



## Serving Size: 3.20 oz. Pack: 6 / 5 lb bags

Product Name: Pre-Cooked Oven Ready WG Breaded Okra

Statement of Child Nutrition Meal Pattern Equivalency: Each 3.20 oz. serving of Whole Grain Breaded Okra provides 1.0 oz eq grains and ¼ cup serving of other vegetable for the Child Nutrition Meal Pattern Requirements.

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**Nutrition Facts** 

Code: 33500

Serving Size 17 Pieces (91g)			
Amount Per Serv	ing		
Calories 180	Calc	ories fron	n Fat 60
		% Da	uly Value*
Total Fat 7g			11%
Saturated F	at 1g		<b>5</b> %
Trans Fat C	)g		
Cholesterol (	Dmg		0%
Sodium 220n	ng		<b>9</b> %
Total Carboh	ydrate 2	24g	8%
Dietary Fib	er 4g		16%
Sugars 2g			
Protein 3g			
Vitamin A 0%	. \	Vitamin (	20/
			J Z 70
Calcium 4%	-	ron 6%	
*Percent Daily Valu diet. Your daily val depending on your	ues may be	e higher or l	
Saturated Fat I Cholesterol I Sodium I Total Carbohydrate Dietary Fiber Calories per gram:		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
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Andrew P . Signorelli Dir./Tech. Services Tasty Brands

# Product Info

### PREPARATION – for best results Keep frozen until ready to prepare

1.Preheat convection oven to 350°F (conventional oven to 400°F).

2.Place frozen okra on parchment lined sheet full sheet pan.

3.Bake okra for 11 – 13 minutes until crispy (bake in conventional oven for 14 – 15 minutes). Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.

4.Remove from oven. Serve.

5.Holding: Hold for up to 1 hour in a dry warmer at 145°F.

Shelf life:	12 months frozen (-10° -	- 0°F)	
Dim:	15.75" x11.875" x 13.5"	0 1)	
	10 x 6		
Case cube:	1.46 ft <sup>3</sup>		
Cases/pallet		Pallet height: 92-inches	
-	wt: 31.00 lbs; Net wt: 30.0	U	
Pallets/trucl	k: 28		
UPC:	00852777002110		
ALLERGEN	NS: Contains Wheat, Soy,	, & Milk	
	At least 50% of the grai		are

**INGREDIENTS:** Okra, Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Grain Yellow Corn Flour, Contains Less than 2% of: Garlic Powder, Onion Powder, Whey, Modified Corn Starch, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Yeast, Guar Gum, Methylcellulose, Extractives of Paprika, Sugar, Salt, Soybean Oil.

> CONTAINS: 150– 3.20 OZ SERVINGS PER CASE (17 OVEN READY OKRA PER SERVING)



#### **Formulation Statement for Documenting Grains in School Meals**

Product Name:	Pre-Cooked Oven Ready W	VG Breaded Ok	ara		Code No:	33500	
Case/Pack/Count/Po	ortion/Size:	150 / 3.20 oz.	servings	oer case			
•	meet the Whole Grain-Ric		Yes gram and S	X School brea	No akfast Progra	um)	
II. Does the product	contain non-creditable gra	ains: Yes	x	No		How many grams:	0.31

(Products with more than 0.24oz equivalent or 3.99 grams for Groups A\_G and 6.99 grams for Group H of non-creditable grains cannot be credited using Exhibit A weights, only by calculating total creditable grains.

# III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G, Group H or Group I.

(Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain oer oz eq; Group H, 28 grams per oz eq; Group I, volume or weight).

#### Indicate which Exhibit A Group (A-I) the product belongs: B

Description of Product per Food Buying Guide	Portion Nize (07) of	Weight of one ounce equivalent as listed in SP 30-2012	Creditable Amount <sup>1</sup>
Batter type coating	1.20	1.00	1.20
A. Total Creditable Amount <sup>2</sup>	1.00		

<sup>1</sup>(Portion size)  $\div$  (Exhibit A weight for one oz eq)

<sup>2</sup>Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Description of Creditable Grain Ingredient*	Portion Size (g)**	Grams of Creditable Grain Ingredient per	Gram Standard of Creditable Grain per oz equivalent ( <i>16g or</i> <i>28g</i> )	
A. Total Creditable Amount <sup>3</sup>				

\*Creditable grains are whole-grain meal/flour and enriched meal/flour.

\*\*If known, use the raw dough weight for a more accurate creditable amount.

<sup>1</sup>(Portion size) x (% of creditable grains in formula).

<sup>2</sup>(Grams of creditable grains) ÷ (standard grams of creditable grains from corresponding Group of Exhibit A).

<sup>2</sup>Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased:3.20 oz.Total contribution of product (per portion):1.00 oz-eq

I certify that the above information is true and correct and that a <u>3.20</u> ounce portion of this product (ready for serving provides 1.00 oz equivalent Grains. I further certify that non-creditable grains are not above 0.25oz per portion.

Conclew P Septo	Director of Technical Services	Director of Technical Services		
/	Title	-		
Andrew P. Signorelli	08/11/14	516-938-4588		
Printed Name	Date	Phone Number		

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#### **Product Formulation Statement (PFS) for Documenting Vegetables and Fruits**

Product Name:	Pre-Cooked Oven Read	ly WG Breaded Okra	Code No:	33500
Case/Pack/Count/Po	rtion/Size:	150 / 3.20 oz. servings per case		

#### I. Vegetable Component

Description of Creditable Ingredient per Food Buying Guide (FBG)	Vegetable Subgroup	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield / Purchase Unit	Creditable Amount <sup>1</sup> (quarter cups)
Okra, frozen, cut	Other	1.850	Х	9.10/16	1.052
			Х		
			Х		
			Х		
			Х		
Total Creditable Vegetable Amount:					1.052

#### TOTAL CUPS

LEGUMES	DARK GREEN	<b>RED/ORANGE</b>	STARCHY	OTHER
				1/4

•<sup>1</sup>FBG calculations for vegetables are in quarter cups.

•Vegetables and vegetable purees credit on volume served. Tomato paste and puree will continue to credit as a calculated volume based on the yields in the FBG.

•At least <sup>1</sup>/<sub>8</sub> cup of recognizable vegetable is required to contribute towards the veg component or a specific veg subgroup •The OTHER vegetable subgroup may be met with any additional amounts from the other subgroups.

•School food authorities may offer any veg subgroup to meet the total weekly requirement for the additional veg subgroup •Leafy green vegetables credit as half the volume served in schools. Legumes may credit toward the vegetable component or the meat alternate component but not as both.

#### **II. Fruit Component**

Description of Creditable Ingredient per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield / Purchase Unit	Creditable Amount <sup>1</sup> (quarter cups)
		Х		
		Х		
Total Creditable Fruit Amount:			•	

•<sup>1</sup>FBG calculations for fruits are in quarter cups.

•Fruits and fruit purees credit on volume served.

•At least <sup>1</sup>/<sub>8</sub> cup of recognizable fruit is required to contribute towards the fruit component

•Note that dried fruits credit as double the volume served in school meals.

I certify the above information as true and correct and that a 3.20 ounce serving of the above product contains 1/4 cup(s) of vegetable / fruit.

Conclew P Septo	Director of Technical Services			
/	Title			
Andrew P. Signorelli	08/11/14	516-938-4588		
Printed Name	Date	Phone Number		

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