



Whole Fruit® 2 fl oz Very Berry Premium Juice Bar MPAK - 100  
ct

MANUFACTURER'S PRODUCT CODE: 23050210

# Nutrition Facts

Serving Size

Serving Per Container

Amount Per Serving

Calories 40 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 10g 3%

Dietary Fiber 2g 7%

Sugars 7g

Protein 0g

Vitamin A 10%

Vitamin C 100%

Calcium 6%

Iron 0%

\* Percent Daily Values are based on a 2000 calorie diet.  
Your daily value may be higher or lower depending on  
your calorie needs.

	Calories	2200	2700
Total Fat	Less than	120g	180g
Saturated Fat	Less than	25g	65g
Cholesterol	Less than	50mg	70mg
Sodium	Less than	10mg	15mg
Potassium	Less than	0mg	0mg
Total Carbohydrate		200g	270g
Dietary		33g	76g

## Storage/ Handling:

Keep frozen (0° F or below). Shelf Life of at least  
two years when stored properly.

## Preparation Instruction:

N/A

## Ingredients:

Pineapple Juice from Concentrate (Micron Filtered Water and  
Concentrated Pineapple Juice), Apple Juice from Concentrate (Micron  
Filtered Water and Concentrated Apple Juice), Inulin (Vegetable Fiber),  
Natural Flavors, Fruit and Vegetable Juice (for color), Cellulose, Guar and  
Xanthan Gums, Malic Acid, Calcium Hydroxide, Ascorbic Acid (Vitamin C),  
Citric Acid and Beta Carotene.

## Allergen Information:

### Kosher Type:

OU - PAREVE

## Child Nutrition Statement:

Each 2 fl. oz. M-Pak provides 1/4 cup of 100% fruit juice. M-Paks are  
liquid-filled with 2 fl. oz. of juice then stored and shipped frozen. All  
are 100% fruit juice with no added sugar

## Product Specifications:

UPC	SCC/GTIN	Case	Pack
072586502100	10072586502107	1	100

### Case Dimensions

Case Length	Case Width	Case Height	Case Cube	Net Weight (Lbs)	Gross Weight (Lbs)
12.125	9.375	8.75	0.5756	14.0016	15.5

### Pallet Dimensions

Pallet Tier	Pallet High	Pallet Count
15	8	120

I certify that the nutritional information contained on this page is true and correct.

Ernest Fogle  
QA/R&D

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## 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 Fruit 100% Frozen Juice Bar Very Berry Code: 23050210  
 Manufacturer: J&J Snack Food Company Serving Size: 1 m-pak (2 fl 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/ Purchase Unit	Creditable Amount <sup>1</sup> (quarter cups)	
			X			
			X			
			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.</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>	
					<b>Total Cups Dark Green</b>	
					<b>Total Cups Red/Orange</b>	
					<b>Total Cups Starchy</b>	
					<b>Total Cups Other</b>	

I certify the above information is true and correct and that \_\_\_\_\_ ounce serving of the above product contains \_\_\_\_\_ cup(s) of \_\_\_\_\_ vegetables.  
 (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/ Purchase Unit	Creditable Amount <sup>1</sup> (quarter cups)
Pineapple Juice from Concentrate	1.5 oz	X	1/2	0.75
Apple Juice from Concentrate	0.5 oz	X	1/2	0.25
		X		
<b>Total Creditable Fruit Amount:</b>				1.00
<ul style="list-style-type: none"> <li>▪ <sup>1</sup>FBG calculations for fruits are in quarter cups. See chart below for quarter cup to cup conversions.</li> <li>▪ Fruits and fruit purees credit on volume served.</li> <li>▪ At least 1/8 cup of recognizable fruit is required to contribute towards the fruit component.</li> <li>▪ 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).</li> </ul>				

I certify the above information is true and correct and that 2 ounce serving of the above product contains 1/4 cup(s) of fruit.

<b><u>Quarter Cup to Cup Conversions*</u></b>	
0.5 Quarter Cups vegetable =	1/8 Cup vegetable or 0.5 ounces of equivalent meat alternate
1.0 Quarter Cups vegetable =	1/4 Cup vegetable or 1.0 ounce of equivalent meat alternate
1.5 Quarter Cups vegetable =	3/8 Cup vegetable or 1.5 ounces of equivalent meat alternate
2.0 Quarter Cups vegetable =	1/2 Cup vegetable or 2.0 ounces of equivalent meat alternate
2.5 Quarter Cups vegetable =	5/8 Cup vegetable or 2.5 ounces of equivalent meat alternate
3.0 Quarter Cups vegetable =	3/4 Cup vegetable or 3.0 ounces of equivalent meat alternate
3.5 Quarter Cups vegetable =	7/8 Cup vegetable or 3.5 ounces of equivalent meat alternate
4.0 Quarter Cups vegetable =	1 Cup vegetable 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	

Ernest Fogle  
Signature

Vice President, R&D  
Title

Ernest Fogle  
Printed Name

6/29/15  
Date

(570) 457-7431  
Phone Number