



**Product Fact Sheet for
Schools and Child Care Institutions**

PRODUCT SPECIFICATION:	WHOLE GRAIN BLENDS: Simplot UpSides™ Orzo, Grains & Vegetable / SKU 10071179020479. To contain 16% broccoli, 11% red bell pepper, 9% carrot, 7% yellow carrot and 5% lentils. PACK SIZE: 6/2.5 LB bags per case.
-------------------------------	--

NATIONAL SCHOOL MEAL PROGRAM YIELD AND CREDIT INFORMATION*

Serving sizes adjusted to reflect weight needed to attain vegetable credit. Non-creditable ingredients excluded.

FBG: Broccoli, frozen Spears ; Peppers, Bell, frozen Orange or Red Diced ; Carrots, frozen Slices Includes USDA Foods ; Lentils, dry

	Servings per LB	Servings per Bag	Servings per Case	Bags for 100 Servings
3.33 oz AP (frozen) provides one - ¼ cup serving of creditable vegetable	4.80	12.00	72.00	8.4
6.66 oz AP (frozen) provides one - ½ cup serving of creditable vegetable	2.40	6.00	36.00	16.7

Creditable Serving Size	Dark Green	Red/Orange	Starchy	Beans/Peas	Other or Additional	Meat Alt.
¼ cup					¼ cup	
½ cup	⅓ cup	⅓ cup			¼ cup	
¾ cup	¼ cup	¼ cup			¼ cup	
1 cup	¼ cup	⅓ cup			⅓ cup	

**Information above is provided for food, as purchased, using the USDA Food Buying Guide for Child Nutrition, January 2013 Update. Servings are approximate.*

NUTRITION INFORMATION	¼ cup	½ cup
Gram Weight (g)	94	189
Calories (kcal)	100	200
Calories from fat (kcal)	20	40
Fat (g)	2	4.5
Saturated Fat (g)	0	0.5
Trans Fat (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	220	440
Potassium (mg)	110	220
Carbohydrates (g)	16	33
Dietary Fibers (g)	3	6
Total Sugars (g)	2	3
Protein (g)	3	6
Vitamin A (IU)	1097.39	2194.78
Vitamin C (mg)	17.05	34.10
Calcium (mg)	18.59	37.18
Iron (mg)	0.80	1.61

INGREDIENT STATEMENT:

Whole Grain Orzo (Water, Durum Wheat Semolina, Whole Wheat Flour, Whole Grain Flour Blend [Whole Grain Barley, Rye, Whole Wheat, Oats, Amaranth, Quinoa, Millet, Sorghum, Teff]), Broccoli, Carrots, Red Bell Pepper, Black Barley, Brown Lentils, Brown Rice, Red Rice, Soybean Oil, Sea Salt, Dehydrated Vegetables (Garlic, Onion, Bell Pepper, Parsley), Spice, Brown Sugar, Natural Flavor.

ALLERGEN INFORMATION:

CONTAINS: WHEAT.

FOOD SENSITIVITY INFORMATION:

Vegan.

PREPARATION INSTRUCTIONS:

STOVETOP:	Coat 1½ Tbsp. oil in a sauté pan or spray with non-stick cooking spray. Add frozen contents of bag to sauté pan. Cover. Heat on medium-high, stirring frequently. Let stand for 1 minute. 4 OZ: 3 minutes in an 8" pan. HALF BAG (20 oz): 7 minutes in an 11" pan. FULL BAG: 13 minutes in a 14" pan.
MICROWAVE:	Place frozen contents of bag in microwave safe ½ cambro dish (4" deep) with cover. Heat on High, rotating the dish and stirring thoroughly halfway through. Let stand 1 minute. 2200 WATT: Heat for 7 minutes. 1100 WATT: Heat for 15 minutes.

CASE PACK:			
Dimensions (LxWxH):	13.375" x 12" x 6.875"	Pallet (TI/HI):	12 x 11
Shelf Life (days):	540 @ 0°F	Gross Weight (LB):	17.00

I certify that the above information is true and correct as of October 21, 2013.

Shawanda Brown, Regulatory Affairs and Nutrition Manager

J.R. Simplot Company / Food Group Technical Center

Phone: (208) 454-4659 / Fax: (208) 454-4636 / Mailing Address: P. O. Box 1059, Tech Center, Caldwell, ID 83606-1059