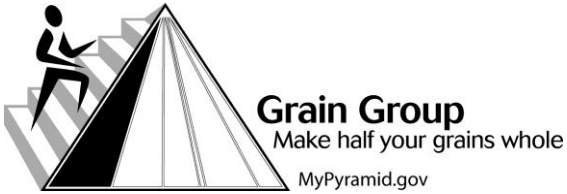
FNS USDA Food & Nutrition Service

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 10-07-09) **Visit us at** *www.fns.usda.gov/fdd*

B364 – BAKERY FLOUR MIX, LOWFAT, BISCUIT TYPE, 5 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Prepared from enriched wheat flour, sugar, nonfat dry milk or buttermilk or whey, salt, leavening agents, and a fat replacer, such as OATRIM.
PACK/YIELD	• 6/5 lb pkg. • One 5 lb pkg AP yields about 18¾ cups. • One lb AP yields about 3¾ cups. • CN Crediting: Bakery mix is made with enriched flour and serves as a recipe ingredient; crediting is based on the recipe and portion weight. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store bakery mix off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store bakery mix under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Bakery flour mix, lowfat

	¼ cup (30 g)	1 cup (120 g)
Calories	108	433
Protein	2.72 g	10.88 g
Carbohydrate	21.18 g	84.71 g
Dietary Fiber	1.1 g	4.2 g
Sugars	N/A	N/A
Total Fat	1.41 g	5.64 g
Saturated Fat	0.26 g	1.02 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.23 mg	4.93 g
Calcium	54 mg	217 mg
Sodium	408 mg	1632 mg
Magnesium	8 mg	34 mg
Potassium	42 mg	169 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A

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B364 – BAKERY FLOUR MIX, LOWFAT, BISCUIT TYPE, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Follow manufacturer's directions on package.
USES AND TIPS	• Use as a base for preparing biscuits, dumplings, shortcakes, waffles, pancakes, muffins, coffee cakes, etc.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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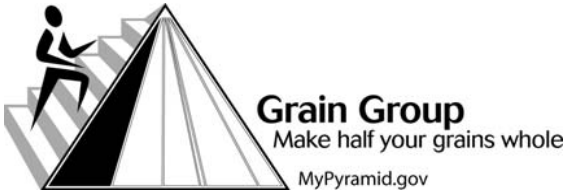
B367 – BAKERY MIX, REGULAR, BISCUIT TYPE, 5 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Prepared from enriched wheat flour, sugar, refined hydrogenated vegetable shortening (excluding palm oil, palm kernel oil, and coconut oil), nonfat dry milk or buttermilk or whey, salt, and leavening agents.
PACK / YIELD	• 6/5 lb pkg. • One 5 lb pkg AP yields about 18¾ cups. • One lb AP yields about 3¾ cups. • CN Crediting: Bakery mix is made with enriched flour and serves as a recipe ingredient; crediting is based on the recipe and portion weight. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store bakery mix off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store bakery mix under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Bakery flour mix, regular, biscuit type

	¼ cup (30 g)	1 cup (120 g)
Calories	120	480
Protein	2.54 g	10.16 g
Carbohydrate	18.76 g	75.04 g
Dietary Fiber	2.10 g	8.5 g
Sugars	N/A	N/A
Total Fat	3.87 g	15.48 g
Saturated Fat	0.93 g	3.71 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.23 mg	4.93 mg
Calcium	56 mg	224 mg
Sodium	423 mg	1692 mg
Magnesium	6 mg	24 mg
Potassium	37 mg	149 mg
Vitamin A	0 IU	0 IU
Vitamin A	N/A	N/A
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A

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B367 – BAKERY MIX, REGULAR, BISCUIT TYPE, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Follow manufacturer's directions on package.
USES AND TIPS	• Use as a base for preparing biscuits, dumplings, shortcakes, waffles, pancakes, muffins, coffee cakes, etc.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of Choice *Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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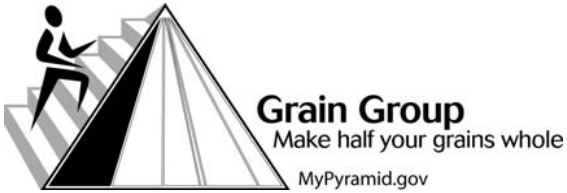
B141 – CORNMEAL, DEGERMED, ENRICHED, YELLOW, 10 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Yellow cornmeal with most of the germ and bran removed during milling, enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added.
PACK / YIELD	• 5/10 lb bags. • One 10 lb bag AP yields about 30 cups dry cornmeal OR about 126½ cups cooked cornmeal and provides about 507.0 ¼-cup servings cooked cornmeal OR 253.0 ½-cup servings cooked cornmeal OR 169.0 ¾-cup servings cooked cornmeal. • One lb AP yields about 3 cups dry cornmeal OR about 12⅔ cups cooked cornmeal and provides about 50.7 ¼-cup servings cooked cornmeal OR 25.3 ½-cup servings cooked cornmeal OR 16.9 ¾-cup servings cooked cornmeal. • CN Crediting: ¼ cup cooked cornmeal provides ¼ cup cooked cereal grain OR ½ cup cooked cornmeal provides ½ cup cooked cereal grain OR ¾ cup cooked cornmeal provides ¾ cup cooked cereal grain.
STORAGE	• Store cornmeal off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store cornmeal under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Cornmeal, degermed, enriched, yellow

	¼ cup, dry (40 g)	1 cup, dry (159 g)
Calories	147	587
Protein	2.88 g	11.53 g
Carbohydrate	31.46 g	125.85 g
Dietary Fiber	1.6 g	6.4 g
Sugars	0.66 g	2.64 g
Total Fat	0.71 g	2.85 g
Saturated Fat	0.08 g	0.31 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.72 mg	6.87 mg
Calcium	1 mg	5 mg
Sodium	3 mg	11 mg
Magnesium	14 mg	56 mg
Potassium	60 mg	242 mg
Vitamin A	85 IU	340 IU
Vitamin A	4 RAE	17 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.06 mg	0.25 mg

B141 – CORNMEAL, DEGERMED, ENRICHED, YELLOW, 10 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• Cornmeal may be the principle ingredient in cornbread, spoonbread, rolls, muffins, or dumplings.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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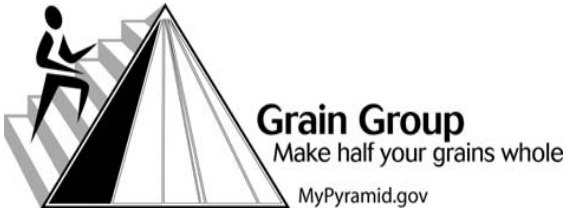
B142 – CORNMEAL, DEGERMED, ENRICHED, YELLOW, 10 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Yellow cornmeal with most of the germ and bran removed during milling, enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added.
PACK/YIELD	• 4/10 lb bags. • One 10 lb bag AP yields about 30 cups dry cornmeal OR about 126½ cups cooked cornmeal and provides about 507.0 ¼-cup servings cooked cornmeal OR 253.0 ½-cup servings cooked cornmeal OR 169.0 ¾-cup servings cooked cornmeal. • One lb AP yields about 3 cups dry cornmeal OR about 12⅔ cups cooked cornmeal and provides about 50.7 ¼-cup servings cooked cornmeal OR 25.3 ½-cup servings cooked cornmeal OR 16.9 ¾-cup servings cooked cornmeal. • CN Crediting: ¼ cup cooked cornmeal provides ¼ cup cooked cereal grain OR ½ cup cooked cornmeal provides ½ cup cooked cereal grain OR ¾ cup cooked cornmeal provides ¾ cup cooked cereal grain.
STORAGE	• Store cornmeal off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store cornmeal under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Cornmeal, degermed, enriched, yellow

	¼ cup, dry (40 g)	1 cup, dry (159 g)
Calories	147	587
Protein	2.88 g	11.53 g
Carbohydrate	31.46 g	125.85 g
Dietary Fiber	1.6 g	6.4 g
Sugars	0.66 g	2.64 g
Total Fat	0.71 g	2.85 g
Saturated Fat	0.08 g	0.31 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.42 mg	6.87 mg
Calcium	1 mg	5 mg
Sodium	3 mg	11 mg
Magnesium	14 mg	56 mg
Potassium	60 mg	242 mg
Vitamin A	85 IU	340 IU
Vitamin A	4 RAE	17 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.06 mg	0.25 mg

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PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• Cornmeal may be the principle ingredient in cornbread, spoonbread, rolls, muffins, or dumplings.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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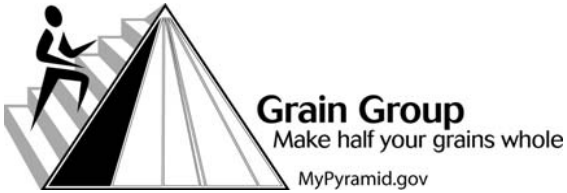
B138 – CORNMEAL, DEGERMED, ENRICHED, YELLOW, 5 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Yellow cornmeal with most of the germ and bran removed during milling, enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added.
PACK/YIELD	• 8/5 lb bags. • One 5 lb bag AP yields about 15 cups dry cornmeal OR about 63¼ cups cooked cornmeal and provides about 253.5 ¼-cup servings cooked cornmeal OR 126.5 ½-cup servings cooked cornmeal OR 84.5 ¾-cup servings cooked cornmeal. • One lb AP yields about 3 cups dry cornmeal OR about 12⅔ cups cooked cornmeal and provides about 50.7 ¼-cup servings cooked cornmeal OR 25.3 ½-cup servings cooked cornmeal OR 16.9 ¾-cup servings cooked cornmeal. • CN Crediting: ¼ cup cooked cornmeal provides ¼ cup cooked cereal grain OR ½ cup cooked cornmeal provides ½ cup cooked cereal grain OR ¾ cup cooked cornmeal provides ¾ cup cooked cereal grain.
STORAGE	• Store cornmeal off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store cornmeal under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Cornmeal, degermed, enriched, yellow

	¼ cup, dry (40 g)	1 cup, dry (159 g)
Calories	147	587
Protein	2.88 g	11.53 g
Carbohydrate	31.46 g	125.85 g
Dietary Fiber	1.6 g	6.4 g
Sugars	0.66 g	2.64 g
Total Fat	0.71 g	2.85 g
Saturated Fat	0.08 g	0.31 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.72 mg	6.87 mg
Calcium	1 mg	5 mg
Sodium	3 mg	11 mg
Magnesium	14 mg	56 mg
Potassium	60 mg	242 mg
Vitamin A	85 IU	340 IU
Vitamin A	4 RAE	17 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.06 mg	0.25 mg

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PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• Cornmeal may be the principle ingredient in cornbread, spoonbread, rolls, muffins, or dumplings.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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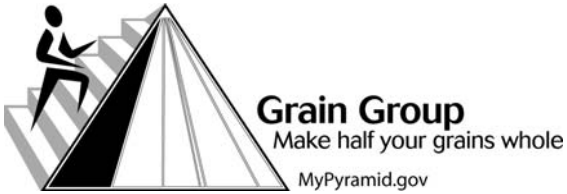
B183 – FLOUR, ALL PURPOSE, ENRICHED, BLEACHED, 10 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better bleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have added calcium.
PACK/YIELD	• 4/10 lb bags. • One 10 lb bag AP yields about 36⅔ cups. • One lb AP yields about 3⅔ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50° F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, all-purpose, enriched, bleached

	¼ cup (31 g)	1 cup (125 g)
Calories	114	455
Protein	3.23 g	12.91 g
Carbohydrate	23.85 g	95.39 g
Dietary Fiber	0.8 g	3.4 g
Sugars	0.08 g	0.34 g
Total Fat	0.31 g	1.23 g
Saturated Fat	0.05 g	0.19 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	1.45 mg	5.80 mg
Calcium	5 mg	19 mg
Sodium	1 mg	2 mg
Magnesium	7 mg	28 mg
Potassium	33 mg	134 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.02 mg	0.07 mg

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B183 – FLOUR, ALL PURPOSE, ENRICHED, BLEACHED, 10 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes for preparing baked items or sauces and gravies.
USES AND TIPS	• Flour is the primary ingredient in baked items of all types and is used as a thickening agent for sauces and gravies.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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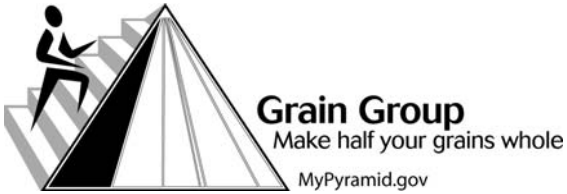
B185 – FLOUR, ALL PURPOSE, ENRICHED, BLEACHED, 25 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better bleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have added calcium.
PACK/YIELD	• 25 lb bag. • One 25 lb bag AP yields about 91½ cups. • One lb AP yields about 3⅔ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, all-purpose, enriched, bleached

	¼ cup (31 g)	1 cup (125 g)
Calories	114	455
Protein	3.23 g	12.91 g
Carbohydrate	23.85 g	95.39 g
Dietary Fiber	0.8 g	3.4 g
Sugars	0.08 g	0.34 g
Total Fat	0.31 g	1.23 g
Saturated Fat	0.05 g	0.19 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	1.45 mg	5.80 mg
Calcium	5 mg	19 mg
Sodium	1 mg	2 mg
Magnesium	7 mg	28 mg
Potassium	33 mg	134 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.02 mg	0.07 mg

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B185 – FLOUR, ALL PURPOSE, ENRICHED, BLEACHED, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• Flour is the primary ingredient in baked items of all types and is used as a thickening agent for sauces and gravies.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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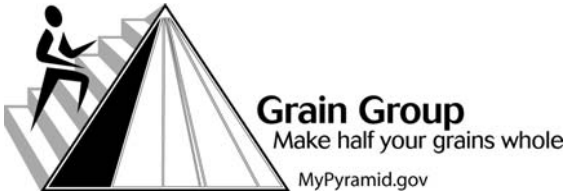
B182 – FLOUR, ALL PURPOSE, ENRICHED, BLEACHED, 5 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better bleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have added calcium.
PACK/YIELD	• 8/5 lb bags. • One 5 lb bag AP yields about 18⅓ cups. • One lb AP yields about 3⅔ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, all-purpose, enriched, bleached

	¼ cup (31 g)	1 cup (125 g)
Calories	114	455
Protein	3.23 g	12.91 g
Carbohydrate	23.85 g	95.39 g
Dietary Fiber	0.8 g	3.4 g
Sugars	0.08 g	0.34 g
Total Fat	0.31 g	1.23 g
Saturated Fat	0.05 g	0.19 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	1.45 mg	5.80 mg
Calcium	5 mg	19 mg
Sodium	1 mg	2 mg
Magnesium	7 mg	28 mg
Potassium	33 mg	134 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.02 mg	0.07 mg

B182 – FLOUR, ALL PURPOSE, ENRICHED, BLEACHED, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• Flour is the primary ingredient in baked items of all types and is used as a thickening agent for sauces and gravies.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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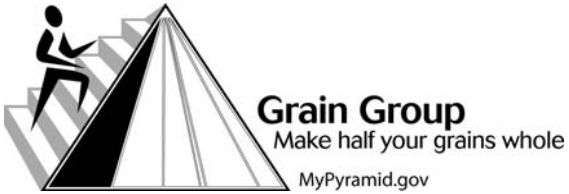
B190 – FLOUR, ALL PURPOSE, ENRICHED, BLEACHED, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better bleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have added calcium.
PACK/YIELD	• 50 lb bag. • One 50 lb bag AP yields about 183 cups. • One lb AP yields about 3⅔ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, all-purpose, enriched, bleached

	¼ cup (31 g)	1 cup (125 g)
Calories	114	455
Protein	3.23 g	12.91 g
Carbohydrate	23.85 g	95.39 g
Dietary Fiber	0.8 g	3.4 g
Sugars	0.08 g	0.34 g
Total Fat	0.31 g	1.23 g
Saturated Fat	0.05 g	0.19 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	1.45 mg	5.80 mg
Calcium	5 mg	19 mg
Sodium	1 mg	2 mg
Magnesium	7 mg	28 mg
Potassium	33 mg	134 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.02 mg	0.07 mg

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B190 – FLOUR, ALL PURPOSE, ENRICHED, BLEACHED, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• Flour is the primary ingredient in baked items of all types and is used as a thickening agent for sauces and gravies.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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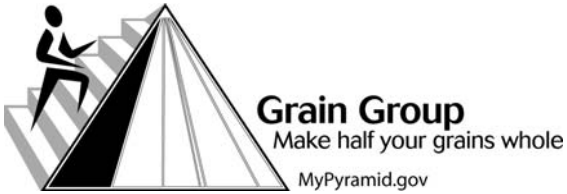
B188 – FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED, 10 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better unbleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have added calcium.
PACK/YIELD	• 4/10 lb bags. • One 10 lb bag AP yields about 36⅔ cups. • One lb AP yields about 3⅔ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, all-purpose, enriched, unbleached

	¼ cup (31 g)	1 cup (125 g)
Calories	114	455
Protein	3.23 g	12.91g
Carbohydrate	23.85 g	95.39 g
Dietary Fiber	0.8 g	3.4 g
Sugars	0.08 g	0.34 g
Total Fat	0.31 g	1.23 g
Saturated Fat	0.05 g	0.19 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	1.45 mg	5.80 mg
Calcium	5 mg	19 mg
Sodium	1 mg	2 mg
Magnesium	7 mg	28 mg
Potassium	33 mg	134 mg
Vitamin A	0 IU	2 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.02 mg	0.29 mg

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B188 – FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED, 10 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes for preparing baked items or sauces and gravies.
USES AND TIPS	• Flour is the primary ingredient in baked items of all types and is used as a thickening agent for sauces and gravies.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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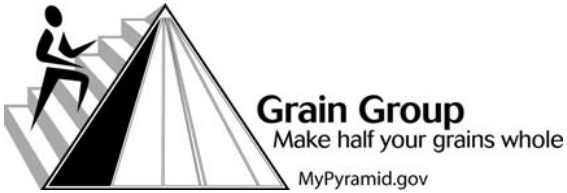
B186 – FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED, 25 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better unbleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have added calcium.
PACK/YIELD	• 25 lb bag. • One 25 lb bag AP yields about 91½ cups. • One lb AP yields about 3⅔ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, all-purpose, enriched, unbleached

	¼ cup (31 g)	1 cup (125 g)
Calories	114	455
Protein	3.23 g	12.91 g
Carbohydrate	23.85 g	95.39 g
Dietary Fiber	0.8 g	3.4 g
Sugars	0.08 g	0.34 g
Total Fat	0.31 g	1.23 g
Saturated Fat	0.05 g	0.19 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	1.45 mg	5.80 mg
Calcium	5 mg	19 mg
Sodium	1 mg	2 mg
Magnesium	7 mg	28 mg
Potassium	33 mg	134 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.02 mg	0.07 mg

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B186 – FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• Flour is the primary ingredient in baked items of all types and is used as a thickening agent for sauces and gravies.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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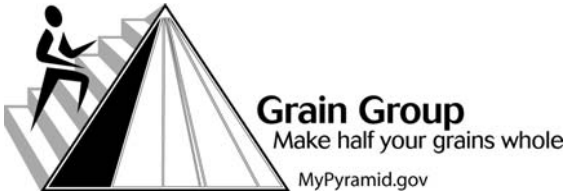
B191 – FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better unbleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have added calcium.
PACK/YIELD	• 50 lb bag. • One 50 lb bag AP yields about 183 cups. • One lb AP yields about 3⅔ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, all-purpose, enriched, unbleached

	¼ cup (31 g)	1 cup (125 g)
Calories	114	455
Protein	3.23 g	12.91 g
Carbohydrate	23.85 g	95.39 g
Dietary Fiber	0.8 g	3.4 g
Sugars	0.08 g	0.34 g
Total Fat	0.31 g	1.23 g
Saturated Fat	0.05 g	0.19 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	1.45 mg	5.80 mg
Calcium	5 mg	19 mg
Sodium	1 mg	2 mg
Magnesium	7 mg	28 mg
Potassium	33 mg	134 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.02 mg	0.07 mg

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B191 – FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• Flour is the primary ingredient in baked items of all types and is used as a thickening agent for sauces and gravies.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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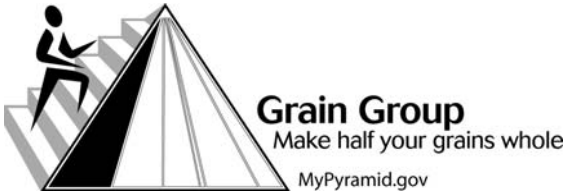
B280 – FLOUR, BAKERS, HARD WHEAT, ENRICHED, BLEACHED, 100 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better bleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. Bread flour has a minimum protein level of 11.3% for better gluten (as compared to 9% for all purpose flour).
PACK/YIELD	• 100 lb bag. • One 100 lb bag AP yields about 333 cups. • One lb AP yields about 3⅓ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store bread flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store bread flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, 11.5% protein, bleached, enriched

	¼ cup (34 g)	1 cup (137 g)
Calories	123	497
Protein	3.91 g	15.76 g
Carbohydrate	25.10 g	101.12 g
Dietary Fiber	N/A	N/A
Sugars	0.38 g	1.53 g
Total Fat	0.49 g	1.99 g
Saturated Fat	0.09 g	0.37 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	1.72 mg	6.93 mg
Calcium	7 mg	27 mg
Sodium	1 mg	3 mg
Magnesium	10 mg	41 mg
Potassium	47 mg	189 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.02 mg	0.07 mg

B280 – FLOUR, BAKERS, HARD WHEAT, ENRICHED, BLEACHED, 100 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• The primary use of bread flour is for breads, rolls, pizza dough, and other yeast products. Bread flour is not recommended for cakes, pie crusts, or quick breads.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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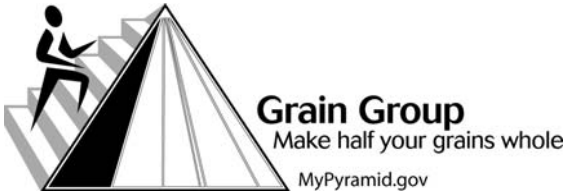
B275 – FLOUR, BAKERS, HARD WHEAT, ENRICHED, BLEACHED, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better bleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. Bread flour has a minimum protein level of 11.3% for better gluten (as compared to 9% for all purpose flour).
PACK/YIELD	• 50 lb bag. • One 50 lb bag AP yields about 166½ cups. • One lb AP yields about 3⅓ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store bread flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store bread flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, 11.5% protein, bleached, enriched

	¼ cup (34 g)	1 cup (137 g)
Calories	123	497
Protein	3.91 g	15.76 g
Carbohydrate	25.10 g	101.12 g
Dietary Fiber	N/A	N/A
Sugars	0.38 g	1.53 g
Total Fat	0.49 g	1.99 g
Saturated Fat	0.09 g	0.37 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	1.72 mg	6.93 mg
Calcium	7 mg	27 mg
Sodium	1 mg	3 mg
Magnesium	10 mg	41 mg
Potassium	47 mg	189 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.02 mg	0.07 mg

B275 – FLOUR, BAKERS, HARD WHEAT, ENRICHED, BLEACHED, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• The primary use of baker's flour is for breads, rolls, pizza dough, and other yeast products. Bread flour is not recommended for cakes, pie crusts, or quick breads.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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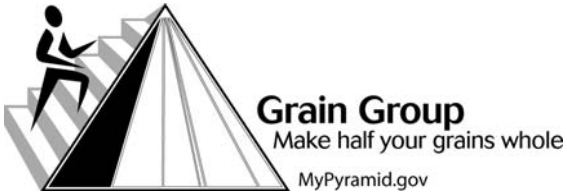
(last updated, 05-14-07) **Visit us at** *www.fns.usda.gov/fdd*

B275 – FLOUR, BAKERS, HARD WHEAT, ENRICHED, BLEACHED, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better bleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. Bread flour has a minimum protein level of 11.3% for better gluten (as compared to 9% for all purpose flour).
PACK/YIELD	• 50 lb bag. • One 50 lb bag AP yields about 166½ cups. • One lb AP yields about 3⅓ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store bread flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store bread flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, 11.5% protein, bleached, enriched

	¼ cup (34 g)	1 cup (137 g)
Calories	123	497
Protein	3.91 g	15.76 g
Carbohydrate	25.10 g	101.12 g
Dietary Fiber	N/A	N/A
Sugars	0.38 g	1.53 g
Total Fat	0.49 g	1.99 g
Saturated Fat	0.09 g	0.37 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	1.72 mg	6.93 mg
Calcium	7 mg	27 mg
Sodium	1 mg	3 mg
Magnesium	10 mg	41 mg
Potassium	47 mg	189 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.02 mg	0.07 mg

B275 – FLOUR, BAKERS, HARD WHEAT, ENRICHED, BLEACHED, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• The primary use of baker's flour is for breads, rolls, pizza dough, and other yeast products. Bread flour is not recommended for cakes, pie crusts, or quick breads.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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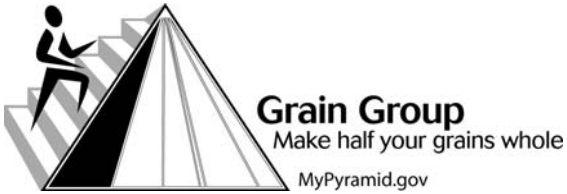
B276 – FLOUR, BAKERS, HARD WHEAT, ENRICHED, UNBLEACHED, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better bleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. Bread flour has a minimum protein level of 11.3% for better gluten (as compared to 9% for all purpose flour).
PACK/YIELD	• 50 lb bag. • One 50 lb bag AP yields about 166½ cups. • One lb AP yields about 3⅓ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store bread flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store bread flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, 11.5% protein, unbleached, enriched

	¼ cup (34 g)	1 cup (137 g)
Calories	123	497
Protein	3.91 g	15.76 g
Carbohydrate	25.10 g	101.12 g
Dietary Fiber	N/A	N/A
Sugars	0.38 g	1.53 g
Total Fat	0.49 g	1.99 g
Saturated Fat	0.09 g	0.37 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	1.72 mg	6.93 mg
Calcium	7 mg	27 mg
Sodium	1 mg	3 mg
Magnesium	10 mg	41 mg
Potassium	47 mg	189 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.13 mg	0.52 mg

B276 – FLOUR, BAKERS, HARD WHEAT, ENRICHED, UNBLEACHED, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• The primary use of bread flour is for breads, rolls, pizza dough, and other yeast products. Bread flour is not recommended for cakes, pie crusts, or quick breads.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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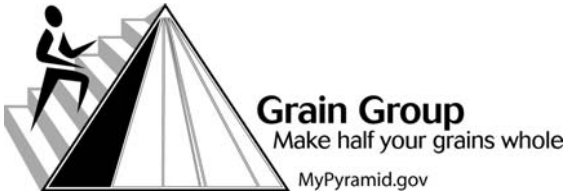
B300 – FLOUR, BAKERS, HARD WHEAT, HEARTH, BLEACHED, 100 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better bleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. Hearth style flour has a minimum protein level of 13.3% and may contain potassium bromate to achieve maximum quality hearth-type bread products.
PACK / YIELD	• 100 lb bag. • One 100 lb bag AP yields about 333 cups. • One lb AP yields about 3⅓ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store bakers flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store bread flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, 13% protein, bleached, enriched

	¼ cup (34 g)	1 cup (137 g)
Calories	123	496
Protein	4.44 g	17.91 g
Carbohydrate	24.55 g	98.81 g
Dietary Fiber	N/A	N/A
Sugars	0.37 g	1.51 g
Total Fat	0.47 g	1.89 g
Saturated Fat	0.06 g	0.26 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	1.72 mg	6.93 mg
Calcium	8 mg	33 mg
Sodium	1 mg	3 mg
Magnesium	12 mg	48 mg
Potassium	44 mg	175 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.02 mg	0.07 mg

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B300 – FLOUR, BAKERS, HARD WHEAT, HEARTH, BLEACHED, 100 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• Hearth flour is primarily used in baking hard breads such as French bread.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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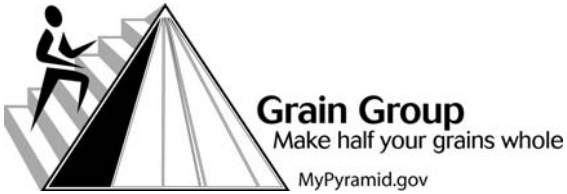
B233 – FLOUR, BREAD, ENRICHED, BLEACHED, 10 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better bleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have added calcium. Bread flour has a minimum protein level of 11.3% for better gluten (as compared to 9% for all purpose flour).
PACK / YIELD	• 4/10 lb bags. • One 10 lb bag AP yields about 33⅓ cups. • One lb AP yields about 3⅓ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store bread flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store bread flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, bread, enriched

	¼ cup (34 g)	1 cup (137 g)
Calories	124	495
Protein	4.10 g	16.41 g
Carbohydrate	24.84 g	99.37 g
Dietary Fiber	0.8 g	3.3 g
Sugars	0.11 g	0.42 g
Total Fat	0.57 g	2.27 g
Saturated Fat	0.08 g	0.33 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.51 mg	6.04 mg
Calcium	5 mg	21 mg
Sodium	1 mg	3 mg
Magnesium	9 mg	34 mg
Potassium	34 mg	137 mg
Vitamin A	1 IU	3 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.14 mg	0.55 mg

B233 – FLOUR, BREAD, ENRICHED, BLEACHED, 10 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• The primary use of bread flour is for breads, rolls, pizza dough, and other yeast products. Bread flour is not recommended for cakes, pie crusts, or quick breads.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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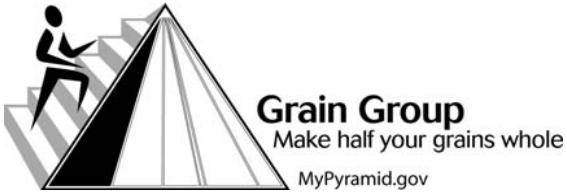
B235 – FLOUR, BREAD, ENRICHED, BLEACHED, 25 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better bleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have added calcium. Bread flour has a minimum protein level of 11.3% for better gluten (as compared to 9% for all purpose flour).
PACK / YIELD	• 25 lb bag. • One 25 lb bag AP yields about 83¼ cups. • One lb AP yields about 3⅓ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store bread flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store bread flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, bread, enriched

	¼ cup (34 g)	1 cup (137 g)
Calories	124	495
Protein	4.10 g	16.41 g
Carbohydrate	24.84 g	99.37 g
Dietary Fiber	0.8 g	3.3 g
Sugars	0.11 g	0.42 g
Total Fat	0.57 g	2.27 g
Saturated Fat	0.08 g	0.33 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.51 mg	6.04 mg
Calcium	5 mg	21 mg
Sodium	1 mg	3 mg
Magnesium	9 mg	34 mg
Potassium	34 mg	137 mg
Vitamin A	1 IU	3 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.14 mg	0.55 mg

B235 – FLOUR, BREAD, ENRICHED, BLEACHED, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• The primary use of bread flour is for breads, rolls, pizza dough, and other yeast products. Bread flour is not recommended for cakes, pie crusts, or quick breads.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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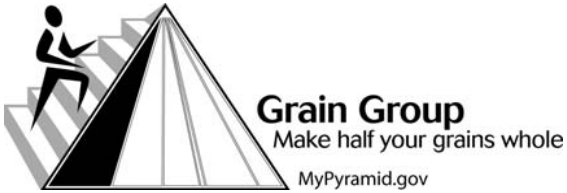
B236 – FLOUR, BREAD, ENRICHED, UNBLEACHED, 25 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better unbleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have added calcium. Bread flour has a minimum protein level of 11.3% for better gluten (as compared to 9% for all purpose flour).
PACK / YIELD	• 25 lb bag. • One 25 lb bag AP yields about 83¼ cups. • One lb AP yields about 3⅓ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store bread flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store bread flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, bread, enriched

	¼ cup (34 g)	1 cup (137 g)
Calories	124	495
Protein	4.10 g	16.41 g
Carbohydrate	24.84 g	99.37 g
Dietary Fiber	0.8 g	3.3 g
Sugars	0.11 g	0.42 g
Total Fat	0.56 g	2.27 g
Saturated Fat	0.08 g	0.33 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.51 mg	6.04 mg
Calcium	5 mg	21 mg
Sodium	1 mg	3 mg
Magnesium	9 mg	34 mg
Potassium	34 mg	137 mg
Vitamin A	1 IU	3 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.14 mg	0.55 mg

B236 – FLOUR, BREAD, ENRICHED, UNBLEACHED, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• The primary use of bread flour is for breads, rolls, pizza dough, and other yeast products. Bread flour is not recommended for cakes, pie crusts, or quick breads.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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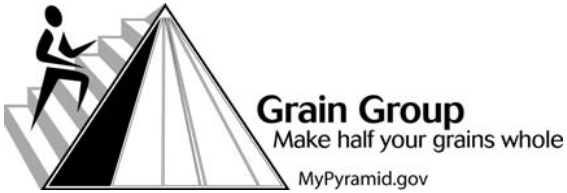
B345 – FLOUR, MASA, YELLOW, ENRICHED, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Instant corn masa flour produced from white or yellow corn. Shall have a medium-coarse texture and pleasing lime-corn flavor and be suitable for mass production of commercially acceptable taco shells and nacho chips. Enriched with thiamin, riboflavin, folic acid, niacin, and iron.
PACK / YIELD	• 50 lb bag. • One 50 lb bag AP yields about 200 cups. • One lb AP yields about 4 cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Corn flour, masa, enriched, yellow

	¼ cup (29 g)	1 cup (114 g)
Calories	104	416
Protein	2.66 g	10.65 g
Carbohydrate	21.74 g	86.95 g
Dietary Fiber	N/A	N/A
Sugars	N/A	N/A
Total Fat	1.08 g	4.31 g
Saturated Fat	0.15 g	0.61 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	2.05 mg	8.22 mg
Calcium	40 mg	161 mg
Sodium	1 mg	6 mg
Magnesium	31 mg	125 mg
Potassium	85 mg	340 mg
Vitamin A	61 IU	244 IU
Vitamin A	3 RAE	13 RAE
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A

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B345 – FLOUR, MASA, YELLOW, ENRICHED, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• Masa flour is the primary ingredient in tortillas, taco shells, and nacho chips.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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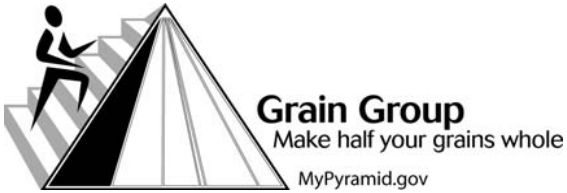
B323 – FLOUR, SOFT WHEAT, ENRICHED, BLEACHED, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade bleached bakers soft wheat flour milled from wheat of the classes soft red winter or white wheat and enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have added calcium.
PACK / YIELD	• 50 lb bag. • One 50 lb bag AP yields about 166½ cups. • One lb AP yields about 3⅓ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store soft wheat flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store soft wheat flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, cake, enriched

	¼ cup (34 g)	1 cup (137 g)
Calories	124	496
Protein	2.81 g	11.23 g
Carbohydrate	26.73 g	106.90 g
Dietary Fiber	0.6 g	2.3 g
Sugars	0.11 g	0.42 g
Total Fat	0.29 g	1.18 g
Saturated Fat	0.04 g	0.17 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	2.51 mg	10.03 mg
Calcium	5 mg	19 mg
Sodium	1 mg	3 mg
Magnesium	5 mg	22 mg
Potassium	33 mg	144 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.01 mg	0.03 mg

B323 – FLOUR, SOFT WHEAT, ENRICHED, BLEACHED, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• Bakers soft wheat flour is primarily used in baking cookies and crackers.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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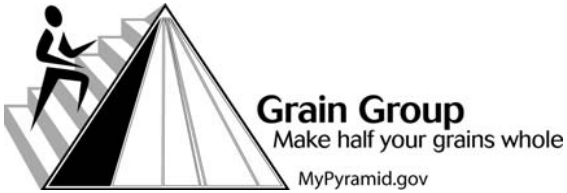
B321 – FLOUR, SOFT WHEAT, ENRICHED, UNBLEACHED, BULK

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade unbleached bakers soft wheat flour milled from wheat of the classes soft red winter or white wheat and enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have added calcium.
PACK / YIELD	• Bulk. • One lb AP yields about 3⅓ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store soft wheat flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store soft wheat flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Wheat flour, white, cake, enriched

	¼ cup (34 g)	1 cup (137 g)
Calories	124	496
Protein	2.81 g	11.23 g
Carbohydrate	26.73	106.90 g
Dietary Fiber	0.6 g	2.3 g
Sugars	0.11 g	0.42 g
Total Fat	0.29 g	1.18 g
Saturated Fat	0.04 g	0.17 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	2.51 mg	10.03 mg
Calcium	5 mg	19 mg
Sodium	1 mg	3 mg
Magnesium	5 mg	22 mg
Potassium	33 mg	144 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.01 mg	0.03 mg

B321 – FLOUR, SOFT WHEAT, ENRICHED, UNBLEACHED, BULK

PREPARATION/ COOKING INSTRUCTIONS	• Use as directed in recipes.
USES AND TIPS	• Bakers soft wheat flour is primarily used in baking cookies and crackers.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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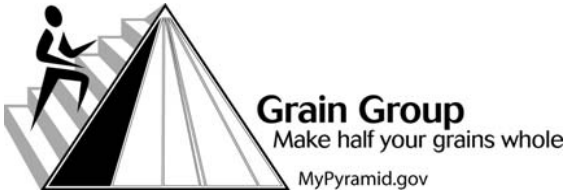
B351 – FLOUR, WHOLE WHEAT, 10 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better whole wheat flour is whole grain. It contains the finely ground bran, germ, and endosperm of the whole wheat kernel. May contain added calcium.
PACK / YIELD	• 4/10 lb bags. • One 10 lb bag AP yields about 37½ cups. • One lb AP yields about 3¾ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store whole wheat flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store whole wheat flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Whole wheat flour

	¼ cup (30 g)	1 cup (120 g)
Calories	102	407
Protein	4.11 g	16.44 g
Carbohydrate	21.77 g	87.08 g
Dietary Fiber	3.7 g	14.6 g
Sugars	0.12 g	0.49 g
Total Fat	0.56 g	2.24 g
Saturated Fat	0.10 g	0.39 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.16 mg	4.66 mg
Calcium	10 mg	41 mg
Sodium	2 mg	6 mg
Magnesium	41 mg	166 mg
Potassium	122 mg	486 mg
Vitamin A	3 IU	11 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.25 mg	0.98 mg

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B351 – FLOUR, WHOLE WHEAT, 10 LB

PREPARATION/ COOKING INSTRUCTIONS	• Whole wheat flour products have a distinctive flavor and a coarser texture than those made from white flour. Substitute whole wheat flour for part of the white flour in recipes. For best results, use one part whole wheat flour and three parts white flour. Adding whole wheat flour increases the rising time needed. Because whole wheat flour absorbs liquid more slowly than white flour, yeast breads may also take longer to knead.
USES AND TIPS	• Whole wheat flour is the primary ingredient in many breads and other baked items.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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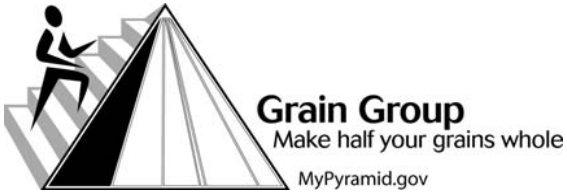
B355 – FLOUR, WHOLE WHEAT, 25 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better whole wheat flour is whole grain. It contains the finely ground bran, germ, and endosperm of the whole wheat kernel. May contain added calcium.
PACK / YIELD	• 25 lb bag. • One 25 lb bag AP yields about 93¾ cups. • One lb AP yields about 3¾ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store whole wheat flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50°F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store whole wheat flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Whole wheat flour

	¼ cup (30 g)	1 cup (120 g)
Calories	102	407
Protein	4.11 g	16.44 g
Carbohydrate	21.77 g	87.08 g
Dietary Fiber	3.7 g	14.6 g
Sugars	0.12 g	0.49 g
Total Fat	0.56 g	2.24 g
Saturated Fat	0.10 g	0.39 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.16 mg	4.66 mg
Calcium	10 mg	41 mg
Sodium	2 mg	6 mg
Magnesium	41 mg	166 mg
Potassium	122 mg	486 mg
Vitamin A	3 IU	11 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.25 mg	0.98 mg

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B355 – FLOUR, WHOLE WHEAT, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• Whole wheat flour products have a distinctive flavor and a coarser texture than those made from white flour. Substitute whole wheat flour for part of the white flour in recipes. For best results, use one part whole wheat flour and three parts white flour. Adding whole wheat flour increases the rising time needed. Because whole wheat flour absorbs liquid more slowly than white flour, yeast breads may also take longer to knead.
USES AND TIPS	• Whole wheat flour is the primary ingredient in many breads and other baked items.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of Choice *Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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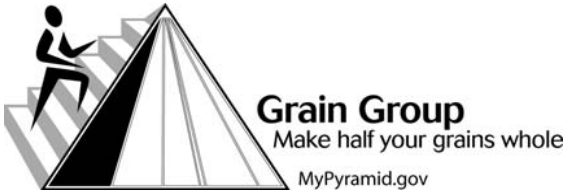
B360 – FLOUR, WHOLE WHEAT, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better whole wheat flour is whole grain. It contains the finely ground bran, germ, and endosperm of the whole wheat kernel. May contain added calcium.
PACK/YIELD	• 50 lb bag. • One 50 lb bag AP yields about 187½ cups. • One lb AP yields about 3¾ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store whole wheat flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store whole wheat flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Whole wheat flour

	¼ cup (30 g)	1 cup (120 g)
Calories	102	407
Protein	4.11 g	16.44 g
Carbohydrate	21.77 g	87.08 g
Dietary Fiber	3.7 g	14.6 g
Sugars	0.12 g	0.49 g
Total Fat	0.56 g	2.24 g
Saturated Fat	0.10 g	0.39 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.16 mg	4.66 mg
Calcium	10 mg	41 mg
Sodium	2 mg	6 mg
Magnesium	41 mg	166 mg
Potassium	122 mg	486 mg
Vitamin A	3 IU	11 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.25 mg	0.98 mg

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B360 – FLOUR, WHOLE WHEAT, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	• Whole wheat flour products have a distinctive flavor and a coarser texture than those made from white flour. Substitute whole wheat flour for part of the white flour in recipes. For best results, use one part whole wheat flour and three parts white flour. Adding whole wheat flour increases the rising time needed. Because whole wheat flour absorbs liquid more slowly than white flour, yeast breads may also take longer to knead.
USES AND TIPS	• Whole wheat flour is the primary ingredient in many breads and other baked items.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of Choice Plus Food Safety Supplement at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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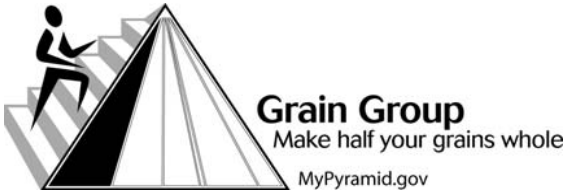
B284 – FLOUR, WHOLE WHEAT, BULK

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. No. 2 grade or better whole wheat flour is whole grain. It contains the finely ground bran, germ, and endosperm of the whole wheat kernel. May contain added calcium.
PACK / YIELD	• Bulk. • One lb AP yields about 3¾ cups. • CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the *Food Buying Guide for Child Nutrition Programs*.
STORAGE	• Store whole wheat flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store whole wheat flour under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Whole wheat flour

	¼ cup (30 g)	1 cup (120 g)
Calories	102	407
Protein	4.11 g	16.44 g
Carbohydrate	21.77 g	87.08 g
Dietary Fiber	3.7 g	14.6 g
Sugars	0.12 g	0.49 g
Total Fat	0.56 g	2.24 g
Saturated Fat	0.10 g	0.39 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.16 mg	4.66 mg
Calcium	10 mg	41 mg
Sodium	2 mg	6 mg
Magnesium	41 mg	166 mg
Potassium	122 mg	486 mg
Vitamin A	3 IU	11 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.25 mg	0.98 mg

B284 – FLOUR, WHOLE WHEAT, BULK

PREPARATION/ COOKING INSTRUCTIONS	• Whole wheat flour products have a distinctive flavor and a coarser texture than those made from white flour. Substitute whole wheat flour for part of the white flour in recipes. For best results, use one part whole wheat flour and three parts white flour. Adding whole wheat flour increases the rising time needed. Because whole wheat flour absorbs liquid more slowly than white flour, yeast breads may also take longer to knead.
USES AND TIPS	• Whole wheat flour is the primary ingredient in many breads and other baked items.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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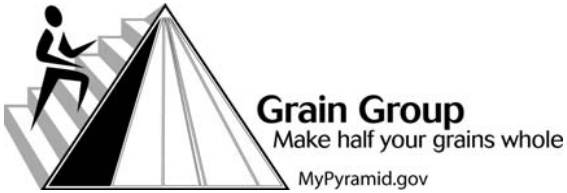
B384 – GRITS, CORN, YELLOW, ENRICHED, 5 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Yellow corn (hominy) grits, coarse or fine ground, enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added.
PACK / YIELD	• 8/5 lb bags. • One 5 lb bag AP yields about 13¾ cups dry, regular grits OR about 62¾ cups cooked grits and provides about 251.5 ¼-cup servings cooked grits OR about 125.5 ½-cup servings cooked grits OR about 83.5 ¾-cup servings cooked grits. • One lb AP yields about 2¾ cups dry, regular grits OR about 12½ cups cooked grits and provides about 50.3 ¼-cup servings cooked grits OR about 25.1 ½-cup servings cooked grits OR about 16.7 ¾-cup servings cooked grits. • CN Crediting: ¼ cup cooked grits provides ¼ cup cooked cereal grain OR ½ cup cooked grits provides ½ cup cooked cereal grain OR ¾ cup cooked grits provides ¾ cup cooked cereal grain.
STORAGE	• Store corn grits off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store corn grits under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Grits, yellow, enriched, regular and quick, dry and cooked without salt

	¼ cup, dry (39 g)	½ cup, cooked (121 g)
Calories	145	71
Protein	3.43 g	1.72 g
Carbohydrate	31.04 g	15.57 g
Dietary Fiber	0.6 g	0.4 g
Sugars	0.25 g	0.12 g
Total Fat	0.47 g	0.23 g
Saturated Fat	0.06 g	0.03 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.52 mg	0.73 mg
Calcium	1 mg	4 mg
Sodium	0 mg	2 mg
Magnesium	11 mg	6 mg
Potassium	53 mg	25 mg
Vitamin A	1 IU	38 IU
Vitamin A	0 RAE	2 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.05 mg	0.02 mg

Food & Nutrition Service

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B384 – GRITS, CORN, YELLOW, ENRICHED, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Do not wash or rinse corn grits before cooking. Enrichment does not wash out, but some natural food value is lost. • For 100 ½-cup servings: Add 4 lb (2 qt 3 cups) corn grits to 3¾ gal of boiling water with 2 oz (¼ cup) salt (optional). Boil for 10 minutes, stirring frequently. Reduce heat and simmer, stirring occasionally.
USES AND TIPS	• Use corn grits in combination with meat and cheese in main dishes or in puddings for desserts. • Serve enriched corn grits as a hot cereal or use in breads and muffins.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or mold before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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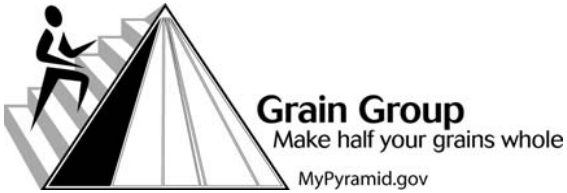
B430 – MACARONI, ELBOW, ENRICHED, REGULAR, DRY, 20 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Macaroni, elbow (¾" to 1½" in length) made from semolina or durum flour. Enriched with thiamin, riboflavin, niacin, folic acid, and iron.
PACK/YIELD	• 20 lb case. • One 20 lb case AP yields about 70 cups dry elbow macaroni OR about 195 cups cooked macaroni and provides about 780.0 ¼-cup servings cooked macaroni OR about 390.0 ½-cup servings cooked macaroni OR about 260.0 ¾-cup servings cooked macaroni. • One lb AP yields about 3½ cups dry elbow macaroni OR about 9¾ cups cooked macaroni and provides about 39.0 ¼-cup servings cooked macaroni OR about 19.5 ½-cup cooked macaroni servings OR about 13.0 ¾-cup servings cooked macaroni. • CN Crediting: ½ cup cooked macaroni provides 1 serving grains/breads.
STORAGE	• Store pasta off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store pasta under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Macaroni, elbow, enriched, dry and cooked, no salt added

	½ cup dry (53 g)	½ cup cooked (70 g)
Calories	195	111
Protein	6.85 g	4.06 g
Carbohydrate	39.20 g	21.60 g
Dietary Fiber	1.7 g	1.3 g
Sugars	0.93 g	0.39 g
Total Fat	0.79 g	0.65 g
Saturated Fat	0.15 g	0.12 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.85 mg	0.93 mg
Calcium	9 mg	5 mg
Sodium	3 mg	1 mg
Magnesium	28 mg	13 mg
Potassium	85 mg	32 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.06 mg	0.04 mg

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B430 – MACARONI, ELBOW, ENRICHED, REGULAR, DRY, 20 LB

PREPARATION/ COOKING INSTRUCTIONS	• For 100 ½-cup servings: Boil 10 gal water (optional, add 3½ oz OR ⅓ cup salt). Add 5 lbs 4 oz macaroni. Slowly stir macaroni until water boils again and cook uncovered about 10 minutes. DO NOT OVERCOOK. Drain. • Pasta is done when tender, but firm. If pasta is to be used in a dish requiring further cooking or held on a steam table, undercook it slightly. • Drain pasta and rinse in cool water to stop cooking. When pasta is not to be served immediately, drain off water and toss lightly with a small amount of salad oil to prevent sticking and drying out. Cover tightly and store. • To reheat pasta, place in a colander and immerse in rapidly boiling water just long enough to heat thoroughly. DO NOT OVERCOOK.
USES AND TIPS	• Macaroni may be combined with a tomato or meat sauce. • Use in recipes for soup, casseroles, or salads. • Combine with eggs, fish, fowl, vegetables, meat, or cheese.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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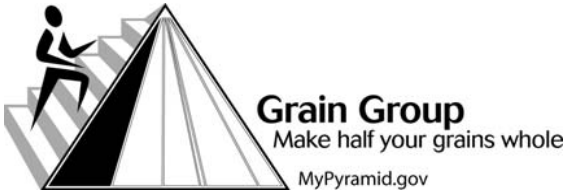
B435 – MACARONI, SPIRAL (ROTINI), ENRICHED, DRY, 20 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Rotini (1" to 1¾" in length) made from semolina or durum flour. Each piece is spiral or twist-shaped. Enriched with thiamin, riboflavin, niacin, folic acid, and iron.
PACK/YIELD	• 20 lb bag. • One 20 lb bag AP yields about 107½ cups dry spiral pasta OR about 196 cups cooked pasta and provides about 676.0 ¼-cup servings cooked spiral pasta OR about 338.0 ½-cup servings cooked spiral pasta OR about 224.0 ¾-cup servings cooked spiral pasta. • One lb AP yields about 5⅜ cups dry spiral pasta OR about 8⅜ cups cooked spiral pasta and provides about 33.8 ¼-cup servings cooked spiral pasta OR about 16.9 ½-cup servings cooked spiral pasta OR about 11.2 ¾-cup servings cooked spiral pasta. • CN Crediting: ½ cup cooked spiral pasta provides 1 serving grains/breads.
STORAGE	• Store pasta off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store pasta under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Macaroni, spiral, enriched, dry and cooked, no salt added

	½ cup dry (42 g)	½ cup cooked (67 g)
Calories	156	106
Protein	5.48 g	3.89 g
Carbohydrate	31.36 g	20.68 g
Dietary Fiber	1.3 g	1.2 g
Sugars	1.12 g	0.38 g
Total Fat	0.63 g	0.62 g
Saturated Fat	0.12 g	0.12 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.39 mg	0.86 mg
Calcium	9 mg	5 mg
Sodium	3 mg	1 mg
Magnesium	22 mg	12 mg
Potassium	94 mg	29 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.05 mg	0.04 mg

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B435 – MACARONI, SPIRAL (ROTINI), ENRICHED, DRY, 20 LB

PREPARATION/ COOKING INSTRUCTIONS	• For 100 ½-cup servings: Boil 10 gal water (optional, add 3½ oz OR ⅓ cup salt). Add 6 lbs rotini. Slowly stir rotini until water boils again and cook uncovered about 10 minutes. DO NOT OVERCOOK. • Pasta is done when tender, but firm. When pasta is used in a dish requiring further cooking or held on a steam table, undercook it slightly. • Drain pasta and rinse in cool water to stop cooking. When pasta is not served immediately, drain off water and toss lightly with a small amount of salad oil to prevent sticking and drying out. Cover tightly and store. • To reheat pasta, place in a colander and immerse in rapidly boiling water just long enough to heat thoroughly. DO NOT OVERCOOK.
USES AND TIPS	• Rotini may be combined with a tomato or meat sauce. • Use in recipes for soup, casseroles, or salads. • Combine with eggs, fish, fowl, vegetables, meat, or cheese.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B426 MACARONI, WHOLE GRAIN, DRY, 20 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Macaroni, elbow (3/4" to 1 1/2" in length) may be made from whole grain semolina or durum wheat flour.
PACK/YIELD	• 20 lb case. • One 20 lb case AP yields about 70 cups dry macaroni OR about 195 cups cooked macaroni and provides about 780.0 ¼-cup servings cooked macaroni OR about 390.0 ½-cup servings cooked macaroni OR about 260.0 ¾-cup servings cooked macaroni. • One lb AP yields about 3½ cups dry macaroni OR about 9¾ cups cooked macaroni and provides about 39.0 ¼-cup servings cooked macaroni OR about 19.5 ½-cup servings cooked OR about 13.0 ¾-cup servings cooked macaroni. • CN Crediting: ½-cup cooked macaroni provides 1 serving grains/breads.
STORAGE	• Store pasta off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store pasta under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Macaroni, whole wheat, dry and cooked, no salt added

	2 oz, dry (57 g)	½-cup, cooked (70 g)
Calories	198	87
Protein	8.34 g	3.7 g
Carbohydrate	42.77 g	18.60 g
Dietary Fiber		3.1 g
Sugars		0.56 g
Total Fat	0.80 g	0.4 g
Saturated Fat	0.15 g	0.07 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	2.07 mg	0.74 mg
Calcium	23 mg	10 mg
Sodium	5 mg	2 mg
Magnesium	82 mg	21 mg
Potassium	123 mg	31 mg
Vitamin A	0 IU	2 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.0 mg	0.0 mg
Vitamin E	N/A	0.21 mg

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B426– MACARONI, WHOLE GRAIN, DRY, 20 LB CARTON

PREPARATION/ COOKING INSTRUCTIONS	• For 100 ½-cup servings: Boil 10 gal water (optional, add 3½ oz OR ⅓ cup salt to water). Add 9 lb 8 oz spaghetti to boiling water and slowly stir spaghetti until water boils again. Cook uncovered about 8 minutes for *al dente* spaghetti. DO NOT OVERCOOK. Drain and rinse in cool water to stop cooking. When pasta is not to be served immediately, drain off water and toss lightly with a small amount of salad oil to prevent sticking and drying out. • Pasta is done when tender, but firm. If pasta is to be used in a dish requiring further cooking or held on a steam table, undercook it slightly. Cover tightly and store. To reheat pasta, place in a colander and immerse in rapidly boiling water just long enough to heat thoroughly. DO NOT OVERCOOK.
USES AND TIPS	• Macaroni may be combined with a tomato or meat sauce. • Use in recipes for soup, casseroles, or salads. • Combine with eggs, fish, fowl, vegetables, meat, or cheese.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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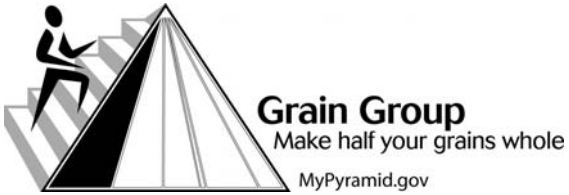
B444 – OATS, ROLLED, QUICK, DRY, 25 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Rolled oats, quick cooking. Unenriched.
PACK/YIELD	• 25 lb bag. • One 25 lb bag AP yields about 156¼ cups dry, quick, rolled oats OR about 297½ cups cooked oats and provides about 1190.0 ¼-cup servings cooked oats OR about 595.0 ½-cup servings cooked oats OR about 395.0 ¾-cup servings cooked oats. • One lb AP yields about 6¼ cups dry, quick, rolled oats OR about 11⅞ cups cooked oats and provides about 47.6 ¼-cup servings cooked oats OR about 23.8 ½-cup servings cooked oats OR about 15.8 ¾-cup servings cooked oats. • CN Crediting: ¼ cup cooked oats provides ¼ cup cooked cereal grain OR ½ cup cooked oats provides ½ cup cooked cereal grain OR ¾ cup cooked oats provides ¾ cup cooked cereal grain.
STORAGE	• Store rolled oats off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store rolled oats under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Oats, quick, unenriched, dry and cooked, no salt added

	½ cup dry (40 g)	½ cup cooked (117 g)
Calories	156	74
Protein	6.48 g	3.04 g
Carbohydrate	27.14 g	12.64 g
Dietary Fiber	4.0 g	2.0 g
Sugars	0.59 g	0.28 g
Total Fat	2.55 g	1.17 g
Saturated Fat	0.45 g	0.19 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.70 mg	0.80 mg
Calcium	21 mg	9 mg
Sodium	2 mg	1 mg
Magnesium	60 mg	28 mg
Potassium	142 mg	66 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.28 mg	0.12 mg

B444 – OATS, ROLLED, QUICK, DRY, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• Substitute rolled oats for rolled wheat in any recipe. Make substitutions on a volume basis only, since weights of these products vary. Use as directed in recipes for preparing baked goods, cereals, etc.
USES AND TIPS	• Serve rolled oats as a hot cereal or use as an extender for meat loaf or meat and fish patties. • Use rolled oats in breads, rolls, muffins, cookies, similar baked items, and as a topping for crisps and cakes.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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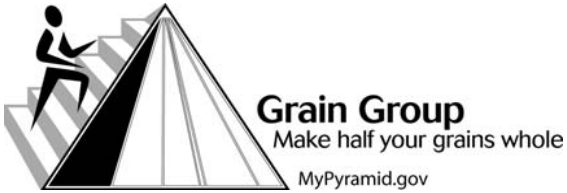
B445 – OATS, ROLLED, QUICK, DRY, 3 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Rolled oats, quick cooking. Unenriched.
PACK/YIELD	• 12/3 lb bags. • One 3 lb bag AP yields about 18¾ cups dry, quick, rolled oats OR about 35⅔ cups cooked oats and provides about 142.8 ¼-cup servings cooked oats OR about 71.4 ½-cup servings cooked oats OR about 47.4 ¾-cup servings cooked oats. • One lb AP yields about 6¼ cups dry, quick, rolled oats OR about 11⅞ cups cooked oats and provides about 47.6 ¼-cup servings cooked oats OR about 23.8 ½-cup servings cooked oats OR about 15.8 ¾-cup servings cooked oats. • CN Crediting: ¼ cup cooked oats provides ¼ cup cooked cereal grain OR ½ cup cooked oats provides ½ cup cooked cereal grain OR ¾ cup cooked oats provides ¾ cup cooked cereal grain.
STORAGE	• Store rolled oats off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store rolled oats under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Oats, quick, unenriched, dry and cooked, no salt added

	½ cup dry (40 g)	½ cup cooked (117 g)
Calories	156	74
Protein	6.48 g	3.04 g
Carbohydrate	27.14 g	12.64 g
Dietary Fiber	4.0 g	2.0 g
Sugars	0.59 g	0.28 g
Total Fat	2.55 g	1.17 g
Saturated Fat	0.45 g	0.19 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.70 mg	0.80 mg
Calcium	21 mg	9 mg
Sodium	2 mg	1 mg
Magnesium	60 mg	28 mg
Potassium	142 mg	66 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.28 mg	0.12 mg

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B445 – OATS, ROLLED, QUICK, DRY, 3 LB

PREPARATION/ COOKING INSTRUCTIONS	• Substitute rolled oats for rolled wheat in any recipe. Make substitutions on a volume basis only, since weights of these products vary. Use as directed in recipes for preparing baked goods, cereals, etc.
USES AND TIPS	• Serve rolled oats as a hot cereal or use as an extender for meat loaf or meat and fish patties. • Use rolled oats in breads, rolls, muffins, cookies, similar baked items, and as a topping for crisps and cakes.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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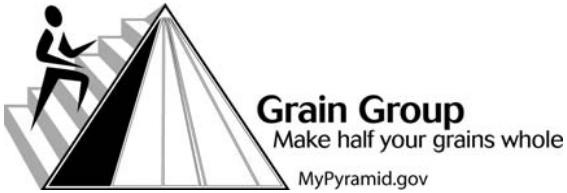
B450 – OATS, ROLLED, QUICK, DRY, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Rolled oats, quick cooking. Unenriched
PACK/YIELD	• 50 lb bag. • One 50 lb bag AP yields about 312½ cups dry, quick, rolled oats OR about 595 cups cooked oats and provides about 2380.0 ¼-cup servings cooked oats OR about 1190.0 ½-cup servings cooked oats OR about 790.0 ¾-cup servings cooked oats. • One lb AP yields about 6¼ cups dry, quick, rolled oats OR about 11⅞ cups cooked oats and provides about 47.6 ¼-cup servings cooked oats OR about 23.8 ½-cup servings cooked oats OR about 15.8 ¾-cup servings cooked oats. • CN Crediting: ¼ cup cooked oats provides ¼ cup cooked cereal grain OR ½ cup cooked oats provides ½ cup cooked cereal grain OR ¾ cup cooked oats provides ¾ cup cooked cereal grain.
STORAGE	• Store rolled oats off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store rolled oats under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Oats, quick, unenriched, dry and cooked, no salt added

	½ cup dry (40 g)	½ cup cooked (117 g)
Calories	156	74
Protein	6.48 g	3.04 g
Carbohydrate	27.14 g	12.64 g
Dietary Fiber	4.0 g	2.0 g
Sugars	0.59 g	0.28 g
Total Fat	2.55 g	1.17 g
Saturated Fat	0.45 g	0.19 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.70 mg	0.80 mg
Calcium	21 mg	9 mg
Sodium	2 mg	1 mg
Magnesium	60 mg	28 mg
Potassium	142 mg	66 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.28 mg	0.12 mg

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B450 – OATS, ROLLED, QUICK, DRY, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	• Substitute rolled oats for rolled wheat in any recipe. Make substitutions on a volume basis only, since weights of these products vary. Use as directed in recipes for preparing baked goods, cereals, etc.
USES AND TIPS	• Serve rolled oats as a hot cereal or use as an extender for meat loaf or meat and fish patties. • Use rolled oats in breads, rolls, muffins, cookies, similar baked items, and as a topping for crisps and cakes.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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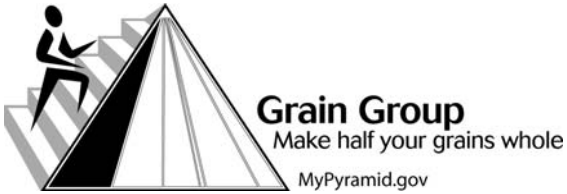
B151 - PANCAKE, WHOLE GRAIN, FROZEN, BULK, 12 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• These whole grain pancakes are made with whole wheat flour or a combination of whole wheat flour and enriched wheat flour. The pancakes meet the HealthierUS School Challenge whole grain criteria for a whole grain food.
PACK/YIELD	• 12 lb case. • One 12 lb case AP yields about 144 pancakes and provides about 72 servings (2 pancakes = 1 serving). • CN Crediting: 1 Whole grain pancake made with whole wheat flour provides 1 serving Grains/Breads.
STORAGE	• Store frozen whole grain pancakes at 0 °F or below in original shipping case off the floor. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Whole grain pancake

	1 pancake (32 g)	2 pancakes (65 g)
Calories	77	153
Protein	2.33 g	4.67 g
Carbohydrate	12.67 g	25.33 g
Dietary Fiber	1.0 g	2.0 g
Sugars	1.67 g	3.34 g
Total Fat	2.0 g	4.0 g
Saturated Fat	0.33 g	0.66 g
Trans Fat	0 g	0 g
Cholesterol	13 mg	27 mg
Iron	0.4 mg	0.8 mg
Calcium	20 mg	40 mg
Sodium	160 mg	320 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	33 IU	67 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A

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B151 - PANCAKE, WHOLE GRAIN, FROZEN, BULK, 12 LB

PREPARATION/ COOKING INSTRUCTIONS	• Follow manufacturer's directions on package.
USES AND TIPS	• The whole grain pancake or in convection, conventional, or microwave oven. It may also be heated in a slot toaster; however, frozen pancake may require more than one toasting cycle. For best results do not use griddle to heat.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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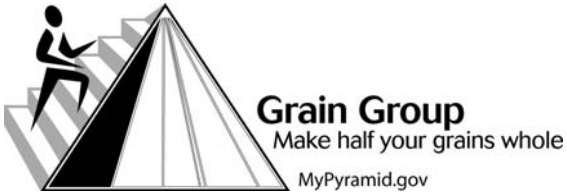
B152 - PANCAKE, WHOLE GRAIN, FROZEN, 12/12, 12 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• These frozen whole grain pancakes are made with whole wheat flour or a combination of whole wheat flour and enriched wheat flour. The pancakes meet the HealthierUS School Challenge whole grain criteria for a whole grain food.
PACK/YIELD	• 12/12 ct pouches per 12 lb case. • One 12 lb case AP yields about 144 pancakes and provides about 72 servings (2 pancakes = 1 serving). • One pouch AP yields about 12 pancakes and provides about 6 servings (2 pancakes = 1 serving). • CN Crediting: 1 Whole grain pancake made with whole wheat flour provides 1 serving Grains/Breads.
STORAGE	• Store frozen whole grain pancakes at 0 °F or below in original shipping case off the floor. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Whole grain pancake

	1 pancake (32 g)	2 pancakes (65 g)
Calories	77	153
Protein	2.33 g	4.67 g
Carbohydrate	12.67 g	25.33 g
Dietary Fiber	1.0 g	2.0 g
Sugars	1.67 g	3.34 g
Total Fat	2.0 g	4.0 g
Saturated Fat	0.33 g	0.66 g
Trans Fat	0 g	0 g
Cholesterol	13 mg	27 mg
Iron	0.4 mg	0.8 mg
Calcium	20 mg	40 mg
Sodium	160 mg	320 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	33 IU	67 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A

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B152 - PANCAKE, WHOLE GRAIN, FROZEN, 12/12, 12 LB

PREPARATION/ COOKING INSTRUCTIONS	• Follow manufacturer's directions on package.
USES AND TIPS	• The whole grain pancake or in convection, conventional, or microwave oven. It may also be heated in a slot toaster; however, frozen pancake may require more than one toasting cycle. For best results do not use griddle to heat.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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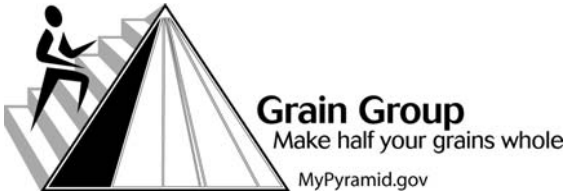
B537 – RICE, BROWN, LONG GRAIN, QUICK-COOKING, 24/2 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• U.S. Grade 1 long grain brown rice is the unmilled kernel with only the outer husk removed, and is a 100 percent whole grain food. Its nutritious high-fiber bran coating gives brown rice its light tan color, nutlike flavor, and chewy texture. This quick-cook brown rice (which has been partially cooked, then dehydrated) cooks in just under 20 minutes.
PACK/YIELD	• 24/2 lb bags per case. • One 2 lb bag AP yields about 8¾ cups dry rice OR about 14¼ cups cooked rice and provides about 57.6 ¼-cup servings cooked rice OR about 28.8 ½-cup servings cooked rice OR about 19.2 ¾-cup servings cooked rice. • One lb AP yields about 4 3/8 cups dry rice OR about 7 1/8 cups cooked rice and provides about 28.8 ¼-cup servings cooked rice OR about 14.4 ½-cup servings cooked rice OR about 9.62 ¾-cup servings cooked rice. • One cup dry rice yields about 1 2/3 cups cooked rice. • CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	• Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store rice under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Rice, brown, long grain, without salt

	¼ cup dry (46 g)	½ cup cooked (98 g)
Calories	171	108
Protein	3.67 g	2.52 g
Carbohydrate	35.72 g	22.39 g
Dietary Fiber	1.6 g	1.8 g
Sugars	0.39 g	0.34 g
Total Fat	1.35 g	0.88 g
Saturated Fat	0.27 g	0.18 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	0.68 mg	0.41 mg
Calcium	11 mg	10 mg
Sodium	3 mg	5 mg
Magnesium	66 mg	42 mg
Potassium	103 mg	42 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.56 mg	0.03 mg

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B537 – RICE, BROWN, LONG GRAIN, QUICK-COOKING, 2 LB

PREPARATION/ COOKING INSTRUCTIONS	• To retain vitamins, do not rinse rice prior to cooking. • Carefully measure rice and liquid, and adjust the cooking so that all moisture is absorbed. Fluff cooked rice with fork or slotted spoon to allow steam to escape.
USES AND TIPS	• Serve brown rice cooked or use in soups, salads, stuffing, or main dishes. • Use brown rice in any recipe calling for cooked rice. • In recipes specifying uncooked rice, it may be necessary to increase the liquid and/or the cooking time.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use. • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 ºF within 2 hours and from 70 ºF to 40 ºF within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of Choice Plus Food Safety Supplement at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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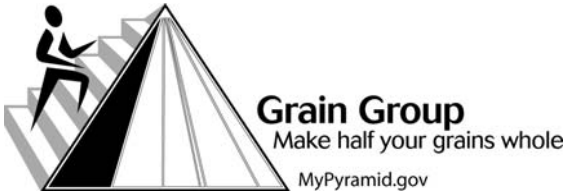
B545 – RICE, BROWN, LONG GRAIN, REGULAR, DRY, 25 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Milled, long grain, brown rice is only U.S. Grade No. 1. Brown rice is the whole unpolished grain with only the outer husks and a small amount of bran removed.
PACK / YIELD	• 25 lb bag. • One 25 lb bag AP yields about 62½ cups dry rice OR about 200.0 cups cooked rice and provides about 800.0 ¼-cup servings cooked rice OR about 400.0 ½-cup servings cooked rice OR about 266.6 ¾-cup servings cooked rice. • One lb AP yields about 2½ cups dry rice OR about 8.0 cups cooked rice and provides about 32.0 ¼-cup servings cooked rice OR about 16.0 ½-cup servings cooked rice OR about 10.6 ¾-cup servings cooked rice. • One cup dry rice yields about 3¼ cups cooked rice. • CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	• Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store rice under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Rice, brown, long grain, without salt

	¼ cup dry (46 g)	½ cup, cooked (98 g)
Calories	171	108
Protein	3.67 g	2.52 g
Carbohydrate	35.72 g	22.39 g
Dietary Fiber	1.6 g	1.8 g
Sugars	0.39 g	0.34 g
Total Fat	1.35 g	0.88 g
Saturated Fat	0.27 g	0.18 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	0.68 mg	0.41 mg
Calcium	11 mg	10 mg
Sodium	3 mg	5 mg
Magnesium	66 mg	42 mg
Potassium	103 mg	42 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.56 mg	0.03 mg

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B545 – RICE, BROWN, LONG GRAIN, REGULAR, DRY, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• To retain vitamins, do not rinse rice before or drain after cooking. • Carefully measure rice and liquid, and adjust the cooking so that all moisture is absorbed. Fluff cooked rice with fork or slotted spoon to allow steam to escape. • For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups):6 lb 4 oz brown long grain regular rice, 2 gal 1¾ qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 9 oz brown long grain regular rice per 12” x 20” x 2½” steamtable pan and pour 2 qt 1¾ cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 50 minutes; steamer at 5 lb pressure for 50 minutes. Remove from oven or steamer and serve.
USES AND TIPS	• Serve brown rice cooked or use in soups, salads, stuffing, or main dishes. • Use brown rice in any recipe calling for cooked rice. • In recipes specifying uncooked rice, it may be necessary to increase the liquid and/or the cooking time.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use. • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 ºF within 2 hours and from 70 ºF to 40 ºF within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of Choice Plus Food Safety Supplement at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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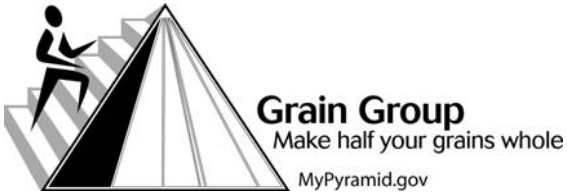
B550 – RICE, BROWN, LONG GRAIN, REGULAR, DRY, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Milled, long grain, brown rice is only U.S. Grade No. 1. Brown rice is the whole unpolished grain with only the outer husks and a small amount of bran removed.
PACK / YIELD	• 50 lb bag. • One 50 lb bag AP yields about 125 cups dry rice OR about 400.0 cups cooked rice and provides about 1600.0 ¼-cup servings cooked rice OR about 800.0 ½-cup servings cooked rice OR about 533.3 ¾-cup servings cooked rice. • One lb AP yields about 2½ cups dry rice OR about 8.0 cups cooked rice and provides about 32.0 ¼-cup servings cooked rice OR about 16.0 ½-cup servings cooked rice OR about 10.6 ¾-cup servings cooked rice. • One cup dry rice yields about 3¼ cups cooked rice. • CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	• Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50-70%). • If ideal storage conditions are not available, store rice under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Rice, brown, long grain, without salt

	dry ¼ cup (46 g)	cooked ½ cup (98 g)
Calories	171	108
Protein	3.67 g	2.52 g
Carbohydrate	35.72 g	22.39 g
Dietary Fiber	1.6 g	1.8 g
Sugars	0.39 g	0.34 g
Total Fat	1.35 g	0.88 g
Saturated Fat	0.27 g	0.18 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.68 mg	0.41 mg
Calcium	11 mg	10 mg
Sodium	3 mg	5 mg
Magnesium	66 mg	42 mg
Potassium	103 mg	42 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.56 mg	0.03 mg

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B550 – RICE, BROWN, LONG GRAIN, REGULAR, DRY, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	• To retain vitamins, do not rinse rice before or drain after cooking. • Carefully measure rice and liquid, and adjust the cooking so that all moisture is absorbed. Fluff cooked rice with fork or slotted spoon to allow steam to escape. • For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 6 lb 4 oz brown long grain regular rice, 2 gal 1¾ qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1lb 9 oz brown long grain regular rice per 12” x 20” x 2½” steamtable pan and pour 2 qt 1¾ cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 50 minutes; steamer at 5 lb pressure for 50 minutes. Remove from oven or steamer and serve.
USES AND TIPS	• Serve brown rice cooked or use in soups, salads, stuffing, or main dishes. • Use brown rice in any recipe calling for cooked rice. • In recipes specifying uncooked rice, it may be necessary to increase the liquid and/or the cooking time.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use. • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 ºF within 2 hours and from 70 ºF to 40 ºF within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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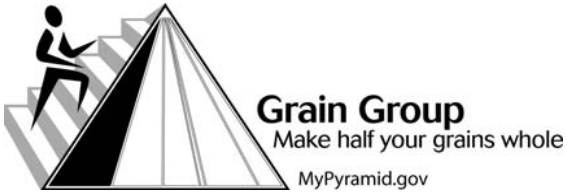
B507 – RICE, WHITE, ENRICHED, LONG GRAIN, PARBOILED (CONVERTED) No. 1, DRY, 25 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Long grain rice enriched with thiamin, riboflavin, niacin, folic acid, and iron. Vitamin D and calcium may be added. May be parboiled or parboiled lightly. Grade is U.S. No. 2, or better. U.S. No. 1 grade has a white or creamy color. U.S. No. 2 grade may be slightly gray.
PACK / YIELD	• 25 lb bag. • One 25 lb bag AP yields about 62½ cups dry rice OR about 175 cups cooked rice and provides about 700.0 ¼-cup servings cooked rice OR about 350.0 ½-cup servings cooked rice OR about 233.2 ¾-cup servings cooked rice. • One lb AP yields about 2½ cups dry rice OR about 7 cups cooked rice and provides about 28.0 ¼-cup servings cooked rice OR about 14.0 ½-cup servings cooked rice OR about 9.33 ¾-cup servings cooked rice. • One cup dry rice yields about 2¾ cups cooked rice. • CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	• Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store rice under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Rice, white, long grain, parboiled, enriched, without salt

	¼ cup, dry (47 g)	½ cup, cooked (79 g)
Calories	175	97
Protein	3.79 g	2.30 g
Carbohydrate	37.60 g	20.58 g
Dietary Fiber	1.0 g	0.7 g
Sugars	0.15 g	0.09 g
Total Fat	0.49 g	0.29 g
Saturated Fat	0.14 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	2.46 mg	1.43 mg
Calcium	26 mg	15 mg
Sodium	1 mg	2 mg
Magnesium	13 mg	7 mg
Potassium	87 mg	44 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.01 mg	0.01 mg

Food & Nutrition Service

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B507 – RICE, WHITE, ENRICHED, LONG GRAIN, PARBOILED (CONVERTED) No. 1, DRY, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• To retain vitamins, do not rinse rice before or drain after cooking. • Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add ½ cup liquid per qt of cooked rice. • For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 7 lb 4 oz white long grain parboiled rice, 1 gal 2 qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 13 oz parboiled rice per 12” x 20” x 2½” steamtable pan and pour 1 qt 2 cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 30 minutes; convection oven at 325 °F for 30 minutes; steamer at 5 lb pressure for 25 minutes. Remove from oven or steamer and serve.
USES AND TIPS	• Serve white rice cooked or use in soups, salads, main dishes, or desserts. Long grain rice generally cooks up light and fluffy. • The term parboiled rice means that the rice grains, with the hull and bran layers still on, have gone through a steaming process. Parboiling modifies the starch in the rice and causes the grain to retain natural nutrients. Parboiled rice requires slightly more cooking time than regular milled white rice and can be held for a long period before serving.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use. • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 ºF within 2 hours and from 70 ºF to 40 ºF within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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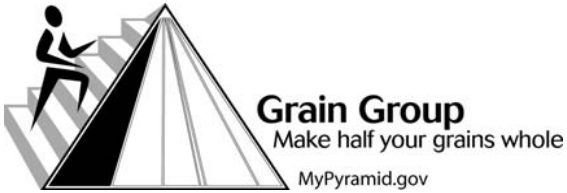
B508 – RICE, WHITE, ENRICHED, LONG GRAIN, PARBOILED (CONVERTED) No. 1, DRY, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Long grain rice enriched with thiamin, riboflavin, niacin, folic acid, and iron. Vitamin D and calcium may be added. May be parboiled or parboiled lightly. Grade is U.S. No. 2, or better. U.S. No. 1 grade has a white or creamy color. U.S. No. 2 grade may be slightly gray.
PACK / YIELD	• 50 lb bag. • One 50 lb bag AP yields about 125 cups dry rice OR about 350 cups cooked rice and provides about 1400.0 ¼-cup servings cooked rice OR about 700.0 ½-cup servings cooked rice OR about 466.5 ¾-cup servings cooked rice. • One lb AP yields about 2½ cups dry rice OR about 7 cups cooked rice and provides about 28.0 ¼-cup servings cooked rice OR about 14.0 ½-cup servings cooked rice OR about 9.33 ¾-cup servings cooked rice. • One cup dry rice yields about 2¾ cups cooked rice. • CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	• Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store rice under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Rice, white, long grain, parboiled, enriched, without salt

	¼ cup dry (47 g)	½ cup cooked (79 g)
Calories	175	97
Protein	3.79 g	2.30 g
Carbohydrate	37.60 g	20.58 g
Dietary Fiber	1.0 g	0.7 g
Sugars	0.15 g	0.09 g
Total Fat	0.49 g	0.29 g
Saturated Fat	0.14 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	2.46 mg	1.43 mg
Calcium	26 mg	15 mg
Sodium	1 mg	2 mg
Magnesium	13 mg	7 mg
Potassium	87 mg	44 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.01 mg	0.01 mg

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B508 – RICE, WHITE, ENRICHED, LONG GRAIN, PARBOILED (CONVERTED) No. 1, DRY, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	• To retain vitamins, do not rinse rice before or drain after cooking. • Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add ½ cup liquid per qt of cooked rice. • For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 7 lb 4 oz white long grain parboiled rice, 1 gal 2 qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 13 oz parboiled rice per 12” x 20” x 2½” steamtable pan and pour 1 qt 2 cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 30 minutes; convection oven at 325 °F for 30 minutes; steamer at 5 lb pressure for 25 minutes. Remove from oven or steamer and serve.
USES AND TIPS	• Serve white rice cooked or use in soups, salads, main dishes, or desserts. Long grain rice generally cooks up light and fluffy. • The term parboiled rice means that the rice grains, with the hull and bran layers still on, have gone through a steaming process. Parboiling modifies the starch in the rice and causes the grain to retain natural nutrients. Parboiled rice requires slightly more cooking time than regular milled white rice and can be held for a long period before serving.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use. • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 ºF within 2 hours and from 70 ºF to 40 ºF within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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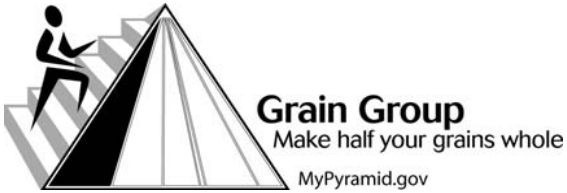
B505 – RICE, WHITE, ENRICHED, LONG GRAIN, PARBOILED (CONVERTED), DRY, 25 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Long grain rice enriched with thiamin, riboflavin, niacin, folic acid, and iron. Vitamin D and calcium may be added. May be parboiled or parboiled lightly.
PACK/YIELD	• 25 lb bag. • One 25 lb bag AP yields about 62½ cups dry rice OR about 175 cups cooked rice and provides about 700.0 ¼-cup servings cooked rice OR about 350.0 ½-cup servings cooked rice OR about 233.2 ¾-cup servings cooked rice. • One lb AP yields about 2½ cups dry rice OR about 7 cups cooked rice and provides about 28.0 ¼-cup servings cooked rice OR about 14.0 ½-cup servings cooked rice OR about 9.33 ¾-cup servings cooked rice. • One cup dry rice yields about 2¾ cups cooked rice. • CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	• Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 - 70%). • If ideal storage conditions are not available, store rice under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Rice, white, long grain, parboiled, enriched, without salt

	dry ¼ cup (47 g)	cooked ½ cup (79 g)
Calories	175	97
Protein	3.79 g	2.30 g
Carbohydrate	37.60 g	20.58 g
Dietary Fiber	1.0 g	0.7 g
Sugars	0.15 g	0.09 g
Total Fat	0.49 g	0.29 g
Saturated Fat	0.14 g	0.06 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	2.46 mg	1.43 mg
Calcium	26 mg	15 mg
Sodium	1 mg	2 mg
Magnesium	13 mg	7 mg
Potassium	87 mg	44 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.01 mg	0.01 mg

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B505 – RICE, WHITE, ENRICHED, LONG GRAIN, PARBOILED (CONVERTED), DRY, 25 LB BAG

PREPARATION/ COOKING INSTRUCTIONS	• To retain vitamins, do not rinse rice before or drain after cooking. • Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add ½ cup liquid per quart of cooked rice. • For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 7 lb 4 oz white long grain parboiled rice, 1 gal 2 qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 13 oz parboiled rice per 12” x 20” x 2½” steamtable pan and pour 1 qt 2 cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 30 minutes; convection oven at 325 °F for 30 minutes; steamer at 5 lb pressure for 25 minutes. Remove from oven or steamer and serve.
USES AND TIPS	• Serve white rice cooked or use in soups, salads, main dishes, or desserts. Long grain rice generally cooks up light and fluffy. • The term parboiled rice means that the rice grains, with the hull and bran layers still on, have gone through a steaming process. Parboiling modifies the starch in the rice and causes the grain to retain natural nutrients. Parboiled rice requires slightly more cooking time than regular milled white rice and can be held for a long period before serving.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use. • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 ºF within 2 hours and from 70 ºF to 40 ºF within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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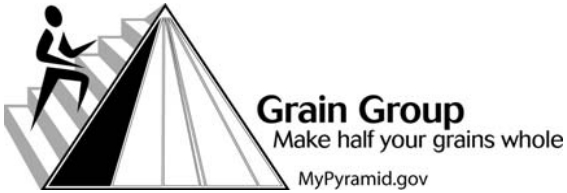
B506 – RICE, WHITE, ENRICHED, LONG GRAIN, PARBOILED (CONVERTED), DRY, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Long grain rice enriched with thiamin, riboflavin, niacin, folic acid, and iron. Vitamin D and calcium may be added. May be parboiled or parboiled lightly.
PACK/YIELD	• 50 lb bag. • One 50 lb bag AP yields about 125 cups dry rice OR about 350 cups cooked rice and provides about 1400.0 ¼-cup servings cooked rice OR about 700.0 ½-cup servings cooked rice OR about 466.5 ¾-cup servings cooked rice. • One lb AP yields about 2½ cups dry rice OR about 7 cups cooked rice and provides about 28.0 ¼-cup servings cooked rice OR about 14.0 ½-cup servings cooked rice OR about 9.33 ¾-cup servings cooked rice. • One cup dry rice yields about 2¾ cups cooked rice. • CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	• Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store rice under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Rice, white, long grain, parboiled, enriched, without salt

	¼ cup dry (47 g)	½ cup cooked (79 g)
Calories	175	97
Protein	3.79 g	2.30 g
Carbohydrate	37.60 g	20.58 g
Dietary Fiber	1.0 g	0.7 g
Sugars	0.15 g	0.09 g
Total Fat	0.49 g	0.29 g
Saturated Fat	0.14 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	2.46 mg	1.43 mg
Calcium	26 mg	15 mg
Sodium	1 mg	2 mg
Magnesium	13 mg	7 mg
Potassium	87 mg	44 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.01 mg	0.01 mg

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PREPARATION/ COOKING INSTRUCTIONS	• To retain vitamins, do not rinse rice before or drain after cooking. • Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add ½ cup liquid per qt of cooked rice. • For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 7 lb 4 oz white long grain parboiled rice, 1 gal 2 qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 13 oz parboiled rice per 12” x 20” x 2½” steamtable pan and pour 1 qt 2 cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 30 minutes; convection oven at 325 °F for 30 minutes; steamer at 5 lb pressure for 25 minutes. Remove from oven or steamer and serve.
USES AND TIPS	• Serve white rice cooked or use in soups, salads, main dishes, or desserts. Long grain rice generally cooks up light and fluffy. • The term parboiled rice means that the rice grains, with the hull and bran layers still on, have gone through a steaming process. Parboiling modifies the starch in the rice and causes the grain to retain natural nutrients. Parboiled rice requires slightly more cooking time than regular milled white rice and can be held for a long period before serving.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use. • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 ºF within 2 hours and from 70 ºF to 40 ºF within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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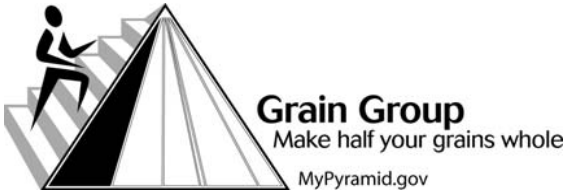
B522 – RICE, WHITE, ENRICHED, MEDIUM GRAIN, REGULAR, No. 1, DRY, 25 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Medium grain rice enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added. Grade is U.S. No. 2, or better. U.S. No. 1 grade has a white or creamy color. U.S. No. 2 grade may be slightly gray.
PACK / YIELD	• 25 lb bag. • One 25 lb bag AP yields about 56¼ cups dry rice OR about 168¾ cups cooked rice and provides about 675.0 ¼-cup servings cooked rice OR about 337.5 ½-cup servings cooked rice OR about 225.0 ¾-cup servings cooked rice. • One lb AP yields about 2¼ cups dry rice OR about 6¾ cups cooked rice and provides about 27.0 ¼-cup servings cooked rice OR about 13.5 ½-cup servings cooked rice OR about 9.0 ¾-cup servings cooked rice. • One cup dry rice yields about 3 cups cooked rice. • CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	• Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store rice under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Rice, white, medium grain, without salt

	¼ cup dry (49 g)	½ cup cooked (93 g)
Calories	176	121
Protein	3.22 g	2.21 g
Carbohydrate	38.68 g	26.59 g
Dietary Fiber	0.7 g	0.3 g
Sugars	N/A	N/A
Total Fat	0.28 g	0.20 g
Saturated Fat	0.09 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	2.13 mg	1.39 mg
Calcium	4 mg	3 mg
Sodium	0 mg	0 mg
Magnesium	17 mg	12 mg
Potassium	42 mg	27 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.05 mg	N/A

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B522 – RICE, WHITE, ENRICHED, MEDIUM GRAIN, REGULAR, No. 1, DRY, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• To retain vitamins, do not rinse rice before or drain after cooking. • Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add ½ cup liquid per qt of cooked rice. • For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 7 lb 8 oz white medium grain regular rice, 1 gal 2 qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 14 oz white medium grain regular rice per 12” x 20” x 2½” steamtable pan and pour 1 qt 2 cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 30 minutes; convection oven at 325 °F for 30 minutes; steamer at 5 lb pressure for 25 minutes. Remove from oven or steamer and serve.
USES AND TIPS	• Serve white rice cooked or use in soups, salads, main dishes, or desserts. Medium grain rice is tender, moist, and tends to cling together when cooked. • Regular milled rice has the hull and bran removed.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use. • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 ºF within 2 hours and from 70 ºF to 40 ºF within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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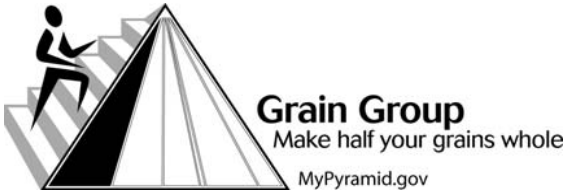
B524 – RICE, WHITE, ENRICHED, MEDIUM GRAIN, REGULAR, No. 1, DRY, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Medium grain rice enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added. Grade is U.S. No. 2, or better. U.S. No. 1 grade has a white or creamy color. U.S. No. 2 grade may be slightly gray.
PACK / YIELD	• 50 lb bag. • One 50 lb bag AP yields about 112½ cups dry rice OR about 337½ cups cooked rice and provides about 1350.0 ¼-cup servings cooked rice OR about 675.0 ½-cup servings cooked rice OR about 450.0 ¾-cup servings cooked rice. • One lb AP yields about 2¼ cups dry rice OR about 6¾ cups cooked rice and provides about 27.0 ¼-cup servings cooked rice OR about 13.5 ½-cup servings cooked rice OR about 9.0 ¾-cup servings cooked rice. • One cup dry rice yields about 3 cups cooked rice. • CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	• Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50-70%). • If ideal storage conditions are not available, store rice under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Rice, white, medium grain, without salt

	dry ¼ cup (49 g)	cooked ½ cup (93 g)
Calories	176	121
Protein	3.22 g	2.21 g
Carbohydrate	38.68 g	26.59 g
Dietary Fiber	0.7 g	0.3 g
Sugars	N/A	N/A
Total Fat	0.28 g	0.20 g
Saturated Fat	0.09 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	2.13 mg	1.39 mg
Calcium	4 mg	3 mg
Sodium	0 mg	0 mg
Magnesium	17 mg	12 mg
Potassium	42 mg	27 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.05 mg	N/A

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B524 – RICE, WHITE, ENRICHED, MEDIUM GRAIN, REGULAR, No. 1, DRY, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	• To retain vitamins, do not rinse rice before or drain after cooking. • Measure rice and liquid accurately, cover tightly and time cooking period carefully. Cover refrigerated rice. To reheat, add ½ cup liquid per qt of cooked rice. • For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 7 lb 8 oz white medium grain regular rice, 1 gal 2 qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 14 oz white medium grain regular rice per 12” x 20” x 2½” steamtable pan and pour 1 quart 2 cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 30 minutes; convection oven at 325 °F for 30 minutes; steamer at 5 lb pressure for 25 minutes. Remove from oven or steamer and serve.
USES AND TIPS	• Serve white rice cooked or use in soups, salads, main dishes, or desserts. Medium grain rice is tender, moist and tends to cling together when cooked. • Regular milled rice has the hull and bran removed.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use. • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 ºF within 2 hours and from 70 ºF to 40 ºF within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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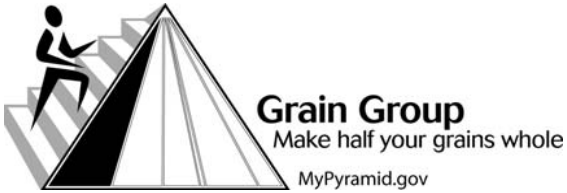
B513 – RICE, WHITE, ENRICHED, MEDIUM GRAIN, REGULAR, No. 2, DRY, 25 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Medium grain rice enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added. Grade is U.S. No. 2, or better. U.S. No. 1 grade has a white or creamy color. U.S. No. 2 grade may be slightly gray.
PACK / YIELD	• 25 lb bag. • One 25 lb bag AP yields about 56¼ cups dry rice OR about 168¾ cups cooked rice and provides about 675.0 ¼-cup servings cooked rice OR about 337.5 ½-cup servings cooked rice OR about 225.0 ¾-cup servings cooked rice. • One lb AP yields about 2¼ cups dry rice OR about 6¾ cups cooked rice and provides about 27.0 ¼-cup servings cooked rice OR about 13.5 ½-cup servings cooked rice OR about 9.0 ¾-cup servings cooked rice. • One cup dry rice yields about 3 cups cooked rice. • CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	• Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store rice under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Rice, white, medium grain, enriched, without salt

	¼ cup dry (49 g)	½ cup cooked (93 g)
Calories	176	121
Protein	3.22 g	2.21 g
Carbohydrate	38.68 g	26.59 g
Dietary Fiber	0.7 g	0.3 g
Sugars	N/A	N/A
Total Fat	0.28 g	0.20 g
Saturated Fat	0.09 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	2.13 mg	1.39 mg
Calcium	4 mg	3 mg
Sodium	0 mg	0 mg
Magnesium	17 mg	12 mg
Potassium	42 mg	27 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.05 mg	N/A

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B513 – RICE, WHITE, ENRICHED, MEDIUM GRAIN, REGULAR, No. 2, DRY, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• To retain vitamins, do not rinse rice before or drain after cooking. • Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add ½ cup liquid per qt of cooked rice. • For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 7 lb 8 oz white medium grain regular rice, 1 gal 2 qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 14 oz white medium grain regular rice per 12” x 20” x 2½” steamtable pan and pour 1 qt 2 cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 30 minutes; convection oven at 325 °F for 30 minutes; steamer at 5 lb pressure for 25 minutes. Remove from oven or steamer and serve.
USES AND TIPS	• Serve white rice cooked or use in soups, salads, main dishes, or desserts. Medium grain rice is tender, moist, and tends to cling together when cooked. • Regular milled rice has the hull and bran removed.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use. • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 ºF within 2 hours and from 70 ºF to 40 ºF within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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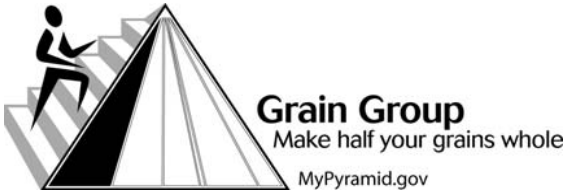
B521 – RICE, WHITE, ENRICHED, MEDIUM GRAIN, REGULAR, No. 2, DRY, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Medium grain rice enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added. Grade is U.S. No. 2, or better. U.S. No. 1 grade has a white or creamy color. U.S. No. 2 grade may be slightly gray.
PACK / YIELD	• 50 lb bag. • One 50 lb bag AP yields about 112½ cups dry rice OR about 337½ cups cooked rice and provides about 1350.0 ¼-cup servings cooked rice OR about 675.0 ½-cup servings cooked rice OR about 450.0 ¾-cup servings cooked rice. • One lb AP yields about 2¼ cups dry rice OR about 6¾ cups cooked rice and provides about 27.0 ¼-cup servings cooked rice OR about 13.5 ½-cup servings cooked rice OR about 9.0 ¾-cup servings cooked rice. • One cup dry rice yields about 3 cups cooked rice. • CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	• Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store rice under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Rice, white, medium grain, without salt

	¼ cup dry (49 g)	½ cup cooked (93 g)
Calories	176	121
Protein	3.22 g	2.21 g
Carbohydrate	38.68 g	26.59 g
Dietary Fiber	0.7 g	0.3 g
Sugars	0 g	0 g
Total Fat	0.28 g	0.20 g
Saturated Fat	0.09 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	2.13 mg	1.39 mg
Calcium	4 mg	3 mg
Sodium	0 mg	0 mg
Magnesium	17 mg	12 mg
Potassium	42 mg	27 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.05 mg	N/A

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B521 – RICE, WHITE, ENRICHED, MEDIUM GRAIN, REGULAR, No. 2, DRY, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	• To retain vitamins, do not rinse rice before or drain after cooking. • Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add ½ cup liquid per qt of cooked rice. • For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 7 lb 8 oz white medium grain regular rice, 1 gal 2 qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 14 oz white medium grain regular rice per 12” x 20” x 2½” steamtable pan and pour 1 qt 2 cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 30 minutes; convection oven at 325 °F for 30 minutes; steamer at 5 lb pressure for 25 minutes. Remove from oven or steamer and serve.
USES AND TIPS	• Serve white rice cooked or use in soups, salads, main dishes, or desserts. Medium grain rice is tender, moist, and tends to cling together when cooked. • Regular milled rice has the hull and bran removed.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use. • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 ºF within 2 hours and from 70 ºF to 40 ºF within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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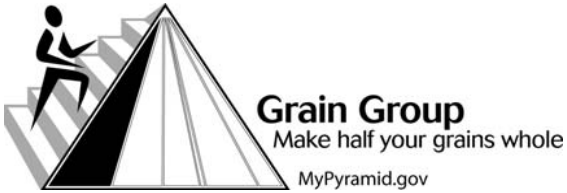
B515 – RICE, WHITE, ENRICHED, MEDIUM GRAIN, REGULAR, DRY, 25 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Medium grain rice enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added.
PACK/YIELD	• 25 lb bag. • One 25 lb bag AP yields about 56¼ cups dry rice OR about 168¾ cups cooked rice and provides about 675.0 ¼-cup servings cooked rice OR about 337.5 ½-cup servings cooked rice OR about 225.0 ¾-cup servings cooked rice. • One lb AP yields about 2¼ cups dry rice OR about 6¾ cups cooked rice and provides about 27.0 ¼-cup servings cooked rice OR about 13.5 ½-cup servings cooked rice OR about 9.0 ¾-cup servings cooked rice. • One cup dry rice yields about 3 cups cooked rice. • CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	• Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store rice under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Rice, white, medium grain, without salt

	¼ cup dry (49 g)	½ cup cooked (93 g)
Calories	176	121
Protein	3.22 g	2.21 g
Carbohydrate	38.68 g	26.59 g
Dietary Fiber	0.7 g	0.3 g
Sugars	N/A	N/A
Total Fat	0.28 g	0.20 g
Saturated Fat	0.09 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	2.13 mg	1.39 mg
Calcium	4 mg	3 mg
Sodium	0 mg	0 mg
Magnesium	17 mg	12 mg
Potassium	42 mg	27 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.05 mg	N/A

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B515 – RICE, WHITE, ENRICHED, MEDIUM GRAIN, REGULAR, DRY, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• To retain vitamins, do not rinse rice before or drain after cooking. • Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add ½ cup liquid per qt of cooked rice. • For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 7 lb 8 oz white medium grain regular rice, 1 gal 2 qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 14 oz white medium grain regular rice per 12” x 20” x 2½” steamtable pan and pour 1 qt 2 cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 30 minutes; convection oven at 325 °F for 30 minutes; steamer at 5 lb pressure for 25 minutes. Remove from oven or steamer and serve.
USES AND TIPS	• Serve white rice cooked or use in soups, salads, main dishes, or desserts. Medium grain rice is tender, moist, and tends to cling together when cooked. • Regular milled rice has the hull and bran removed.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use. • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 ºF within 2 hours and from 70 ºF to 40 ºF within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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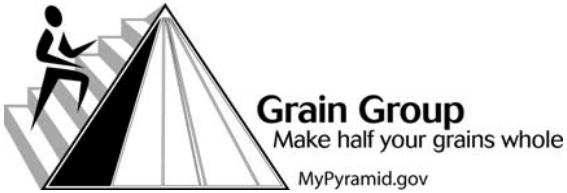
B520 – RICE, WHITE, ENRICHED, MEDIUM GRAIN, REGULAR, DRY, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Medium grain rice enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added.
PACK/YIELD	• 50 lb bag. • One 50 lb bag AP yields about 112½ cups dry rice OR about 337½ cups cooked rice and provides about 1350.0 ¼-cup servings cooked rice OR about 675.0 ½-cup servings cooked rice OR about 450.0 ¾-cup servings cooked rice. • One lb AP yields about 2¼ cups dry rice OR about 6¾ cups cooked rice and provides about 27.0 ¼-cup servings cooked rice OR about 13.5 ½-cup servings cooked rice OR about 9.0 ¾-cup servings cooked rice. • One cup dry rice yields about 3 cups cooked rice. • CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	• Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store rice under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Rice, white, medium grain, without salt

	¼ cup dry (49 g)	½ cup cooked (93 g)
Calories	176	121
Protein	3.22 g	2.21 g
Carbohydrate	38.68 g	26.59 g
Dietary Fiber	0.7 g	0.3 g
Sugars	N/A	N/A
Total Fat	0.28 g	0.20 g
Saturated Fat	0.09 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	2.13 mg	1.39 mg
Calcium	4 mg	3 mg
Sodium	0 mg	0 mg
Magnesium	17 mg	12 mg
Potassium	42 mg	27 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.05 mg	N/A

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B520 – RICE, WHITE, ENRICHED, MEDIUM GRAIN, REGULAR, DRY, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	• To retain vitamins, do not rinse rice before or drain after cooking. • Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add ½ cup liquid per qt of cooked rice. • For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 7 lb 8 oz white medium grain regular rice, 1 gal 2 qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 14 oz white medium grain regular rice per 12” x 20” x 2½” steamtable pan and pour 1 qt 2 cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 30 minutes; convection oven at 325 °F for 30 minutes; steamer at 5 lb pressure for 25 minutes. Remove from oven or steamer and serve.
USES AND TIPS	• Serve white rice cooked or use in soups, salads, main dishes, or desserts. Medium grain rice is tender, moist, and tends to cling together when cooked. • Regular milled rice has the hull and bran removed.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use. • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 ºF within 2 hours and from 70 ºF to 40 ºF within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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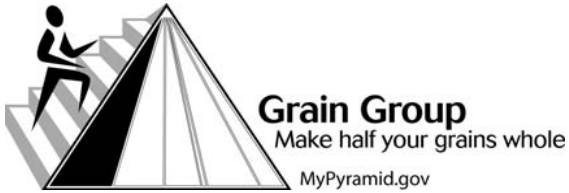
B511 – RICE, WHITE, ENRICHED, SHORT GRAIN, REGULAR, No. 2, DRY, 25 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Short grain rice enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added. Grade is U.S. No. 2, or better. U.S. No. 1 grade has a white or creamy color. U.S. No. 2 grade may be slightly gray.
PACK / YIELD	• 25 lb bag. • One 25 lb bag AP yields about 56¼ cups dry rice OR about 168¾ cups cooked rice and provides about 675.0 ¼-cup servings cooked rice OR about 337.5 ½-cup servings cooked rice OR about 225.0 ¾-cup servings cooked rice. • One lb AP yields about 2¼ cups dry rice OR about 6¾ cups cooked rice and provides about 27.0 ¼-cup servings cooked rice OR about 13.5 ½-cup servings cooked rice OR about 9.0 ¾-cup servings cooked rice. • One cup dry rice yields about 3 cups cooked rice. • CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	• Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store rice under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Rice, white, short grain, enriched, without salt

	¼ cup dry (50 g)	½ cup cooked (93 g)
Calories	179	121
Protein	3.25 g	2.19 g
Carbohydrate	39.58 g	26.72 g
Dietary Fiber	1.4 g	N/A
Sugars	N/A	N/A
Total Fat	0.26 g	0.18 g
Saturated Fat	0.07 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	2.12 mg	1.36 mg
Calcium	2 mg	1 mg
Sodium	1 mg	0 mg
Magnesium	12 mg	7 mg
Potassium	38 mg	24 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A

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B511 – RICE, WHITE, ENRICHED, SHORT GRAIN, REGULAR, No. 2, DRY, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• To retain vitamins, do not rinse rice before or drain after cooking. • Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add ½ cup liquid per qt of cooked rice. • For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 7 lb 8 oz white short grain regular rice, 1 gal 2 qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 14 oz white short grain regular rice per 12” x 20” x 2½” steamtable pan and pour 1 qt 2 cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 30 minutes; convection oven at 325 °F for 30 minutes; steamer at 5 lb pressure for 25 minutes. Remove from oven or steamer and serve.
USES AND TIPS	• Serve white rice cooked or use in soups, salads, main dishes, or desserts. Short grain rice is soft and clingy when cooked. • Regular milled rice has the hull and bran removed.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use. • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 ºF within 2 hours and from 70 ºF to 40 ºF within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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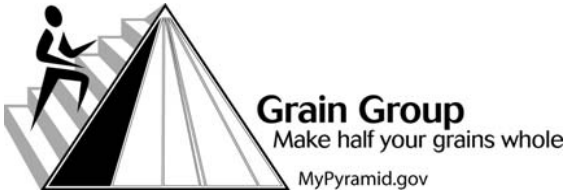
(last updated, 05-11-07) **Visit us at** *www.fns.usda.gov/fdd*

B512 – RICE, WHITE, ENRICHED, SHORT GRAIN, REGULAR, No. 2, DRY, 50 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Short grain rice enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added. Grade is U.S. No. 2, or better. U.S. No. 1 grade has a white or creamy color. U.S. No. 2 grade may be slightly gray.
PACK / YIELD	• 50 lb bag. • One 50 lb bag AP yields about 112½ cups dry rice OR about 337½ cups cooked rice and provides about 1350.0 ¼-cup servings cooked rice OR about 675.0 ½-cup servings cooked rice OR about 450.0 ¾-cup servings cooked rice. • One lb AP yields about 2¼ cups dry rice OR about 6¾ cups cooked rice and provides about 27.0 ¼-cup servings cooked rice OR about 13.5 ½-cup servings cooked rice OR about 9.0 ¾-cup servings cooked rice. • One cup dry rice yields about 3 cups cooked rice. • CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	• Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store rice under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Rice, white, short grain, enriched, without salt

	¼ cup dry (50 g)	½ cup cooked (93 g)
Calories	179	121
Protein	3.25 g	2.19 g
Carbohydrate	39.58 g	26.72 g
Dietary Fiber	1.4 g	N/A
Sugars	N/A	N/A
Total Fat	0.26 g	0.18 g
Saturated Fat	0.07 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	2.12 mg	1.36 mg
Calcium	2mg	1 mg
Sodium	1 mg	0 mg
Magnesium	12 mg	7 mg
Potassium	38 mg	24 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A

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B512 – RICE, WHITE, ENRICHED, SHORT GRAIN, REGULAR, No. 2, DRY, 50 LB

PREPARATION/ COOKING INSTRUCTIONS	• To retain vitamins, do not rinse rice before or drain after cooking. • Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add ½ cup liquid per qt of cooked rice. • For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 7 lb 8 oz white short grain regular rice, 1 gal 2 qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 14 oz white short grain regular rice per 12” x 20” x 2½” steamtable pan and pour 1 qt 2 cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 30 minutes; convection oven at 325 °F for 30 minutes; steamer at 5 lb pressure for 25 minutes. Remove from oven or steamer and serve.
USES AND TIPS	• Serve white rice cooked or use in soups, salads, main dishes, or desserts. Short grain rice is soft and clingy when cooked. • Regular milled rice has the hull and bran removed.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 ºF within 2 hours and from 70 ºF to 40 ºF within an additional 4 hours. Hold cold rice at 41 °F or below.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B428– ROTINI, WHOLE GRAIN, DRY, 20 LB CARTON

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Rotini (1" to 1¾" in length) made from whole grain semolina or durum flour.
PACK/YIELD	• 20 lb case. • One 20 lb case AP yields about 107½ cups dry rotini OR about 170 cups cooked rotini and provides about 676.0 ¼-cup servings cooked rotini OR about 338.0 ½-cup servings cooked rotini OR about 224.0 ¾-cup servings cooked rotini. • One lb AP yields about 5⅜ cups dry rotini OR about 8½ cups cooked rotini and provides about 33.8 ¼-cup servings cooked rotini OR about 16.9 ½-cup servings cooked rotini OR about 11.2 ¾-cup servings cooked rotini. • CN Crediting: ½ cup cooked spaghetti provides 1 serving grains/breads.
STORAGE	• Store pasta off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store pasta under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Spaghetti, whole wheat, dry and cooked, no salt added

	2 oz, dry (57 g)	½-cup, cooked (70 g)
Calories	198	87
Protein	8.34 g	3.7 g
Carbohydrate	42.77 g	18.60 g
Dietary Fiber		3.1 g
Sugars		0.56 g
Total Fat	0.80 g	0.4 g
Saturated Fat	0.15 g	0.07 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	2.07 mg	0.74 mg
Calcium	23 mg	10 mg
Sodium	5 mg	2 mg
Magnesium	82 mg	21 mg
Potassium	123 mg	31 mg
Vitamin A	0 IU	2 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.0 mg	0.0 mg
Vitamin E	N/A	0.21 mg

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B428– ROTINI, WHOLE GRAIN, DRY, 20 LB CARTON

PREPARATION/ COOKING INSTRUCTIONS	• For 100 ½-cup servings: Boil 10 gal water (optional, add 3½ oz OR ⅓ cup salt to water). Add 9 lb 8 oz spaghetti to boiling water and slowly stir spaghetti until water boils again. Cook uncovered about 8 minutes for *al dente* spaghetti. DO NOT OVERCOOK. Drain and rinse in cool water to stop cooking. When pasta is not to be served immediately, drain off water and toss lightly with a small amount of salad oil to prevent sticking and drying out. • Pasta is done when tender, but firm. If pasta is to be used in a dish requiring further cooking or held on a steam table, undercook it slightly. Cover tightly and store. To reheat pasta, place in a colander and immerse in rapidly boiling water just long enough to heat thoroughly. DO NOT OVERCOOK.
USES AND TIPS	• Spaghetti may be combined with a tomato or meat sauce. • Use in recipes for soup, casseroles, or salads. • Combine with eggs, fish, fowl, vegetables, meat, or cheese.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B836 – SPAGHETTI, WHOLE GRAIN, DRY, 20 LB BAG

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Spaghetti (8 ½" to 11" in length) made from whole grain semolina or durum flour.
PACK/YIELD	• 20 lb case. • One 20 lb case AP yields about 65 cups dry spaghetti pieces OR about 105 cups *al dente* cooked spaghetti (boiled 8 minutes) and provides about 424.0 ¼-cup servings cooked *al dente* spaghetti OR about 212.0 ½-cup servings cooked *al dente* spaghetti OR about 141.2 ¾-cup servings cooked *al dente* spaghetti. • One lb AP yields about 3¼ cups dry spaghetti pieces OR about 5¼ cups *al dente* cooked spaghetti (boiled 8 minutes) and provides about 21.2 ¼-cup servings cooked *al dente* spaghetti OR about 10.6 ½-cup servings cooked *al dente* spaghetti OR about 7.06 ¾-cup servings cooked *al dente* spaghetti. • CN Crediting: ½-cup cooked spaghetti provides 1 serving grains/breads.
STORAGE	• Store pasta off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store pasta under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Spaghetti, whole wheat, dry and cooked, no salt added

	2 oz, dry (57 g)	½-cup, cooked (70 g)
Calories	198	87
Protein	8.34 g	3.7 g
Carbohydrate	42.77 g	18.60 g
Dietary Fiber		3.1 g
Sugars		0.56 g
Total Fat	0.80 g	0.4 g
Saturated Fat	0.15 g	0.07 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	2.07 mg	0.74 mg
Calcium	23 mg	10 mg
Sodium	5 mg	2 mg
Magnesium	82 mg	21 mg
Potassium	123 mg	31 mg
Vitamin A	0 IU	2 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.0 mg	0.0 mg
Vitamin E	N/A	0.21 mg

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(last updated, 04-12-07) **Visit us at** *www.fns.usda.gov/fdd*

B836 – SPAGHETTI, WHOLE GRAIN, DRY, 20 LB BAG

PREPARATION/ COOKING INSTRUCTIONS	• For 100 ½-cup servings: Boil 10 gal water (optional, add 3½ oz OR ⅓ cup salt to water). Add 9 lb 8 oz spaghetti to boiling water and slowly stir spaghetti until water boils again. Cook uncovered about 8 minutes for *al dente* spaghetti. DO NOT OVERCOOK. Drain and rinse in cool water to stop cooking. When pasta is not to be served immediately, drain off water and toss lightly with a small amount of salad oil to prevent sticking and drying out. • Pasta is done when tender, but firm. If pasta is to be used in a dish requiring further cooking or held on a steam table, undercook it slightly. Cover tightly and store. To reheat pasta, place in a colander and immerse in rapidly boiling water just long enough to heat thoroughly. DO NOT OVERCOOK.
USES AND TIPS	• Spaghetti may be combined with a tomato or meat sauce. • Use in recipes for soup, casseroles, or salads. • Combine with eggs, fish, fowl, vegetables, meat, or cheese.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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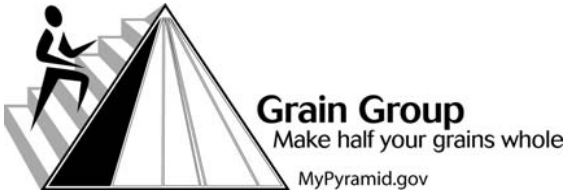
B840 – SPAGHETTI, ENRICHED, REGULAR, DRY, 20 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• Spaghetti (8 ½" to 11" in length) made from semolina or durum flour. Enriched with thiamin, riboflavin, niacin, folic acid, and iron.
PACK/YIELD	• 20 lb bag. • One 20 bag AP yields about 65 cups dry spaghetti pieces OR about 105 cups *al dente* cooked spaghetti (boiled 8 minutes) and provides about 424.0 ¼-cup servings cooked *al dente* spaghetti OR about 212.0 ½-cup servings cooked *al dente* spaghetti OR about 141.2 ¾-cup servings cooked *al dente* spaghetti. • One lb yields about 3¼ cups dry spaghetti pieces OR about 5¼ cups *al dente* cooked spaghetti (boiled 8 minutes) and provides about 21.2 ¼-cup servings cooked *al dente* spaghetti OR about 10.6 ½-cup servings cooked *al dente* spaghetti OR about 7.06 ¾-cup servings cooked *al dente* spaghetti. • CN Crediting: ½ cup cooked spaghetti provides 1 serving grains/breads.
STORAGE	• Store pasta off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). • If ideal storage conditions are not available, store pasta under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Spaghetti, enriched, dry and cooked, no salt added

	2 oz dry (57 g)	½ cup cooked (70 g)
Calories	211	111
Protein	7.43 g	4.06 g
Carbohydrate	42.56 g	21.60 g
Dietary Fiber	1.8 g	1.3 g
Sugars	1.52 g	0.39 g
Total Fat	0.86 g	0.65 g
Saturated Fat	0.16 g	0.12 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.88 mg	0.93 mg
Calcium	12 mg	5 mg
Sodium	3 mg	1 mg
Magnesium	30 mg	13 mg
Potassium	127 mg	32 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.06 mg	0.04 mg

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B840 – SPAGHETTI, ENRICHED, REGULAR, DRY, 20 LB

PREPARATION/ COOKING INSTRUCTIONS	• For 100 ½-cup servings: Boil 10 gal water (optional, add 3½ oz OR ⅓ cup salt to water). Add 9 lb 8 oz spaghetti to boiling water and slowly stir spaghetti until water boils again. Cook uncovered about 8 minutes for *al dente* spaghetti. DO NOT OVERCOOK. Drain and rinse in cool water to stop cooking. When pasta is not to be served immediately, drain off water and toss lightly with a small amount of salad oil to prevent sticking and drying out. • Pasta is done when tender, but firm. If pasta is to be used in a dish requiring further cooking or held on a steam table, undercook it slightly. Cover tightly and store. To reheat pasta, place in a colander and immerse in rapidly boiling water just long enough to heat thoroughly. DO NOT OVERCOOK.
USES AND TIPS	• Spaghetti may be combined with a tomato or meat sauce. • Use in recipes for soup, casseroles, or salads. • Combine with eggs, fish, fowl, vegetables, meat, or cheese.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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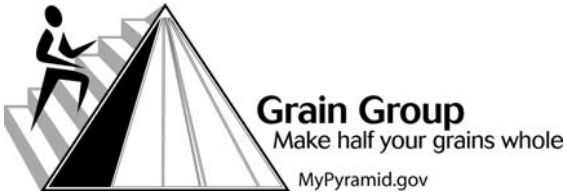
(last updated, 11-18-08) **Visit us at** *www.fns.usda.gov/fdd*

B153 - TORTILLA, WHOLE GRAIN, FROZEN, 27 LB

CATEGORY	• Grains/Breads
PRODUCT DESCRIPTION	• These frozen 8 inch whole grain tortillas are made of whole wheat flour or a combination of whole wheat flour and enriched wheat flour. The tortillas meet the HealthierUS School Challenge whole grain criteria for a whole grain food.
PACK/YIELD	• 12/24 ct pouches per 27 lb case. • One 27 lb case AP yields about 288 tortillas. • One pouch AP yields about 24 tortillas. • CN Crediting: 1 Whole grain tortilla made with whole wheat flour provides 1 serving Grains/Breads.
STORAGE	• Store frozen whole grain tortillas at 0 °F or below in original shipping case off the floor. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Whole grain tortilla, 8 inch

	1 tortilla (43 g)
Calories	120
Protein	4.0 g
Carbohydrate	20 g
Dietary Fiber	3 g
Sugars	1 g
Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	1 mg
Calcium	100 mg
Sodium	340 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	N/A

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B153 - TORTILLA, WHOLE GRAIN, FROZEN, 27 LB

PREPARATION/ COOKING INSTRUCTIONS	• Follow manufacturer's directions on package.
USES AND TIPS	• The whole grain tortilla may be served as deli wrap with turkey ham, low-fat cheese, shredded lettuce, and low-fat ranch dressing. It may also used to make burritos, soft tacos, and quesadillas.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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