

USDA National School Lunch Product Fact Sheet

PRODUCT SPECIFICATION:	VEGETABLE / BLEND, FROZEN: 10071179188636 Simplot Simple Goodness™ Scandinavian Blend, 12/2 LB. Packed to U.S. Grade A Standards. To contain 30% Green Peas, 22.5% Zucchini, 20% Carrots, 20% Green Beans and 7.5% Onions.
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SERVING INFORMATION			
Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
3.49 oz.	½ cup cooked, drained vegetable	9.16	110.02

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)
Onions, Mature, frozen Chopped	Other	0.2618	x	5.94 / 16	0.0971 + 0.3435 + 0.5060 = 0.9466
Squash, summer, frozen Zucchini, Sliced	Other	0.7853	x	7.00 / 16	
Beans, Green, frozen Cut, Includes USDA Foods	Other	0.6980	x	11.60 / 16	
Peas, Green, frozen Includes USDA Foods	Starchy	1.0470	x	9.59 / 16	0.6275
Carrots, frozen Sliced, Includes USDA Foods	Red/Orange	0.6980	x	9.87 / 16	0.4305

Each 3.49 ounce serving of the product above contains 1/8 cup Other vegetable, 1/8 cup Starchy vegetable and 1/4 cup Additional vegetable.

INGREDIENT STATEMENT	NUTRITION INFORMATION																																										
Green Peas, Zucchini, Carrots, Green Beans, Onions.	<table border="1"> <tr> <th colspan="2">Nutrition Facts</th> </tr> <tr> <td>Serving size</td> <td>3.49 oz (99g)</td> </tr> <tr> <td colspan="2">Amount per serving</td> </tr> <tr> <td>Calories</td> <td>45</td> </tr> <tr> <td colspan="2">% 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 9g</td> <td>3%</td> </tr> <tr> <td>Dietary Fiber 3g</td> <td>11%</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 2g</td> <td></td> </tr> <tr> <td>Vitamin D 0mcg</td> <td>0%</td> </tr> <tr> <td>Calcium 30mg</td> <td>2%</td> </tr> <tr> <td>Iron 0.9mg</td> <td>6%</td> </tr> <tr> <td>Potassium 190mg</td> <td>4%</td> </tr> <tr> <td>Vitamin A 0mcg</td> <td>0%</td> </tr> <tr> <td>Vitamin C 3mg</td> <td>4%</td> </tr> </table> <p>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.</p>	Nutrition Facts		Serving size	3.49 oz (99g)	Amount per serving		Calories	45	% Daily Value*		Total Fat 0g	0%	Saturated Fat 0g	0%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 10mg	0%	Total Carbohydrate 9g	3%	Dietary Fiber 3g	11%	Total Sugars 3g		Includes 0g Added Sugars	0%	Protein 2g		Vitamin D 0mcg	0%	Calcium 30mg	2%	Iron 0.9mg	6%	Potassium 190mg	4%	Vitamin A 0mcg	0%	Vitamin C 3mg	4%
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<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																																											
ADDITIONAL INFORMATION	COUNTRY OF ORIGIN																																										
<input checked="" type="checkbox"/> Lacto-Ovo Vegetarian <input checked="" type="checkbox"/> Vegan <input checked="" type="checkbox"/> Kosher <input checked="" type="checkbox"/> Halal <input checked="" type="checkbox"/> Smart Snack Compliant	Product of USA and/or Mexico																																										
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COOKING INSTRUCTIONS	
Stove Top	Bring 5 quarts of water to a boil on HIGH. Add one bag of frozen vegetables and cook for 5 minutes, stirring as needed.
Steamer	Arrange one bag of frozen vegetables in a slotted full-size steam table pan. Steam for 4 minutes.
Microwave (1100 Watts)	Place one bag of frozen vegetables in a microwave safe dish. Add 2 tbsp. of water and cover. Cook on HIGH for 14 minutes, stirring halfway through cook time.
To Serve Cold	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)				*Information may vary slightly by production facility	
Gross Weight	25.25 LB	Case Cube (ft.³)*	0.92	Pallet TI / HI*	10 / 7
Outer Case Dimensions (L x W x H)*	16.375" x 11.375" x 8.5"		Shelf-Life	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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