

### USDA National School Lunch Product Fact Sheet

<b>PRODUCT SPECIFICATION:</b>	<b>VEGETABLE / BROCCOLI, FROZEN: 10071179004356 Simplot Simple Goodness™ Broccoli Florets, 12/2 LB.</b> Packed to U.S. Grade A Standards.
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SERVING INFORMATION			
Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
2.29 oz.	½ cup cooked vegetable	13.97	167.68

PRODUCT FORMULATION CREDITS					
Food Buying Guide Description of Creditable Ingredient	FBG Subgroup	Oz. / Raw Portion of Creditable Ingredient	Mult.	FBG Yield / Purchase Unit	Creditable Amt. (quarter cup)
Broccoli, frozen Florets, Trimmed Includes USDA Foods	Dark Green	2.29	x	14.00 / 16	2.00
Each 2.29 ounce serving of the product above contains 1/2 cup Dark Green vegetable.					

INGREDIENT STATEMENT	NUTRITION INFORMATION																																										
Broccoli.	<table border="1"> <tr> <th colspan="2">Nutrition Facts</th> </tr> <tr> <td>Serving size</td> <td>2.29 oz (65g)</td> </tr> <tr> <td colspan="2">Amount per serving</td> </tr> <tr> <td><b>Calories</b></td> <td><b>20</b></td> </tr> <tr> <td colspan="2" style="text-align: right;">% Daily Value*</td> </tr> <tr> <td>Total Fat 0g</td> <td>0%</td> </tr> <tr> <td>Saturated Fat 0g</td> <td>0%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td>0%</td> </tr> <tr> <td>Sodium 10mg</td> <td>0%</td> </tr> <tr> <td>Total Carbohydrate 3g</td> <td>1%</td> </tr> <tr> <td>Dietary Fiber 2g</td> <td>7%</td> </tr> <tr> <td>Total Sugars 1g</td> <td></td> </tr> <tr> <td>Includes 0g Added Sugars</td> <td>0%</td> </tr> <tr> <td><b>Protein 1g</b></td> <td></td> </tr> <tr> <td>Vitamin D 0mcg</td> <td>0%</td> </tr> <tr> <td>Calcium 0mg</td> <td>0%</td> </tr> <tr> <td>Iron 0mg</td> <td>0%</td> </tr> <tr> <td>Potassium 130mg</td> <td>2%</td> </tr> <tr> <td>Vitamin A 0mcg</td> <td>0%</td> </tr> <tr> <td>Vitamin C 33mg</td> <td>35%</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	2.29 oz (65g)	Amount per serving		<b>Calories</b>	<b>20</b>	% Daily Value*		Total Fat 0g	0%	Saturated Fat 0g	0%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 10mg	0%	Total Carbohydrate 3g	1%	Dietary Fiber 2g	7%	Total Sugars 1g		Includes 0g Added Sugars	0%	<b>Protein 1g</b>		Vitamin D 0mcg	0%	Calcium 0mg	0%	Iron 0mg	0%	Potassium 130mg	2%	Vitamin A 0mcg	0%	Vitamin C 33mg	35%
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<b>ALLERGENS PRESENT</b>																																											
<input checked="" type="checkbox"/> None <input type="checkbox"/> Milk <input type="checkbox"/> Egg <input 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																																											
<b>ADDITIONAL INFORMATION</b>	<b>COUNTRY OF ORIGIN</b>																																										
<input checked="" type="checkbox"/> Lacto-Ovo Vegetarian <input checked="" type="checkbox"/> Vegan <input type="checkbox"/> Kosher <input type="checkbox"/> Halal <input checked="" type="checkbox"/> Smart Snack Compliant <input type="checkbox"/> Meets Buy America Provision	Product of Mexico																																										

COOKING INSTRUCTIONS	
<b>Stove Top</b>	Bring 4 quarts of water to a boil on HIGH. Add one bag of frozen vegetables and cook for 6 minutes, stirring as needed.
<b>Steamer</b>	Arrange one bag of frozen vegetables in a slotted full-size steam table pan. Steam for 15 minutes.
<b>Microwave (1100 Watts)</b>	Place one bag of frozen vegetables in a microwave safe dish. Add ¼ cup of water and cover. Cook on HIGH for 16 minutes, stirring halfway through cook time.
<b>To Serve Cold</b>	Prepare vegetables as stated above. Then cool as rapidly as possible to refrigerated temperature.

CASE PACK AND SHELF LIFE (stored at 0°F or below)				<small>*Information may vary slightly by production facility</small>	
<b>Gross Weight</b>	26.00 LB	<b>Case Cube (ft.<sup>3</sup>)*</b>	1.06	<b>Pallet TI / HI*</b>	9 / 8
<b>Outer Case Dimensions (L x W x H)*</b>	18.375" x 10.75" x 9.25"		<b>Shelf-Life</b>	24 months	

For questions, please contact the Bid Department at (800) 572-7783.

I certify that the information provided is true and correct:

*Kelsey Farley*  
Kelsey Farley  
Research Technologist

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