



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

<b>PRODUCT SPECIFICATION:</b>	<b>VEGETABLE / CORN, FROZEN: Simplot Classic® Cut Corn, Golden Jubilee / SKU 10071179187110.</b> To be packed to U.S. Grade A Standard. <b>PACK SIZE:</b> 12/2.5 LB bags per case.
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**NATIONAL SCHOOL MEAL PROGRAM YIELD AND CREDIT INFORMATION\***

FBG: Corn, frozen <i>Whole Kernel Includes USDA Foods</i>	FBG Servings per LB	Servings per Bag	Servings per Case	Bags for 100 Servings
1.46 oz AP (frozen) provides one - ¼ cup serving of creditable vegetable	11.00	27.50	330.00	3.7
2.91 oz AP (frozen) provides one - ½ cup serving of creditable vegetable	5.50	13.75	165.00	7.3

Creditable Serving Size	Dark Green	Red/Orange	Starchy	Beans/Peas	Other	Additional	Meat Alt.
¼ cup			¼ cup				
½ cup			½ cup				
¾ cup			¾ cup				
1 cup			1 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)	<b>41</b>	<b>82</b>
Calories (kcal)	45	90
Calories from fat (kcal)	5	5
Fat (g)	0	0.5
Saturated Fat (g)	0	0
Trans Fat (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	0	0
Potassium (mg)	85	170
Carbohydrates (g)	9	19
Dietary Fibers (g)	1	2
Total Sugars (g)	1	3
Protein (g)	1	2
Vitamin A (IU)	19.25	38.36
Vitamin C (mg)	2.41	4.81
Calcium (mg)	1.13	2.26
Iron (mg)	0.18	0.36

**INGREDIENT STATEMENT:**

Corn.

**ALLERGEN INFORMATION:**

N/A

**FOOD SENSITIVITY INFORMATION:**

Gluten-free. Vegan.

**PREPARATION INSTRUCTIONS:**

<b>STEAMER:</b>	Place vegetables in a full-size steam table pan. Do not add water or cover. Steam in a preheated steamer for 4-5 minutes or until product is thoroughly heated. Season and serve.
<b>STOVETOP:</b>	Bring ¾ cup water and frozen vegetables to a boil in a 3-quart sauce pan. Cover and reduce heat to Medium. Simmer for 6-8 minutes or until product is tender and thoroughly heated. Season and serve.
<b>MICROWAVE:</b>	Place frozen vegetables and 2 Tbsp. of water into a microwave-safe dish. Cover and cook on High for 6-7 minutes or until product is thoroughly heated. Stir halfway through cooking time. Season and serve.

**CASE PACK:**

<b>Dimensions (LxWxH):</b>	16.875" x 10.875" x 9"	<b>Pallet (TI/HI):</b>	9 x 6
<b>Shelf Life (days):</b>	720 @ 0°F	<b>Gross Weight (LB):</b>	31.25

I certify that the above information is true and correct as of September 18, 2013.

  
 Shawanda Brown, Regulatory Affairs and Nutrition Manager