

# Vegetable Fried Rice

## Whole Grain (Brown)

#78001



A healthier version of a traditional favorite. Brown rice lightly seasoned with soy sauce tossed with edamame and carrots.

### Nutrition Facts

Serving Size 4.25 oz (121g)  
Servings Per Case about 150

#### Amount Per Serving

**Calories** 210 Calories from Fat 50

% Daily Value\*

**Total Fat** 6 g 9%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 340mg 14%

**Total Carbohydrate** 33g 11%

Dietary Fiber 4g 15%

Sugars 3g

**Protein** 7g

Vitamin A 25% • Vitamin C 6%

Calcium 4% • Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.

(150) 4.25 oz servings per case, (8) 5lb bags  
Net Wt. 40 lbs(18.14kg) Gr. Wt: 42.50 lbs  
Case Information: Item# 78001  
Case L x W x H: 16" x 11" x 12"  
Cube: 1.22 TI x HI: 9 x 5  
Shelf Life: Frozen 12 months at 0°F +/- 10°F  
GTIN# 00856235005200  
This product is manufactured in the USA.

### INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

WATER, NATURAL LONG GRAIN BROWN RICE, EDAMAME, CARROTS, WHITE ONIONS, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE (less than 1/10 of 1%)), SOYBEAN OIL YEAST EXTRACT, SALT.

CONTAINS: SOY AND WHEAT.

### BASIC HEATING INSTRUCTIONS:

(1) 5 lb bag of Vegetable Fried Rice

#### Convection/Conventional oven (Best) (product must be thawed)

Pre-heat oven to 350°F/400°F. Spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes. Remove from oven, uncover and fluff.

#### Boil in Bag/Steamer: (Good)

Place entire bag into hot boiling water or steamer for 18-20 minutes until all liquid in bag is absorbed. Open bag and place content in a 2" shallow full or half pan to allow moisture to evaporate before serving.

#### SERVING

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Thaw completely in refrigerator. Reheat to an internal temperature 165°F. #8 scoop size is recommended. Portioning size may vary by individual practice.



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For more information contact:  
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CN Equivalency = 1G & 1Veg (1/4 cup)



**Formulation Statement for Documenting Grains in School Meals  
Required Beginning SY 2013-2014  
(Crediting Standards Based on Grams of Creditable Grains)**

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Whole Grain Vegetable Fried Rice Code No.: 78001  
 Manufacturer: Asian Food Solutions Serving Size 4.25 oz  
 (raw dough weight may be used to calculate creditable grain amount)

**I. Does the product meet the Whole Grain-Rich Criteria:** Yes  No   
 (Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

**II. Does the product contain non- creditable grains:** Yes  No  **How many grams:** \_\_\_\_\_  
 (Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

**III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals).** (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16grams creditable grain per oz eq; Group H uses the standard of 28grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the Product Belongs: H

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion <sup>1</sup>	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) <sup>2</sup>	Creditable Amount
	A	B	A ÷ B
Brown Rice	28 grams	28	1
<b>Total Creditable Amount<sup>3</sup></b>			<b>1</b>

\*Creditable grains are whole-grain meal/flour and enriched meal/flour.  
<sup>1</sup>(Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.  
<sup>2</sup>Standard grams of creditable grains from the corresponding Group in Exhibit A.  
<sup>3</sup>Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 4.25 oz  
 Total contribution of product (per portion) 1 oz equivalent

I certify that the above information is true and correct and that a 4.25 ounce portion of this product (ready for serving) provides 1 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

  
 Signature

Co-President  
 Title

Lincoln Yee  
 Printed Name

8/11/2017 888-499-6888  
 Date Phone Number

**Product Formulation Statement (PFS) for Documenting Vegetables and Fruits**

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Specific vegetable subgroups must be offered weekly and fruit must be served daily for the National School Lunch Program. For more detailed information on meal pattern requirements see the Nutrition Standards for School Meals Website at <http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>.

Product Name: Whole Grain Vegetable Fried Rice Code: 78001  
 Manufacturer: Asian Food Solutions Serving Size: 4.25 oz

**I. Vegetable Component**

Please fill out the chart below to determine the creditable amount of vegetables.

Description of Creditable Ingredient per Food Buying Guide (FBG)	Vegetable Subgroup	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/Servings Per Unit	Creditable Amount <sup>1</sup> (quarter cups)	
Edamame	Legumes	0.75 oz	X	10.70/16	0.5015	
Carrots Diced	Red/Orange	0.81 oz	X	10.20/16	0.5163	
			X			
<b>Total Creditable Vegetable Amount:</b>						
<ul style="list-style-type: none"> <li><sup>1</sup>FBG calculations for vegetables are in quarter cups. See chart on following page for quarter cup to cup conversions.</li> <li>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.</li> <li>At least 1/8 cup of recognizable vegetable is required to contribute towards the vegetable component or a specific vegetable subgroup.</li> <li>The other vegetable subgroup may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups.</li> <li>School food authorities may offer any vegetable subgroup to meet the total weekly requirement for the additional vegetable subgroup.</li> <li>Please note that raw leafy green vegetables credit as half the volume served in school meals (For example: 1 cup raw spinach credits as 1/2 cup dark green vegetable. Legumes may credit towards the vegetable component or the meat alternate component, but not as both in the same meal. 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. See chart on the following page for conversion factors</li> <li>The PFS for meat/meat alternate may be used to document how legumes contribute towards the meat alternate component.</li> </ul>					<b>Total Cups Beans/Peas (Legumes)</b>	1/8 c
					<b>Total Cups Dark Green</b>	
					<b>Total Cups Red/Orange</b>	1/8 c
					<b>Total Cups Starchy</b>	
					<b>Total Cups Other</b>	1/4 cup

I certify the above information is true and correct and that 4.25 ounce serving of the above product contains 1/8 cup(s) of Legumes vegetables. and 1/8 cup of red/orange vegetables. Total of 1/4 cup = 1 Vegetable Credit.  
(vegetable subgroup)

## II. Fruit Component

Please fill out the chart below to determine the creditable amount of fruits.

Description of Creditable Ingredient per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/Servings Per Unit	Creditable Amount <sup>1</sup> (quarter cups)
		X		
		X		
		X		
<b>Total Creditable Fruit Amount:</b>				0

- <sup>1</sup>FBG calculations for fruits are in quarter cups. See chart below for quarter cup to cup conversions.
- Fruits and fruit purees credit on volume served.
- At least 1/8 cup of recognizable fruit is required to contribute towards the fruit component.
- Please note that dried fruits credit as double the volume served in school meals (For example, 1/2 cup raisins credits as 1 cup fruit).

I certify the above information is true and correct and that 4.25oz serving of the above product contains 0 of fruit.

### Quarter Cup to Cup Conversions\*

0.5 Quarter Cups = 1/8 Cup vegetable/fruit or 0.5 ounces of equivalent meat alternate

1.0 Quarter Cups = 1/4 Cup vegetable/fruit or 1.0 ounce of equivalent meat alternate

1.5 Quarter Cups = 3/8 Cup vegetable/fruit or 1.5 ounces of equivalent meat alternate

2.0 Quarter Cups = 1/2 Cup vegetable/fruit or 2.0 ounces of equivalent meat alternate

2.5 Quarter Cups = 5/8 Cup vegetable/fruit or 2.5 ounces of equivalent meat alternate

3.0 Quarter Cups = 3/4 Cup vegetable/fruit or 3.0 ounces of equivalent meat alternate

3.5 Quarter Cups = 7/8 Cup vegetable/fruit or 3.5 ounces of equivalent meat alternate

4.0 Quarter Cups = 1 Cup vegetable/fruit or 4.0 ounces of equivalent meat alternate

\*The result of 0.9999 equals 1/8 cup but a result of 1.0 equals 1/4 cup



Signature

Co-President

Title

Lincoln Yee

Printed Name

8/11/2017

Date

888-499-6888

Phone Number