



USDA National Child Nutrition Program Product Specification Sheet

Nutrition

Serving Size: 3.06 oz.

Calories: 30

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	25mg	1%
Total Carbohydrates	5g	2%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.4mg	2%
Potassium	180mg	4%
Vitamin A	70mcg	8%
Vitamin C	26mg	30%

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

Ingredients

BROCCOLI, CAULIFLOWER, CARROTS.

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

I certify that the information provided is true and correct:

Kelsey Farley

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Regulatory Manager

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Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
3.06 oz.	½ cup cooked, drained vegetable	10.45	125.49

Product Formulation Credits

Food Buying Guide Description of Creditable Ingredient	FBG Subgroup	Oz. / Raw Portion of Creditable Ingredient	Multiply	FBG Yield / Purchase Unit	Creditable Amt. (quarter cup)
Cauliflower, frozen	Other	0.918	X	9.20 / 16	0.5278
Broccoli, frozen Spears	Dark Green	1.224	X	10.90 / 16	0.8338
Carrots, frozen Sliced, Includes USDA Foods	Red/Orange	0.918	X	11.16 / 16	0.6403

Each 3.06 ounce serving of the product above contains 1/8 cup Dark Green vegetable, 1/8 cup Red/Orange vegetable and 1/4 cup Other/Additional vegetable.

VEGETABLE / BLEND, FROZEN: Packed to U.S. Grade A Standards*. To contain 40% Broccoli, 30% Cauliflower and 30% Carrots.

Product Specification

Country of Origin	Product of Guatemala and/or Mexico
Meets Buy American Provision <i>Exception Letter Available</i>	N
Smart Snacks Compliant	Y
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

- Hand-cut broccoli and cauliflower with bias-sliced carrots for scratch-made appearance
- Consistent year-round quality and pricing
- 100% useable, no trim loss
- Individually quick frozen for easy portioning and less waste

Shipping Information

Gross Weight	25.25lb
Net Weight	24lb
Length	in
Width	in
Height	in
Case Cube	.000
Tie High	10X7
Shelf Life	720 days
Storage Temp From/To	-10°F / 10°F

Serving Suggestions

Make your own signature blends with fresh ingredients or simply add flavorful seasonings, sauces or toppings, such as parmesan and bread crumbs.

Preparation Instructions For Food Safety And Quality

FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165°F. TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW, THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE.

STOVE TOP 1. Bring 4 quarts of water to a boil on HIGH. 2. Add one bag of frozen vegetables and cook for 5 minutes, stirring as needed.

STEAMER 1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 4 minutes.

MICROWAVE (1100 WATTS) 1. Place one bag of frozen vegetables in a microwave safe dish. 2. Add 2 Tbsp. of water and cover. 3. Cook on HIGH for 18 minutes, stirring halfway through cook time.