

USDA National School Lunch Product Fact Sheet

PRODUCT SPECIFICATION:	WHOLE GRAIN BLENDS: 10071179012931 Simplot Good Grains™ Couscous, Red Quinoa & Vegetable Blend, 6/2.5 LB. Made with ancient grains. To contain 7% carrots, 6% tomato, 6% red bell peppers, 6% green peas and 4% yellow bell peppers.
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SERVING INFORMATION			
Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
272 g (about 2 cups)	½ cup cooked, drained vegetable	4.17	25.02

PRODUCT FORMULATION CREDITS			
Description of Creditable Grain Ingredient (dry weight)	Grams of Creditable Grain Ingredient per Serving (A)	Gram Standard of Creditable Grain per oz. equivalent (B)	Creditable Amount (A ÷ B)
Red Rice	6.73	28	0.2403
Red Quinoa	6.82	28	0.2435
Brown Rice	2.49	28	0.0889
TOTAL			0.976

Food Buying Guide Description of Creditable Ingredient	FBG Subgroup	Oz. / Raw Portion of Creditable Ingredient	Mult.	FBG Yield / Purchase Unit	Creditable Amt. (quarter cup)
Carrots, frozen Slices Includes USDA Foods	Red/Orange	1.1431	x	9.87 / 16	0.7051 + 0.4084 + 0.2980 = 1.4115
Tomatoes, fresh Diced Ready-to-use	Red/Orange	0.9798	x	6.67 / 16	
Peppers, Bell, frozen Orange or Red Diced	Red/Orange	0.6532	x	7.30 / 16	
Peppers, Bell, frozen Green or Yellow Diced	Other	0.6532	x	7.30 / 16	0.2980
Peas, Green, frozen Includes USDA Foods	Starchy	0.6532	x	9.59 / 16	0.3915

Each 272 gram serving of the product above contains 1/4 cup Red/Orange vegetable and 1/4 cup Additional vegetable.

INGREDIENT STATEMENT	NUTRITION INFORMATION																																						
Cooked Israeli Couscous, Cooked Red and Brown Rice, Red and Yellow Bell Peppers, Cooked Red Quinoa, Carrots, Tomato, Peas, Basil, Canola Oil, Contains less than 2% of Autolyzed Yeast Extract, Cane Sugar, Garlic Powder, Molasses Powder, Mushroom Powder, Onion Powder, Red and Green Bell Pepper Powder, Rice Flour, Roasted Garlic, Salt, Shallots, Spices, Tomato Powder.	<table border="1"> <tr> <th colspan="2">Nutrition Facts</th> </tr> <tr> <td>Serving size</td> <td>9.59 oz (272g)</td> </tr> <tr> <td colspan="2">Amount per serving</td> </tr> <tr> <td>Calories</td> <td>290</td> </tr> <tr> <td colspan="2" style="text-align: right;">% Daily Value*</td> </tr> <tr> <td>Total Fat 7g</td> <td>9%</td> </tr> <tr> <td>Saturated Fat 0.5g</td> <td>3%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td>0%</td> </tr> <tr> <td>Sodium 900mg</td> <td>39%</td> </tr> <tr> <td>Total Carbohydrate 49g</td> <td>18%</td> </tr> <tr> <td>Dietary Fiber 5g</td> <td>18%</td> </tr> <tr> <td>Total Sugars 3g</td> <td></td> </tr> <tr> <td>Includes 0g Added Sugars</td> <td>0%</td> </tr> <tr> <td>Protein 8g</td> <td></td> </tr> <tr> <td>Vitamin D 0mcg</td> <td>0%</td> </tr> <tr> <td>Calcium 47mg</td> <td>4%</td> </tr> <tr> <td>Iron 1.8mg</td> <td>10%</td> </tr> <tr> <td>Potassium 301mg</td> <td>6%</td> </tr> </table> <p><small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.</small></p>	Nutrition Facts		Serving size	9.59 oz (272g)	Amount per serving		Calories	290	% Daily Value*		Total Fat 7g	9%	Saturated Fat 0.5g	3%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 900mg	39%	Total Carbohydrate 49g	18%	Dietary Fiber 5g	18%	Total Sugars 3g		Includes 0g Added Sugars	0%	Protein 8g		Vitamin D 0mcg	0%	Calcium 47mg	4%	Iron 1.8mg	10%	Potassium 301mg	6%
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<input type="checkbox"/> None <input type="checkbox"/> Milk <input type="checkbox"/> Egg <input checked="" type="checkbox"/> Wheat <input type="checkbox"/> Soy <input type="checkbox"/> Peanuts <input type="checkbox"/> Tree Nuts <input type="checkbox"/> Fish <input type="checkbox"/> Molluscan Shellfish																																							
ADDITIONAL INFORMATION	COUNTRY OF ORIGIN																																						
<input type="checkbox"/> Gluten Free <input type="checkbox"/> Lacto-Ovo Vegetarian <input checked="" type="checkbox"/> Vegan <input type="checkbox"/> Kosher <input type="checkbox"/> Halal <input type="checkbox"/> Smart Snack Compliant <input type="checkbox"/> Meets Buy America Provision	Product of Canada																																						

COOKING INSTRUCTIONS	
Stove Top	Heat 2 Tbsp. oil in a skillet on MED-HIGH heat. Sauté half bag of frozen product for 6 minutes, covered, stirring frequently.
Microwave Oven (1100 Watts)	Microwave half bag of frozen product, covered, on HIGH for 9 minutes. Stir halfway through cook time. Let stand for 1 minute.

CASE PACK AND SHELF LIFE (stored at 0°F or below)				*Information may vary slightly by production facility	
Gross Weight	17.00 LB	Case Cube (ft.³)*	0.66	Pallet TI / HI*	12 / 9
Outer Case Dimensions (L x W x H)*	13.375" x 12" x 7.125"			Shelf-Life	18 months

For questions, please contact the Bid Department at 208-334-8000.

I certify that the information provided is true and correct:

Kelsey Farley
Kelsey Farley
Research Technologist