



Ultragrain Pasta™ Variety Pack (penne, spaghetti, macaroni, rotini, lasagna, 9-grain orzo)

Samples

Type	Lunch
Serving Size	½ cup cooked pasta is 1 grains/bread
# Of Servings In Sample	2
# Of Servings Per Case	164 servings per box for 20lb boxes and 82 servings per box for 10lb box
Case Weight	Penne, rotini, elbow and orzo 2- 10lb bags per case =20lbs spaghetti 4 -5lb bags per case=20lbs lasagna 10lb case
Frozen or Dry	Dry
States or Regions Available	Nationally

Nutritional Information

Whole Grains/Servings	28 grams
Calories	190
Fat Content	1g
Saturated Fats	0g
Fiber	4g
Minerals	For full nutritional details on all six varieties of Ultragrain Pasta, please refer to the attached nutritional info for each product
Vitamins	

Manufacturer & Contact Information

Manufacturer Company Address	J.M. Swank 395 Herky St., PO Box 365 North Liberty, IA 52317
Main Telephone #	(866) 717-9265
Website Address	www.jmswank.com
Sales & Sample Contact	Shannon Sojka, (866) 717-9265, shannon.sojka@conagrafoods.com

Baking Instructions For Samples

Please see attached cooking instructions

Ultragrain Pasta™

Stealth nutrition for every menu.

The need to add whole grain nutrition to your menu has never been greater. But when it comes to pasta, you wonder: Will my students like pasta made with whole grains as much as the traditional pasta they know and love? They will now. Because new Ultragrain Pasta™ delivers better-for-you nutrition with mainstream appeal. Made with revolutionary Ultragrain® whole wheat flour and traditional semolina, Ultragrain Pasta offers a mild flavor, light color, speck-free appearance, al dente bite and superior holding power—with proven student appeal and the health benefits of whole grain nutrition. Choose from all-natural Ultragrain Penne, Spaghetti, Macaroni, Rotini, Lasagna and 9-Grain Orzo. Ultragrain Pasta. Whole grain nutrition with a whole new level of mainstream appeal. *To order: Contact J.M. Swank at (866) 717-9265 or email pasta@conagrafoods.com, or contact your current distributor.*



PENNE



9-GRAIN ORZO



LASAGNA



ROTINI



SPAGHETTI



MACARONI



J.M. SWANK

jmswank.com

Ultragrain® Whole Wheat 1 1/2" Penne PRODUCT SPECIFICATION

Product#: 560004 07751

Product Description

Pasta product manufactured with Ultragrain® Whole Wheat flour, Semolina Wheat Flour, and Egg White.

Ingredient Statement- Allergens: Wheat, Eggs

Pasta [whole wheat flour (Ultragrain®), wheat semolina, egg white]

Physical Characteristics

Length (tip to tip): 1.500" +/- 0.250"

Packaging Parameters

Weight per /box: 20 lbs. per box [2 x 10lb Portion Packs]

Code Dating : Plant/Date/Pallet#

Product manufactured by

Philadelphia Macaroni Company, 3405 E Bismark Ct, Spokane, WA 99217

Storage & Shelf Life

Recommended storage conditions are 50°F to 80°F temperature range, and 55-65% relative humidity range to ensure shelf life. Shelf life is 12 to 24 months dependent upon storage conditions.

NUTRITION		
Ingredients:		
Whole Wheat Flour (Ultragrain®), Semolina, Egg White		
		<i>Per 100 gm.</i>
Calories	<i>kcal</i>	349.71
Energy	<i>kJ</i>	1462.50
Moisture	<i>g.</i>	11.50
Ash (Minerals)	<i>g.</i>	1.26
Protein	<i>g.</i>	14.20
Calories from Fat	<i>kcal</i>	13.16
Total Carbohydrate	<i>g.</i>	71.60
Total Fat	<i>g.</i>	1.45
Total Dietary Fiber	<i>g.</i>	8.07
Sugars, Total	<i>g.</i>	1.10
<u>Minerals:</u>		
Calcium, Ca	<i>mg.</i>	28.66
Iron, Fe	<i>mg.</i>	2.61
Magnesium, Mg	<i>mg.</i>	97.58
Phosphorus, P	<i>mg.</i>	269.40
Potassium, K	<i>mg.</i>	336.09
Sodium, Na	<i>mg.</i>	31.03
Zinc, Zn	<i>mg.</i>	2.17
Copper, Cu	<i>mg.</i>	0.33
Manganese, Mn	<i>mg.</i>	2.38
Selenium, Se	<i>mcg.</i>	68.90
<u>Vitamins:</u>		
Ascorbic Acid (Vitamin-C)	<i>mg.</i>	0.00
Thiamin Mononitrate (Vitamin-B1)	<i>mg.</i>	0.27
Riboflavin (Vitamin B-2)	<i>mg.</i>	0.19
Niacin (Vitamin B-3)	<i>mg.</i>	4.08
Vitamin B-6	<i>mg.</i>	0.24
Folate, Total	<i>mcg</i>	31.44
Folic Acid	<i>mcg.</i>	0.00
Vitamin B-12	<i>mcg.</i>	0.00
Vitamin A, IU	<i>IU</i>	4.59
Vitamin A, RE	<i>mcg.-RE</i>	0.00
Vitamin E	<i>mg-ATE</i>	0.47
Pantothenic Acid	<i>mg.</i>	0.84
<u>Lipids:</u>		
Fatty Acids, Saturated	<i>g.</i>	0.29
Fatty Acids, Monounsaturated	<i>g.</i>	0.20
Fatty Acids, Polyunsaturated	<i>g.</i>	0.67
Cholesterol	<i>mg.</i>	0.00
Fatty Acids, Trans	<i>mg.</i>	0.00

Ultragrain® Whole Wheat 10” Spaghetti PRODUCT SPECIFICATION

Product#: 560002 07751

Product Description

Pasta product manufactured with Ultragrain® Whole Wheat, Semolina Wheat Flour, and Egg White.

Ingredient Statement- Allergens: Wheat, Eggs

Pasta [whole wheat flour (Ultragrain®), wheat semolina, egg white]

Physical Characteristics

Length: 9.750” +/- 0.250”

Packaging Parameters

Weight per /box: 20 lbs. per box [5 x 4lb Portion Packs]

Code Dating : Plant/Date/Pallet#

Product manufactured by

Philadelphia Macaroni Company, 3405 E Bismark Ct, Spokane, WA 99217

Storage & Shelf Life

Recommended storage conditions are 50°F to 80°F temperature range, and 55-65% relative humidity range to ensure shelf life. Shelf life is 12 to 24 months dependent upon storage conditions.

NUTRITION -		
Ingredients:		
Whole Wheat Flour (Ultragrain®), Semolina, Egg White		
		<i>Per 100 gm.</i>
Calories	<i>kcal</i>	349.71
Energy	<i>kJ</i>	1462.50
Moisture	<i>g.</i>	11.50
Ash (Minerals)	<i>g.</i>	1.26
Protein	<i>g.</i>	14.20
Calories from Fat	<i>kcal</i>	13.16
Total Carbohydrate	<i>g.</i>	71.60
Total Fat	<i>g.</i>	1.45
Total Dietary Fiber	<i>g.</i>	8.07
Sugars, Total	<i>g.</i>	1.10
<u>Minerals:</u>		
Calcium, Ca	<i>mg.</i>	28.66
Iron, Fe	<i>mg.</i>	2.61
Magnesium, Mg	<i>mg.</i>	97.58
Phosphorus, P	<i>mg.</i>	269.40
Potassium, K	<i>mg.</i>	336.09
Sodium, Na	<i>mg.</i>	31.03
Zinc, Zn	<i>mg.</i>	2.17
Copper, Cu	<i>mg.</i>	0.33
Manganese, Mn	<i>mg.</i>	2.38
Selenium, Se	<i>mcg.</i>	68.90
<u>Vitamins:</u>		
Ascorbic Acid (Vitamin-C)	<i>mg.</i>	0.00
Thiamin Mononitrate (Vitamin-B1)	<i>mg.</i>	0.27
Riboflavin (Vitamin B-2)	<i>mg.</i>	0.19
Niacin (Vitamin B-3)	<i>mg.</i>	4.08
Vitamin B-6	<i>mg.</i>	0.24
Folate, Total	<i>mcg</i>	31.44
Folic Acid	<i>mcg.</i>	0.00
Vitamin B-12	<i>mcg.</i>	0.00
Vitamin A, IU	<i>IU</i>	4.59
Vitamin A, RE	<i>mcg.-RE</i>	0.00
Vitamin E	<i>mg-ATE</i>	0.47
Pantothenic Acid	<i>mg.</i>	0.84
<u>Lipids:</u>		
Fatty Acids, Saturated	<i>g.</i>	0.29
Fatty Acids, Monounsaturated	<i>g.</i>	0.20
Fatty Acids, Polyunsaturated	<i>g.</i>	0.67
Cholesterol	<i>mg.</i>	0.00
Fatty Acids, Trans	<i>mg.</i>	0.00

Ultragrain® Whole Wheat 7/8" Elbow PRODUCT SPECIFICATION

Product#: 560005 07751

Product Description

Pasta product manufactured with Ultragrain® Whole Wheat, Semolina Wheat Flour, and Egg White.

Ingredient Statement- Allergens: Wheat, Eggs

Pasta [whole wheat flour (Ultragrain®), wheat semolina, egg white]

Physical Characteristics

Length (Curvilinear): 0.875" +/- 0.125"

Packaging Parameters

Weight per /box: 20 lbs. per box [2 x 10lb Portion Packs]

Code Dating : Plant/Date/Pallet#

Product manufactured by

Philadelphia Macaroni Company, 3405 E Bismark Ct, Spokane, WA 99217

Storage & Shelf Life

Recommended storage conditions are 50°F to 80°F temperature range, and 55-65% relative humidity range to ensure shelf life. Shelf life is 12 to 24 months dependent upon storage conditions.

NUTRITION		
Ingredients:		
Whole Wheat Flour (Ultragrain®), Semolina, Egg White		
		<i>Per 100 gm.</i>
Calories	<i>kcal</i>	349.71
Energy	<i>kJ</i>	1462.50
Moisture	<i>g.</i>	11.50
Ash (Minerals)	<i>g.</i>	1.26
Protein	<i>g.</i>	14.20
Calories from Fat	<i>kcal</i>	13.16
Total Carbohydrate	<i>g.</i>	71.60
Total Fat	<i>g.</i>	1.45
Total Dietary Fiber	<i>g.</i>	8.07
Sugars, Total	<i>g.</i>	1.10
<u>Minerals:</u>		
Calcium, Ca	<i>mg.</i>	28.66
Iron, Fe	<i>mg.</i>	2.61
Magnesium, Mg	<i>mg.</i>	97.58
Phosphorus, P	<i>mg.</i>	269.40
Potassium, K	<i>mg.</i>	336.09
Sodium, Na	<i>mg.</i>	31.03
Zinc, Zn	<i>mg.</i>	2.17
Copper, Cu	<i>mg.</i>	0.33
Manganese, Mn	<i>mg.</i>	2.38
Selenium, Se	<i>mcg.</i>	68.90
<u>Vitamins:</u>		
Ascorbic Acid (Vitamin-C)	<i>mg.</i>	0.00
Thiamin Mononitrate (Vitamin-B1)	<i>mg.</i>	0.27
Riboflavin (Vitamin B-2)	<i>mg.</i>	0.19
Niacin (Vitamin B-3)	<i>mg.</i>	4.08
Vitamin B-6	<i>mg.</i>	0.24
Folate, Total	<i>mcg</i>	31.44
Folic Acid	<i>mcg.</i>	0.00
Vitamin B-12	<i>mcg.</i>	0.00
Vitamin A, IU	<i>IU</i>	4.59
Vitamin A, RE	<i>mcg.-RE</i>	0.00
Vitamin E	<i>mg-ATE</i>	0.47
Pantothenic Acid	<i>mg.</i>	0.84
<u>Lipids:</u>		
Fatty Acids, Saturated	<i>g.</i>	0.29
Fatty Acids, Monounsaturated	<i>g.</i>	0.20
Fatty Acids, Polyunsaturated	<i>g.</i>	0.67
Cholesterol	<i>mg.</i>	0.00
Fatty Acids, Trans	<i>mg.</i>	0.00

Ultragrain® Whole Wheat 1 1/8" Rotini PRODUCT SPECIFICATION

Product#: 560006 07751

Product Description

Pasta product manufactured with Ultragrain® Whole Wheat, Semolina Wheat Flour, and Egg White.

Ingredient Statement- Allergens: Wheat, Eggs

Pasta [whole wheat flour (Ultragrain®), wheat semolina, egg white]

Physical Characteristics

Length: 1.125" +/- 0.250"

Packaging Parameters

Weight per /box: 20 lbs. per box [2 x 10lb Portion Packs]

Code Dating : Plant/Date/Pallet#

Product manufactured by

Philadelphia Macaroni Company, 3405 E Bismark Ct, Spokane, WA 99217

Storage & Shelf Life

Recommended storage conditions are 50°F to 80°F temperature range, and 55-65% relative humidity range to ensure shelf life. Shelf life is 12 to 24 months dependent upon storage conditions.

NUTRITION		
Ingredients:		
Whole Wheat Flour (Ultragrain®), Semolina, Egg White		
		<i>Per 100 gm.</i>
Calories	<i>kcal</i>	349.71
Energy	<i>kJ</i>	1462.50
Moisture	<i>g.</i>	11.50
Ash (Minerals)	<i>g.</i>	1.26
Protein	<i>g.</i>	14.20
Calories from Fat	<i>kcal</i>	13.16
Total Carbohydrate	<i>g.</i>	71.60
Total Fat	<i>g.</i>	1.45
Total Dietary Fiber	<i>g.</i>	8.07
Sugars, Total	<i>g.</i>	1.10
<u>Minerals:</u>		
Calcium, Ca	<i>mg.</i>	28.66
Iron, Fe	<i>mg.</i>	2.61
Magnesium, Mg	<i>mg.</i>	97.58
Phosphorus, P	<i>mg.</i>	269.40
Potassium, K	<i>mg.</i>	336.09
Sodium, Na	<i>mg.</i>	31.03
Zinc, Zn	<i>mg.</i>	2.17
Copper, Cu	<i>mg.</i>	0.33
Manganese, Mn	<i>mg.</i>	2.38
Selenium, Se	<i>mcg.</i>	68.90
<u>Vitamins:</u>		
Ascorbic Acid (Vitamin-C)	<i>mg.</i>	0.00
Thiamin Mononitrate (Vitamin-B1)	<i>mg.</i>	0.27
Riboflavin (Vitamin B-2)	<i>mg.</i>	0.19
Niacin (Vitamin B-3)	<i>mg.</i>	4.08
Vitamin B-6	<i>mg.</i>	0.24
Folate, Total	<i>mcg</i>	31.44
Folic Acid	<i>mcg.</i>	0.00
Vitamin B-12	<i>mcg.</i>	0.00
Vitamin A, IU	<i>IU</i>	4.59
Vitamin A, RE	<i>mcg.-RE</i>	0.00
Vitamin E	<i>mg-ATE</i>	0.47
Pantothenic Acid	<i>mg.</i>	0.84
<u>Lipids:</u>		
Fatty Acids, Saturated	<i>g.</i>	0.29
Fatty Acids, Monounsaturated	<i>g.</i>	0.20
Fatty Acids, Polyunsaturated	<i>g.</i>	0.67
Cholesterol	<i>mg.</i>	0.00
Fatty Acids, Trans	<i>mg.</i>	0.00

Ultragrain® Whole Wheat 10" Lasagna PRODUCT SPECIFICATION

Product#: 560035 07751

Product Description

Pasta product manufactured with Ultragrain® Whole Wheat, Semolina Wheat Flour, and Egg White.

Ingredient Statement- Allergens: Wheat, Eggs

Pasta [whole wheat flour (Ultragrain®), wheat semolina, egg white]

Physical Characteristics

Length: 10.00"+/- 0.125"

Packaging Parameters

Weight per /box: 10 lbs. per box

Code Dating : Plant/Date/Pallet#

Product manufactured by

Philadelphia Macaroni Company, 1801 N. 36th St. Grand Forks, ND 58203

Storage & Shelf Life

Recommended storage conditions are 50°F to 80°F temperature range, and 55-65% relative humidity range to ensure shelf life. Shelf life is 12 to 24 months dependent upon storage conditions.

NUTRITION		
Ingredients:		
Whole Wheat Flour (Ultragrain®), Semolina, Egg White		
		<i>Per 100 gm.</i>
Calories	<i>kcal</i>	349.71
Energy	<i>kJ</i>	1462.50
Moisture	<i>g.</i>	11.50
Ash (Minerals)	<i>g.</i>	1.26
Protein	<i>g.</i>	14.20
Calories from Fat	<i>kcal</i>	13.16
Total Carbohydrate	<i>g.</i>	71.60
Total Fat	<i>g.</i>	1.45
Total Dietary Fiber	<i>g.</i>	8.07
Sugars, Total	<i>g.</i>	1.10
<u>Minerals:</u>		
Calcium, Ca	<i>mg.</i>	28.66
Iron, Fe	<i>mg.</i>	2.61
Magnesium, Mg	<i>mg.</i>	97.58
Phosphorus, P	<i>mg.</i>	269.40
Potassium, K	<i>mg.</i>	336.09
Sodium, Na	<i>mg.</i>	31.03
Zinc, Zn	<i>mg.</i>	2.17
Copper, Cu	<i>mg.</i>	0.33
Manganese, Mn	<i>mg.</i>	2.38
Selenium, Se	<i>mcg.</i>	68.90
<u>Vitamins:</u>		
Ascorbic Acid (Vitamin-C)	<i>mg.</i>	0.00
Thiamin Mononitrate (Vitamin-B1)	<i>mg.</i>	0.27
Riboflavin (Vitamin B-2)	<i>mg.</i>	0.19
Niacin (Vitamin B-3)	<i>mg.</i>	4.08
Vitamin B-6	<i>mg.</i>	0.24
Folate, Total	<i>mcg</i>	31.44
Folic Acid	<i>mcg.</i>	0.00
Vitamin B-12	<i>mcg.</i>	0.00
Vitamin A, IU	<i>IU</i>	4.59
Vitamin A, RE	<i>mcg.-RE</i>	0.00
Vitamin E	<i>mg-ATE</i>	0.47
Pantothenic Acid	<i>mg.</i>	0.84
<u>Lipids:</u>		
Fatty Acids, Saturated	<i>g.</i>	0.29
Fatty Acids, Monounsaturated	<i>g.</i>	0.20
Fatty Acids, Polyunsaturated	<i>g.</i>	0.67
Cholesterol	<i>mg.</i>	0.00
Fatty Acids, Trans	<i>mg.</i>	0.00

Ultragrain® Whole 9 Grain Orzo PRODUCT SPECIFICATION

Product#: 560001 07751

Product Description

Pasta product manufactured with Semolina, Ultragrain® Whole Wheat Flour, 9 Grain Whole Grain Flour Blend, and Egg White.

Ingredient Statement- Allergens: Wheat, Eggs

Pasta [whole grain flours (wheat (Ultragrain®), barley (Sustagrain®), rye, oats, amaranth, quinoa, millet, sorghum, teff), wheat semolina, egg white]

Physical Characteristics

Length (tip to tip): 0.340" +/- 0.045"

Packaging Parameters

Weight per /box: 20 lbs. per box [5 x 4lb Portion Packs]

Code Dating : Plant/Date/Pallet#

Product manufactured by

Philadelphia Macaroni Company, 3405 E Bismark Ct, Spokane, WA 99217

Storage & Shelf Life

Recommended storage conditions are 50°F to 80°F temperature range, and 55-65% relative humidity range to ensure shelf life. Shelf life is 12 to 24 months dependent upon storage conditions.

NUTRITION - Ultragrain® Whole 9 Grain Orzo		
Ingredients: Pasta [whole grain flours (wheat (Ultragrain®), barley (Sustagrain®), rye, oats, amaranth, quinoa, millet, sorghum, teff), wheat semolina, egg white]		
		Per 100 gm.
Calories	<i>kcal</i>	358.99
Moisture	<i>g.</i>	11.50
Ash (Minerals)	<i>g.</i>	1.27
Protein	<i>g.</i>	14.65
Calories from Fat	<i>kcal</i>	18.76
Total Carbohydrate	<i>g.</i>	71.78
Total Fat	<i>g.</i>	2.08
Total Dietary Fiber	<i>g.</i>	8.48
Sugars, Total	<i>g.</i>	1.60
<u>Minerals:</u>		
Calcium, Ca	<i>mg.</i>	30.21
Iron, Fe	<i>mg.</i>	2.63
Magnesium, Mg	<i>mg.</i>	76.18
Phosphorus, P	<i>mg.</i>	216.00
Potassium, K	<i>mg.</i>	328.45
Sodium, Na	<i>mg.</i>	25.20
Zinc, Zn	<i>mg.</i>	1.73
Copper, Cu	<i>mg.</i>	0.28
Manganese, Mn	<i>mg.</i>	1.80
Selenium, Se	<i>mcg.</i>	57.35
<u>Vitamins:</u>		
Ascorbic Acid (Vitamin-C)	<i>mg.</i>	0.00
Thiamin Mononitrate (Vitamin-B1)	<i>mg.</i>	0.20
Riboflavin (Vitamin B-2)	<i>mg.</i>	0.15
Niacin (Vitamin B-3)	<i>mg.</i>	3.11
Vitamin B-6	<i>mg.</i>	0.19
Folate, Total	<i>mcg</i>	24.66
Folic Acid	<i>mcg.</i>	0.00
Vitamin B-12	<i>mcg.</i>	0.00
Vitamin A, IU	<i>IU</i>	3.24
Vitamin A, RE	<i>mcg.-RE</i>	0.00
Vitamin E	<i>mg-ATE</i>	0.35
Pantothenic Acid	<i>mg.</i>	0.68
<u>Lipids:</u>		
Fatty Acids, Saturated	<i>g.</i>	0.39
Fatty Acids, Monounsaturated	<i>g.</i>	0.24
Fatty Acids, Polyunsaturated	<i>g.</i>	0.70
Cholesterol	<i>mg.</i>	0.00
Fatty Acids, Trans	<i>mg.</i>	0.00

UPC #	Item #	Product Description	Suggested Cook Times
49100-44172	021-20	51% Ultragrain® Whole Wheat 1 ⅓" Rotini, Food Service	10 minutes ± 1 minute
49100-44164	065-82	51% Ultragrain® Whole Wheat 1 ½" Penne, Food Service	10 minutes ± 1 minute
49100-44199	509-19	51% Ultragrain® Whole Wheat 10" Spaghetti, Food Service	9 minutes ± 1 minute
49100-44156	005-18	51% Ultragrain® Whole Wheat 7/8" Elbow, Food Service	7 minutes ± 1 minute
49100-44202	054-61	51% Whole 9-Grain Orzo, Food Service	12 minutes ± 1 minute
*Note – Cook times may vary. It is best to sample your pasta as it cooks to determine when it has achieved preferred texture.			
JM Swank Relco #	UPC Numbers	PMC# Description	Packaging Pallet Configuration

560002 07751	49100-44199	509-19	51% Ultragrain® Whole Wheat 10" Spaghetti, Food Service	20 lbs. [Portion Pack 5 x 4lbs]	5 high x 10 block
560001 07751	49100-44202	054-61	51% Whole 9-Grain Orzo, Food Service	20 lbs. [Portion Pack 4 x 5lbs]	5 high x 10 block
560004 07751	49100-44164	065-82	51% Ultragrain® Whole Wheat 1 ½" Penne, Food Service	20 lbs. [Portion Pack 2 x 10lbs.]	5 high x 10 block
560005 07751	49100-44156	005-18	51% Ultragrain® Whole Wheat 7/8" Elbow, Food Service	20 lbs. [Portion Pack 2 x 10lbs.]	5 high x 10 block
560006 07751	49100-44172	023-05	51% Ultragrain® Whole Wheat 1 1/8" Rotini, Food Service	20 lbs. [Portion Pack 2 x 10lbs]	5 high x 10 block
560035 07751	49100-44571	583-21	51% Ultragrain® Whole Wheat 10" Lasagna, Food Service	10 lb box	8 high x 11 block