

CHEEMO®

Food Service

Quality • Value • Convenience



Home Style
1.25 oz

Super Size
1.0 oz

Bite Size
0.75 oz

Snax Size
0.5 oz

Empanada -
Bean & Cheese
1.0 oz

Zero Trans Fat

Low Cholesterol

Pre-Cooked - Heat & Serve

CHEEMO PIEROGIES

Product Code	Size	Product Description	Count	Pack	Net Wt (Lbs)	Gross Wt (Lbs)	Case Cube	Case Dimensions	Pallet Pattern	UPC Code	SCC Code
00005	Bite Size	Potato & Cheddar Cheese	240	2 x 5.5 lbs	11 lbs	11.5 lbs	0.3249 ft³	11 x 8.5 x 6 in	18 x 5	0 56936 00005 8	0 00 56936 00005 8
10020	Snax Size	Potato & Cheddar Cheese	360	2 x 5.5 lbs	11 lbs	11.5 lbs	0.3249 ft³	11 x 8.5 x 6 in	18 x 5	0 56936 10020 8	0 00 56936 10020 8
30010	Super Size	Potato & Cottage Cheese	180	2 x 5.95 lbs	12 lbs	12.5 lbs	0.3461 ft³	11 x 8.5 x 6.375 in	18 x 5	0 56936 30010 3	0 00 56936 30010 3
30025	Super Size	Potato & Onion	180	2 x 5.95 lbs	12 lbs	12.5 lbs	0.3461 ft³	11 x 8.5 x 6.375 in	18 x 5	0 56936 30025 7	0 00 56936 30025 7
30050	Super Size	Potato & Cheddar Cheese	180	2 x 5.95 lbs	12 lbs	12.5 lbs	0.3461 ft³	11 x 8.5 x 6.375 in	18 x 5	0 56936 30050 9	0 00 56936 30050 9
30060	Home Style	Potato & Three Cheese	160	2 x 5.95 lbs	12 lbs	12.5 lbs	0.3461 ft³	11 x 8.5 x 6.375 in	18 x 5	0 56936 30060 8	0 00 56936 30060 8
30070	Home Style	Potato, Spinach & Feta	160	2 x 5.95 lbs	12 lbs	12.5 lbs	0.3461 ft³	11 x 8.5 x 6.375 in	18 x 5	0 56936 30070 7	0 00 56936 30070 7

CHEEMO EMPANADA

Product Code	Size	Product Description	Count	Pack	Net Wt (Lbs)	Gross Wt (Lbs)	Case Cube	Case Dimensions	Pallet Pattern	UPC Code	SCC Code
10050	Super Size	Bean & Cheese	165	2 x 5.5 lbs	11 lbs	11.5 lbs	0.3249 ft³	11 x 8.5 x 6 in	18 x 5	0 56936 10050 5	0 00 56936 10050 5

Dish Up Great Values!



As an appetizer...

Potato & Cheddar

Nutrition Facts	
Serving Size 4 pierogies (120g)	
Amount Per Serving	
Calories 220	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 43g	14%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 15%

Contains: Wheat, Egg, Milk.
May contain Soy.

Boiled...

Potato & Cottage Cheese

Nutrition Facts	
Serving Size 4 pierogies (120g)	
Amount Per Serving	
Calories 220	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 510mg	21%
Total Carbohydrate 43g	14%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 15%

Contains: Wheat, Egg, Milk.
May contain Soy.

Potato & Onion

Nutrition Facts	
Serving Size 4 pierogies (120g)	
Amount Per Serving	
Calories 210	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 43g	14%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 15%

Contains: Wheat, Egg.
May contain Milk, Soy.

Baked...

Potato & Three Cheese

Nutrition Facts	
Serving Size 4 pierogies (136g)	
Amount Per Serving	
Calories 270	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrate 48g	16%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 7g	
Vitamin A 0%	Vitamin C 15%
Calcium 2%	Iron 15%

Contains: Wheat, Egg, Milk, Soy.

Pan Fried!

Potato, Spinach & Feta

Nutrition Facts	
Serving Size 4 pierogies (136g)	
Amount Per Serving	
Calories 280	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 48g	16%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 7g	
Vitamin A 6%	Vitamin C 15%
Calcium 0%	Iron 15%

Contains: Wheat, Egg, Milk, Soy.

Empanada - Bean & Cheese

Nutrition Facts	
Serving Size 4 pieces (120g)	
Amount Per Serving	
Calories 260	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 650mg	27%
Total Carbohydrate 42g	14%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 8g	
Vitamin A 4%	Vitamin C 6%
Calcium 6%	Iron 15%

Contains: Wheat, Egg, Milk, Soy.

Ingredients

Potato & Cheddar Cheese: Bleached Enriched Flour (Wheat Flour, Benzoyl Peroxide, Niacin, Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Enzyme, Folic Acid), Fresh Potato, Water, Cheddar Cheese (Modified Milk Ingredients, Bacterial Cultures, Salt, Calcium Chloride, Enzymes, Annatto [Color], Cellulose), Canola Oil, Egg White, Salt, Annatto.

Potato & Cottage Cheese: Bleached Enriched Flour (Wheat Flour, Benzoyl Peroxide, Niacin, Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Enzyme, Folic Acid), Fresh Potato, Water, Cottage Cheese (Partly Skimmed Milk, Bacterial Culture, Milk Coagulating Enzyme), Canola Oil, Egg White, Salt, Cottage Cheese Seasoning (Buttermilk Powder, Dehydrated Onion, Sour Cream Powder, Sour Cream Solids, Whey Powder, Artificial Flavour,

Sodium Diacetate, Lactic Acid, Garlic Powder, Citric Acid, Spice, Disodium Inosinate, Disodium Guanylate, Silicon Dioxide), Pepper.

Potato & Onion: Bleached Enriched Flour (Wheat Flour, Benzoyl Peroxide, Niacin, Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Enzyme, Folic Acid), Fresh Potato, Water, Onion, Canola Oil, Egg White, Salt, Pepper.

Potato & Three Cheese: Bleached Enriched Flour (Wheat Flour, Benzoyl Peroxide, Niacin, Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Enzyme, Folic Acid), Fresh Potato, Water, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oil, Salt, Whey Powder, Vegetable Mono and Diglycerides, Soya Lecithin, Sodium Benzoate [Preservative], Citric Acid, Artificial

CHEEMO
PREMIUM
Pierogies

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Flavor, Vitamin A Palmitate, Vitamin D3), Fresh Onion, Seasoning (Salt, Sugar, Dehydrated Onion, Hydrolyzed Soy and Corn Protein, Cornstarch, Spice, Disodium Inosinate, Disodium Guanylate), White Cheddar (Milk, Bacterial Culture, Salt, Enzyme, Calcium Chloride), Canola Oil, Egg White, Salt, Mozzarella Cheese (Milk, Bacterial Culture, Salt, Enzyme, Calcium Chloride, Lipase, Milk Ingredients, Sorbic Acid), Swiss Cheese (Milk, Salt, Bacterial Culture, Enzyme), Sugar.

Empanada - Bean & Cheese: Bleached Enriched Flour (Wheat Flour, Benzoyl Peroxide, Niacin, Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Enzyme, Folic Acid), Ground Beans, Water, Onion, Mozzarella Cheese (Milk, Bacterial Culture, Salt, Enzyme, Calcium Chloride, Lipase, Milk Ingredients, Sorbic Acid), Canola Oil, Seasoning (Dehydrated Vegetables, Salt, Dried

Yeast, Maltodextrin, Spice, Citric Acid, Caramel, Natural Flavour), Green Pepper, Jalapeno Pepper, Cheddar Cheese (Modified Milk Ingredients, Bacterial Cultures, Salt, Calcium Chloride, Enzymes, Annatto [Color], Cellulose), Egg White, Potato Granules (Dehydrated White Potatoes, Vegetable Mono and Diglycerides, Sodium Acid Pyrophosphate), Salt, Garlic Powder, Annatto.