



PRODUCT FORMULATION STATEMENT (PFS)

Product:	Sweet Plantain Slices, Precooked Frozen 4 x 6 lb.	Product code(s): SKU	SB010
Importer	MIC FOOD	Serving Size	2 slices (1/4 cup starchy vegetable)

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 ¹ (quarter cups)
Plantain, fresh, ripe	Starchy vegetable	2.86 ounces	X	5.6/16	1.00
Total creditable vegetable amount					
<ul style="list-style-type: none"> • FBG calculations for vegetables are in quarter cups. See chart on following page for quarter cup to cup conversions. • 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 1/8 cup of recognizable vegetable is required to contribute towards the vegetable component or a specific vegetable subgroup. • The other vegetable subgroup may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups. • School food authorities may offer any vegetable subgroup to meet the total weekly requirement for the additional vegetable subgroup. • Please note that raw leafy green vegetables credit as half the volume served in school meals. The school menu planner will decide how to incorporate legumes into the school meal. However, a manufacturer should provide documentation to show how legumes contribute towards the vegetable component and the meat alternate component. • The PFS for meat/meat alternate may be used to document how legumes contribute towards the meat alternate component. 				TOTAL CUPS Starchy Vegetable	1/4 CUP
Quarter Cup to Cup Conversions* 1.0 Quarter Cups = 1/4 Cup starchy vegetable = 2 slices					

I certify the above information is true and correct and that 2 slices serving of the above product contains 1/4 cup of starchy vegetables.

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