



**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

(last updated, 02-22-12)

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**100277 – ORANGE JUICE, FROZEN, SINGLE SERVE,  
4 FL OZ UNITS**

**Nutrition Information**

Orange juice, from concentrate

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A pasteurized orange juice from concentrate in individual 4 fl oz, "milk carton type" containers.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>70/4 fl oz units per case. Each case weighs 19 lb.</li> <li>One 4.0 fl oz unit of orange juice provides ½ cup full strength fruit juice.</li> <li>CN Crediting: One 4.0 fl oz unit orange juice provides ½ cup fruit juice.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen orange juice in the freezer until needed. Temperature changes shorten shelf life and speed deterioration of the orange juice.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	1 unit (4.0 fl oz) = ½ cup
Calories	56
Protein	0.85 g
Carbohydrate	13.41 g
Dietary Fiber	0.2 g
Sugars	10.45 g
Total Fat	0.07 g
Saturated Fat	0.01 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.12 mg
Calcium	11 mg
Sodium	1 mg
Magnesium	12 mg
Potassium	236 mg
Vitamin A	133 IU
Vitamin A	6 RAE
Vitamin C	48.4 mg
Vitamin E	0.25 mg



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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Thaw in the refrigerator the amount of orange juice needed for one day's use. Serve the juice as quickly as possible for optimum flavor after it is thawed. Orange juice quality will deteriorate rapidly after the product thaws.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve orange juice as a beverage.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Use frozen orange juice cartons within 10 days of thawing.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on inventory management, and how to effectively store USDA Foods, see our policy memo: <a href="http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf">www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf</a></li> <li>• The date on the 4 oz containers and any secondary containers is the actual date the product was further processed from concentrate and packaged into the cartons. Although it is usual industry practice to place an expiration and/or sell date on retail packages, this is NOT acceptable for USDA purchases. <b>THE DATE APPEARING ON THE INDIVIDUAL ORANGE JUICE CARTONS IS A PACK DATE, NOT A USE BY OR EXPIRATION DATE.</b></li> </ul>

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.