

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. Product does not meet the whole grain-rich requirement.
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SERVING INFORMATION			
Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
12.88 oz.	½ cup cooked, drained vegetable	3.10	18.63

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)
Carrots, frozen Sliced, Includes USDA Foods	Red/Orange	0.9016	x	11.16 / 16	0.6288 + 0.3221 + 0.3526 = 1.3035
Tomatoes, fresh Diced, Ready-to-use	Red/Orange	0.7728	x	6.67 / 16	
Peppers, Bell, frozen Orange or Red, Diced	Red/Orange	0.7728	x	7.30 / 16	
Peppers, Bell, frozen Green or Yellow, Diced	Other	0.5152	x	7.30 / 16	0.2350
Peas, Green, frozen Includes USDA Foods	Starchy	0.7728	x	9.59 / 16	0.4632

Each 12.88 oz. 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 Pepper, 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, Natural Flavor, Onion Powder, Potassium Chloride Salt, Red and Green Bell Pepper Powder, Rice Flour, Roasted Garlic, Salt, Sea Salt, Shallots, Spices, Tomato Powder.	<p>Nutrition Facts</p> <p>Serving size 12.88 oz (365g)</p> <p>Amount per serving</p> <p>Calories 400</p> <p style="text-align: right;">% Daily Value*</p> <table border="1"> <tr><td>Total Fat 9g</td><td>12%</td></tr> <tr><td>Saturated Fat 1g</td><td>5%</td></tr> <tr><td>Trans Fat 0g</td><td></td></tr> <tr><td>Cholesterol 0mg</td><td>0%</td></tr> <tr><td>Sodium 620mg</td><td>27%</td></tr> <tr><td>Total Carbohydrate 67g</td><td>24%</td></tr> <tr><td>Dietary Fiber 7g</td><td>25%</td></tr> <tr><td>Total Sugars 4g</td><td></td></tr> <tr><td>Includes 0g Added Sugars</td><td>0%</td></tr> <tr><td>Protein 11g</td><td></td></tr> <tr><td>Vitamin D 0mcg</td><td>0%</td></tr> <tr><td>Calcium 60mg</td><td>4%</td></tr> <tr><td>Iron 2.4mg</td><td>15%</td></tr> <tr><td>Potassium 930mg</td><td>20%</td></tr> <tr><td>Vitamin A 40mcg</td><td>4%</td></tr> <tr><td>Vitamin C 54mg</td><td>60%</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>	Total Fat 9g	12%	Saturated Fat 1g	5%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 620mg	27%	Total Carbohydrate 67g	24%	Dietary Fiber 7g	25%	Total Sugars 4g		Includes 0g Added Sugars	0%	Protein 11g		Vitamin D 0mcg	0%	Calcium 60mg	4%	Iron 2.4mg	15%	Potassium 930mg	20%	Vitamin A 40mcg	4%	Vitamin C 54mg	60%
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ALLERGENS PRESENT																																	
<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 <input type="checkbox"/> Sesame																																	
ADDITIONAL INFORMATION	COUNTRY OF ORIGIN																																
<input checked="" 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 (800) 572-7783.

I certify that the information provided is true and correct:


Kelsey Farley
Senior Regulatory Specialist

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