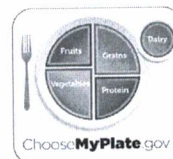




USDA Foods in Schools

100348 - Corn, No Salt Added, Frozen Category: Vegetables Subgroup: Starchy



Product Description

- This item is U.S. Grade B or better whole kernel yellow corn with no added salt. It is delivered frozen in a 30 pound case.

Crediting/Yield

- One case yields 165 ½ -cup servings of cooked corn.
- CN Crediting: ½ cup cooked corn credits as ½ cup Starchy Vegetable.

Culinary Tips and Recipes

- Corn can be added to many foods such as soups, chili, casseroles, burritos, or salads. It can also be roasted with spices to make a flavorful side dish.
- Make a colorful salad using black beans, corn, and peppers for a healthy vegetarian entrée or side dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup corn (82g) yellow, cooked, drained, without salt

Amount Per Serving

Calories 67

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 16g

Dietary Fiber 2g

Sugars 3g

Protein 2g

Source: [USDA FoodData Central](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

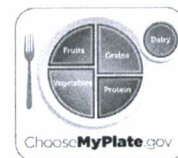


USDA Foods in Schools

110473 - Broccoli, No Salt Added, Frozen

Category: Vegetables

Subgroup: Dark Green



Product Description

- This item is U.S. Grade A broccoli in short spears or florets. This product is delivered frozen in a case with 6/5 pound bags.

Crediting/Yield

- One case yields about 210 1/2-cup servings of cooked broccoli.
- CN Crediting: 1/2 cup cooked broccoli credits as 1/2 cup dark green vegetable.

Culinary Tips and Recipes

- Broccoli can be used in many dishes such as whole grain pasta primavera, brown rice and broccoli casserole, or roasted with a little oil and seasonings and served as a side dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (92g) broccoli, frozen, cooked

Amount Per Serving

Calories 26

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 22mg

Total Carbohydrate 5g

Dietary Fiber 3g

Sugars 1g

Protein 3g

Source: [USDA FoodData Central](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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CULINARY SELECT

Vegetable Blend

VEGETABLE BLEND, SONOMA BROCCOLI FLORET
FROZEN CARROTS, SUGAR SNAP PEAS

162719

8/3 LB

[Add to Order](#)

Product Description

Additional Description

Trend-setting. This innovative collection of vegetables and vegetable blends will deliver a lofty impression on any menu.

Ingredients

BROCCOLI, SUGAR SNAP PEAS, CARROTS, YELLOW CARROTS.

Product Information

Class: 26 - GROCERY, REF & FZN

Category: 222 - VEGETABLES, FZN

Group: 1944 - VEGETABLE BLENDS, FROZEN

Manufacturer Information

J R SIMPLOT COMPANY

Manufacturer Product #: 10071179003762

Preparation & Cooking

Preparations and Cooking Instructions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165F. TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW. THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. STOVE TOP1. Bring 5 quarts of water to a boil on if frozen vegetables and cook for 11 minutes, stirring as needed.

1. Place one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam /AVE (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 1/4 cup of water and cover.3. Cook on HIGH for 20 minutes, stirring halfway through cook time.



Nutritional Facts

Serving Size oz (96gr)
Servings Per Container 112

Amount Per Serving		Calories from Fat 0
Calories 30		
	% Daily Value *	
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 35mg		2%
Total Carbohydrate 7g		3%
Dietary Fiber 2g		8%
Sugars 3g		
Protein 1g		
Vitamin A		25%
Vitamin C		25%
Calcium		2%
Iron		2%

* 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	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

% Daily Value *

None specified at this time

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your

Green Peas

Sweetfrost

cup

Nutrition Facts

For a Serving Size of 0.5
cup (66.42g)

Calories 52.2	Calories from Fat 0 (0%)
----------------------	--------------------------------

	% Daily Value *
--	----------------------------

Total Fat 0g	-
---------------------	---

Sodium 149.3mg	7%
-----------------------	-----------

Carbohydrates 9g	-
-------------------------	---

Net carbs 6g	-
--------------	---

Sugar 3g	-
----------	---

Fiber 3g	12%
----------	------------

Protein 3.7g	
---------------------	--

Vitamins and minerals

Vitamin A 89.6µg	10%
------------------	------------

Vitamin C 4.5mg	8%
-----------------	-----------

Calcium 0mg	0%
-------------	-----------

Iron 0.8mg	11%
------------	------------

Fatty acids

Amino acids

* The Percent Daily Values are
based on a 2,000 calorie diet, so
your values may change depending
on your calorie needs. 8-21-20

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FROST SWEET

Vegetable Blend

VEGETABLE BLEND, 5 WAY DOMESTIC FROZEN

6501313

20 LB

[Add to Order](#)

Product Description

Additional Description

PEAS, CORN, GREEN BEANS, CARROTS, LIMA BEANS.

Ingredients

PEAS, CORN, GREEN BEANS, CARROTS, LIMA BEANS

Product Information

Class: 26 - GROCERY, REF & FZN

Category: 222 - VEGETABLES, FZN

Group: 1944 - VEGETABLE BLENDS, FROZEN

Manufacturer Information

DIVERSIFOOD

Manufacturer Product #: 013901156

Nutritional Facts

Serving Size (100g)
Servings Per Container 90

Amount Per Serving		Calories from Fat 0
Calories		
		% Daily Value *
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	mg	%
Sodium	76mg	0%
Total Carbohydrate	g	%
Dietary Fiber	2.4g	0%
Sugars	g	
Protein	g	
Vitamin A		%
Vitamin C		%
Calcium		0%
Iron		0%

* 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	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

% Daily Value *

None specified at this time

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

[Report Discrepancies](#)

Shipping Information

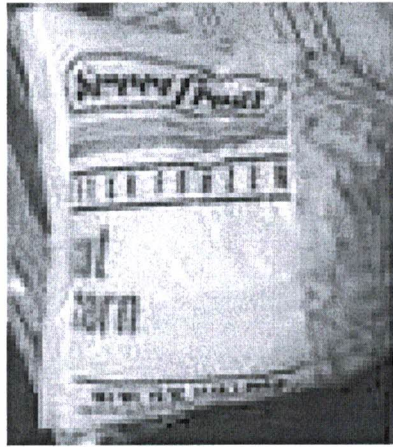
Physical Attributes



21 LB	Length:	9.375 IN
20 LB	Cube:	.52 CF
75 IN	Catch Weight:	No
75 IN		

Storage Information

USF Storage:	FROZEN 0
Min. Temperature:	-10 FA
Max. Temperature:	15 FA



Cut Corn

Sweet Frost

Nutrition Facts

Serving Size:

0.5

cup (67.2ggrams)

Amount Per Serving

Calories from Fat 6.7

Calories 74.6

Total Fat 0.7ggrams **0%**

Saturated Fat 0ggrams

Trans Fat 0ggrams **0%**

Cholesterol 0mgmilligrams **0%**

Sodium 0mgmilligrams **5%**

Total Carbohydrates 15.7ggrams **3%**

Dietary Fiber 0.7ggrams

Sugars 3.7ggrams

Protein 2.2grams **0%**

Vitamin A 4.5%

Vitamin C 0%

Calcium 0%

Iron

8-21-20



MONARCH

Broccoli

BROCCOLI, FLORET GRADE A IQF FROZEN BAG

2331999

6/4 LB

Add to Order

Product Description

Additional Description

MONARCH IS OUR TOP QUALITY BRAND. SIZE IQF REGULAR FLORETS WILL BE 1.5-2.25" IN DIAMETER AND 2-3" IN LENGTH. DOMESTIC

Ingredients

BROCCOLI

Product Information

Class: 26 - GROCERY, REF & FZN

Category: 222 - VEGETABLES, FZN

Group: 1517 - BROCCOLI, FROZEN

Manufacturer Information

MONARCH

Manufacturer Product #: 673204

Preparation & Cooking

Preparations and Cooking Instructions

SAUTEE, STEAM OR LIGHTLY BOIL. STIR IN BUTTER AND DESIRED SEASONING FOR A UNIQUE FLAVOR.

Handling Instructions

KEEP FROZEN UNTIL READY TO USE.

Serving Suggestions:

CAN BE USED AS A SIDE DISH OR IN A RECIPE WHERE BROCCOLI IS REQUIRED

Nutritional Facts

Serving Size (85g)
Servings Per Container 144

Amount Per Serving		Calories from Fat 0
Calories	30	
		% Daily Value *
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrate	4g	1%
Dietary Fiber	2g	8%
Sugars	2g	
Protein	2g	
Vitamin A		0%
Vitamin C		50%
Calcium		2%
Iron		0%

* 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	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

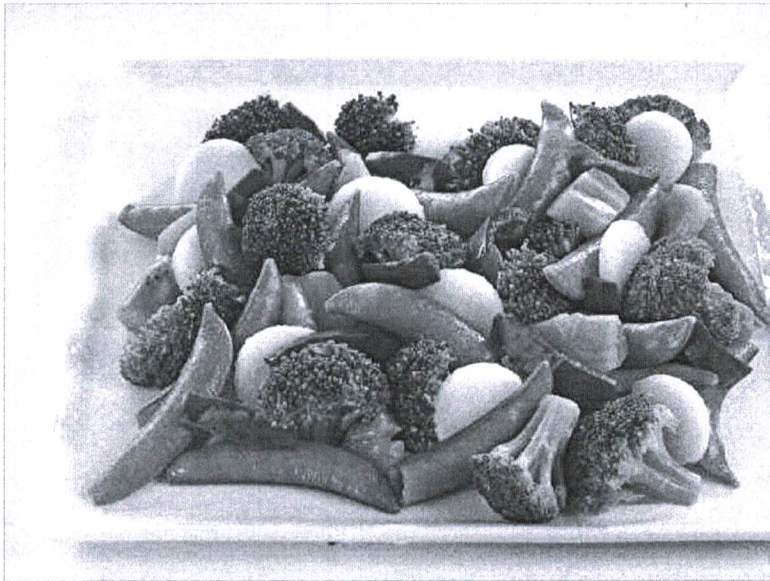
Supplemental Facts

% Daily Value *

None specified at this time

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Report Discrepancies

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MONARCH

Vegetable Blend

VEGETABLE BLEND, STIR FRY IMPORTED FROZEN

1327857

12/2 LB

[Add to Order](#)

Product Description

Additional Description

IDEAL FOR STIR FRY, BROCCOLI IS THE MAIN INGREDIENT IN THIS MIX, ABUNDANT WITH SUGAR SNAP PEAS AND SPRINKLED WITH RED PEPPER STRIPS AND SLICED WATER CHESTNUTS.

Ingredients

BROCCOLI, SUGAR SNAP PEAS, RED PEPPER, WATER CHESTNUTS

Product Information

Class: 26 - GROCERY, REF & FZN

Category: 222 - VEGETABLES, FZN

Group: 1944 - VEGETABLE BLENDS, FROZEN

Manufacturer Information

MONARCH

Manufacturer Product #: 673431

Preparation & Cooking

Preparations and Cooking Instructions

PRODUCT CAN BE STEAMED, SAUTEED, OR GRILLED.

Handling Instructions

KEEP FROZEN AT 0 DEGREES OR BELOW

Serving Suggestions:

CAN BE USED AS A SIDE DISH OR IN A RECIPE WHERE THIS VEGETABLE BLEND IS REQUIRED

Nutritional Facts

Serving Size g (85g)
Servings Per Container 132

Amount Per Serving		Calories from Fat 0	
Calories 40		% Daily Value *	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	40mg		2%
Total Carbohydrate	8g		3%
Dietary Fiber	2g		8%
Sugars	3g		
Protein	3g		
Vitamin A			8%
Vitamin C			25%
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	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375mg	
Dietary Fiber		25g	30g	

Supplemental Facts

	% Daily Value *
Polyunsaturated Fat	0g
Monosaturated Fat	0g
Potassium	188mg 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.



Product Fact Sheet

Product Information

Manufacturer Name: Country Pure Foods

Product Name: SideKicks Sunbelievable

Manufacture Number: #2020 | **GTIN:** 40039614202003

Juice Percentage: 100% Juice

School Nutrition Requirements: 1/2 Cup Red/Orange Vegetable

Allergy Statement: This product does not contain ingredients from the 8 major food groups considered as allergenic (milk, eggs, soybean, wheat, peanuts, tree nuts, fish, and shellfish) under the Food Allergen labeling and Consumer Protection Act of 2004 (FALCPA).

Buy American: Meets USDA FNS K12 Buy American Provision

Juice HACCP Regulations: SideKicks is pasteurized in compliance to 21CFR120 Juice Hazard Analysis and Critical Control Point Systems.

Packaging Information

Package Size: 4.4 fl. oz.

Servings Per Container: 1

Package Type: Cup

Shipping/Storage: Shipped and Stored Frozen at 0° For Below

Case Weight: 25.35 Lbs.

Cases per Pallet: 72, 9 Block/ 8 Tier

Units per Case: 84

Nutrition Facts

Servings Per Container 1

Serving Size: 4.4 fl. oz. (130mL)

Amount Per Serving

Calories

90

% Daily Value*

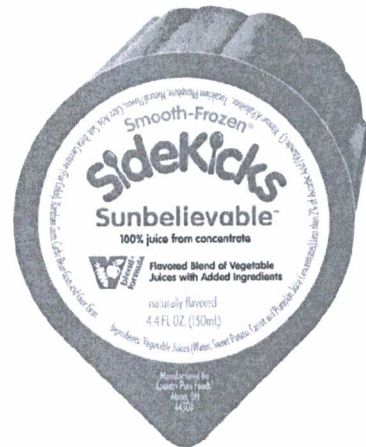
Total Fat	0g	0%
Sodium	25mg	1%
Potassium	220mg	6%
Total Carbohydrates	22g	7%
Sugars	19g	
Protein	0g	
Vitamin A		20%
Vitamin C		100%
Calcium		8%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber and iron.

*Percentage Daily Values are based on a 2,000 calorie diet
**Sugars are those naturally occurring in the fruit juices

Product Ingredients

Ingredients: Vegetable Juices (Water, Sweet Potato, Carrot and Pumpkin Juice Concentrates), Less than 2% of Ascorbic Acid (Vitamin C), Vitamin A Palmitate, Tricalcium Phosphate, Natural Flavors, Citric Acid, Salt, Beta Carotene (For Color), Xanthan Gum, Carob Bean and Guar Gum.



Susan Woods

Director of Product Innovation

01/01/20



222 S. Main St., Suite 401, Akron, OH 44308 | 877-99JUICE | countrypure.com



Product Image Unavailable

FROST SWEET

Carrot

CARROT, COIN CUT 3/8" FANCY FROZEN

6125657

20 LB

ADD TO ORDER

Quantity Available

CS: 243

Product Description

Additional Description

GRADE A SLICED SMOOTH & DOMESTIC CARROTS.

Product Information

Class: 26 - GROCERY, REF & FZN

Category: 222 - VEGETABLES, FZN

Group: 1531 - CARROTS, FROZEN

Manufacturer Information

DIVERSIFOOD

Manufacturer Product #: 013901058

Shipping Information

Physical Attributes

Gross Weight:	21.5 LB	Length:	14.938 IN
Net Weight:	20 LB	Cube:	.735 CF
Height:	9.125 IN	Catch Weight:	No
Width:	9.313 IN		

Storage Information

USF Storage:	FROZEN 0
Min. Temperature:	-10 fa
Max. Temperature:	15 fa

Nutrition Facts

Servings Per Container

Serving Size (100g)

Amount Per Serving

Calories **41**

% Daily Value *

Total Fat	.24g	.37%
Saturated Fat	.037g	0%
Trans Fat		
Cholesterol	0mg	0%
Sodium	69mg	2.88%
Total Carbohydrate	9.58g	3.19%
Dietary Fiber	2.8g	11.2%
Total Sugars	4.74g	
Includes 0g Added Sugars		0%
Protein	.93g	
Vitamin A		334.12%
Vitamin C		9.83%
Calcium		3.3%
Iron		1.67%

Supplemental Facts

% Daily Value *

Vitamin D 0iu	0%
Folic Acid 19mcg	0%
Phosphorus 35mg	0%
Polyunsaturated Fat .117g	0%
Monosaturated Fat .014g	0%
Ash .97g	
Copper .045mg	0%
Magnesium 12ma	0%



ROAST WORKS

Vegetable Blend

VEGETABLE BLEND, CORN & JALAPENO DICED FIRE
ROASTED BAG FROZEN

2210155

6/2.5 LB

~~\$29.88 / CS~~

ADD TO ORDER

Quantity Available
CS: 39

Next Expected Restock
08/02

Product Description

Additional Description

ROASTED CORN & JALAPENO 6/2.5LB. SPECTACULAR ROASTED FLAVOR & APPEARANCE
WILL ADD SCRATCH-MADE APPEAL TO ANY MENU.

Ingredients

ROASTED SWEET CORN, WHITE CORN, SALSA BLEND JALAPENOS, GREEN ONIONS, GARLIC,
CILANTRO, OLIVE OIL, SEASONING SEA SALT, MALTODEXTRIN, SUGAR, SPICES, HONEY
POWDER [MALTODEXTRIN, HONEY], VINEGAR POWDER [MALTODEXTRIN, DISTILLED WHITE
VINEGAR], CILANTRO, PARSLEY, LIME JUICE POWDER [MALTODEXTRIN, LIME JUICE WITH
ADDED LIME OIL].

Product Information

Class: 26 - GROCERY, REF & FZN

Category: 222 - VEGETABLES, FZN

Group: 3870 - VEGETABLES, RICE, PREPARED, FROZEN

Manufacturer Information

J R SIMPLOT COMPANY

Manufacturer Product #: 10071179034841

Preparation & Cooking

Preparations and Cooking Instructions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING
INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165F. STOVE
TOPHeat 2 Tbsp. oil in a large skillet on MED-HIGH heat. Add 1/2 bag of product and cover for 6-8 minutes,
stirring frequently. MICROWAVE (1100 WATTS)Microwave 1/2 bag of product on HIGH for 9 minutes,
covered, stirring halfway through cook time. Let stand for 1 minute. CONVECTION OVENBake vegetables at
350F for 8-13 minutes in a single layer on a greased sheet pan. Rotate pan halfway through cook time.

Handling Instructions

6/2.5 lb

Nutrition Facts

72 Servings Per Container

Serving Size (96gr)

Amount Per Serving

Calories 120

% Daily Value *

Total Fat	3.5g	4%
Saturated Fat	.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	135mg	6%
Total Carbohydrate	19g	7%
Dietary Fiber	3g	12%
Total Sugars	8g	
Includes 0g Added Sugars		0%
Protein	3g	
Vitamin A		2%
Vitamin C		6%
Calcium		0%
Iron		2%

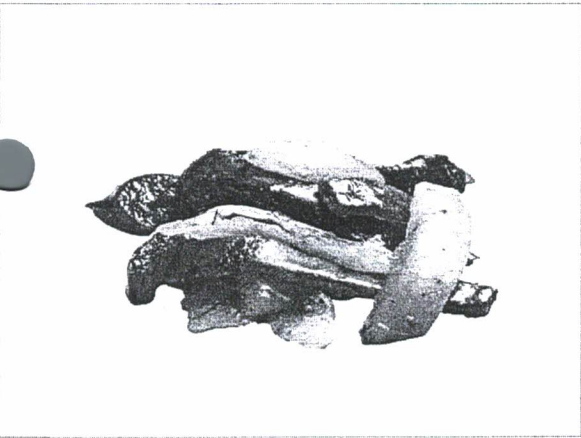
Supplemental Facts

% Daily Value *

None specified at this time

* 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.

Report Discrepancies



ROAST WORKS

Vegetable Blend

VEGETABLE BLEND, ONION RED GREEN BELL STRIP
FIRE ROASTED FROZEN

4239034



6/2.5 LB

\$33.08 / CS

ADD TO ORDER

Quantity Available
CS: 39

Next Expected Restock
08/02

Product Description

Additional Description

LIGHT, SAVORY SEASONING. GREAT AS A PIZZA TOPPING OR IN PASTA, SANDWICHES, SALADS, QUESADILLAS AND OTHER ENTREES. QUICK PREP: JUST HEAT AND SERVE.

Ingredients

ONION, GREEN AND RED BELL PEPPER, CONTAINS LESS THAN 2 OF CELLULOSE GUM, CITRIC ACID, COLOR CARAMEL COLOR, PAPRIKA OLEORESIN, CORNSTARCH, DEHYDRATED GARLIC AND ONION, MOLASSES POWDER, NATURAL FLAVORS, OLIVE OIL, SALT, SPICES, SUGAR, YEAST EXTRACT.

Product Information

Class: 26 - GROCERY, REF & FZN

Category: 222 - VEGETABLES, FZN

Group: 3870 - VEGETABLES, RICE, PREPARED, FROZEN

Manufacturer Information

SIMPLYLOT COMPANY

Manufacturer Product #: 10071179677796

Preparation & Cooking

Preparations and Cooking Instructions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F.

CONVECTION OVENBake vegetables at 375°F for 8-10 minutes in a single layer on a greased sheet pan.

STOVE TOPHeat 1 Tbsp. oil in a large skillet over MED-HIGH heat. Sauté a single layer of vegetables for 9-13 minutes, stirring frequently. **FLAT TOP GRILL**Heat 2 Tbsp. oil. Cook a single layer of vegetables for 4-6 minutes at 375°F, turning as needed.

Handling Instructions

6/2.5 lb

Serving Suggestions:

This popular, flame-roasted blend of red and green bell peppers and onions features a fajita-style savory seasoning. Just heat and serve on sandwiches, in quesadillas, fajitas or burrito bowls, on a pizza or in your favorite breakfast dishes.

Nutrition Facts

13 Servings Per Container

Serving Size (87gr)

Amount Per Serving

Calories 50

% Daily Value *

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 135mg 6%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 8%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin A 6%

Vitamin C 25%

Calcium 2%

Iron 2%

Supplemental Facts

% Daily Value *

None specified at this time

* 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.

Report Discrepancies