



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

PRODUCT SPECIFICATION:	VEGETABLE BLEND / ROASTED, FROZEN: Simplot RoastWorks® Corn & Black Bean Fiesta Blend / SKU 1007117977762. To be packed to U.S. Grade A standard. To contain 40% Roasted Cut Corn, 9% Roasted Yellow Onion, 4% Roasted Red Peppers, 7% Roasted Green Peppers, 25% Black Bean, 12% Tomatoes . PACK SIZE: 6/2.5 LB bags per case.
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NATIONAL SCHOOL MEAL PROGRAM YIELD AND CREDIT INFORMATION*

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

FBG: Corn, frozen *Whole Kernel Includes USDA Foods* ; Beans, Black (Turtle Beans), dry; Tomatoes, fresh *Diced Ready-to-use* ; Onions, Mature, frozen *Chopped* ; Peppers, Bell, frozen *Green or Yellow, Diced* ; Peppers, Bell, frozen *Orange or Red Diced*

	Servings per LB	Servings per Bag	Servings per Case	Bags for 100 Servings
1.97 oz AP (frozen) provides one - ¼ cup serving of creditable vegetable	8.12	20.30	121.80	5.0
3.93 oz AP (frozen) provides one - ½ cup serving of creditable vegetable	4.07	10.17	61.02	9.9

Creditable Serving Size	Dark Green	Red/Orange	Starchy	Beans/Peas	Other	Additional	Meat Alt.**
¼ cup						¼ cup	
½ cup			⅓ cup	⅓ cup		¼ cup	0.5 oz equiv.
¾ cup			¼ cup	⅓ cup		⅔ cup	0.5 oz equiv.
1 cup		⅓ cup	⅔ cup	¼ cup	⅓ cup	⅓ cup	1 oz equiv.

**Information above is provided for food, as purchased, using the USDA Food Buying Guide for Child Nutrition, January 2013 Update. Servings are approximate.
**NOTE: Cooked dried beans or peas may be counted as a meat alternate or vegetable but not as both components in the same product.*

NUTRITION INFORMATION	¼ cup	½ cup
Gram Weight (g)	56	111
Calories (kcal)	70	140
Calories from fat (kcal)	15	25
Fat (g)	1.5	3
Saturated Fat (g)	0	0
Trans Fat (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	115	230
Potassium (mg)	25	45
Carbohydrates (g)	12	24
Dietary Fibers (g)	3	6
Total Sugars (g)	3	6
Protein (g)	3	6
Vitamin A (IU)	325.01	648.37
Vitamin C (mg)	6.48	12.92
Calcium (mg)	7.2	14.36
Iron (mg)	0.56	1.12

INGREDIENT STATEMENT:
Corn, Black Beans, Tomatoes, Bell Peppers, Onions, Soybean Oil, Salt, Spices, Dehydrated Vegetables (Onion, Bell Pepper, Garlic), Brown Sugar, Sugar, Lime Juice Powder (Lime Juice Concentrate, Modified Food Starch, Maltodextrin, Citric Acid), Yeast Extract, Natural Flavorings (Including Grill And Smoke), Citric Acid.
ALLERGEN INFORMATION:
N/A
FOOD SENSITIVITY INFORMATION:
Gluten-free.

PREPARATION INSTRUCTIONS:

STEAMER:	Arrange product in a half-size steam table pan. Cover if needed. Steam for 15 minutes.
STOVETOP:	Heat 2 Tbsp. of oil in a large frying pan over Medium-High heat. Add half a bag of frozen vegetables to hot pan and oil. Cover. Cook for 6 minutes, stirring as needed for even heating.
MICROWAVE:	Place frozen blend in a microwave-safe dish. Cover. Microwave on High, stirring halfway through cook time. Let stand for 2 minutes before serving. 1100 Watt: 4 oz for 3 minutes. 20 oz (half bag) for 9 minutes. 2200 Watt: 4 oz for 55 seconds. 20 oz (half bag) for 5 minutes.

CASE PACK:			
Dimensions (LxWxH):	13.375" x 9.625" x 7.375"	Pallet (TI/HI):	15 x 10
Shelf Life (days):	540 @ 0°F	Gross Weight (LB):	16.25

I certify that the above information is true and correct as of November 24, 2013.


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