



Anchor Breaded Cheddar and Broccoli Bites
USDA School Lunch Meal Planning Nutrition Facts
 Product Code: 50010277

| NUTRITION FACTS | |
|---|----------------------|
| Serving Size 3.2 oz. (90g) (3 pieces) FROZEN * | |
| Servings: 0.5 oz meat alternate serving | |
| Amount per Serving | |
| Calories 180 | Calories from Fat 54 |
| % Daily Value* | |
| Total Fat 6g | 9% |
| Saturated Fat 3.5g | 18% |
| Trans Fat 0g | |
| Cholesterol 15mg | 5% |
| Sodium 690mg | 29% |
| Total Carbohydrate 24g | 8% |
| Dietary Fiber 3g | 12% |
| Sugars 3g | |
| Protein 7g | |
| Vitamin A 6% | Vitamin C 8% |
| Calcium 12% | Iron 4% |
| <small>INGREDIENTS: Water, Pasteurized Process Cheddar Cheese [Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Milkfat, Sodium Phosphate, Sodium Hexametaphosphate, Salt, Artificial Color], Broccoli, Wheat Flour, Bleached Wheat Flour, Cheddar Cheese Sauce [Water, Aged Cheddar Cheese (Cultured Milk, Salt, Enzymes, Annatto Color), Soybean Oil, Food Starch - Modified, Sodium Phosphate, Salt, Cellulose Gum, Mono and Diglycerides, Spice, Yeast Extract, Annatto Color], Dehydrated Potatoes (Potatoes, Mono & Diglycerides, Sodium Acid Pyrophosphate and Citric Acid (to preserve natural color)), Onions, Food Starch - Modified. Contains 2% or less of Bacon Flakes (Bacon Cured With Water, Salt, Sodium Erythorbate, Sodium Nitrite, Sugar, Dextrose, Brown Sugar, Sodium Phosphates, Potassium Chloride, Flavoring), Bacon Chips (Textured Soy Flour, Partially Hydrogenated Soybean Oil, Salt, Natural and Artificial Flavor, Dextrose, Red 3, Red 40), Cellulose Gum, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Flavor, Salt, Soybean Oil, Sugar, Turmeric Oleoresin (color), Wheat Starch, Whey, Yeast, Yellow 6, Yellow 5, Yellow Corn Flour.</small> | |

| USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update) | | | |
|--|---------------------------------|---|--------------------------------------|
| Product: Broccoli, frozen, cut or chopped (pg. 2-26) | | | |
| USDA Purchase Unit | USDA Servings per Purchase Unit | USDA Serving Size per Meal Contribution | USDA Purchase Units for 100 Servings |
| 1 Pound | 9.6 | 1/4 cup cooked, drained vegetable | 10.5 |

| USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update) | | | |
|--|---------------------------------|---|--------------------------------------|
| Product: Cheese, Cheddar, natural or process (pg. 1-23) | | | |
| USDA Purchase Unit | USDA Servings per Purchase Unit | USDA Serving Size per Meal Contribution | USDA Purchase Units for 100 Servings |
| 1 Pound | 16 | 1oz cheese | 6.3 |

Meat/Meat alternate Servings:

*Per FBG, 3 pieces (90g) =0.5oz meat/meat alternate serving

Vegetable Servings:

* Per FBG, 8 pieces (239g) = 1/4 cup vegetable serving

I certify that this information is true and correct.

1/9/2014

Date

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Research and Development

Hyperlink:

<http://www.mccainusafoodservice.com/Product/Detail/50010277?backUrl=%2FProduct%2FList%3FCurrentFilter.FreeText%3D50010277>