

# Information:

**Product Name:** That's it. Fruit Bar

Fruit Value: 1/2 Cup Fruit; 1 serving

**Portion Size:** 1.2 oz

**Count:** 150 bars per case

**Allergens:** Free of Top 8 major allergens

**Shelf Life:** 24 months



## Apple + Cranberry

Ingredients: Apples, Cranberries

Apple + Raisin

Ingredients: Apples, Raisins

Item No. 1022ACRAN

Item No. 1022AR

### **Nutrition Facts** Serving Size: 1.2oz (35g)

| Serving size: one bar (35g) | Apple & Cranberrie | es    |
|-----------------------------|--------------------|-------|
|                             | Amount per serving | % DV* |
| Calories                    | 100                |       |
| Calories from fat           | 0                  |       |
| Total Fat                   | 0                  | 0%    |
| Saturated Fat               | 0                  | 0%    |
| Trans Fat                   | 0                  | 0%    |
| Cholesterol                 | 0mg                | 0%    |
| Sodium                      | 0mg                | 0%    |
| Total Carbohydrate          | 20g                | 7%    |
| Dietary Fiber               | 3g                 | 12%   |
| Sugars                      | 11g                |       |
| Protein                     | 0g                 |       |
| Vitamin A                   |                    | 0%    |
| Vitamin C                   |                    | 2%    |
| Calcium                     |                    | 0%    |
| Iron                        |                    | 2%    |

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

## **Nutrition Facts** Serving Size: 1.2oz (35g)

| Serving size: one bar (35g)   | Apple & Raisins       |         |
|-------------------------------|-----------------------|---------|
|                               | Amount per serving    | % DV*   |
| Calories                      | 100                   |         |
| Calories from fat             | 0                     |         |
| Total Fat                     | 0                     | 0%      |
| Saturated Fat                 | 0                     | 0%      |
| Trans Fat                     | 0                     | 0%      |
| Cholesterol                   | 0mg                   | 0%      |
| Sodium                        | 0mg                   | 0%      |
| Total Carbohydrate            | 20g                   | 7%      |
| Dietary Fiber                 | 2g                    | 8%      |
| Sugars                        | 11g                   |         |
| Protein                       | 1g                    |         |
| Vitamin A                     |                       | 0%      |
| <u>Vitamin C</u>              |                       | 2%      |
| Calcium                       |                       | 2%      |
| Iron                          |                       | 4%      |
| *Percent Daily Values are bas | ed on a 2,000 calorie | e diet. |

That's it.



#### 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 <a href="http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm">http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm</a>.

|   | That's it Nutrition   |   | Serving Size: 1/2 cup (1.2 oz)  |   |   |
|---|---|---|---|---|---|
| I. Vegetable C<br>Please fill out the   |   | rmine the creditable  | amount of veg   | etables.  |   |
| Description o<br>Creditable<br>Ingredient pe<br>Food Buying Gu<br>(FBG)                   | r Vegetable   | Ounces per<br>Raw Portion of<br>Creditable<br>Ingredient  | Multiply  | FBG Yield/<br>Purchase Unit                       | Creditable<br>Amount <sup>1</sup><br>(quarter cups)               |
|   |   |   | X   |   |   |
|   |   |   | X   |   |   |
|   |   |   | X   |   |   |
|   | Total Cre   | ditable Vegetable A   | mount:  |   |   |
| quarter cup to  Vegetables an continue to cre At least 1/8 cup component or The other veg | cup conversions.  d vegetable purees of edit as a calculated v of recognizable veg a specific vegetable etable subgroup may | redit on volume serviculume based on the getable is required to subgroup.  The best between the based on the getable is required to subgroup.  The best best best best best best best bes | ved. Tomato pa<br>yields in the F<br>contribute tov<br>ditional amour | aste and puree will<br>BG.<br>wards the vegetable | Total Cups<br>Beans/Peas<br>(Legumes)<br>Total Cups<br>Dark Green |
| requirement for Please note the meals (For example)                                       | or the additional veg<br>at raw leafy green ve<br>ample: 1 cup raw sp   | egetables credit as ha  | alf the volume<br>up dark green                                       | served in school<br>vegetable. Legumes            | Total Cups<br>Red/Orange  |
|   | ne meal. The school<br>meal. However, a   | component or the me<br>I menu planner will<br>manufacturer should<br>he vegetable component   | decide how to<br>I provide document and the me                        | incorporate legumes<br>mentation to show          | Total Cups<br>Starchy   |
| how legumes   |   | wing page for conve   | reion factore   |   |   |

#### II. Fruit Component

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

| Description of Creditable<br>Ingredient per<br>Food Buying Guide (FBG) | Ounces per Raw<br>Portion of Creditable<br>Ingredient | Multiply | FBG Yield/<br>Purchase Unit | Creditable<br>Amount <sup>t</sup><br>(quarter cups) |
|--|---|----------|-----------------------------|---|
| Dried Raisins  | 1 oz  | х        | 32/16                       | 2   |
|  |   | Х        |                             |   |
|  |   | х        |                             |   |
| Total Creditable Fruit Amount:   |   |          | 1/2 cup                     |   |

- <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 1/2 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, ½ cup raisins credits as 1 cup fruit).

I certify the above information is true and correct and that  $\frac{1.2}{}$  ounce serving of the above product contains  $\frac{1/2}{}$  cup(s) 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 = 1/2 Cup vegetable/fruit or 1.5 ounces of equivalent meat alternate
- 2.0 Quarter Cups = ½ Cup vegetable/fruit or 2.0 ounces of equivalent meat alternate
- 2.5 Quarter Cups = \% 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 = 7/4 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 1/4 cup but a result of 1.0 equals 1/4 cup

| Vuevu 12       | Operations |              |
|----------------|------------|--------------|
| Signature      | Title      |              |
| Miriam Ryngler | 4.30.14    | 818.782.1701 |
| Printed Name   | Date       | Phone Number |