



### Nutrition

Serving Size: 127 g (about 1 cup)  
 Calories: 160

	Amount per serving	% Daily Values
Total Fat	4.5g	6%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrates	26g	9%
Dietary Fiber	3g	11%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	4g	
Vitamin D	0mcg	0%
Calcium	50mg	4%
Iron	1mg	6%
Potassium	230mg	4%
Vitamin A	60mcg	6%
Vitamin C	9mg	10%

The % Daily Value tells you how much a nutrient in a serving of foods contributes to a daily diet.

### Ingredients

COOKED BROWN AND RED RICE, KALE, COOKED RED QUINOA, COOKED BLACK BARLEY, GARLIC, VEGETABLE OIL (CANOLA OIL AND/OR SOYBEAN OIL), CONTAINS LESS THAN 2% OF BLACK PEPPER, POTASSIUM CHLORIDE SALT, SEA SALT.

**For questions, please contact the Bid Department at (800) 572-7783.**

I certify that the information provided is true and correct:

*Kelsey Farley*

Kelsey Farley  
 Regulatory Manager  
 01/18/2024

## USDA National Child Nutrition Program Product Specification Sheet

### Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
127 g (about 1 cup)	1.50 oz. equivalent Grains, 1/8 cup cooked, drained vegetable	8.92	53.57

### Product Formulation Credits

Description of Creditable Grain Ingredient (dry weight)	Grams of Creditable Grain Ingredient per Serving (A)	Gram Standard of Creditable Grain per oz. equivalent (B)	Creditable Amount (A ÷ B)
Brown Rice	27.89	28	0.9959
Red Rice	8.58	28	0.3065
Red Quinoa	4.59	28	0.1637
Black Barley	3.16	28	0.1129
<b>Total</b>			<b>1.5790</b>

Food Buying Guide Description of Creditable Ingredient	FBG Subgroup	Oz. / Raw Portion of Creditable Ingredient	Multiply	FBG Yield / Purchase Unit	Creditable Amt. (quarter cup)
Kale, frozen Chopped	Dark Green	0.67	X	12.10 / 16	0.50

**Each 127 g serving of the product above contains 1.50 oz. equivalent Grains and 1/8 cup Dark Green vegetable.**

**WHOLE GRAIN BLENDS: Made with ancient grains. Brown & red rice, kale, red quinoa, black barley, garlic & seasoning. Meets whole grain-rich criteria, contains no non-creditable grains.**

### Product Specification

Country of Origin	Product of Canada
Meets Buy American Provision	N
<i>Exception Letter Available</i>	
Smart Snacks Compliant	N
Halal	N
Kosher	N
Vegan	Y
Vegetarian	Y
Zero Grams Trans Fat	Y
Milk	N
Egg	N
Wheat	N
Soy	N
Sesame Seed	N
Peanuts	N
Tree Nuts	N
Fish	N
Molluscan Shellfish	N

### Benefits

- An on-trend, complex grain & vegetable dish made easy
- Consistent results—just heat and serve
- Serve hot or chill after cooking for cold applications
- Individually quick frozen for easy portioning

### Shipping Information

Gross Weight	17lb
Net Weight	15lb
Length	13.375 in
Width	12 in
Height	7.125 in
Case Cube	.662
Tie High	12X9
Shelf Life	547 days
Storage Temp From/To	-10°F / 10°F

### Serving Suggestions

Perfect bed for fish or poultry. Made with ancient grains, this complex blend can elevate the color, flavor and texture in salads, entrées, soups and sides.

### Preparation Instructions For Food Safety And Quality

FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 160°F. PROMPTLY REFRIGERATE ANY UNUSED COOKED PORTION.

**STOVE TOP** Heat 2 Tbsp. oil in a skillet on MED-HIGH heat. Sauté half bag of frozen product for 6 minutes, covered, stirring frequently.

**MICROWAVE (1100 WATTS)** Microwave half bag of frozen product, covered, on HIGH for 6 minutes. Stir halfway through cook time. Let stand for 1 minute. CAUTION: PRODUCT WILL BE HOT.