

USDA National School Lunch Product Fact Sheet

PRODUCT SPECIFICATION:	WHOLE GRAIN BLENDS: 10071179035046 Simplot Good Grains™ Ancient Grains & Kale Blend, 6/2.5 LB. Made with ancient grains. Brown & red rice, kale, red quinoa, black barley, garlic & seasoning. Meets whole grain-rich criteria, 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
127 g (about 1 cup)	1.5 oz. equivalent Grains	8.92	53.57

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)		
Brown Rice	27.89	28	0.9959		
Red Rice	8.58	28	0.3065		
Red Quinoa	4.59	28	0.1637		
Black Barley	3.16	28	0.1129		
TOTAL			1.5790		
Food Buying Guide Description of Creditable Ingredient	FBG Subgroup	Oz. / Raw Portion of Creditable Ingredient	Mult.	FBG Yield / Purchase Unit	Creditable Amt. (quarter cup)
Kale, frozen Chopped	Dark Green	0.67	x	12.10 / 16	0.50

Each 127 g serving of the product above contains 1.50 oz. equivalent Grains and 1/8 cup Dark Green vegetable.

INGREDIENT STATEMENT	NUTRITION INFORMATION																																										
Cooked Brown and Red Rice, Kale, Cooked Red Quinoa, Cooked Black Barley, Garlic, Canola Oil, Contains less than 2% of Black Pepper, Potassium Chloride Salt, Sea Salt.	<table border="1"> <thead> <tr> <th colspan="2">Nutrition Facts</th> </tr> <tr> <td>Serving size</td> <td>4.48 oz (127g)</td> </tr> <tr> <td colspan="2">Amount per serving</td> </tr> <tr> <td>Calories</td> <td>160</td> </tr> <tr> <td colspan="2" style="text-align: right;">% Daily Value*</td> </tr> <tr> <td>Total Fat 4.5g</td> <td>6%</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 240mg</td> <td>10%</td> </tr> <tr> <td>Total Carbohydrate 26g</td> <td>9%</td> </tr> <tr> <td>Dietary Fiber 3g</td> <td>11%</td> </tr> <tr> <td>Total Sugars 1g</td> <td></td> </tr> <tr> <td>Includes 0g Added Sugars</td> <td>0%</td> </tr> <tr> <td>Protein 4g</td> <td></td> </tr> <tr> <td>Vitamin D 0mcg</td> <td>0%</td> </tr> <tr> <td>Calcium 50mg</td> <td>4%</td> </tr> <tr> <td>Iron 1mg</td> <td>6%</td> </tr> <tr> <td>Potassium 220mg</td> <td>4%</td> </tr> <tr> <td>Vitamin A 140mcg</td> <td>15%</td> </tr> <tr> <td>Vitamin C 6mg</td> <td>6%</td> </tr> </thead> </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	4.48 oz (127g)	Amount per serving		Calories	160	% Daily Value*		Total Fat 4.5g	6%	Saturated Fat 0g	0%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 240mg	10%	Total Carbohydrate 26g	9%	Dietary Fiber 3g	11%	Total Sugars 1g		Includes 0g Added Sugars	0%	Protein 4g		Vitamin D 0mcg	0%	Calcium 50mg	4%	Iron 1mg	6%	Potassium 220mg	4%	Vitamin A 140mcg	15%	Vitamin C 6mg	6%
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ALLERGENS PRESENT <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 <input type="checkbox"/> Sesame																																											
ADDITIONAL INFORMATION <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	COUNTRY OF ORIGIN 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 (1100 Watts)	Microwave half bag of frozen product, covered, on HIGH for 6 minutes. Stir halfway through cook time. Let stand for 1 minute.
Combi Oven	Preheat oven to 212°F. Set Steam to 100%. Place ½ bag of frozen grain blend on half size baking sheet with small holes. Place a solid half size baking sheet underneath as a catch pan. Heat in combi oven for 6 minutes. Remove from oven carefully as liquid will accumulate in catch pan.
Steamer	Place ½ bag of frozen grain blend on half size baking sheet with small holes. Place a solid half size baking sheet underneath as a catch pan. Heat in steamer for 7 minutes. Remove from steamer carefully as liquid will accumulate in catch pan.

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	

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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

