

USDA Foods Product Information Sheet

For Child Nutrition Programs



100012—Cheese, Cheddar, Yellow, Reduced Fat, Shredded

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a Grade A or higher yellow cheddar cheese with a reduced fat profile. This product is shredded and contains six 5-pound bags per case.

CREDITING/YIELD

- One case yields 480 1-ounce portions of cheese.
- CN Crediting: 1 ounce cheese credits as 1 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Cheddar cheese can be used as an ingredient in a variety of recipes such as casseroles, quesadillas or baked chicken dishes.
- Use shredded cheese as a topping for healthy dishes such as salad, baked potatoes, or burritos.
- Use reduced fat cheese in place of regular cheese to lower calories, fat, and saturated fat in menus.
- For more culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1 ounce (28 g) cheddar cheese, reduced fat, shredded

Amount Per Serving

Calories 80

Total Fat 6g

Saturated Fat 4g

Trans Fat 0g

Cholesterol 20mg

Sodium 200mg

Total Carbohydrate 1g

Dietary Fiber 0g

Sugars 0g

Protein 7g

Source: USDA Foods Vendor Labels

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

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100017—Cheese, American, Yellow, Pasteurized, Loaves

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a pasteurized, processed yellow American cheese. This product contains six 5-pound loaves per case.

CREDITING/YIELD

- One case yields 480 1-ounce portions of cheese.
- CN Crediting: 1 ounce cheese credits as 1 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- American cheese can be used in recipes that are enhanced by a smooth, creamy melted cheese such as macaroni and cheese.
- Processed cheeses should be used in moderation when planning lower sodium menus.
- For more culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1 ounce (28 g) American cheese

Amount Per Serving

Calories 110

Total Fat 9g

Saturated Fat 5g

Trans Fat 0g

Cholesterol 25mg

Sodium 260mg

Total Carbohydrate 2g

Dietary Fiber 0g

Sugars 2g

Protein 5g

Source: USDA Foods Vendor Labels

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

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100018—Cheese, American, Yellow, Pasteurized, Sliced

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a pasteurized, processed yellow American cheese. This product is available in cases with six 5-pound loaves containing 160 1/2-ounce slices per loaf.

CREDITING/YIELD

- One case yields 480 1-ounce portions of cheese.
- CN Crediting: 1 ounce cheese credits as 1 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Sliced American cheese can be used as a sandwich component or in recipes that are enhanced by a smooth, creamy melted cheese.
- Processed cheeses should be used in moderation when planning lower sodium menus.
- For more culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1 ounce/2 slices (28 g), American cheese

Amount Per Serving

Calories 110

Total Fat 9g

Saturated Fat 5g

Trans Fat 0g

Cholesterol 25mg

Sodium 270mg

Total Carbohydrate 2g

Dietary Fiber 0g

Sugars 1g

Protein 5g

Source: USDA Foods Vendor Labels

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

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100034—Cheese, Mozzarella, Lite, Shredded

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a lite shredded mozzarella cheese. This product is delivered frozen in a 30 pound case.

CREDITING/YIELD

- One case yields 480 1-ounce portions of shredded cheese.
- CN Crediting: 1 ounce cheese credits as 1 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Mozzarella cheese can be used as an ingredient with whole grain pasta dishes or as a topping for salads, eggs, or vegetable dishes.
- Use lite cheese in place of regular cheese options to lower calories, fat, and saturated fat in menus.
- For more culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1 ounce (28 g) lite mozzarella cheese

Amount Per Serving

Calories 60

Total Fat 3g

Saturated Fat 2g

Trans Fat 0g

Cholesterol 10mg

Sodium 170mg

Total Carbohydrate 1g

Dietary Fiber 0g

Sugars 0g

Protein 7g

Source: USDA Foods Vendor Labels

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

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100036—Cheese, American Blended, Yellow, Skim, Sliced

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a pasteurized, processed yellow blended American cheese with a reduced fat profile. This product is available in cases with six 5-pound loaves containing 160 1/2-ounce slices per loaf.

CREDITING/YIELD

- One case yields 480 1-ounce portions of cheese.
- CN Crediting: 1 ounce cheese credits as 1 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Sliced American cheese can be used as a sandwich component or in recipes that are enhanced by a smooth, creamy melted cheese.
- Use blended American cheese in place of regular to lower the calories, fat and saturated fat in menus.
- Use processed cheeses in moderation when planning lower sodium menus.
- For more culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1 ounce/ 2 slices (28 g), blended American cheese

Amount Per Serving

Calories 80

Total Fat 5g

Saturated Fat 3g

Trans Fat 0g

Cholesterol 15mg

Sodium 300mg

Total Carbohydrate 2g

Dietary Fiber 0g

Sugars 2g

Protein 6g

Source: USDA Foods Vendor Labels

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

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(last updated 12-17-13)

100046 – EGGS, PASTEURIZED, WHOLE, FROZEN, 5 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Frozen, homogenized whole eggs with a color stabilizer.
PACK/YIELD	<ul style="list-style-type: none"> 6/5 lb per case. One 5 lb case AP yields about 9³/₈ cups (45 large whole eggs) and provides 90.0 ½-large egg servings. One lb AP yields about 1⁷/₈ cups (9 large whole eggs) and provides 18.0 ½-large egg servings. 1 large whole egg is equivalent to 1³/₄ oz (3¹/₃ Tbsp or 50 g) frozen eggs. 10 large whole eggs is equivalent to 1 lb 1³/₄ oz (2 cups 1¹/₃ Tbsp) frozen eggs. 25 large whole eggs is equivalent to 2 lb 13 oz (1 qt 1¹/₄ cups) frozen eggs. CN Crediting: 1 large egg provides 2 oz-equivalent meat/meat alternate OR ½ large egg provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store frozen eggs in the freezer off the floor at 0 °F or below. Do not pour unused portion back into the case. Refrigerate unused portion immediately in a clear, tightly covered and labeled container. Use thawed eggs within 24 hours. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Egg, whole, frozen, raw

	1 large egg, raw, 3.3 Tbsp (50 g)	1 large egg, scrambled, cooked ¼ cup (70 g)
Calories	74	82
Protein	5.97 g	6.20 g
Carbohydrate	0.53 g	1.48 g
Dietary Fiber	0 g	0 g
Sugars	0.39 g	0.86 g
Total Fat	5.06 g	5.18 g
Saturated Fat	1.57 g	1.61 g
Cholesterol	216 mg	218 mg
Iron	0.92 mg	0.94 mg
Calcium	30 mg	54 mg
Sodium	66 mg	147 mg
Magnesium	6 mg	8 mg
Potassium	65 mg	98 mg
Vitamin A	262 IU	305 IU
Vitamin A	79 RAE	92 RAE
Vitamin C	0 mg	0.2 mg
Vitamin E	0.48 mg	0.55 mg



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(last updated 12-17-13)

100046 – EGGS, PASTEURIZED, WHOLE, FROZEN, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • TO THAW: Thaw only the amount needed for one day's use. Thaw eggs in the refrigerator in a closed container. • SCRAMBLED EGG RECIPE: 50 servings (equivalent to 1 egg per serving). Beat 5 lb 10oz (2 qt 2½ cups) frozen whole eggs, thawed. Add 1 qt nonfat dry milk, reconstituted and 1 ½ tsp salt. Mix until well blended. Pour 3 lb 12 oz (1 qt 3¼ cups) egg mixture into two steamtable pans (12" x 20" x 2 ½") which have been lightly coated with pan release spray. Bake in a conventional oven at 350 °F for 20 minutes. Stir once after 15 minutes. Portion with No. 16 scoop (¼ cup).
USES AND TIPS	<ul style="list-style-type: none"> • Pasteurized frozen eggs can be used in place of shell eggs. Pasteurized eggs should be used instead of shell eggs in uncooked or slightly heated foods such as milk drinks, ice cream, salad dressings, cream puddings, or soft custards.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Handle raw frozen and thawed eggs properly to avoid spoilage or food poisoning. Wash hands and sanitize all preparation surfaces and tools used to prepare foods containing raw eggs. • Cook eggs that will be held on a steamtable to 155 °F for 15 seconds. In casserole-type mixed dishes, cook or bake until the internal temperature reaches 165 °F for 15 seconds.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please see our policy memo at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSPF_FDPIR_TEFAP_CI-StorandInvMgmt.pdf

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USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 10-2-12)

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100098 – CHICKEN, CUT-UP, 8-PIECE, RAW, FROZEN, 40 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Grade A frozen cut-up chickens, 8 pieces, without necks and giblets. Cut-up chickens must be produced from ready-to-cook broiler/fryer chickens that weigh 2.50 to 3.75 pounds (1.13 to 1.70 kg) without neck and giblets.
PACK/YIELD	<ul style="list-style-type: none"> 40 lb case. 40 lb AP yields about 17.6 lb cooked, boned chicken meat and skin OR about 14.4 lb cooked, boned chicken meat without skin and provides about 83.0 servings chicken pieces. One lb AP yields about 0.44 lb cooked boned chicken meat and skin OR about 0.36 lb cooked chicken meat without skin and provides about 5.76 servings chicken pieces. CN Crediting: 1 breast piece provides 5.25 oz , OR 1 drumstick provides 2 oz, OR 1 wing provides 1 oz , OR 1 thigh with back provides 3 oz equivalent meat/meat alternate OR 1 oz cooked chicken (with or without skin) provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store frozen chicken products in original shipping container off the floor at 0 °F or below. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Chicken, broilers or fryers, meat and skin, cooked, roasted

	breast (1 oz) (28 g)	dark meat (1 oz) (28 g)
Calories	55	71
Protein	8.3 g	7.3 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	2.2 g	4.4 g
Saturated Fat	.61 g	1.2 g
Trans Fat	0 g	0 g
Cholesterol	24 mg	26 mg
Iron	.30 mg	.38 mg
Calcium	4 mg	4 mg
Sodium	23 mg	24 mg
Magnesium	8 mg	6 mg
Potassium	69 mg	62 mg
Vitamin A	26 IU	56 IU
Vitamin A	8 RAE	17 RAE
Vitamin C	0 mg	0 mg
Vitamin E	.08 mg	0 mg



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(last updated, 10-2-12)

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100098 – CHICKEN, CUT-UP, 8-PIECE, RAW, FROZEN, 40 LB

<p>PREPARATION/ COOKING INSTRUCTIONS</p>	<ul style="list-style-type: none"> • TO THAW: Thaw only the amount needed for one day's use. Avoid leftovers. Thaw in refrigerator 41 °F and under, overnight on sheet pans. If accidentally thawed, cook promptly. Do not thaw at room temperature. DO NOT REFREEZE. It is not necessary to wash raw chicken. Any bacteria which might be present are destroyed by cooking. • TO COOK: Cook chicken within 24 hours after thawing. Do not partially cook one day and finish cooking the next. Insert thermometer into the thickest part of the meat. Be sure thermometer does not touch bone. Cook chicken products to an internal temperature of 165 °F for 15 seconds as measured by a thermometer. Judge doneness by temperature, not the color or texture of the food. • Serve leftovers within 7 days and keep refrigerated at 41°F and under until used.
<p>USES AND TIPS</p>	<ul style="list-style-type: none"> • Chicken may be baked or oven-fried, broiled, barbecued, or simmered.
<p>FOOD SAFETY INFORMATION</p>	<ul style="list-style-type: none"> • Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry. • Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon of water.
<p>BEST IF USED BY GUIDANCE</p>	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

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100101—Chicken, Diced, Cooked, Frozen

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is fully cooked diced chicken meat. This product is diced into approximately 1/2-inch cubes and is a natural proportion product that contains a minimum of 50% white meat. This item is shipped frozen in 40 pound cases containing eight 5-pound or four 10-pound packages.

CREDITING/YIELD

- One case of diced chicken provides approximately 640 1-ounce portions.
- CN Crediting: Approximately 1 ounce of diced chicken credits as 1 ounce equivalent meat/meat alternate. Confirm individual product crediting by using the CN Label or product formulation statement.

CULINARY TIPS AND RECIPES

- Diced chicken is a versatile ingredient that can be used in a variety of different dishes such as burritos, chicken salad, wraps, soups, casseroles, or as a topping on the salad bar.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1 ounce (28 g)/1 MMA diced chicken

Amount Per Serving

Calories 36

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 21mg

Sodium 28mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 6g

Source: USDA Foods Vendor Labels

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

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100117—Chicken, Fajita Strips, Cooked, Frozen

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is fully cooked dark meat chicken fajita strips made from boneless, skinless drumsticks, thighs, and/or legs. This product is marinated in fajita seasoning and contains grill markings. The item is shipped frozen in 30 pound cases containing six 5-pound or three 10-pound packages.

CREDITING/YIELD

- One case of fajita strips provides approximately 282 1.7-ounce portions.
- CN Crediting: Approximately 1.7 ounces of fajita chicken strips credit as 1 ounce equivalent meat/meat alternate. Confirm individual item crediting by using the CN Label or the product formulation statement.

CULINARY TIPS AND RECIPES

- Fajita chicken strips can be heated and served in burritos, fajitas, wraps, or used as a topping on a leafy green salad or rice bowl.
- Fajita chicken strips can also be cut up and used as a protein option in dishes such as soups and casseroles.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1.7 ounces (48 g)/1 MMA chicken fajita strips

Amount Per Serving

Calories 61

Total Fat 2g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 37mg

Sodium 303mg

Total Carbohydrate 1g

Dietary Fiber 0g

Sugars 1g

Protein 9g

Source: USDA Foods Vendor Labels

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

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USDA Foods Product Information Sheet

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100119—Turkey Taco Filling, Cooked, Frozen

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a fully cooked turkey taco filling that consists of ground turkey and spices/seasonings. This product is delivered frozen in a 30-pound case containing ten 3-pound or six 5-pound packages.

CREDITING/YIELD

- One case contains approximately 279 1.72-ounce servings of turkey taco filling.
- CN Crediting: Approximately 1.72 ounces of fully cooked turkey taco filling credit as 1 ounce equivalent meat/meat alternate. Please use the CN label or product formulation statement to confirm crediting information on the product you receive.

CULINARY TIPS AND RECIPES

- Turkey taco filling can be used as a meat option in dishes such as burritos, tacos or taco salads.
- Use turkey taco filling with a whole grain tortilla, beans, lettuce and tomato for a nutritious meal.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1.72 ounces (49g) turkey taco filling

Amount Per Serving

Calories 86

Total Fat 5g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 21mg

Sodium 132mg

Total Carbohydrate 2g

Dietary Fiber 1g

Sugars 1g

Protein 8g

Source: USDA Foods Vendor Labels

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

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USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-12-14)

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**100122 – TURKEY, BREAST, COOKED, DELI-STYLE, SMOKED, FROZEN,
9-11 LB**

Nutrition Information

Turkey breast, deli-style, cooked, smoked

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Frozen fully cooked deli-style smoked turkey breast, produced from non-basted, young ready-to-cook chunked and formed turkey breast meat. Each smoked turkey breast must be vacuum packaged in a shrinkable oxygen and moisture proof bag or casing, and be packed in four 9 to 11 pound smoked turkey containers.
PACK/YIELD	<ul style="list-style-type: none"> 4/9-11 lb turkey breasts per case. One lb AP provides about 10.0 1.6-oz servings of deli-style turkey breast. CN Crediting: 1.6 oz deli-style turkey breast provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store frozen turkey products in original shipping container off the floor at 0°F or below. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> TO THAW: Remove turkey breasts from original bags or casings and place in single layer on sheet pans or trays. Thaw in the refrigerator at 41°F or lower for 24 hours. Use thawed turkey within 48 hours. Do not refreeze after thawing or heating.

	1.6 oz (45 g)	3.2 oz (91 g)
Calories	56	112
Protein	9.6 g	19.2 g
Carbohydrate	.8 g	.16 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	.8 g	1.6 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	24 mg	48 mg
Iron	0.57 mg	1.15 mg
Calcium	0 mg	0 mg
Sodium	336 mg	672 mg
Magnesium	9 mg	19 mg
Potassium	95 mg	192 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.4 mg	0.8 mg



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(last updated, 03-12-14)

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100122 – TURKEY, BREAST, COOKED, DELI-STYLE, SMOKED, FROZEN, 9-11 LB

USES AND TIPS	<ul style="list-style-type: none"> • Serve turkey breast hot or cold, sliced in hoagie or hero sandwiches, as an entree, diced in salads, or in any recipe specifying cooked turkey.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

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100125—Turkey, Roast, Frozen

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is Grade A ready-to-cook turkey roast produced from breast meat, thigh meat, and skin. This product is shipped frozen in cases containing four 8-12 pound roasts.

CREDITING/YIELD

- One pound of turkey roast provides approximately 10.5 1-ounce portions of cooked turkey roast. The total portions per case will vary depending on the weight of each roast.
- CN Crediting: 1 ounce cooked turkey roast credits as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Turkey roast can be cooked and served sliced or used in recipes such as soups, pasta dishes, and casseroles.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1.52 ounces raw (43 g)/1 MMA turkey roast

Amount Per Serving

Calories 57

Total Fat 3g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 23mg

Sodium 194mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 8g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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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100126 – TURKEY HAM, WATER ADDED, FULLY COOKED, FROZEN, 40 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Frozen fully cooked smoked turkey hams, with 12% water added, produced from non-basted, young ready-to-cook turkey thigh meat. The product is fully cooked and ready to eat without further cooking. The product is 95% fat free. Hams are individually wrapped and vacuum packaged in shrinkable oxygen and moisture proof bags or casings.
PACK/YIELD	<ul style="list-style-type: none"> 4/9-11 lb hams case. One lb AP yields 0.59 lb cooked turkey and provides about 9.4 1.7-oz servings turkey ham water added. CN Crediting: 1.7 oz turkey ham water added provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store frozen turkey products in original shipping container off the floor at 0°F or below. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> TO THAW: Remove hams from original bags or casings and place in single layer on sheet pans or trays. Thaw in refrigerator only the amount needed for one day's use. Do not hold thawed hams longer than 24 hours before heating or serving.

Turkey ham, dark meat, smoked, frozen

	1.7 oz = 1oz meat cooked (48 g)
Calories	57
Protein	7.86 g
Carbohydrate	1.49 g
Dietary Fiber	0 g
Sugars	0.58 g
Total Fat	1.93 g
Saturated Fat	0.578 g
Trans Fat	0 g
Cholesterol	31 mg
Iron	0.48 mg
Calcium	3 mg
Sodium	438 mg
Magnesium	8 mg
Potassium	122 mg
Vitamin A	26 IU
Vitamin A	8 RAE
Vitamin C	0 mg
Vitamin E	0 mg



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(last updated, 10-21-13)

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100126 – TURKEY HAM, WATER ADDED, FULLY COOKED, FROZEN, 40 LB

PREPARATION/ COOKING INSTRUCTIONS (cont'd)	<ul style="list-style-type: none"> • TO HEAT: Remove bag or casing. Place hams, thawed or frozen, in pan and cover. If frozen, cook in a deck oven for 3½-4 hours or in a convection oven for 3-3½ hours at 325 °F. If thawed, cook in a deck or convection oven for 75-90 minutes at 325 °F. Cook turkey products to an internal temperature of 165°F for 15 seconds. Judge doneness by temperature, not the color or texture of the food.
USES AND TIPS	<ul style="list-style-type: none"> • Use sliced, diced, and chopped for sandwiches, salads, casseroles, and entree items.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Reheat cooked turkey ham to an internal temperature of 165 °F for 15 seconds. The pink color in safely cooked turkey is due to hemoglobin in tissues which can form a heat stable color. Smoking or grilling may also cause this reaction, which occurs more in young turkeys. • Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry. • Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon of water.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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For Child Nutrition Programs



100158—Beef, Fine Ground, 85/15, Frozen

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is 85/15 fine ground beef. This product is in 40 pound cases containing four 10-pound vacuum-sealed packages.

CREDITING/YIELD

- One case of ground beef provides approximately 478 1.34-ounce portions.
- CN Crediting: One 1.34-ounce portion of 85/15 raw ground beef credits as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Ground beef can be cooked and used in a variety of dishes such as spaghetti sauce, tacos, chili, casseroles, and pasta dishes.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1.34 ounces (38g)/1 MMA 85/15 raw ground beef

Amount Per Serving

Calories 82

Total Fat 6g

Saturated Fat 2g

Trans Fat 1g

Cholesterol 26mg

Sodium 25mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 7g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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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(last updated, 03-06-2013)

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100173 – PORK, LEG ROAST, FROZEN, 36-42 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Frozen boneless, trimmed, netted pork leg (fresh ham) roast prepared from U.S. inspected fresh domestic pork.
PACK/YIELD	<ul style="list-style-type: none"> Individual roasts are vacuum packaged and packed 36-42 lbs net weight per case. One lb AP pork roast (fresh ham) yields about 0.45 lb cooked trimmed, sliced lean meat and provides about 7.20 servings 1 oz cooked lean meat.. CN Crediting: 1 oz cooked pork provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store frozen pork roasts in original shipping container off the floor at or below 0 °F. Refrigerate leftover pork covered and labeled in a dated container and use within 2 days Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> TO THAW: Remove packages from shipping containers and place them in single layers on sheet pans in the refrigerator. At temperatures below 40°F, it will take 1-2 days to thaw the meat sufficiently. Frozen meat may be roasted without thawing first, but roasting time must be increased by approximately 1½ times.

Pork, fresh, leg, rump half, separable lean and fat only, roasted

	1 oz (28 g)
Calories	69
Protein	4.94 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	5.35 g
Saturated Fat	1.854 g
Trans Fat	0 g
Cholesterol	27 mg
Iron	0.24 mg
Calcium	3 mg
Sodium	13 mg
Magnesium	6 mg
Potassium	89 mg
Vitamin A	2 IU
Vitamin A	0 RAE
Vitamin C	0.2 mg
Vitamin E	0 mg



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-06-2013)

Visit us at www.fns.usda.gov/fdd

100173 – PORK, LEG ROAST, FROZEN, 36-42 LB

<p>PREPARATION/ COOKING INSTRUCTIONS (cont'd)</p>	<ul style="list-style-type: none"> Season fresh ham roast. Preheat oven to 325 °F and allow approximately 20-25 minutes per lb. Internal temperature of the roasts should reach 145 °F for 4 minutes. Judge doneness by temperature, not by color or texture of food. Let stand for 2 minutes after cooking.
<p>USES AND TIPS</p>	<ul style="list-style-type: none"> When cooked, pork roast can be served sliced, diced, and chopped for sandwiches, salads, casseroles, and entree items.
<p>FOOD SAFETY INFORMATION</p>	<ul style="list-style-type: none"> Keep meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching meat and poultry. Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water. Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
<p>BEST IF USED BY GUIDANCE</p>	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

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100184—Ham, 97% Fat Free, Cooked, Water-Added, Whole

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a 97% fat free, water-added cured ham. This is a fully-cooked item that is shipped frozen. This product is delivered in cases containing four 10-pound hams.

CREDITING/YIELD

- One case of ham provides about 525 1.22 ounce portions of ham.
- CN Crediting: 1.22 ounces of ham credit as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Whole ham can be glazed and served as a main entrée or used as a protein component in dishes such as ham and potato soup, split pea soup, or egg dishes.
- Ham can also be used to add flavor to side dishes, such as collard greens or bean dishes.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1.22 ounce (34 g)/1 MMA ham, reduced-sodium

Amount Per Serving

Calories 37

Total Fat 2g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 18mg

Sodium 232mg

Total Carbohydrate 2g

Dietary Fiber 0g

Sugars 1g

Protein 5g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100187—Ham, 97% Fat Free, Cooked, Water-Added, Sliced

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a 97% fat free, water-added cured ham. This product is fully-cooked and thinly sliced in round or square-shaped pieces that are approximately 4 inches across. This product is delivered frozen in cases containing eight 5-pound packages.

CREDITING/YIELD

- One case of ham provides about 525 1.22-ounce portions.
- CN Crediting: 1.22 ounces of ham credit as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Sliced ham can be used as a protein component on sandwiches and wraps or incorporated into egg dishes or chicken dishes.
- Ham can also be used to add flavor to side dishes, such as collard greens or bean dishes.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1.22 ounce (34 g)/1 MMA ham, reduced-sodium

Amount Per Serving

Calories 37

Total Fat 2g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 18mg

Sodium 232mg

Total Carbohydrate 2g

Dietary Fiber 0g

Sugars 1g

Protein 5g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100188—Ham, 97% Fat Free, Cooked, Water-Added, Diced

Category: Meat/Meat Alternate



PRODUCT DESCRIPTION

This item is a 97% fat free, water-added cured ham. This product is fully-cooked and diced in pieces that are approximately 1/4 inch. This product is delivered frozen in cases containing eight 5-pound packages.

CREDITING/YIELD

- One case of ham provides about 525 1.22-ounce portions.
- CN Crediting: 1.22 ounces of ham credit as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Diced ham can be used as a protein component in dishes such as navy bean or split pea soups, ham and potato casserole, omelets, or salads.
- Ham can also be used to add flavor to side dishes, such as collard greens or bean dishes.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1.22 ounce (34 g)/1 MMA ham, reduced-sodium

Amount Per Serving

Calories 37

Total Fat 2g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 18mg

Sodium 232mg

Total Carbohydrate 2g

Dietary Fiber 0g

Sugars 1g

Protein 5g

Source: USDA Foods Vendor Labels

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

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100201—Catfish, Breaded Filet Strips, Oven Ready, Frozen

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is oven ready catfish strips with a whole grain-rich cornmeal breading. This product is delivered frozen in cases containing four 10-pound packages.

CREDITING/YIELD

- One case of catfish strips provides about 320 2-ounce portions.
- CN Crediting: Approximately 2 ounces of breaded catfish strips credit as 1 ounce equivalent meat/meat alternate. Please use the CN label or product formulation statement to confirm crediting information on the product you receive.

CULINARY TIPS AND RECIPES

- Breaded catfish strips can be baked and served as a main entrée or used as a protein component for dishes such as a fish taco or fish sandwich.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 2 ounces (56g)/1 MMA whole grain-rich breaded catfish strips

Amount Per Serving

Calories 93

Total Fat 5g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 10mg

Sodium 175mg

Total Carbohydrate 6g

Dietary Fiber 0g

Sugars 0g

Protein 8g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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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100206—Apple Slices, Unsweetened, Canned

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade A canned apple slices packed in water without nutritive sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 142 ½ -cup servings of servings of drained apple slices.
- CN Crediting: ½ cup sliced apples credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Canned apple slices can be baked or stewed with cinnamon and served as a side. This item can also be used in baked goods, fruit salads or as an ingredient on the salad bar.
- To find culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (120 g) apples, canned, sliced, water packed

Amount Per Serving

Calories 50

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 10mg

Total Carbohydrate 12g

Dietary Fiber 2g

Sugars 9g

Protein 0g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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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100212— Mixed Fruit, Extra Light Syrup, Canned

Category: **Fruit**



PRODUCT DESCRIPTION

This item consists of U.S. Grade B peaches, pears, and grapes in the following proportions: 40-60% diced peaches, 20-45% diced pears, and 15-25% whole seedless grapes. It is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 102 ½ -cup servings of drained mixed fruit.
- CN Crediting: ½ cup mixed fruit credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve mixed fruit chilled or combine with other fresh, canned, or frozen fruit to make colorful fruit cups.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (126 g) mixed fruit, extra light syrup

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 15g

Dietary Fiber 1g

Sugars 12g

Protein 0g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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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100214—Cranberry Sauce, Canned

Category: **Fruits**



PRODUCT DESCRIPTION

This item is canned cranberry sauce that is a strained jellied or semi-jellied product prepared from mature cranberries with added sweetener. It is available in cases containing six #10 cans.

CREDITING/YIELD

- A case yields about 144 ½ -cup servings of cranberry sauce.
- CN Crediting: ½ cup cranberry sauce credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Cranberry sauce can be used as a glaze or a side for meats such as turkey, chicken, pork, or meatloaf.
- Cranberry sauce can also be used as a spread on turkey sandwiches or as an ingredient in baked goods.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (140 g) cranberry sauce

Amount Per Serving

Calories 220

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 70mg

Total Carbohydrate 50g

Dietary Fiber 1g

Sugars 42g

Protein 0g

Source: USDA Foods Vendor Labels

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

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100216— Apricots, Diced, Extra Light Syrup

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade B canned diced apricots. It is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This item is available in cases with six #10 cans.

CREDITING/YIELD

- Each case contains about 144 ½ cup servings of diced apricots.
- CN Crediting: ½ cup diced apricots credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve diced apricots chilled and drained as part of a fruit salad or mixed fruit cup.
- Use diced apricots as a topping for green salads, to make into a glaze for meats, or baked into fruit cobblers or crisps.
- To find culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (124 g) apricots, peeled, extra light syrup

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 10mg

Total Carbohydrate 14g

Dietary Fiber 0g

Sugars 11g

Protein 0g

Source: USDA Foods Vendor Label

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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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100219—Peaches, Sliced, Extra Light Syrup, Canned

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade B canned sliced peaches. This item is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 108 ½ -cup servings of drained, sliced peaches.
- CN Crediting: ½ cup sliced peaches credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Peaches can be added to fruit salads, used as a topping for yogurt, or served as a side at breakfast, lunch or afterschool snack.
- Use sliced peaches to make a peach sauce or glaze for chicken.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (124 g) peaches, sliced, extra light syrup, canned

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 10mg

Total Carbohydrate 14g

Dietary Fiber 0g

Sugars 11g

Protein 0g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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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100220—Peaches, Diced, Extra Light Syrup, Canned

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade B canned diced peaches. This item is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 106 ½ -cup servings of drained, diced peaches.
- CN Crediting: ½ cup diced peaches credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Peaches can be added to fruit salads, used as a topping for yogurt, or served as a side at breakfast, lunch or afterschool snack.
- Use diced peaches to make a peach sauce or glaze for chicken.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (126 g) peaches, diced, extra light syrup, canned

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 14g

Dietary Fiber 1g

Sugars 13g

Protein 0g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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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100224— Pears, Sliced, Extra Light Syrup, Canned

Category: **Fruit**



PRODUCT DESCRIPTION

This item is U.S. Grade B canned sliced pears. This item is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 89 ½ -cup servings drained, sliced pears.
- CN Crediting: ½ cup sliced pears credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve sliced pears as a topping for salads or whole grain pancakes, or chill and serve as a fruit option at breakfast, lunch, or snack.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (124g) pears, sliced, extra light syrup

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 15g

Dietary Fiber 2g

Sugars 12g

Protein 0g

Source: USDA Foods Vendor labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

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100225— Pears, Diced, Extra Light Syrup, Canned

Category: **Fruit**



PRODUCT DESCRIPTION

This item is U.S. Grade B (Grade A for defects) canned diced pears. This item is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case yields about 114 ½ -cup servings drained, diced pears.
- CN Crediting: ½ cup diced pears credit as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve diced pears as a topping for salads or whole grain pancakes, or chill and serve as a fruit option at breakfast, lunch, or snack.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (124g) pears, diced, extra light syrup

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 16g

Dietary Fiber 2g

Sugars 12g

Protein 0g

Source: USDA Foods Vendor labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100241— Peaches, Diced, Cups, Frozen

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade B with U.S. Grade A for defects diced peaches. This item is packed in an extra light syrup and is delivered frozen in cases containing 96 4.4-ounce cups.

CREDITING/YIELD

- One case of peach cups provides 96 1/2-cup servings of fruit.
- CN Crediting: One 4.4-ounce cup of peaches credits as 1/2 cup fruit.

CULINARY TIPS AND RECIPES

- Peach cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or as a snack.
- Individually portioned fruit cups are a great option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 4.4 ounce (125 g) diced peach cup

Amount Per Serving

Calories 80

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 19g

Dietary Fiber 1g

Sugars 16g

Protein 1g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100254— Strawberries, Sliced, Frozen

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade A sliced strawberries packed in an extra light syrup. This product is delivered frozen in a 30-pound pail or case.

CREDITING/YIELD

- One case of sliced strawberries provides about 109 1/2-cup servings of fruit.
- CN Crediting: 1/2 cup of strawberries credits as 1/2 cup fruit.

CULINARY TIPS AND RECIPES

- Thaw and serve strawberries as a topping for hot cereal, whole grain pancakes, waffles, yogurt, or other fresh or frozen fruits.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (140 g) sliced strawberries

Amount Per Serving

Calories 90

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 23g

Dietary Fiber 3g

Sugars 17g

Protein 0g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100256— Strawberries, Diced, Cups, Frozen

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade A diced strawberries packed in an extra light syrup.. This product is delivered frozen in cases containing 96 4.5-ounce cups.

CREDITING/YIELD

- One case of strawberry cups provides 96 1/2-cup servings of fruit.
- CN Crediting: One 4.5-ounce cup of strawberries credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Strawberry cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or as a snack.
- Individually portioned fruit cups are a great option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 4.5 ounce (128 g) diced strawberry cup

Amount Per Serving

Calories 90

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 22g

Dietary Fiber 2g

Sugars 18g

Protein 1g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100277— Orange Juice, Individual Cartons, Frozen

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade A orange juice from concentrate in individual portions. This product is delivered frozen in cases containing seventy 4-ounce cartons.

CREDITING/YIELD

- One case of orange juice provides 70 1/2-cup servings of fruit.
- CN Crediting: One 4-ounce serving of orange juice credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Orange juice can be served as a fruit option at breakfast, lunch, or afterschool snack.
- Individually portioned orange juice is a great option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 4 ounces (125 g) chilled orange juice

Amount Per Serving

Calories 61

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 2mg

Total Carbohydrate 14g

Dietary Fiber 0g

Sugars 10g

Protein 1g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100293— Raisins, Unsweetened

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U. S. Grade B or better seedless raisins with no added sweetener. This item is available in cases containing 144 1.33-ounce boxes.

CREDITING/YIELD

- One case of raisins yields 144 ¼-cup servings.
- CN Crediting: One 1.33 ounce box of raisins credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Raisins in individual boxes can be used for snacks, field trips, breakfast in the classroom, or grab-and-go lunches.
- To find culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1.33 oz box (38 g) raisins, seedless

Amount Per Serving

Calories 113

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 4mg

Total Carbohydrate 30g

Dietary Fiber 1g

Sugars 22g

Protein 1g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100307— Green Beans, Low-Sodium, Canned

Category: Vegetables
Subgroup: Other



PRODUCT DESCRIPTION

This item is U.S. Grade B or better low-sodium canned green beans that can be whole, cut, or French style. This product is available in cases containing six #10 cans.

CREDITING/YIELD

- One case yields about 136 ½ cup servings of heated, drained green beans.
- CN Crediting: ½ cup cooked, drained green beans credits as ½ cup other vegetable.

CULINARY TIPS AND RECIPES

- Green beans can be used as an ingredient in cold vegetable salads or casseroles.
- Try cooking green beans with spices or canned tomatoes and garlic for a flavorful side dish.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (77g) green beans canned, low-sodium, drained solids

Amount Per Serving

Calories 16

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 3g

Dietary Fiber 2g

Sugars 1g

Protein 1g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100309— Carrots, Sliced, Low-sodium, Canned

Category: **Vegetables**
Subgroup: **Red/Orange**



PRODUCT DESCRIPTION

This product is U.S. Grade A carrots that are sliced and canned in low-sodium packing medium. This item is available in cases containing six #10 cans.

CREDITING/YIELD

- One case yields about 112 ½-cup servings heated, drained carrots.
- CN Crediting: ½ cup cooked, drained carrots credits as ½ cup red/orange vegetable.

CULINARY TIPS AND RECIPES

- Carrots can be added to many foods such as soups and casseroles, or cooked with spices and served as a flavorful side dish.
- Offering carrots in a variety of forms can help schools meet the red/orange vegetable requirements in the updated school meal patterns.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (73g) carrots, canned, sliced, low sodium, drained

Amount Per Serving

Calories 18

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 4g

Dietary Fiber 1g

Sugars 2g

Protein 0g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100313— Corn, Whole Kernel, No Salt Added, Canned

Category: **Vegetables**
Subgroup: **Starchy**



PRODUCT DESCRIPTION

This product is U.S. Grade B whole kernel corn that is canned with no added salt. This item is available in cases containing six #10 cans.

CREDITING/YIELD

- One case yields about 119 ½ -cup servings of heated, drained 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, salads, or roasted with spices for a flavorful side dish.
- Prepare canned corn in a colorful salad with black beans and peppers for a healthy entrée or side dish.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (82g) corn, canned, no salt added, drained

Amount Per Serving

Calories 65

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 15mg

Total Carbohydrate 15g

Dietary Fiber 2g

Sugars 3g

Protein 2g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100315-Peas, Green, Low-Sodium, Canned

Category: **Vegetables**
Subgroup: **Starchy**



PRODUCT DESCRIPTION

This item is U.S. Grade B or better green sweet peas canned in a low-sodium packing medium. This item is available in cases containing six #10 cans.

CREDITING/YIELD

- One case yields about 110 ½-cup servings of cooked, drained peas.
- CN Crediting: ½ cup cooked, drained peas credits as ½ cup starchy vegetable.

CULINARY TIPS AND RECIPES

- Peas can be used in pasta salads, soups, and casseroles.
- Add flavor to canned green peas by using herbs and spices such as basil, mint, or oregano.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (85g) peas, green, canned, low-sodium, drained

Amount Per Serving

Calories 59

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 11g

Dietary Fiber 4g

Sugars 4g

Protein 4g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100330 — Salsa, Low-Sodium, Canned

Category: Vegetables
Subgroup: Red/Orange



PRODUCT DESCRIPTION

This item is low-sodium tomato salsa made from peeled tomatoes, tomato puree, fresh or dried onions, green peppers, garlic, and jalapenos. A number of additional spices and ingredients are permitted. This item is available in cases containing six #10 cans.

CREDITING/YIELD

- One case of salsa yields about 148 1/2-cup servings.
- CN Crediting: 1/2 cup salsa credits as 1/2 cup red/orange vegetable.

CULINARY TIPS AND RECIPES

- Serve salsa as a side or topping for burritos, tacos, fajitas, quesadillas, or baked potatoes.
- Use salsa to add flavor to foods such as soups, vegetables, beans, or baked chicken.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (128g) salsa, low-sodium

Amount Per Serving

Calories 40

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 8g

Dietary Fiber 4g

Sugars 4g

Protein 0g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100336 — Spaghetti Sauce, Low-sodium, Canned

Category: Vegetables
Subgroup: Red/Orange



PRODUCT DESCRIPTION

This item is a low-sodium, smooth spaghetti sauce with a tomato base and a variety of optional ingredients such as oil, sweetener, spices, and thickeners. This item is available in cases containing six #10 cans.

CREDITING/YIELD

- One case of spaghetti sauce provides about 144 ½-cup servings.
- CN Crediting: ½ cup spaghetti sauce credits as ½ cup red/orange vegetable.

CULINARY TIPS AND RECIPES

- Use canned spaghetti sauce as a base to prepare a marinara sauce that meets the flavor preferences of your students by adding ingredients such as diced tomatoes, garlic, and spices and herbs such as basil and oregano.
- Offering tomatoes in a variety of forms can help schools meet the red/orange vegetable requirements in the updated school meal patterns.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (125g) spaghetti sauce, low sodium

Amount Per Serving

Calories 80

Total Fat 4g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 0mg

Sodium 125mg

Total Carbohydrate 10g

Dietary Fiber 1g

Sugars 6g

Protein 1g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100348— Corn, Whole Kernel, No Salt Added, Frozen

Category: **Vegetables**
Subgroup: **Starchy**



PRODUCT DESCRIPTION

This item is U.S. Grade B whole kernel corn with no added salt. It is available in a 30 pound bulk 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, salads, or roasted with spices for a flavorful side dish.
- Prepare canned corn in a colorful salad with black beans and peppers for a healthy entrée or side dish.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup corn (83g) 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 National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100352— Carrots, Sliced, No Salt Added, Frozen

Category: **Vegetables**
Subgroup: **Red/Orange**



PRODUCT DESCRIPTION

This item is Grade A frozen sliced carrots that can be either straight or crinkle cut. This item comes in a 30 pound bulk case.

CREDITING/YIELD

- One case yields 148 ½ cup servings of cooked, drained carrots.
- CN Crediting: ½ cup cooked, drained carrots credits as ½ cup red/orange vegetable.

CULINARY TIPS AND RECIPES

- Carrots can be added to many foods such as soups and casseroles, or cooked with spices and served as a flavorful side dish.
- Offering carrots in a variety of forms can help schools meet the red/orange vegetable requirements in the updated meal patterns.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (73g) carrots, frozen, cooked, drained, without salt

Amount Per Serving

Calories 27

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 24mg

Sodium 43mg

Total Carbohydrate 6g

Dietary Fiber 2g

Sugars 3g

Protein 0g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100357— Potatoes, French Cut, Low-sodium

Category: **Vegetables**
Subgroup: **Starchy**



PRODUCT DESCRIPTION

This item is U.S. Grade A French cut potatoes that meet the low-sodium requirements. This product is delivered frozen in cases containing six 5-pound packages.

CREDITING/YIELD

- One case of French cut potatoes yields about 243 ½-cup servings.
- CN Crediting: ½ cup cooked potatoes credits as ½ cup starchy vegetable.

CULINARY TIPS AND RECIPES

- Offering potatoes in a variety of forms can help schools meet the starchy vegetable requirements in the updated meal patterns.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (56 g) French cut potatoes, low-sodium

Amount Per Serving

Calories 87

Total Fat 3g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 0mg

Sodium 100mg

Total Carbohydrate 15g

Dietary Fiber 1g

Sugars 0g

Protein 1g

Source: USDA Foods Vendor Information

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100359—Beans, Black (Turtle), Low-sodium, Canned

Category: Legume Vegetable/Meat Alternate



PRODUCT DESCRIPTION

This item is Grade A canned, dried black turtle beans. They are packed in a low-sodium brine which contains 36-140 mg sodium per 1/2 cup serving. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case of black beans provides about 83 1/2-cup servings of heated, drained beans.
- CN Crediting: 1/2 cup beans credits as 1/2 cup legume vegetable OR 2 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Black beans can be cooked and used as a meat alternate in dishes such as burritos, tacos, or quesadillas.
- Black beans can also be cooked as a side dish or used in cold salads with other vegetables such as corn and diced peppers.
- Drain and rinse canned beans before adding to recipes to reduce the sodium.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (120 g) black beans, canned, low-sodium

Amount Per Serving

Calories 109

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 20g

Dietary Fiber 8g

Sugars 0g

Protein 7g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100362—Beans, Refried, Low-sodium, Canned

Category: Legume Vegetable/Meat Alternate



PRODUCT DESCRIPTION

This item is canned refried beans made from a mixture of pinto beans and pink beans. This product is low-sodium, or 36-140 mg sodium per 1/2 cup serving, and is prepared without oil(s)/lard. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case of refried beans provides about 149 1/2-cup servings of heated beans.
- CN Crediting: 1/2 cup beans credits as 1/2 cup legume vegetable OR 2 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Refried beans can be cooked and used as a meat alternate in dishes such as burritos, tacos, or quesadillas.
- Refried beans can also be heated and topped with chopped peppers, onions, or cheese and served as a side dish.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (130 g) refried beans, canned, low-sodium

Amount Per Serving

Calories 110

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 20g

Dietary Fiber 5g

Sugars 1g

Protein 7g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100364—Beans, Vegetarian, Low-sodium, Canned

Category: **Legume Vegetable/Meat Alternate**



PRODUCT DESCRIPTION

This item is U.S. Grade A vegetarian beans which consists of small white beans or navy beans in a tomato sauce. This product is low-sodium, or 36-140 mg sodium per 1/2 cup serving. This item is available in cases with six #10 cans.

CREDITING/YIELD

- One case of vegetarian beans provides about 141 1/2-cup servings of heated beans with sauce.
- CN Crediting: 1/2 cup beans credits as 1/2 cup legume vegetable OR 2 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Vegetarian beans can be heated and served as a side dish or used as a base for other dishes such as casseroles or chili.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (130 g) vegetarian beans, canned, low-sodium

Amount Per Serving

Calories 110

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 20g

Dietary Fiber 5g

Sugars 5g

Protein 7g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100365—Beans, Pinto, Low-sodium, Canned

Category: Legume Vegetable/Meat Alternate



PRODUCT DESCRIPTION

This item is Grade A canned, dried pinto beans. They are packed in low-sodium brine which contains 36-140 mg sodium per 1/2 cup serving. This product is available in cases with six #10 cans.

CREDITING/YIELD

- One case of pinto beans provides about 111 1/2-cup servings of pinto beans.
- CN Crediting: 1/2 cup beans credits as 1/2 cup legume vegetable OR 2 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Pinto beans are a versatile bean that can be used in a variety of recipes such as chili, burritos, or refried beans.
- Drain and rinse canned beans before adding to recipes to reduce the sodium.
- For more culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (85 g) pinto beans, canned, low-sodium

Amount Per Serving

Calories 98

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 18g

Dietary Fiber 6g

Sugars 1g

Protein 6g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



100368—Beans, Black-eyed Pea, Low-sodium, Canned

Category: Legume Vegetable/Meat Alternate



PRODUCT DESCRIPTION

This item is Grade A canned, dried black-eyed peas. They are packed in low-sodium brine which contains 36-140 mg sodium per ½ cup serving. This item is available in cases containing six #10 cans.

CREDITING/YIELD

- One case of black-eyed peas provides about 113 ½ -cup servings of heated, drained beans.
- CN Crediting: ½ cup black-eyed peas credits as ½ cup legume vegetable OR 2 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Black-eyed peas can be cooked with greens for a tasty vegetable dish or included as an ingredient in soups.
- Black-eyed beans can also be used in pasta salads, cold vegetable salads, or made into a dip for vegetables.
- Drain and rinse canned beans and peas before adding to recipes to reduce the sodium.
- For more culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (120 g) black-eyed peas, canned, low-sodium

Amount Per Serving

Calories 92

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 16g

Dietary Fiber 4g

Sugars —

Protein 6g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 11-04-13)

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100373 – BEANS, CANNED, GREAT NORTHERN, DRY, LOW-SODIUM, #10

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A canned dry Great Northern beans, cooked and packed in salt water.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz beans in liquid. One #10 can AP yields 66.0 oz (about 7¾ cups) heated, drained Great Northern beans and provides about 31.2 ¼-cup servings heated, drained Great Northern beans OR about 15.6 ½-cup servings heated, drained Great Northern beans. CN Crediting: ¼ cup heated, drained Great Northern beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained Great Northern beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none"> Store unopened canned Great Northern beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned Great Northern beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Beans, Great Northern, canned, mature seeds

	¼ cup (66 g)	½ cup (131 g)
Calories	75	149
Protein	4.83 g	9.65 g
Carbohydrate	13.77 g	27.54 g
Dietary Fiber	3.2 g	6.4 g
Sugars	.92 g	1.85 g
Total Fat	0.26 g	0.51 g
Saturated Fat	0.08 g	0.16 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.03 mg	2.06 mg
Calcium	35 mg	69 mg
Sodium	70 mg	140 mg
Magnesium	33 mg	67 mg
Potassium	230 mg	460 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.9 mg	1.7 mg
Vitamin E	0 mg	0 mg



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 11-04-13)

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100373 – BEANS, CANNED, GREAT NORTHERN, DRY, LOW-SODIUM, #10

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat without added salt and serve alone or use as directed in recipes.
USES AND TIPS	<ul style="list-style-type: none"> • Use canned beans in soups, salads, and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened. • Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

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USDA Foods Product Information Sheet

For Child Nutrition Programs



100427– Spaghetti, 100% Whole Grain

Category: Grains (Whole Grain)



PRODUCT DESCRIPTION

This item is whole grain spaghetti that is made with U.S. No. 1 whole durum wheat flour and may include other optional whole grain ingredients. This item is available in a 20 pound case.

CREDITING/YIELD

- One case of whole grain spaghetti yields about 320 oz. equivalents of grains.
- CN Crediting: 1/2 cup cooked or 1 ounce dry spaghetti credits as 1 oz. equivalent grains.

CULINARY TIPS AND RECIPES

- Whole grain spaghetti can be used as the grain component in noodle soups, pasta salads, or casseroles. This product can also be served in a more traditional way topped with tomato sauce and cheese.
- Using whole grain spaghetti in recipes can help schools meet the whole grain-rich criteria in the updated school meal patterns.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (70g) cooked spaghetti, whole grain

Amount Per Serving

Calories 87

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 2mg

Total Carbohydrate 19g

Dietary Fiber 3g

Sugars 1g

Protein 4g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 08-14-13)

Visit us at www.fns.usda.gov/fdd

100439 – OIL, VEGETABLE, 1 GAL

CATEGORY	<ul style="list-style-type: none"> Other Foods
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Refined, bleached and deodorized canola, corn, cottonseed, olive, safflower, sesame, soybean or sunflower oil or a combination. Vegetable oil may have been "winterized." The term "winterized" means that the oil has received special processing so that if used for salad dressing or mayonnaise, it will not solidify or separate at refrigerator temperatures.
PACK/YIELD	<ul style="list-style-type: none"> 6/1 gallon plastic bottles per case. One 1 gallon bottle AP yields 16 cups oil and provides 256 1-Tbsp servings oil. CN Crediting: This product does not meet crediting requirements for food-based menu planning for Child Nutrition Programs.
STORAGE	<ul style="list-style-type: none"> Store bottles of oil in a cool, dry place. Carefully clean spout; replace, and screw cap tightly after each use. When held below 32 °F oil may form solid material which will disappear when the oil is warmed. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Oil, vegetable, soybean, refined

	1 Tbsp (14 g)	1 cup (218 g)
Calories	120	1869
Protein	0 g	0 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	13.60 g	218.00 g
Saturated Fat	2.0 g	31.14 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0 mg	0.04 mg
Calcium	0 mg	0 mg
Sodium	0 mg	0 mg
Magnesium	0 mg	0 mg
Potassium	0 mg	0 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	1.11 mg	17.28 mg



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 08-14-13)

Visit us at www.fns.usda.gov/fdd

100439 – OIL, VEGETABLE, 1 GAL

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use as directed in recipes specifying oil, salad oil, or vegetable oil. • For general use, vegetable oil and hydrogenated shortening are interchangeable by weight but not by volume.
USES AND TIPS	<ul style="list-style-type: none"> • Use in recipes specifying oil, melted fat, or hydrogenated shortening such as biscuits, cornbread, muffins, rolls, pie dough, and quick bread recipes. Oil can also be used for deep fat frying, pan greasing, oiling baked potatoes, and in salad dressing.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Store properly and use as soon as possible to prevent rancidity.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

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USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-03-12)

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100442 – OIL, SOYBEAN, LOW SATURATED FAT, 1 GAL

CATEGORY	<ul style="list-style-type: none"> Other Foods
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Refined, bleached, and deodorized soybean oil, containing one gram of saturated fat per serving (50% less than regular soybean oil). This soybean oil retains the benefits and properties of traditional soybean oil.
PACK/YIELD	<ul style="list-style-type: none"> 6/1 gallon plastic bottles per case. One 1 gallon bottle AP yields 16 cups oil and provides 256 1-Tbsp servings oil. CN Crediting: This product does not meet crediting requirements for food-based menu planning for Child Nutrition Programs.
STORAGE	<ul style="list-style-type: none"> Store bottles of oil in a cool, dry place. Carefully clean spout; replace and screw cap tightly after each use. When held below 32 °F, oil may form solid material that disappears when the oil is warmed. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Oil, vegetable, low saturated fat

	1 Tbsp (14 g)	1 cup (218 g)
Calories	120	1927
Protein	0 g	0 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	13.60 g	218 g
Saturated Fat	1.0 g	34 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0 mg	0.04 mg
Calcium	0 mg	0 mg
Sodium	0 mg	0 mg
Magnesium	0 mg	0 mg
Potassium	0 mg	0 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	1.11 mg	17.83 mg



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-03-12)

Visit us at www.fns.usda.gov/fdd

100442 – OIL, SOYBEAN, LOW SATURATED FAT, 1 GAL

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use as directed in recipes specifying oil, salad oil, or vegetable oil. • For general use, vegetable oil and hydrogenated shortening are interchangeable by weight, but not by volume.
USES AND TIPS	<ul style="list-style-type: none"> • Use in recipes specifying oil, melted fat, or hydrogenated shortening such as biscuits, cornbread, muffins, rolls, pie dough, and quick bread recipes. Oil can also be used for deep fat frying, pan greasing, oiling baked potatoes, and in salad dressing.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Store properly and use as soon as possible to prevent rancidity.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.

USDA Foods Product Information Sheet

For Child Nutrition Programs



110211– Flour, White Whole Wheat/Enriched Blend

Category: Grains (Whole Grain-Rich)



PRODUCT DESCRIPTION

This item is a whole grain-rich flour blend that consists of 60% white whole wheat flour and 40% enriched wheat flour. This product is available in cases containing eight 5-pound bags.

CREDITING/YIELD

- CN Crediting: Flour serves as a recipe ingredient, so crediting is based on the portion size and type of grain item served. For more information, see the Grain Requirements for the National School Lunch Program and School Breakfast Program ([SP30-2012](#)).

CULINARY TIPS AND RECIPES

- Using a pre-mixed white whole wheat and enriched flour blend for cooking and baking can help schools more easily meet the whole grain-rich requirements in the updated meal patterns.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (60 g) white whole wheat/enriched flour blend

Amount Per Serving

Calories 213

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 45g

Dietary Fiber 5g

Sugars 0g

Protein 7g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



110361—Applesauce, Unsweetened, Cups

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade A regular applesauce with no added sweetener. This product is available in cases containing 96 4.5-oz individual portion plastic cups.

CREDITING/YIELD

- One case of applesauce cups provides 96 ½-cup servings.
- CN Crediting: ½ cup applesauce credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve applesauce cups plain or provide toppings such as raisins and spices such as cinnamon and nutmeg for a healthy dessert.
- Use individual portion applesauce cups for field trips, snacks, or breakfast in the classroom.
- To find culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (122 g) applesauce, unsweetened

Amount Per Serving

Calories 51

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 2mg

Total Carbohydrate 14g

Dietary Fiber 1g

Sugars 11g

Protein 0g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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.

August 2014



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, March 2014)

Visit us at www.fns.usda.gov/fdd

110393 - PANCAKE, WHOLE GRAIN, FROZEN, BULK, 12 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> These whole grain pancakes are made with whole wheat flour or a combination of whole wheat flour and enriched wheat flour. The pancakes meet the HealthierUS School Challenge whole grain criteria.
PACK/YIELD	<ul style="list-style-type: none"> 12 lb case. One 12 lb case AP yields about 144 pancakes and provides about 72 servings (2 pancakes = 1 serving) or about 48 servings (3 pancakes = 1 serving). CN Crediting: 1 Whole grain pancake provides 1 oz eq of Grains.
STORAGE	<ul style="list-style-type: none"> Store frozen whole grain pancakes at 0°F or below in original shipping case off the floor. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Whole grain pancake

	1 pancake (32 g)	2 pancakes (65 g)
Calories	80	160
Protein	1.7 g	3.3 g
Carbohydrate	13.7 g	27.3 g
Dietary Fiber	1.0 g	2.0 g
Sugars	3.3 g	6.7 g
Total Fat	2 g	4.0 g
Saturated Fat	0.33 g	0.66 g
Trans Fat	0 g	0 g
Cholesterol	3.3 mg	6.7 mg
Iron	0.2 mg	0.4 mg
Calcium	26.5 mg	40 mg
Sodium	130 mg	260 mg
Magnesium	0 mg	0 mg
Potassium	0 mg	0 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0 mg	0 mg



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, March 2014)

Visit us at www.fns.usda.gov/fdd

110393- PANCAKE, WHOLE GRAIN, FROZEN, BULK, 12 LB

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Follow manufacturer's directions on package.
USES AND TIPS	<ul style="list-style-type: none"> The whole grain pancake or in convection, conventional, or microwave oven. It may also be heated in a slot toaster; however, frozen pancake may require more than one toasting cycle. For best results do not use griddle to heat.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

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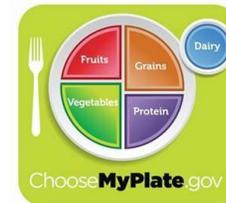
110394- TORTILLA, WHOLE GRAIN, FROZEN, 27 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> These frozen 8 inch whole grain tortillas are made of whole wheat flour or a combination of whole wheat flour and enriched wheat flour. The tortillas meet the Healthier US School Challenge whole grain criteria for a whole grain food.
PACK/YIELD	<ul style="list-style-type: none"> 12/24 ct pouches per 27 lb case. One 27 lb case AP yields about 288 tortillas. One pouch AP yields about 24 tortillas. CN Crediting: 1 Whole grain tortilla made with whole wheat flour provides 1.5 oz grains equivalent.
STORAGE	<ul style="list-style-type: none"> Store frozen whole grain tortillas at 0°F or below in original shipping case off the floor. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Whole grain tortilla, 8 inch

	1 tortilla (44 g)
Calories	120
Protein	4.0 g
Carbohydrate	20 g
Dietary Fiber	3 g
Sugars	1 g
Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	1 mg
Calcium	100 mg
Sodium	340 mg
Magnesium	0 mg
Potassium	0 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0 mg



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(last updated, May 2014)

Visit us at www.fns.usda.gov/fdd

110394- TORTILLA, WHOLE GRAIN, FROZEN, 27 LB

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Follow manufacturer's directions on package.
USES AND TIPS	<ul style="list-style-type: none"> The whole grain tortilla may be served as deli wrap with turkey ham, low-fat cheese, shredded lettuce, and low-fat dressing. It may also be used to make burritos, soft tacos, and quesadillas.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

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USDA Foods Product Information Sheet

For Child Nutrition Programs



110396—Cheese, Mozzarella, Part Skim, String

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a low moisture part skim mozzarella string cheese stick. This product is delivered refrigerated and contains 360 1-ounce packages per case.

CREDITING/YIELD

- One case yields 360 1-ounce portions of cheese.
- CN Crediting: 1 ounce cheese credits as 1 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Mozzarella string cheese can be used as a meat/meat alternate in meal programs. Serve string cheese as a protein option with salads, fruit and whole grain rolls or crackers for nutritious meal.
- Use this pre-packaged string cheese with breakfast in the classroom, field trip meals, or other grab and go options.
- For more culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1 ounce/1 stick (28 g), low moisture part skim, string cheese

Amount Per Serving

Calories 90

Total Fat 7g

Saturated Fat 5g

Trans Fat 0g

Cholesterol 20mg

Sodium 200mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 7g

Source: USDA Foods Vendor Labels

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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 Product Information Sheet

For Child Nutrition Programs



110462—Unseasoned Chicken Strips, Cooked, Frozen

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is fully cooked strips of chicken meat with grill marks and a light marinade to retain moisture. The item is natural proportion and contains at least 50% white meat content. Each strip is at least 3/8 inch wide and 1 inch long. This item is shipped frozen in 30 pound cases containing six 5-pound or three 10-pound packages.

CREDITING/YIELD

- One case of unseasoned chicken strips provides approximately 384 1.25-ounce portions.
- CN Crediting: Approximately 1.25 ounces of unseasoned chicken strips credit as 1 ounce equivalent meat/meat alternate. Confirm individual item crediting by using the CN Label or the product formulation statement.

CULINARY TIPS AND RECIPES

- Unseasoned chicken strips are a versatile ingredient that can be used in a variety of different dishes such as burritos, stir fries, salads, or wraps.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1.25 ounces (35 g)/1 MMA chicken strips

Amount Per Serving

Calories 42

Total Fat 2g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 23mg

Sodium 88mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 6g

Source: USDA Foods Vendor Labels

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

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USDA Foods Product Information Sheet

For Child Nutrition Programs



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 packaged in a 30-pound case.

CREDITING/YIELD

- One case yields about 164 ½ -cup servings cooked drained broccoli.
- CN Crediting: ½ cup cooked broccoli credits as ½ cup dark green vegetable.

CULINARY TIPS AND RECIPES

- Broccoli can be used in many dishes such as whole grain pasta primavera, casseroles such as brown rice and broccoli casserole, or roasted with a little oil and seasonings.
- Offering broccoli in a variety of forms can help schools meet the dark green vegetable requirements in the updated meal patterns.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (92g) broccoli, spears, cooked, without salt

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 National Nutrient Database](#)

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

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USDA Foods Product Information Sheet

For Child Nutrition Programs



110506– Spaghetti, Whole Grain-Rich Blend

Category: Grains (Whole Grain-Rich)



PRODUCT DESCRIPTION

This item is whole grain-rich spaghetti that is made with 50-65% U.S. No. 1 whole durum wheat flour and the remaining grain is enriched flour. This item is available in a 20 pound case.

CREDITING/YIELD

- One case of whole grain-rich spaghetti yields about 320 ounces of uncooked pasta.
- CN Crediting: 1/2 cup cooked or 1 ounce dry macaroni credits as 1 oz. equivalent grains.

CULINARY TIPS AND RECIPES

- Whole grain-rich spaghetti can be used as the grain component in soups, salads, or casseroles. This product can also be served in a more traditional way topped with tomato sauce and cheese.
- Using whole grain-rich spaghetti in recipes can help schools meet the whole grain-rich criteria in the updated school meal patterns.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1 ounce dry spaghetti, whole grain-rich

Amount Per Serving

Calories 105

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 21g

Dietary Fiber 2g

Sugars 1g

Protein 3g

Source: USDA Foods Vendor Labels

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

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USDA Foods Product Information Sheet

For Child Nutrition Programs



110541—Applesauce, Unsweetened, Canned

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade A regular canned applesauce with no added sweetener. This product is available in cases containing six #10 cans.

CREDITING/YIELD

- One case of applesauce cups provides about 143 ½-cup servings.
- CN Crediting: ½ cup applesauce credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Serve applesauce cups plain or with toppings such as raisins and spices such as cinnamon and nutmeg for a healthy dessert.
- Use applesauce as a replacement for oil in baked goods. Follow a recipe for best results.
- To find culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (122 g) applesauce, unsweetened

Amount Per Serving

Calories 51

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 2mg

Total Carbohydrate 14g

Dietary Fiber 1g

Sugars 11g

Protein 0g

Source: [USDA National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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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