy, Wheat.
(May contain trace amounts of treenuts and peanuts)

Cookies

Print

Chocolate Chip Cookies

Item Code: 59100

Item Size: 2 oz.

NUTRITION FACTS

Serving Size 1 cookie (2.0 oz./57g.)
Servings per Container 1

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value
Total Fat 12 g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 10 mg	3%
Sodium 190 mg	8%
Potassium 70 mg	2%
Total Carbohydrates 35 g	12%
Dietary Fiber 1 g	4%
Sugars 20 g	
Protein 3 g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 6%
Thiamin 10%	Roboflavin 6%
Niacin 6%	Folic Acid 6%
Phosphorous 4%	Magnesium 4%
Zinc 2%	
Bread Servings 1	

* 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300g	300g
Sodium	Less than	2,400g	2,400g
Potassium	Less than	3,500g	3,500g
Total Carbohydrate	Less than	300g	3,75g
Dietary Fiber	Less than	25g	30g

Calories per gram: Fat 9 | Carbohydrate 4 | Protein 4

INGREDIENTS

Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Soy Lecithin, Vanilla), Palm Oil, Margarine (Palm Oil, Soybean Oil, Water, Salt, Mono- and Diglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene), Eggs, Water, High Fructose Corn Syrup, Molasses, Baking Soda, Salt, Natural and Artificial Flavor.

SHELF LIFE

1 year (unopened) from the date of production when stored at or below 0° F (-18° C).

24 hours when baked and stored in our display or other container.

BAKING TIME & INSTRUCTIONS

Otis Commercial Oven: 280 F for 17 - 20 min.
Convection Oven: 300 F for 12 - 15 min.
Commercial Rack Oven: 300 F for 13 - 15 min.
Residential Oven: 325 F for 17 - 20 min.

For increased cookie spread, bake at the lower temperatures indicated, and allow the dough to thaw on the sheet pan prior to baking.

Place cookies on parchment paper.

Cookie placement on a standard institutional 18 x 26" baking sheet is as follows: Place 15 (3 x 5) 2.5 to 4.0 ounce cookies per sheet pan. For the 2.0 size, place 24 (4 x 6) cookies per sheet pan.

For 1.5, 1.33, 1.0 and 0.75 ounce sizes, place up to 35 (5 x 7) cookies per sheet pan.

Using an Otis Oven and 9.75 x 14.75 inch parchment paper, Cookie should cool for 20 to 30 minutes prior to removing from the parchment paper.

Properly baked cookies should have a golden brown color, and should be firm on the outside and have a soft moist interior.

Underbaked cookies will appear pale, slightly gray in the center, greasy, and have a soft pliable texture.

Overbaked cookies will appear medium brown to dark brown in color, and will have a firm to hard texture.

Cookies

Print

Carnival Cookies

Item Code: 58108

Item Size: 1 oz.

NUTRITION FACTS

Serving Size 1 cookie (1.0 oz./28g.)
Servings per Container 1

Amount Per Serving	
Calories 120	Calories from Fat 45
	% Daily Value
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5 mg	2%
Sodium 110mg	5%
Potassium 30mg	1%
Total Carbohydrates 18 g	6%
Dietary Fiber 0 g	0%
Sugars 11 g	
Protein 1 g	

Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 2%
Thiamin 4%	Roboflavin 4%
Niacin 2%	Folic Acid 4%
Phosphorous 2%	Magnesium 2%
Zinc 0%	
Bread Servings 0.5	

* 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300g	300g
Sodium	Less than	2,400g	2,400g
Potassium	Less than	3,500g	3,500g
Total Carbohydrate	Less than	300g	3,75g
Dietary Fiber	Less than	25g	30g

Calories per gram: Fat 9 | Carbohydrate 4 | Protein 4

INGREDIENTS

Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Margarine (Palm Oil, Soybean Oil, Water, Salt, Mono- and Diglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene), Candy (Semi-sweet Chocolate [Sugar, Unsweetened Chocolate, Cocoa Butter, Butter Oil, Dextrose, Soy Lecithin, Vanillin], Sugar, Coloring [Includes Yellow 5 Lake, Yellow 6 Lake, Blue 2 Lake, Red 40 Lake, Blue 1 Lake, Yellow #6, Yellow #5, Blue #1], Confectioner's Glaze [Carnauba Wax, Beeswax, Shellac]), Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla), Eggs, Molasses, Natural and Artificial Flavor, Baking Soda, Salt.

SHELF LIFE

1 year (unopened) from the date of production when stored at or below 0° F (-18° C).

24 hours when baked and stored in our display or other container.

BAKING TIME & INSTRUCTIONS

Otis Commercial Oven: 280 F for 14 - 17 min.
Convection Oven: 300 F for 10 - 12 min.
Commercial Rack Oven: 300 F for 10 - 12 min.
Residential Oven: 325 F for 15 - 18 min.

For increased cookie spread, bake at the lower temperatures indicated, and allow the dough to thaw on the sheet pan prior to baking.

Place cookies on parchment paper.

Cookie placement on a standard institutional 18 x 26" baking sheet is as follows: Place 15 (3 x 5) 2.5 to 4.0 ounce cookies per sheet pan. For the 2.0 size, place 24 (4 x 6) cookies per sheet pan.

For 1.5, 1.33, 1.0 and 0.75 ounce sizes, place up to 35 (5 x 7) cookies per sheet pan.

Using an Otis Oven and 9.75 x 14.75 inch parchment paper, Cookie should cool for 20 to 30 minutes prior to removing from the parchment paper.

Properly baked cookies should have a golden brown color, and should be firm on the outside and have a soft moist interior.

Underbaked cookies will appear pale, slightly gray in the center, greasy, and have a soft pliable texture.

Overbaked cookies will appear medium brown to dark brown in color, and will have a firm to hard texture.