



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

PRODUCT SPECIFICATION:	VEGETABLE / BLEND, FROZEN: Simplot Classic® Chuckwagon Corn / SKU 10071179187523. To be packed to U.S. Grade A Standard. To contain 70% Simply Sweet Corn, 10% Diced Onion, 10% Diced Green Pepper, 10% Diced Red Pepper. PACK SIZE: 12/2 LB bags per case.
-------------------------------	---

NATIONAL SCHOOL MEAL PROGRAM YIELD AND CREDIT INFORMATION*

FBG: Corn, frozen Whole Kernel Includes USDA Foods ; Onions, mature, frozen Chopped ; Peppers, Bell, frozen Orange or Red Diced ; Peppers, Bell, Frozen, Green or Yellow, Diced	Servings per LB	Servings per Bag	Servings per Case	Bags for 100 Servings
1.65 oz AP (frozen) provides one - ¼ cup serving of creditable vegetable	9.69	19.38	232.56	5.2
3.29 oz AP (frozen) provides one - ½ cup serving of creditable vegetable	4.86	9.72	116.64	10.3

Creditable Serving Size	Dark Green	Red/Orange	Starchy	Beans/Peas	Other	Additional	Meat Alt.
¼ cup			¼ cup			¼ cup	
½ cup			¼ cup		⅛ cup	⅛ cup	
¾ cup			½ cup		⅛ cup	⅛ cup	
1 cup			⅝ cup		⅛ cup	¼ 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)	47	93
Calories (kcal)	40	80
Calories from fat (kcal)	0	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)	8	17
Dietary Fibers (g)	1	2
Total Sugars (g)	1	3
Protein (g)	1	2
Vitamin A (IU)	151.17	301.42
Vitamin C (mg)	3.30	6.58
Calcium (mg)	2.17	4.32
Iron (mg)	0.20	0.40

INGREDIENT STATEMENT:

Corn, Onions, Red Peppers, Green Peppers.

ALLERGEN INFORMATION:

N/A

FOOD SENSITIVITY INFORMATION:

Gluten-free. Vegan.

PREPARATION INSTRUCTIONS:

STEAMER:	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.
STOVETOP:	Bring ¾ cup water and frozen vegetables to 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.
MICROWAVE:	Place frozen vegetables and 2 Tbsp. of water into a microwave-safe dish. Cover and cook on High for 5-6 minutes or until product is thoroughly heated. Stir halfway through cooking time. Season and serve.

CASE PACK:

Dimensions (LxWxH):	15.5" x 11" x 8.25"	Pallet (TI/HI):	10 x 6
Shelf Life (days):	720 @ 0°F	Gross Weight (LB):	25.25

I certify that the above information is true and correct as of September 17, 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