



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

PRODUCT SPECIFICATION:	VEGETABLE BLEND / ROASTED, FROZEN: Simplot RoastWorks® Flame-Roasted Mediterranean Blend / SKU 10071179757603. U.S. Grade A. To contain 20% Roasted Yellow Squash, 19% Roasted Green Zucchini, 19% Green Beans, 9% Roasted Onions, 5% Roasted Red Peppers, 5% Roasted Green Peppers, and 4% Roasted Yellow Peppers. PACK SIZE: 6/2.5 LB bags per case.
-------------------------------	--

NATIONAL SCHOOL MEAL PROGRAM YIELD AND CREDIT INFORMATION*

Serving sizes adjusted to reflect weight needed to attain vegetable credit. Non-creditable ingredients excluded.

FBG: Onions, Mature, frozen <i>Chopped</i> ; Peppers, Bell, frozen <i>Orange or Red Diced</i> ; Peppers, Bell, frozen <i>Green or Yellow Diced</i> ; Squash, Summer, frozen <i>Yellow Sliced</i> ; Carrots, frozen <i>Baby</i> ; Beans, Green, frozen <i>Cut Includes USDA Foods</i> ; Squash, Summer, frozen <i>Zucchini Sliced</i>	Servings per LB	Servings per Bag	Servings per Case	Bags for 100 Servings
1.90 oz AP (frozen) provides one - ¼ cup serving of creditable vegetable	8.42	21.05	126.30	4.8
3.80 oz AP (frozen) provides one - ½ cup serving of creditable vegetable	4.21	10.52	63.12	9.6

Creditable Serving Size	Dark Green	Red/Orange	Starchy	Beans/Peas	Other or Additional	Meat Alt.
¼ cup					¼ cup	
½ cup					½ cup	
¾ cup		⅓ cup			⅓ cup	
1 cup		⅓ cup			⅓ 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)	54	108
Calories (kcal)	25	50
Calories from fat (kcal)	10	20
Fat (g)	1	2
Saturated Fat (g)	0	0
Trans Fat (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	135	270
Potassium (mg)	80	160
Carbohydrates (g)	4	8
Dietary Fibers (g)	1	3
Total Sugars (g)	1	3
Protein (g)	1	1
Vitamin A (IU)	609.98	1219.96
Vitamin C (mg)	4.94	9.88
Calcium (mg)	17.01	34.01
Iron (mg)	0.33	0.67

INGREDIENT STATEMENT:
Yellow Squash, Zucchini, Green Beans, Carrots, Red, Green and Yellow Bell Peppers, Onions, Soybean Oil, Modified Food Starch, Salt, Spices, Dehydrated Vegetables (Tomato, Onion, Garlic, Red Bell Pepper, Carrot), Maltodextrin, Yeast Extract.
ALLERGEN INFORMATION:
N/A
FOOD SENSITIVITY INFORMATION:
Gluten-free.

PREPARATION INSTRUCTIONS: See packaging for additional preparation instructions.

STOVETOP:	Heat 1 Tbsp. of oil in a large frying pan over Medium-High heat. Add half a bag of frozen vegetable to hot pan and oil. Cover. Cook for 10-12 minutes, stirring as needed for even heating.
GRIDDLE:	Preheat griddle to 350°F-375°F. Lightly oil surface of griddle. Arrange frozen vegetables in a thin layer on griddle. Cook for 6-8 minutes, turning as needed for even heating.

CASE PACK:			
Dimensions (LxWxH):	13.375" x 12" x 6.625"	Pallet (TI/HI):	12 x 12
Shelf Life (days):	540 @ 0°F	Gross Weight (LB):	16.25

I certify that the above information is true and correct as of October 2, 2013.



 Shawanda Brown, Regulatory Affairs and Nutrition Manager