



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

PRODUCT SPECIFICATION:	VEGETABLE / BLEND, FROZEN: Simplot Classic® Culinary Select™ Sonoma Blend / SKU 10071179003762. To be packed to U.S. Grade A standard. To contain 30% broccoli, 27% sugar snap peas, 22% carrots and 21% yellow carrots. PACK SIZE: 8/3 LB bags per case.
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NATIONAL SCHOOL MEAL PROGRAM YIELD AND CREDIT INFORMATION*

<i>FBG: Broccoli, frozen Spears ; Peas, Sugar Snap, frozen Whole ; Carrots, frozen Slices Includes USDA Foods</i>	Servings per LB	Servings per Bag	Servings per Case	Bags for 100 Servings
1.58 oz AP (frozen) provides one - ¼ cup serving of creditable vegetable	10.12	30.36	242.88	3.3
3.16 oz AP (frozen) provides one - ½ cup serving of creditable vegetable	5.06	15.18	121.44	6.6

Creditable Serving Size	Dark Green	Red/Orange	Starchy	Beans/Peas	Other or Additional	Meat Alt.
¼ cup					¼ cup	
½ cup	⅛ cup				⅜ cup	
¾ cup	⅛ cup	⅛ cup			½ cup	
1 cup	¼ cup	⅛ cup			¾ 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)	45	90
Calories (kcal)	20	35
Calories from fat (kcal)	0	0
Fat (g)	0	0
Saturated Fat (g)	0	0
Trans Fat (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	20	35
Potassium (mg)	80	160
Carbohydrates (g)	3	6
Dietary Fibers (g)	1	2
Total Sugars (g)	2	3
Protein (g)	1	1
Vitamin A (IU)	395.23	790.45
Vitamin C (mg)	6.32	12.65
Calcium (mg)	10.54	21.08
Iron (mg)	0.38	0.76

INGREDIENT STATEMENT:

Broccoli, Sugar Snap™ Peas, Carrots, Yellow Carrots.

ALLERGEN INFORMATION:

N/A

FOOD SENSITIVITY INFORMATION:

Gluten-free. Vegan.


PREPARATION INSTRUCTIONS: See product packaging for additional preparation instructions.

STEAMER:	Arrange 3 pounds (entire bag) of frozen vegetables in a half-size hotel pan. Steam for 3½ minutes. Drain and serve.
STOVE TOP:	Bring 5-quarts of water to boil on High in a 7-quart pot. Add 3 pounds (entire bag) of frozen vegetables to boiling water. Cook 7 minutes, stirring occasionally.
MICROWAVE:	Place vegetables in a microwave-safe dish with water. Cover. Cook, stirring once halfway through. 4 OZ: Add 1 Tbsp water, cook for 1 minute. 1.5 LB (HALF BAG): Add 2 Tbsp. water, cook for 4 minutes.

CASE PACK:

Dimensions (LxWxH):	19.375" x 11.375" x 9.75"	Pallet (TI/HI):	8 x 5
Shelf Life (days):	720 @ 0°F	Gross Weight (LB):	25.50

I certify that the above information is true and correct as of October 21, 2012.


 Shawanda Brown, Regulatory Affairs and Nutrition Manager