



AM Food
999Research Parkway
Meriden, CT 06450



APPLE PIE PIEROGI PRODUCT (Whole Wheat) SPECIFICATION SHEET

Product Description Frozen pierogi filled with apples and spices, wrapped in a tender whole wheat and enriched wheat dough. Developed for school and foodservice operations with consistent quality and ease of preparation.

Product Details

Category: Frozen Pierogi / Filled Pasta
Product Type: Vegan
Form: Frozen
Country of Origin: USA

UPC: 00850075798046
Case Pack: 4 × 3 lb bags
Case Gross Weight: 12 lbs
Shelf Life (Frozen): 365 days
Case Dimensions: L10.87" × W 12.00" × H 9.62"

Serving Size: 3 pierogi (4.14 oz)
Calories per Serving: 180

Ingredients

Dough: Wholewheat flour (including bran, endosperm, and germ), enriched wheat flour (malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), water, salt, vegetable oil.

Filling: Apples, Sugar, Tapioca Starch

Allergen Declaration

Contains: Wheat

Nutrition Facts	
Varied servings per container	
Serving size 3 Pierogi (100g)	
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 38g	14%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 3g Added Sugars	6%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.8mg	4%
Potassium 120mg	2%
Vitamin B6 0.02mg	2%
Copper 0.02mg	2%
Manganese 0.2mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

PIEROGI

REHEATING INSTRUCTIONS:

**PLEASE CHOOSE ONE OF THE OPTIONS
WHICH WILL BEST FIT YOUR OPERATION**

**PLEASE KEEP IN MIND OUR PIEROGIES ARE FULLY COOKED AND FLASH FROZEN TO PRESERVE
THEIR FRESHNESS AND ONLY NEED TO BE REHEATED PRIOR TO BEING SERVED**

Using Steamer:

1. Place frozen pierogies standing upright on a metal tray, (perforated recommended), spray them with the oil spray, and cover with plastic foil
2. Place trays into a preheated steamer.
3. Steam for 8–12 minutes, depending on the type of steamer, until fully heated.
4. Product may be prepared ahead of time and held in a warming unit prior to service.

Baked In the Oven:

1. Take metal baking tray fill the bottom with water.
2. Place the perforated tray on top of the metal tray (make sure that the water does not go above the bottom of the perforated tray)
3. Place frozen pierogies standing upright, spray them with the oil spray.
4. Cover with aluminum foil and bake at 375 F for approx. 35 minutes.
5. Product may be prepared ahead of time and held in a warming unit prior to serving

Boiled:

1. Boil water in a industrial boiling kettle with a ¼ cup of salt and a ½ cup of oil.
2. Place the frozen pierogies into boiling water
3. Cook until they float to the top and reach internal temperature of 165 F
4. Transfer them from the boiling Kettle to a metal tray, spray them with oil and cover with a foil.
5. Product may be prepared ahead of time and held in a warming unit prior to serving

Sauteed in a skillet:

1. Place frozen pierogies in a skillet with thin layer of oil.
2. Add approx. 1/2 cup of water (you may have to increase the amount of water depending on the size of the skillet)
3. Cover and steam them for 8–10 minutes,
4. Uncover once water evaporates to crisp them

Deep Fried:

1. Heat the oil in the fryer to 350 F
2. Place the pierogi into the fryer
3. Cook them until golden and reach internal temperature of 165 F
4. Place them on a paper towel to remove the excess oil
5. Prepare them right before serving.

Food Safety:

Heat to an internal temperature of 165°F before serving.

Storage & Handling:

Keep frozen at 0°F or below. Do not refreeze after thawing.

BUFFALO CHICKEN PIEROGI (Whole Wheat) PRODUCT SPECIFICATION SHEET



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BUFFALO CHICKEN PIEROGI

INGREDIENTS: Chicken Breast, Whole Grain Wheat Flour, Buffalo Wing Sauce (Vinegar, Aged Red Cayenne Peppers, Salt, Canola Oil, Natural Butter Flavor, Xanthan Gum, Citric Acid (as a preservative), Garlic Powder), Water, Enriched Flour (wheat flour, niacin, iron, thiamin, riboflavin, folic acid) and malted barley flour), Ranch dressing powder (Buttermilk Powder, Sea Salt, Onion Flakes, Onion, Dill, Garlic, Parsley, Chives), Butter (Cream, Natural Flavor), Canola Oil, Salt, Cayenne Pepper Sauce (Aged Red Cayenne Peppers, Vinegar, Salt, Water, Garlic Powder).

Product Details

Category: Frozen Pierogi / Filled Pasta
Product Type: Poultry
Form: Frozen
Country of Origin: USA

UPC (CASE): 10850075798022

Case Pack 3- 4lbs. Bags

Case Dimensions: L10.87"xW12.00"xH 9.62"

Shelf Life Frozen: 365 Days

Serving Size: 3 pierogi (117 g / 4.14 oz)

Calories per Serving: 260

Ingredients

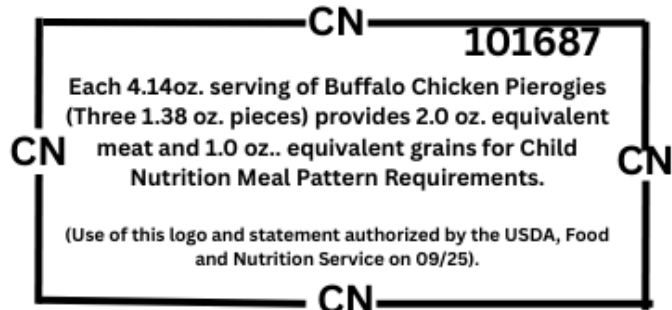
Cooked Boneless Chicken, Whole Wheat Flour (including Bran, Endosperm and Germ), Buffalo Sauce (Distilled Vinegar, Aged Cayenne Red Peppers, Salt, Water, Canola Oil, Paprika, Xanthan Gum, Sodium Benzoate, Natural butter Type Flavor and Garlic Powder), Water, Enriched Unbleached Flour (Wheat flour, Malted Barley flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Canola Oil, Salt, Ranch Dressing Powder.

Allergen Declaration

Contains: Wheat

Cooking Instructions–Steamer(Recommended)

1. Place frozen pierogies standing upright on a metal trays, (perforated recommended), spray them with the oil spray, and cover with plastic foil
2. Place trays into a preheated steamer.
3. Steam for 8–12 minutes, depending on the type of steamer, until fully heated.
4. Product may be prepared ahead of time and held in a warming unit prior to service.



Net Weight 3.0Lb

KEEP FROZEN



10850075798022



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Baked In The Oven

1. Take metal baking tray fill the bottom with water.
2. Place the perforated tray on top of the metal tray (make sure that the water does not go above the bottom of the perforated tray)
3. Place frozen pierogies standing upright , spray them with the oil spray.
4. Cover with aluminium foil and bake at 375 F for approx. 35 minutes.
5. Product may be prepared ahead of time and held in a warming unit prior to service

Food Safety: Heat to an internal temperature of 165°F before serving.

Storage & Handling

Keep frozen at 0°F or below. Do not refreeze after thawing.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 3.5g	4%	Total Carbohydrate 20g	7%
	Saturated Fat 1g	5%	Dietary Fiber 2g	7%
	Trans Fat 8g		Total Sugars 0g	
	Cholesterol 40mg	13%	Includes 0g Added Sugars	0%
1 serving per container Serving size 3 pierogi (111g)	Sodium 710mg	31%	Protein 21g	
Calories per serving	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.6mg 10% • Potassium 230mg 4%			
200				

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CHICKEN BREAST, WHOLE GRAIN WHEAT FLOUR, BUFFALO WING SAUCE (VINEGAR, AGED RED CAYENNE PEPPERS, SALT, CANOLA OIL, NATURAL BUTTER FLAVOR, XANTHAN GUM, CITRIC ACID (AS A PRESERVATIVE), GARLIC POWDER), WATER, ENRICHED FLOUR ((WHEAT FLOUR, NIACIN, IRON, THIAMIN, RIBOFLAVIN, FOLIC ACID) AND MALTED BARLEY FLOUR), RANCH DRESSING POWDER (BUTTERMILK POWDER, SEA SALT, ONION FLAKES, ONION, DILL, GARLIC, PARSLEY, CHIVES), BUTTER (CREAM, NATURAL FLAVOR), CANOLA OIL, SALT, CAYENNE PEPPER SAUCE (AGED RED CAYENNE PEPPERS, VINEGAR, SALT, WATER, GARLIC POWDER).

CONTAINS: MILK, WHEAT

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WHOLE WHEAT CHICKEN TACO PIEROGI

PRODUCT SPECIFICATION SHEET



Product Description: Whole wheat pierogi filled with seasoned chicken breast, cheddar cheese, tomato sauce, and taco seasonings.

Product Details

Category: Frozen Pierogi / Filled Pasta

Product Type: Meat

Form: Frozen

Country of Origin: USA

UPC: Case:



Pack: Case 4 x 3 lb bags

Gross Weight: 12 lbs

Shelf Life (Frozen): 12 months

Case Dimensions: L 10.87" x W 12.00" x H 9.62"

Pallets TiHi: 12x5

Ingredients

Dough: Whole Grain Wheat Flour, Water, Wheat Flour Enriched((wheat flour, niacin, iron, thiamin, riboflavin, folic acid) and malted barley flour), Salt, Canola Oil, Sugar

Filling: Chicken Breast, Cheddar (Milk, Cultures, Salt, Enzymes, Annatto (color)), Tomato Sauce (Tomato Puree (Water, Tomato Paste), Water, Sea Salt, Citric Acid, Spice), AM Food Taco Seasoning (Chili Pepper, Cumin, Paprika, Oregano, Onion Powder, Garlic Powder, Ground Black Pepper), Salt

Appearance: Whole wheat dough exterior with savory chicken taco filling.

Flavor Profile: Savory chicken, cheddar cheese, tomato, and taco-seasoned flavor.

Texture: Tender cooked dough with moist, fully cooked filling.

Features & Benefits:

- *Made with premium chicken breast
- *House-made taco seasoning mix crafted from scratch
- * No artificial flavors
- *Fully cooked for quick and easy preparation
- *Consistent portion size
- *Excellent for Foodservice / school meal programs / institutional and commercial foodservice operations

Nutrition Facts

Varied servings per container

Serving size
3 pierogi (117g)

Calories
per serving **250**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 7g	9%	Total Carbohydrate 24g	9%
Saturated Fat 3g	15%	Dietary Fiber 3g	11%
Trans Fat 7g		Total Sugars 0g	
Cholesterol 50mg	17%	Includes 0g Added Sugars	0%
Sodium 500mg	22%	Protein 23g	
Vitamin D 0.1mcg 0% • Calcium 110mg 8% • Iron 2.3mg 15% • Potassium 310mg 6%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Allergen Declaration

Contains: Wheat, Milk, Soy

Quality Commitment: Manufactured under strict food safety and quality assurance programs using carefully selected ingredients to ensure consistent flavor, texture, and product performance.

CHICKEN TACO PIEROGI - REHEATING INSTRUCTIONS

Fully cooked and flash frozen - reheat prior to serving.

Choose the preparation method that best fits your operation.



STEAMER (RECOMMENDED)

1. Place frozen pierogi standing upright on a metal tray (perforated recommended), spray with oil spray, and cover with plastic foil.
2. Place trays into a preheated steamer.
3. Steam for 8-12 minutes, depending on the type of steamer, until fully heated.
4. Product may be prepared ahead of time and held in a warming unit prior to service.



BAKED IN THE OVEN

1. Fill the bottom of a metal baking tray with water.
2. Place the perforated tray on top of the metal tray. Make sure the water does not rise above the bottom of the perforated tray.
3. Place frozen pierogi standing upright and spray with oil spray.
4. Cover with aluminum foil and bake at 375 F for approximately 35 minutes.
5. Product may be prepared ahead of time and held in a warming unit prior to serving.



BOILED

1. Boil water in an industrial boiling kettle with 1/4 cup salt and 1/2 cup oil.
2. Place frozen pierogi into boiling water.
3. Cook until they float to the top and reach an internal temperature of 165 F.
4. Transfer to a metal tray, spray with oil, and cover with foil.
5. Product may be prepared ahead of time and held in a warming unit prior to serving.



SAUTEED IN A SKILLET

1. Place frozen pierogi in a skillet with a thin layer of oil.
2. Add approximately 1/2 cup water; increase as needed depending on skillet size.
3. Cover and steam for 8-10 minutes.
4. Uncover once the water evaporates to crisp them.



DEEP FRIED

1. Heat fryer oil to 350 F.
2. Place pierogi into the fryer.
3. Cook until golden and reach an internal temperature of 165 F.
4. Place on a paper towel to remove excess oil.
5. Prepare immediately before serving.

FOOD SAFETY

Heat to an internal temperature of 165 F before serving.

STORAGE & HANDLING

Keep frozen at 0 F or below. Do not refreeze after thawing.

Product Name: Chicken Taco Pierogi
Serving Size: 3 Pierogi = 4.14 oz

Product Code: 098
Date: 7/21/2026

Meat

Description of Creditable Ingredients per FBG	Ounce per Raw Portion of Creditable Ingredient (A)	FBG Yield (B)	Creditable Amount (A x B)
Chicken, Boneless, fresh or frozen, Tenders, Tenderloins, (boneless chicken breast pieces without skin), cooked poultry	2.43 oz	0.73 lb	1.7739 oz
Total Meat Creditable Amount:			1.7739 oz

Meat Alternate

Description of Creditable Ingredients per FBG	Ounce per Raw Portion of Creditable Ingredient (A)	FBG Yield (B)	Purchase Unit (C)	Creditable Amount (A x B / C)
Cheese, American, Cheddar, Mozzarella, or Swiss, Natural or Process, Includes USDA Foods, Cheese	0.48 oz	16.00	16.00 oz	0.4800 oz
Total Meat Alternate Creditable Amount:				0.4800 oz

Grains Based on Grams of Creditable Grains

Does this product meet the Whole Grain-Rich Criteria: ☒
Does this product contain non-creditable grains: ☐

Description of Creditable Grain Ingredient	Exhibit A Group (A - I) the Product Belongs To	Grams of Creditable Grain Ingredient per Portion (A)	Gram Standard of Creditable Grain per oz Equivalent (B)	Creditable Amount (A / B)
Enriched Flour	Group H	8.68 g	28.00 g	0.3100 oz eq.
Whole Grain Flour	Group H	20.21 g	28.00 g	0.7217 oz eq.
Total Grains Based on Grams of Creditable Grains Creditable Amount:				1.00 oz eq.

Meal Pattern Contribution Statement

I certify that the above information is true and correct and that a **3 Pierogi = 4.14 oz** ounce serving of the above product (ready for serving) provides **2.25** ounces of equivalent meat/meat alternate, **1.00** oz equivalent Grains when prepared according to directions.

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.

DISCLAIMER: The Product Formulation Statement (PFS) Workbook can be used by manufacturers to develop certified PFS documents. However, documents developed and printed using the PFS Workbook does not constitute approval by USDA. Please note, USDA DOES NOT approve manufacturers' PFS documents.

Signature

Title

Printed Name

Phone Number

DISCLAIMER: The Product Formulation Statement (PFS) Workbook can be used by manufacturers to develop certified PFS documents. However, documents developed and printed using the PFS Workbook does not constitute approval by USDA.
Please note, USDA DOES NOT approve manufacturers' PFS documents.

SWEET CHEESE PIEROGI (Whole Wheat)

PRODUCT SPECIFICATION SHEET



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SWEET CHEESE PIEROGI

INGREDIENTS: Cheese (Cultured Pasteurized Grade A Low Fat Milk), Whole Grain Wheat Flour, Water, Enriched Flour (wheat flour, niacin, iron, thiamin, riboflavin, folic acid) and malted barley flour), Eggs, Sugar, Vanilla Sugar (Sugar, Artificial Flavor), Canola Oil, Salt, Cracker meal,

Product Description Frozen pierogi filled with a lightly sweetened cheese filling, wrapped in a tender whole wheat and enriched wheat dough. Developed for school and foodservice operations with consistent quality and ease of preparation.

Product Details

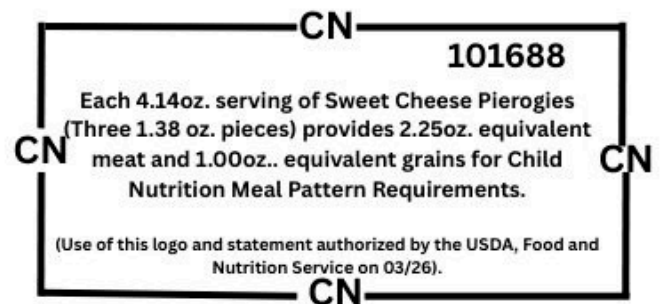
Product Code / SKU: 075

Category: Frozen Pierogi / Filled Pasta

Product Type: Vegetarian

Form: Frozen

Country of Origin: USA



Net Weight 3.0Lb

KEEP FROZEN



10850075798282

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UPC(CASE): 10850075798282

Case Pack: 4 x 3 lb bags

Case Gross Weight: 12 lbs

Shelf Life (Frozen): 365 days

Case Dimensions: L 10.87" x W 12.00" x H 9.62"

Serving Size: 3 pierogi (4.14 oz)

Calories per Serving: 230

Ingredients

Dough: Whole wheat flour (including bran, endosperm, and germ), enriched wheat flour (malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), water, salt, vegetable oil.

Filling: Cheese (Cultured Pasteurized Grade A Low Fat Milk), Eggs, Sugar, Vanilla Sugar (Sugar, Artificial Flavor), Cracker meal.

Allergen Declaration

Contains: Wheat, Milk, Eggs

PIEROGI

REHEATING INSTRUCTIONS:

**PLEASE CHOOSE ONE OF THE OPTIONS
WHICH WILL BEST FIT YOUR OPERATION**

**PLEASE KEEP IN MIND OUR PIEROGIES ARE FULLY COOKED AND FLASH FROZEN TO PRESERVE THEIR FRESHNESS
AND ONLY NEED TO BE REHEATED PRIOR TO BEING SERVED**

Using Steamer:

1. Place frozen pierogies standing upright on a metal tray, (perforated recommended), spray them with the oil spray, and cover with plastic foil
2. Place trays into a preheated steamer.
3. Steam for 8–12 minutes, depending on the type of steamer, until fully heated.
4. Product may be prepared ahead of time and held in a warming unit prior to service.

Baked In the Oven:

1. Take metal baking tray fill the bottom with water.
2. Place the perforated tray on top of the metal tray (make sure that the water does not go above the bottom of the perforated tray)
3. Place frozen pierogies standing upright, spray them with the oil spray.
4. Cover with aluminum foil and bake at 375 F for approx. 35 minutes.
5. Product may be prepared ahead of time and held in a warming unit prior to serving

Boiled:

1. Boil water in a industrial boiling kettle with a ¼ cup of salt and a ½ cup of oil.
2. Place the frozen pierogies into boiling water
3. Cook until they float to the top and reach internal temperature of 165 F
4. Transfer them from the boiling Kettle to a metal tray, spray them with oil and cover with a foil.
5. Product may be prepared ahead of time and held in a warming unit prior to serving

Sauteed in a skillet:

1. Place frozen pierogies in a skillet with thin layer of oil.
2. Add approx. 1/2 cup of water (you may have to increase the amount of water depending on the size of the skillet)
3. Cover and steam them for 8–10 minutes,
4. Uncover once water evaporates to crisp them

Deep Fried:

1. Heat the oil in the fryer to 350 F
2. Place the pierogi into the fryer
3. Cook them until golden and reach internal temperature of 165 F
4. Place them on a paper towel to remove the excess oil
5. Prepare them right before serving.

Food Safety:

Heat to an internal temperature of 165°F before serving.

Storage & Handling:

Keep frozen at 0°F or below. Do not refreeze after thawing.



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POTATO & CHEESE PIEROGI (Whole Wheat)

PRODUCT SPECIFICATION SHEET

Product Description Frozen pierogi filled with a savory blend of seasoned potatoes and cheese, wrapped in a tender whole wheat and enriched wheat dough. Developed for school and foodservice operations with consistent quality and ease of preparation.

Product Details

Category: Frozen Pierogi / Filled Pasta

Product Type: Vegetarian

Form: Frozen

Country of Origin: USA

UPC: Case Whole Wheat: 10850075798039

Pack: Case 4 × 3 lb bags

Gross Weight: 12 lbs

Shelf Life (Frozen): 365 days

Case Dimensions: L 10.87" × W 12.00" × H 9.62"

Serving Size: 3 pierogi (4.14 oz)

Calories per Serving: 190

Ingredients

Dough: Whole wheat flour (including bran, endosperm, and germ), enriched wheat flour (malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), water, salt, vegetable oil.

Filling: Potatoes, cheese (cultured pasteurized Grade A milk, cultures, salt), sautéed onion, salt, black pepper.

Allergen Declaration

Contains: Wheat, Milk

Cooking Instructions

Steamer (Recommended)

1. Place frozen pierogies standing upright on a metal trays, (perforated recommended), spray them with the oil spray, and cover with plastic foil
2. Place trays into a preheated steamer.
3. Steam for 8–12 minutes, depending on the type of steamer, until fully heated.
4. Product may be prepared ahead of time and held in a warming unit prior to service.

Baked In The Oven

1. Take metal baking tray fill the bottom with water.
2. Place the perforated tray on top of the metal tray (make sure that the water does not go above the bottom of the perforated tray)
3. Place frozen pierogies standing upright , spray them with the oil spray.
4. Cover with aluminium foil and bake at 375 F for approx. 35 minutes.
5. Product may be prepared ahead of time and held in a warming unit prior to service

Food Safety: Heat to an internal temperature of 165°F before serving.

Storage & Handling

Keep frozen at 0°F or below. Do not refreeze after thawing.

Nutrition Facts	
Varied servings per container	
Serving size 3 Pierogi (100g)	
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 350mg	15%
Total Carbohydrate 32g	12%
Dietary Fiber 5g	18%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	4%
Potassium 290mg	6%
Vitamin K 3mcg	2%
Thiamin 0.03mg	2%
Niacin 0.4mg	2%
Vitamin B6 0.1mg	6%
Folate 5mcg DFE	2%
Pantothenic Acid 0.2mg	4%
Phosphorus 10mg	2%
Magnesium 10mg	2%
Zinc 0.1mg	2%
Copper 0.1mg	6%
Manganese 0.1mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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POTATO, BACON & CHEESE PIEROGI (Whole Wheat) PRODUCT SPECIFICATION SHEET

Product Description Frozen pierogi filled with a savory blend of seasoned potatoes, bacon and cheese, wrapped in a tender whole wheat and enriched wheat dough. Developed for school and foodservice operations with consistent quality and ease of preparation.

Product Details

Category: Frozen Pierogi / Filled Pasta

Product Type: Pork

Form: Frozen

Country of Origin: USA

UPC(CASE): 10850075798091

Case Pack: 4 × 3 lb bags

Case Gross Weight: 12 lbs

Shelf Life (Frozen): 365 days

Case Dimensions: L10.87" × W 12.00" × H 9.62"

Serving Size: 3 pierogi (4.14 oz)

Calories per Serving: 220

Ingredients

Dough: Whole wheat flour (including bran, endosperm, and germ), enriched wheat flour (malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), water, salt, canola oil.

Filling: Potatoes, Bacon fat, Cheddar cheese (milk, cultures, salt, enzymes, annatto (color)), onions (fresh onions, olive oil), canola oil, salt, black pepper.

Allergen Declaration

Contains: Wheat, Milk

Cooking Instructions – Steamer (Recommended)

1. Place frozen pierogies standing upright on a metal tray, (perforated recommended), spray them with the oil spray, and cover with plastic foil
2. Spray the pierogies with oil and place trays into a preheated steamer.
3. Steam for 8–12 minutes, depending on the type of steamer, until fully heated.
4. Product may be prepared ahead of time and held in a warming unit prior to service.

Baked In The Oven

1. Take metal baking tray fill the bottom with water.
2. Place the perforated tray on top of the metal tray (make sure that the water does not go above the bottom of the perforated tray)
3. Place frozen pierogies standing upright , spray them with the oil spray.
4. Cover with aluminium foil and bake at 375 F for approx. 35 minutes.
5. Product may be prepared ahead of time and held in a warming unit prior to service

Food Safety: Heat to an internal temperature of 165°F before serving.

Storage & Handling

Keep frozen at 0°F or below. Do not refreeze after thawing.

Nutrition Facts Varied servings per container Serving size 3 pierogi (117g) Calories per serving 300	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 15g	19%	Total Carbohydrate 33g	12%
	Saturated Fat 6g	30%	Dietary Fiber 4g	14%
	Trans Fat 0g		Total Sugars <1g	
	Cholesterol 25mg	8%	Includes 0g Added Sugars	0%
	Sodium 510mg	22%	Protein 9g	
	Vitamin D 0.1mcg 0% • Calcium 130mg 10% • Iron 1.4mg 8% • Potassium 240mg 6%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: FRESH POTATOES, WHOLE GRAIN WHEAT FLOUR, CHEDDAR (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR)), WATER, ENRICHED FLOUR ((WHEAT FLOUR, NIACIN, IRON, THIAMIN, RIBOFLAVIN, FOLIC ACID) AND MALTED BARLEY FLOUR), ONIONS (FRESH ONIONS, CANOLA OIL), BACON FAT, DEHYDRATED POTATO FLAKES, SALT, CANOLA OIL, SALT, SPICES, DEHYDRATED VEGETABLES (CARROT, PARSNIP, ONION, CELERY, POTATO, PARSLEY LEAVES), SUGAR, CORNSTARCH, SPICES, DISODIUM GUANYLATE, DISODIUM INSOSINATE, SUNFLOWER OIL, BLACK PEPPER

CONTAINS: MILK, WHEAT

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