

### USDA National School Lunch Product Fact Sheet

<b>PRODUCT SPECIFICATION:</b>	<b>WHOLE GRAIN BLENDS: 10071179012948 Simplot Good Grains™ Exotic Grains &amp; Fire-Roasted Vegetable Blend, 6/2.5 LB.</b> Made with ancient grains. Meets whole grain-rich criteria and contains no non-creditable grains.
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SERVING INFORMATION			
Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
115 g (about ¾ cup)	1 oz. equivalent Grains	9.85	59.11

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	12.94	28	0.4621
Brown Rice	11.90	28	0.4250
Red Quinoa	2.30	28	0.0821
Amaranth	0.92	28	0.0329
<b>TOTAL</b>			<b>1.0020</b>

Food Buying Guide Description of Creditable Ingredient	FBG Subgroup	Oz. / Raw Portion of Creditable Ingredient	Mult.	FBG Yield / Purchase Unit	Creditable Amt. (quarter cup)
Beans, Black (Turtle beans), dry Whole	Beans & Peas (Legumes)	0.25	x	18.30 / 16	0.2859
Corn, frozen Whole Kernel, Includes USDA Foods	Starchy	0.30	x	11.00 / 16	0.2062
Peppers, Bell, frozen Orange or Red, Diced	Red/Orange	0.20	x	7.30 / 16	0.0912
Tomatoes, fresh Diced, Ready-to-use	Red/Orange	0.20	x	6.67 / 16	0.0833
Peppers, Green Chilies, canned Chopped	Other	0.16	x	7.98 / 16	0.0798
Onions, Mature, frozen Chopped	Other	0.16	X	5.94 / 16	0.0594
Peppers, Bell, frozen Green or Yellow, Diced	Other	0.08	x	7.30 / 16	0.0365

Each 115 g serving of the product above contains 1.00 oz. equivalent Grains and 1/8 cup Additional vegetable.

INGREDIENT STATEMENT	NUTRITION INFORMATION																																										
Cooked Red and Brown Rice, Cooked Black Beans, Corn, Cooked Red Quinoa, Tomatoes, Red Bell Pepper, Roasted Anaheim Chili Pepper, Onion, Cooked Amaranth, Canola Oil, Contains less than 2% of Autolyzed Yeast Extract, Cane Sugar, Cilantro, Garlic Powder, Green and Red Bell Pepper Powder, Lime Juice Powder (Corn Syrup Solids, Lime Juice, Natural Flavor), Molasses Powder, Mushroom Powder, Onion Powder, Potassium Chloride Salt, Rice Flour, Roasted Garlic, Roasted Yellow Bell Pepper, Salt, Sea Salt, Spices, Tomato Powder.	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="background-color: #444; color: white;">Nutrition Facts</th> </tr> </thead> <tbody> <tr> <td>Serving size</td> <td>4.06 oz (115g)</td> </tr> <tr> <td colspan="2" style="border-top: 1px solid black;">Amount per serving</td> </tr> <tr> <td><b>Calories</b></td> <td style="font-size: 1.2em;"><b>140</b></td> </tr> <tr> <td colspan="2" style="text-align: right; font-size: 0.8em;">% Daily Value*</td> </tr> <tr> <td>Total Fat 3.5g</td> <td style="text-align: right;">4%</td> </tr> <tr> <td>Saturated Fat 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium 200mg</td> <td style="text-align: right;">9%</td> </tr> <tr> <td><b>Total Carbohydrate 23g</b></td> <td style="text-align: right;"><b>8%</b></td> </tr> <tr> <td>Dietary Fiber 3g</td> <td style="text-align: right;">11%</td> </tr> <tr> <td>Total Sugars 2g</td> <td></td> </tr> <tr> <td>Includes 0g Added Sugars</td> <td style="text-align: right;">0%</td> </tr> <tr> <td><b>Protein 4g</b></td> <td></td> </tr> <tr> <td>Vitamin D 0mcg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Calcium 30mg</td> <td style="text-align: right;">2%</td> </tr> <tr> <td>Iron 1.4mg</td> <td style="text-align: right;">8%</td> </tr> <tr> <td>Potassium 320mg</td> <td style="text-align: right;">6%</td> </tr> <tr> <td>Vitamin A 0mcg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Vitamin C 20mg</td> <td style="text-align: right;">20%</td> </tr> </tbody> </table> <p style="font-size: 0.7em; margin-top: 5px;">*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</p>	Nutrition Facts		Serving size	4.06 oz (115g)	Amount per serving		<b>Calories</b>	<b>140</b>	% Daily Value*		Total Fat 3.5g	4%	Saturated Fat 0g	0%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 200mg	9%	<b>Total Carbohydrate 23g</b>	<b>8%</b>	Dietary Fiber 3g	11%	Total Sugars 2g		Includes 0g Added Sugars	0%	<b>Protein 4g</b>		Vitamin D 0mcg	0%	Calcium 30mg	2%	Iron 1.4mg	8%	Potassium 320mg	6%	Vitamin A 0mcg	0%	Vitamin C 20mg	20%
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ADDITIONAL INFORMATION	COUNTRY OF ORIGIN																																										
<input checked="" type="checkbox"/> Lacto-Ovo Vegetarian <input checked="" type="checkbox"/> Vegan <input checked="" 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	
<b>Stove Top</b>	Heat 2 Tbsp. oil in a skillet on MED-HIGH heat. Sauté half bag of frozen product for 7 minutes, covered, stirring frequently.
<b>Microwave (1100 Watts)</b>	Microwave half bag of frozen product, covered, on HIGH for 9 minutes. Stir halfway through cook time. Let stand for 1 minute.

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

Kelsey Farley  
Senior Regulatory Specialist

