FNS USDA
Food & Nutrition Service

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-23-07) **Visit us at** www.fns.usda.gov/fdd

A672 – PORK, LEG ROAST, FROZEN, 36-42 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Frozen boneless, trimmed, netted pork leg (fresh ham) roast prepared from U.S. inspected fresh domestic pork.
PACK/YIELD	• Individual roasts are vacuum packaged and packed 36-42 lbs net weight per case. • One lb AP pork outside roast yields about 0.58 lb cooked trimmed, sliced lean meat and provides about 9.28 servings 1 oz cooked lean meat. • One lb AP pork inside roast yields about 0.54 lb cooked trimmed, sliced lean meat and provides about 8.64 servings 1 oz cooked lean meat. • CN Crediting: 1 oz cooked pork provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen pork roasts in original shipping container off the floor at or below 0 °F. • Refrigerate leftover pork covered and labeled in a dated container and use within 2 days • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Remove packages from shipping containers and place them in single layers on sheet pans in the refrigerator. At temperatures ranging from 38-45 °F, it will take 1-2 days to thaw the meat sufficiently. Frozen meat may be roasted without thawing first, but roasting time must be increased by approximately 1½ times.

Nutrition Information

Pork, fresh, leg, rump half, separable lean and fat only, roasted

	1 oz (28 g)
Calories	71
Protein	8.19 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	4.05 g
Saturated Fat	1.49 g
Trans Fat	N/A
Cholesterol	27 mg
Iron	0.30 mg
Calcium	3 mg
Sodium	18 mg
Magnesium	8 mg
Potassium	106 mg
Vitamin A	3 IU
Vitamin A	1 RAE
Vitamin C	0.1 mg
Vitamin E	0.06 mg

A672 – PORK, LEG ROAST, FROZEN, 36-42 LB

PREPARATION/ COOKING INSTRUCTIONS (cont'd)	• Season fresh ham roast. Preheat oven to 325 °F and allow approximately 20-25 minutes per lb. Internal temperature of the roasts should reach 145 °F for 4 minutes. Judge doneness by temperature, not by color or texture of food. Let stand for 2 minutes after cooking.
USES AND TIPS	• When cooked, pork roast can be served sliced, diced, and chopped for sandwiches, salads, casseroles, and entree items.
FOOD SAFETY INFORMATION	• Keep meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching meat and poultry. • Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water.
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 FOODS

HEALTHY CHOICES AMERICAN GROWN

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Food and Nutrition Service

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USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-26-12)

Visit us at www.fns.usda.gov/fdd

100499 – 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	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

USDA FOODS

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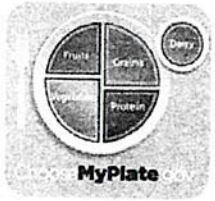

USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-26-12)

Visit us at www.fns.usda.gov/fdd

100499– 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 mold before use. • Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 °F within 2 hours and from 70 °F to 40 °F 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 Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 13 of Choice Plus Food Safety Supplement at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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Orange Glazed Sweet Potatoes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, with light syrup	10 lb 2 oz	1 gal 1 ¾ qt (1 ½ No. 10 cans)	20 lb 4 oz	2 gal 3 ½ qt (3 No. 10 cans)	1. Drain sweet potatoes, reserving liquid. For 50 servings, reserve 1 cup liquid. For 100 servings, reserve 2 cups liquid. Set liquid aside for step 3.
					2. Place 5 lb 12 oz (3 qt ½ cup) sweet potatoes into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Margarine or butter	4 oz	½ cup	8 oz	1 cup	3. For glaze: Combine margarine or butter, brown sugar, orange juice concentrate, sweet potato liquid, nutmeg (optional), and cinnamon. Stir to blend.
Brown sugar, packed	5 ¾ oz	¾ cup	11 ½ oz	1 ½ cups	
Frozen orange juice concentrate	7 oz	¾ cup	14 oz	1 ½ cups	
Ground nutmeg (optional)		1 tsp		2 tsp	
Ground cinnamon		1 tsp		2 tsp	
Raisins (optional)	5 oz	1 cup	10 oz	2 cups	4. Bring to boil. Remove from heat. Add raisins (optional).
					5. Pour 2 ¾ cups glaze over each pan of sweet potatoes. Bake: Conventional oven: 375° F for 20-30 minutes Convection oven: 325° F for 15-20 minutes CCP: Heat to 140° F or higher.
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

SERVING:	YIELD:		VOLUME:	
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	**50 Servings:**	about 14 lb 6 oz 1 steamtable pan	**50 Servings:**	about 3 quarts ½ cup

Orange Glazed Sweet Potatoes

100 Servings: about 28 lb 12 oz
2 steamtable pans

100 Servings: about 1 gallons 2 ¼ quarts

Tested 2004

Nutrients Per Serving					
Calories	96	**Saturated Fat**	0.41 g	**Iron**	0.49 mg
Protein	0.85 g	**Cholesterol**	0 mg	**Calcium**	15 mg
Carbohydrate	19.05 g	**Vitamin A**	4280 IU	**Sodium**	46 mg
Total Fat	2.00 g	**Vitamin C**	11.1 mg	**Dietary Fiber**	1.7 g

Flav-O-Rich

FAT FREE SKIM MILK

Half Pint

Nutrition Facts	
Serving Size 1 cup (236 mL)	
Servings Per Container 1	
Amount Per Serving	
Calories 90	Calories from fat 0
	% Daily Values*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 125mg	**5%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 0g	**0%**
Sugars 11g	
Protein 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Skim Milk, Vitamin A Palmitate, Vitamin D3
Crate: 50 per crate
Pasteurization Type: HTST
Shelf Life: 17 days
Percent Butterfat: <.5%

Flav-O-Rich

1% Low Fat Milk

Half Pint

Nutrition Facts	
Serving Size 1 cup (236 mL)	
Servings Per Container 1	
Amount Per Serving	
Calories 100	Calories from fat 25
	% Daily Values*
Total Fat 2.5g	**4%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 125mg	**5%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Low Fat Milk, Vitamin A & Vitami
Crate: 50 per crate
Pasteurization Type: HTST
Shelf Life: 17 days
Percent Butterfat: 1%

Ground Beef and Macaroni (with Mexican Seasoning)

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Heat water to rolling boil. Add salt.
Salt	2 oz	3 Tbsp	4 oz	¼ cup 2 Tbsp	
Enriched elbow macaroni	2 lb 10 oz	2 qt 1 ¼ cups	5 lb 4 oz	1 gal 2 ½ cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook for approximately 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb		3. Brown ground beef. Drain. Continue immediately. Add onions and cook for 5 minutes.
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ⅓ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ⅔ cup OR 2 ½ cups	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	4. Add tomato paste, tomatoes, stock or water, pepper, granulated garlic, seasonings, and macaroni. Cook over medium heat, uncovered, until heated through, 5-10 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
Canned diced tomatoes, with juice	3 lb 3 oz	1 qt 2 ¼ cups (½ No. 10 can)	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)	
Beef stock, non-MSG or water		1 qt 2 cups		3 qt	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Granulated garlic		1 Tbsp		2 Tbsp	
†Seasonings Chili powder Ground cumin Paprika Onion powder		 2 Tbsp 1 Tbsp 1 ½ tsp 1 ½ tsp 1 ½ tsp		 ¼ cup 3 Tbsp 1 Tbsp 1 Tbsp	
					5. Pour into steamtable pans (12" x 20 " x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Reduced fat Cheddar cheese, shredded (optional)	14 oz	3 ½ cups	1 lb 12 oz	1 qt 3 cups	6. Sprinkle 7 oz (1 ¾ cups) of shredded cheese (optional) evenly over each pan.
					7. CCP: Hold for hot service at 135° F or higher. Portion with two No. 10 scoops (¾ cup) per serving.

Ground Beef and Macaroni (with Mexican Seasoning)

Comments:
*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 lb

SERVING:	YIELD:		VOLUME:	
¾ cup (2 No. 10 scoops) provides 2 oz equivalent meat/meat alternate, ⅜ cup of vegetable, and 1 serving of grains/breads.	**50 Servings:**	about 21 lb 8 oz	**50 Servings:**	about 2 gallons 2 quarts
	100 Servings:	about 43 lb	**100 Servings:**	about 5 gallons

Tested 2004

Variation:
A. Ground Beef and Macaroni (With Italian Seasoning)

50 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use ½ cup 2 Tbsp Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or 3 Tbsp 2 tsp dried basil, 3 Tbsp 2 tsp dried oregano, 2 Tbsp 2 tsp dried marjoram, and 1 ½ tsp dried thyme. Continue with steps 5-7.

100 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use 1 ¼ cups Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or ¼ cup 3 Tbsp dried basil, ¼ cup 3 Tbsp dried oregano, ¼ cup 1 Tbsp dried marjoram, and 1 Tbsp dried thyme. Continue with steps 5-7.

Ground Beef and Macaroni (with Mexican Seasoning)

Nutrients Per Serving					
Calories	283	**Saturated Fat**	4.40 g	**Iron**	3.32 mg
Protein	19.96 g	**Cholesterol**	51 mg	**Calcium**	40 mg
Carbohydrate	26.14 g	**Vitamin A**	718 IU	**Sodium**	193 mg
Total Fat	10.67 g	**Vitamin C**	13.9 mg	**Dietary Fiber**	2.5 g

283 x .3 = 94.33

x283 377.3

4.4

1.9

5.9

100 % Whole Wheat Dinner Rolls

Nutrition Facts

Serving Size 1 oz

Amount Per Serving

Calories from Fat 12

Calories 75

	% Daily Values*
Total Fat 1.33g	**2%**
Saturated Fat 0.2g	**1%**
Polyunsaturated Fat 0.613g	
Monounsaturated Fat 0.34g	
Cholesterol 0mg	**0%**
Sodium 136mg	**6%**
Potassium 77mg	
Total Carbohydrate 14.49g	**5%**
Dietary Fiber 2.1g	**8%**
Sugars 2.4g	
Protein 2.47g	

- Vitamin A 0%
- Vitamin C 0%
- Calcium 3%
- Iron 4%

Ingredients:
Stone ground whole wheat flour, water, high fructose corn syrup, yeast, vital wheat gluten, canola and/or soybean oil, salt, sodium stearoyl lactylate, yeast nutrients (calcium sulfate, ammonium chloride), ascorbic acid, enzyme (for improved baking)

CONTAINS: WHEAT, SOY

Apple Cobbler

Fruit

Desserts

C-01

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	2 lb 4 oz	2 qt ½ cup	4 lb 8 oz	1 gal 1 cup	1. For pastry topping: Combine flour and salt. Mix in shortening until size of small peas.
Salt		2 tsp		1 Tbsp 1 tsp	
Shortening	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups	
Water, cold		1 ⅓ cups		2 ⅔ cups	2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 10.
All of reserved apple juice (from draining apples) plus water, cold, as needed		2 qt		1 gal	3. For filling: Drain apples, reserving juice. Set apples aside for step 8.
					4. Add water to apple juice.
Cornstarch	4 oz	1 cup	8 oz	2 cups	5. Mix cornstarch with about ¼ of the liquid mixture.
Sugar	1 lb 8 oz	3 ½ cups	3 lb	1 qt 3 cups	6. Bring remaining liquid mixture to boil. Add about ½ of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after steps 7 and 8.
Ground cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp	7. Remove from heat. Blend remaining sugar, cinnamon, and nutmeg thoroughly into mixture.
Ground nutmeg		2 tsp		1 Tbsp 1 tsp	
Canned unsweetened sliced apples, solid pack, drained	9 lb 12 oz	1 gal 1 ½ qt (2 No. 10 cans)	19 lb 8 oz	2 gal 3 qt (4 No. 10 cans)	8. Add apples to thickened mixture. Stir lightly. Do not break up fruit.
					9. Pour 3 qt 1 cup thickened apple mixture into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					10. Roll out pastry dough into rectangles (about 12" x 20") on lightly floured surface. Use about 2 lb 1 oz of dough for each steamtable pan.
					11. Cover apples with pastry. Brush with pastry brush dipped in water. Cut dough 5 x 5 (25 pieces).
					12. Bake until pastry is brown and filling is bubbly: Conventional oven: 425° F for 1 hour Convection Oven: 375° F for 40 minutes
					13. Cut each pan 5 x 5 (25 portions per pan).

Apple Cobbler

Fruit | Desserts | C-01

SERVING:	YIELD:	VOLUME:
1 portion provides ½ cup of fruit. For Enhanced Meal Pattern only: 1 piece also provides 1 serving grains/breads.	**50 Servings:** 15 lb 9 oz (unbaked)	**50 Servings:** 2 steamtable pans
	100 Servings: 31 lb 2 oz (unbaked)	**100 Servings:** 4 steamtable pans

Tested 2006

Variations:
A. Apple-Honey Cobbler

50 servings: Follow steps 1-3. In step 4, add enough water to apple juice to make 1 qt 3 ⅔ cups. Continue with step 5. In step 6, omit sugar. Add 14 ½ oz (1 ¼ cups) honey. In step 7, add 12 oz (1 ¾ cups) sugar. Continue with steps 8-13.

100 servings: Follow steps 1-3. In step 4, add enough water to apple juice to make 3 qt 3 ⅓ cups. Continue with step 5. In step 6, omit sugar. Add 1 lb 13 oz (2 ½ cups) honey. In step 7, add 1 lb 8 oz (3 ½ cups) sugar. Continue with steps 8-13.

B. Apple-Raisin Cobbler

50 and 100 servings: Follow steps 1-8. In step 9 sprinkle 4 oz (¾ cup 1 Tbsp) raisins over each pan. Continue with steps 10-13.

Apple Cobbler

Fruit | Desserts | C-01

Nutrients Per Serving					
Calories	299	**Saturated Fat**	2.96 g	**Iron**	1.27 mg
Protein	2.48 g	**Cholesterol**	0 mg	**Calcium**	12 mg
Carbohydrate	47.47 g	**Vitamin A**	52 IU	**Sodium**	96 mg
Total Fat	12.05 g	**Vitamin C**	0.3 mg	**Dietary Fiber**	3.5 g

Chicken or Turkey Salad

Meat/Meat Alternate | Salads and Salad Dressings | E-05

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked, chicken or turkey, chilled, chopped	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt	1. Combine chicken or turkey, celery, onions, pickle relish, pepper, and dry mustard. Add salad dressing or mayonnaise. Mix lightly until well blended. Spread 5 lb 7 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
*Fresh celery, chilled, chopped	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups	
*Fresh onions, chopped OR Dehydrated onions	12 oz OR 2 ¼ oz	2 cups 2 Tbsp OR 1 cup 2 Tbsp	1 lb 8 oz OR 4 ½ oz	1 qt ¼ cup OR 2 ¼ cups	
Sweet pickle relish, chilled, undrained	15 oz	1 ¾ cups	1 lb 14 oz	3 ½ cups	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Dry mustard		1 Tbsp 1 ½ tsp		3 Tbsp	
Reduced calorie salad dressing OR Lowfat mayonnaise	1 lb 9 ½ oz OR 1 lb 9 ½ oz	3 ¼ cups OR 3 ¼ cups	3 lb 3 oz OR 3 lb 3 oz	1 qt 2 ½ cups OR 1 qt 2 ½ cups	
					2. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.
					3. Portion with No. 8 scoop (½ cup).

Comments:
*See Marketing Guide.
Serve on Salad greens or in sandwiches.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Chicken, whole, without neck and giblets OR Turkey, whole, without neck and giblets	17 lb 12 oz OR 13 lb 9 oz	35 lb 8 oz OR 27 lb 2 oz
Celery	1 lb 10 oz	3 lb 4 oz
Mature onions	14 oz	1 lb 12 oz

Chicken or Turkey Salad

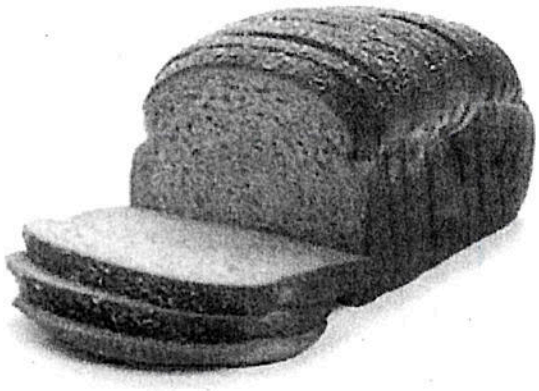
Meat/Meat Alternate | Salads and Salad Dressings | E-05

SERVING:	YIELD:		VOLUME:	
½ cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate.	**50 Servings:**	about 10 lb 14 ½ oz	**50 Servings:**	about 1 gallon 2 ¼ quarts 2 pans
	100 Servings:	about 21 lb 13 oz	**100 Servings:**	about 3 gallons 2 cups 4 pans

Edited 2004

Nutrients Per Serving					
Calories	165	**Saturated Fat**	1.67 g	**Iron**	0.95 mg
Protein	17.01 g	**Cholesterol**	58 mg	**Calcium**	17 mg
Carbohydrate	7.38 g	**Vitamin A**	68 IU	**Sodium**	257 mg
Total Fat	7.24 g	**Vitamin C**	1.4 mg	**Dietary Fiber**	0.6 g

100% Whole Wheat Bread



Whole Grain
Content 22g

Nutrition Facts

Serving Size 1 slice

Calories 69	(272kJ)
Amount Per Serving	**% Daily**
Total Fat 1g	**2%**
Saturated Fat 0.2g	**1%**
Trans Fat 0g	**0%**
Cholesterol 0g	**0%**
Sodium 133mg	**6%**
Total Carbohydrate 11.8g	**4%**
Dietary Fiber 1.1g</SPAN< td nodeIndex="1">	**4%**
Sugars 1.4g	
Protein 2.3g	**0%**
Calcium	**<1%**
Potassium 50.3mg	**0%**

Our bread is baked fresh locally in many bakeries across the country, your loaf of Roman Meal bread may carry different information.

Your local bakery may use ingredients such as whey (milk) and soy, which are allergens. Please check the ingredient statement carefully if you have allergen concerns.

INGREDIENTS

Whole wheat flour, water, high fructose corn syrup, vital wheat gluten, wheat flakes, dry honey (honey, wheat starch), contains 2% or less of the following: yeast, soybean oil, salt, vinegar, dough conditioner (sodium stearoyl lactylate), enzymes, yeast nutrients (ammonium chloride, calcium sulfate), soy lecithin. Allergen information, contains: wheat, soy.

Baked Cajun Fish

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Paprika		2 tsp		1 tbsp 1 tsp	1. Mix paprika, granulated garlic, onion salt, red pepper, black or white pepper, oregano, and thyme in a small bowl. Reserve for step 3.
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Red pepper		¾ tsp		1 ½ tsp	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Dried oregano		1 tsp		2 tsp	
Dried thyme		1 tsp		2 tsp	
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz	100 each	2. Place 25 fish portions into each ungreased steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Lemon juice		½ cup		1 cup	3. Sprinkle ¼ cup of lemon juice and 1 Tbsp 2 tsp of seasoning mix over the top of each pan.
Margarine or butter, melted	6 oz	¾ cup	12 oz	1 ½ cups	4. Drizzle ⅜ cup of melted margarine over the seasonings.
					5. Bake: Conventional oven: 350° F for 20 minutes Convection oven: 350° F for 15 minutes Fish should flake easily with a fork. CCP: Heat to 145° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher.

SERVING:	YIELD:	VOLUME:
1 portion provides 2 oz equivalent meat/meat alternate.	**50 Servings:** about 7 lb 14 oz	**50 Servings:** 2 steamtable pans
	100 Servings: about 15 lb 12 oz	**100 Servings:** 4 steamtable pans

Edited 2004

Baked Cajun Fish

Special Tips:
1) For best results, batch-cook fish throughout the meal.
2) 3 oz boneless, skinless chicken breasts or thighs may be substituted for fish.
CCP: Bake chicken to 165° F or higher for at least 15 seconds.

Nutrients Per Serving					
Calories	128	**Saturated Fat**	1.75 g	**Iron**	0.63 mg
Protein	12.58 g	**Cholesterol**	43 mg	**Calcium**	9 mg
Carbohydrate	0.43 g	**Vitamin A**	220 IU	**Sodium**	145 mg
Total Fat	8.12 g	**Vitamin C**	1.3 mg	**Dietary Fiber**	0.1 g

Cornbread

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	1. Blend flour, cornmeal or corn grits, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Cornmeal OR Enriched corn grits	1 lb OR 1 lb	3 ¾ cups OR 2 ¾ cups	2 lb OR 2 lb	1 qt 3 ½ cups OR 1 qt 1 ½ cups	
Sugar	5 ¼ oz	¾ cup	10 ½ oz	1 ½ cups	
Baking powder		2 Tbsp 2 tsp	2 oz	⅓ cup	
Salt		1 ¼ tsp		2 ½ tsp	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	5 ¼ oz	⅔ cup OR 3 each	10 ½ oz	1 ¼ cups OR 6 each	2. Mix eggs, milk, oil, cheese (optional), and chili peppers (optional). Add to dry ingredients and blend for 30 seconds on low speed. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy.
Instant nonfat dry milk, reconstituted		3 ¾ cups		1 qt 3 ½ cups	
Vegetable oil		½ cup		1 cup	
Reduced fat Cheddar cheese, shredded (optional)	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
*Fresh green chili peppers, chopped (optional)	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
					3. Pour 4 lb 14 oz (2 qt 2 cups) batter into each half-sheet pan (18" x 13" x 1") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					4. Bake until lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 20-25 minutes
					5. Cut each half-sheet pan 5 x 10 (50 pieces per pan).

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Green chili peppers	5 oz	10 oz

Cornbread

SERVING:	YIELD:		VOLUME:	
1 piece provides 1 serving of grains/breads.	**50 Servings:**	4 lb 14 oz (batter) 1 half-sheet pan	**50 Servings:**	about 2 quarts 2 cups (batter) 50 pieces
	100 Servings:	9 lb 12 oz (batter) 2 half-sheet pans	**100 Servings:**	1 gallon 1 quart (batter) 100 pieces

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Special Tip:
For 50 servings, use 1 ½ oz (½ cup) dried whole eggs and ½ cup water in place of eggs.

For 100 servings, use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.

Nutrients Per Serving					
Calories	108	**Saturated Fat**	0.45 g	**Iron**	0.90 mg
Protein	2.65 g	**Cholesterol**	13 mg	**Calcium**	68 mg
Carbohydrate	18.03 g	**Vitamin A**	51 IU	**Sodium**	151 mg
Total Fat	2.82 g	**Vitamin C**	0.1 mg	**Dietary Fiber**	1.0 g

Baked Beans (Using Canned Vegetarian Beans)

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned vegetarian beans	14 lb 10 oz	1 gal 2 ½ qt (2 ⅛ No. 10 cans)	29 lb 4 oz	3 gal 1 qt (4 ¼ No. 10 cans)	1. Pour 14 lb 10 oz (1 gal 2 ½ qt) canned vegetarian beans into each medium steamtable pan (12" x 20" x 4"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
*Fresh onions, chopped OR Dehydrated onions	1 lb 8 oz OR 4 ½ oz	1 qt OR 2 ¼ cups	3 lb OR 9 oz	2 qt OR 4 ½ cups	2. Combine onions, molasses, dry mustard, brown sugar, water, tomato paste, and ham (optional). Blend.
Molasses	11 oz	1 cup	1 lb 6 oz	2 cups	
Dry mustard		2 Tbsp		¼ cup	
Brown sugar, packed	3 ¾ oz	¾ cup 1 ⅓ Tbsp	7 ½ oz	1 ⅔ cups	
Water		2 cups		1 qt	
Canned tomato paste	9 ½ oz	1 cup 1 Tbsp	1 lb 3 oz	2 cups 2 Tbsp	
*Cooked ham, diced (optional)	1 lb	3 cups	2 lb	1 qt 2 cups	3. Pour 4 lb 1 oz (1 qt 3 cups) mixture over beans in each steamtable pan. Stir to combine. Cover pans.
					4. Bake: Conventional oven: 350° F for 2 ¼ hours Convection oven: 325° F for 1 ¼ hours Remove cover during last ½ hour of baking to brown the beans. CCP: Heat to 165° F or higher for 15 seconds.
					5. CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoop (⅔ cup).

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 12 oz	3 lb 8 oz

SERVING:
⅔ cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate
OR
⅔ cup (No. 6 Scoop) provides ½ cup of vegetable.

YIELD:
50 Servings: 16 lb 12 oz

VOLUME:
50 Servings: 2 gallons 1 cup
1 medium steamtable pan

Baked Beans (Using Canned Vegetarian Beans)

Meat/Meat Alternate or Vegetable | Vegetables | I-06

100 Servings: 33 lb 8 oz

100 Servings: 4 gallons 2 cups
2 medium steamtable pans

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Nutrients Per Serving					
Calories	159	**Saturated Fat**	0.16 g	**Iron**	0.86 mg
Protein	6.78 g	**Cholesterol**	0 mg	**Calcium**	86 mg
Carbohydrate	35.99 g	**Vitamin A**	360 IU	**Sodium**	532 mg
Total Fat	0.64 g	**Vitamin C**	7.8 mg	**Dietary Fiber**	7.0 g

Italian Dressing

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		3 cups		3 qt	1. Combine all ingredients in mixer bowl.
Frozen lemon juice concentrate, reconstituted		½ cup		2 cups	
White vinegar		½ cup		2 cups	
Sugar		1 Tbsp		¼ cup	
Salt		1 ½ tsp		2 Tbsp	
Granulated garlic		¾ tsp		1 Tbsp	
Dehydrated onions		¼ cup		1 cup	
†Seasonings					
Dried basil		1 tsp		1 Tbsp 1 tsp	
Dried oregano		1 tsp		1 Tbsp 1 tsp	
Dried marjoram		¾ tsp		1 Tbsp	
Dried thyme		¼ tsp		1 tsp	
					2. Blend for 3 minutes at medium speed.
					3. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor.
					4. Stir or shake well before serving.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 1 qt, use 1 Tbsp Italian Seasoning Mix. For 1 gal, use ¼ cup Italian Seasoning Mix.

SERVING:	YIELD:		VOLUME:	
2 Tbsp (1 oz ladle).	**1 Quart:**	about 32 1 oz servings	**1 Quart:**	about 1 quart
	1 Gallon:	about 128 1 oz servings	**1 Gallon:**	about 1 gallon

Tested 2004

Italian Dressing

Nutrients Per Serving					
Calories	186	**Saturated Fat**	2.85 g	**Iron**	0.08 mg
Protein	0.10 g	**Cholesterol**	0 mg	**Calcium**	4 mg
Carbohydrate	1.47 g	**Vitamin A**	10 IU	**Sodium**	327 mg
Total Fat	20.46 g	**Vitamin C**	1.8 mg	**Dietary Fiber**	0.1 g

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(last updated, 02-17-12)

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110231 – APRICOTS, CANNED, HALVES, EXTRA LIGHT SUCROSE SYRUP, #10

CATEGORY	• Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. Grade B canned unpeeled apricot halves are packed in extra light sucrose syrup.
PACK/YIELD	• 6/#10 cans per case. Each can contains about 106 oz (12 cups) apricot halves and extra light sucrose syrup. • One #10 can AP yields about 62 oz (7⅓ cups) drained apricot halves and provides about 29.3 ¼-cup servings of drained apricot halves OR about 48.0 ¼-cup servings of fruit and juice. • CN Crediting: ¼ cup apricot halves and juice OR ¼ cup drained apricot halves provides ¼ cup fruit.
STORAGE	• Store canned apricot halves in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned apricots covered and labeled in a dated nonmetallic container under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Apricot halves can be used right from the can, chilled, or at room temperature.

Nutrition Information

Apricots, halves, extra light sucrose syrup

	1 half (63 g)	2 halves (127 g)
Calories	31	62
Protein	0.38 g	0.76 g
Carbohydrate	7.94 g	15.88 g
Dietary Fiber	1.0 g	2.0 g
Sugars	6.94 g	13.88 g
Total Fat	0.07 g	0.13 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.19 mg	0.38 mg
Calcium	6.5 mg	13 mg
Sodium	1.5 mg	3 mg
Magnesium	0 mg	0.01 mg
Potassium	89 mg	178 mg
Vitamin A	807 IU	1614 IU
Vitamin A	40.5 RAE	81 RAE
Vitamin C	2.55 mg	5.1 mg
Vitamin E	0.38 mg	0.76 mg

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110231 – APRICOTS, CANNED, HALVES, EXTRA LIGHT SUCROSE SYRUP, #10

USES AND TIPS	• Serve apricots chilled with syrup or chilled and drained as part of fruit salads. Apricots can also be served with cottage cheese. • Combine with other fresh, canned, or frozen fruits for fruit cups or compotes. • Serve drained and heated or at room temperature as a garnish for main dishes. • Use as directed in recipes specifying apricots such as cobblers and crisps.
FOOD SAFETY INFORMATION	• NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened. • Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 13 *of Choice Plus Food Safety Supplement* at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

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4x6 100% Whole Grain Mozzarella Pizza Cheese 12584

- CN approved: 2 breads (One WHOLE GRAIN serving), 2 meat/meat alternates and 1/8 c. vegetable.
- Full melt cheese, no topping loss, seals in flavors.
- It has a crust edge making it easier to handle when eating.
- Bulk, pack 96
- 24% Calories from fat
- Great Commodity Value!

Nutrition Information

	Code	Size	Pack	CN Label			Cal	Fat	Sat Fat	Trans Fat	Chol	Sod.	Carb	Fib	Prot.	Vit A	Vit C	Calc	Iron	%cal
4x6 100% Mozzarella		(oz)		Bread	M/MA	Veg		g	g	g	mg	mg	g	g	g	%	%	%	%	from fat
Cheese	77387-12584	4.65	96	2	2	1/8	260	7	4	0	20	720	33	4	18	10	0	30	30	24

Product Facts

- Shelf Life = 12 months
- Case Dimensions (L x W x H) = 17.375 x 12.875 x 10.375
- Case Cube (Cu ft) = 1.343
- Pattern Tie x High = Total – 8 x 6 = 48
- Case Wt. (lbs): 77387-12584 = 33.90 lbs

PRODUCT SPECS

77387-12584- THE MAX WHOLE GRAIN 100% 4"x6" CHEESE BULK PACKED

Frozen 4"x6" pizza, par-baked **with full melt cheese**. CN labeled. **Minimum portion weight of 4.65 oz**. Topping to consist of 100% low moisture part skim mozzarella cheese. **Primary flour source of crust is whole wheat.** Whole wheat flour must be Ultragrain® Brand. Pizza must contain **2 bread servings (ONE WHOLE GRAIN SERVING)**, 2 Meat/Meat Alt and 1/8 cup vegetable. **No more than 7g of fat.** Zero grams of trans fat. **Minimum of 270 calories**. Packed 96, 4.65 oz. portions per case. The Max only – 77387-12584.

Child Nutrition Identification – 069623

Each 4.65 oz. portion provides 2.0 oz. equivalent meat alternate, 2.0 servings of bread alternate and 1/8 cup vegetable for Child Nutrition Meal Pattern Requirements.

Heating Instructions 4"x6" Products Bulk

Note: Ovens will vary so please adjust time and temperature accordingly. Refrigerate or discard any unused portion.
Convection oven: Bake at 375°F. Bake on parchment lined pan 12 to 17 minutes or until internal temperature reaches a minimum of 165°F.
Conventional oven: Bake at 400°F. Bake on parchment lined pan 12 to 17 minutes or until internal temperature reaches a minimum of 165°F.

INGREDIENTS

Crust (Flour blend [whole wheat flour, enriched wheat flour {bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}, soy flour], water, dextrose, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], salt, yeast [yeast, starch, sorbitan monostearate, ascorbic acid], soybean oil, dough conditioners [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, fungal enzyme], wheat gluten). **Shredded Mozzarella Cheese** (Pasteurized part skim milk, cheese cultures, salt, enzymes). **Sauce** (Water, tomato paste [not less than 28% NTSS], pizza seasoning [salt, sugar, spices, dehydrated onion, guar and xanthan gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate and soybean oil {prevent caking}], modified food starch). CONTAINS: WHEAT, MILK, AND SOY.

CONTAINS 96-4.65
OUNCE PORTIONS

THE MAX
FROM THE HEART OF THE OVEN™

WHOLE GRAIN
17g or more per serving
WholeGrainsCouncil.org
EAT 48g OR MORE OF WHOLE GRAINS DAILY

Premium Pizza

[redacted]

CN CN CN CN
10007951

FPO

0 77387 12584 8

KEEP FROZEN; COOK THOROUGHLY.

INGREDIENTS: **Crust** (Flour blend [whole wheat flour, enriched wheat flour [bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], soy flour], water, dextrose, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate], salt, yeast [yeast, starch, sorbitan monostearate, ascorbic acid], soybean oil, dough conditioners [wheat flour, salt, soy oil, L-cysteine, ascorbic acid, fungal enzyme], wheat gluten). **Shredded Mozzarella Cheese** (Pasteurized part skim milk, cheese cultures, salt, enzymes). **Sauce** (Water, tomato paste [not less than 28% NTSS], pizza seasoning [salt, sugar, spices, dehydrated onion, guar and xanthan gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate and soybean oil (prevent caking)], modified food starch).

CONTAINS: MILK, WHEAT AND SOY

ConAgra Foods
ConAgra Foods, Inc.
PO Box 3768 Dept. FS
Omaha, NE 68103-0768

US Pat. Nos. 7,410,604 and 7,425,344

NET WT 27 LBS 14.4 OZ (12.7kg)

[redacted]

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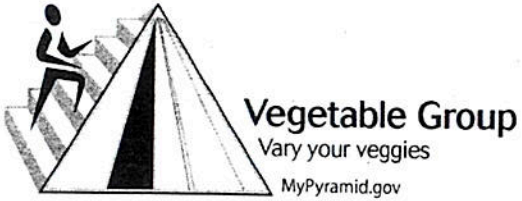
100355 – POTATOES, FROZEN, IQF, WEDGES, 5 LB

CATEGORY	• Vegetables/Fruits
PRODUCT DESCRIPTION	• U. S. Grade A potato wedges prepared from mature, sound, russet potatoes, individually quick frozen (IQF). Potatoes may be water/oil blanched or water blanched (prebaked).
PACK/YIELD	• 6/5 lb bags per case. • One 5 lb bag AP yields about 14⅞ cups baked potato wedges and provides about 59.5 ¼-cup servings baked vegetable. • One lb AP yields 0.71 lb (about 2⅞ cups) baked potato wedges and provides about 11.9 ¼-cup servings baked vegetable. • CN Crediting: ¼ cup baked potato wedges provides ¼ cup vegetable.
STORAGE	• Store frozen potato wedges in the original shipping containers in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. • Rotate use to avoid development of ice crystals and off-flavors. Handle carefully to avoid excessive product breakage. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Keep potatoes frozen until ready to use. Spread the potatoes in a single layer on a sheet pan to permit sufficient air flow and speed cooking time. Crowding wedges in the pan may result in soggy potatoes.



Nutrition Information

Potato wedges, frozen

	¼ cup (38 g)	½ cup (76 g)
Calories	47	94
Protein	1.03 g	2.06 g
Carbohydrate	9.69 g	19.38 g
Dietary Fiber	0.8 g	1.6 g
Sugars	0.11 g	0.22 g
Total Fat	0.84 g	1.68 g
Saturated Fat	0.21 g	0.42 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.27 mg	0.54 mg
Calcium	6 mg	12 mg
Sodium	19 mg	38 mg
Magnesium	7 mg	14 mg
Potassium	150 mg	300 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	4.3 mg	8.6 mg
Vitamin E	N/A	N/A

100355 – POTATOES, FROZEN, IQF, WEDGES, 5 LB

PREPARATION/ COOKING INSTRUCTIONS (cont'd)	• Cooking times are based on a full oven load, potatoes spread one layer deep: – Conventional oven at 475 °F for about 25 to 30 minutes; OR, – Convection oven at 450 °F for about 15 minutes. • Heat to desired golden brown and crisp. SERVE IMMEDIATELY.
USES AND TIPS	• Potato wedges contain significantly less fat than French fried potatoes and are an excellent alternative to these products.
FOOD SAFETY INFORMATION	• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds. • Do not refreeze potatoes.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA Foods, 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://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

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Creamy Dip for Fresh Vegetables

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Lowfat plain yogurt	8 ¾ oz	1 cup	2 lb 3 oz	1 qt	1. Combine all ingredients. Blend well.
Reduced calorie salad dressing	1 lb 3 ½ oz	2 ½ cups	4 lb 14 oz	2 qt 2 cups	
OR Lowfat mayonnaise	OR 1 lb 3 ½ oz	OR 2 ½ cups	OR 4 lb 14 oz	OR 2 qt 2 cups	
Instant nonfat dry milk, reconstituted		½ cup		2 cups	
Dried parsley		2 Tbsp		½ cup	
Granulated garlic		¾ tsp		1 Tbsp	
Onion powder		¾ tsp		1 Tbsp	
Salt		1 ½ tsp		2 Tbsp	
Ground black or white pepper		½ tsp		2 tsp	
					2. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor.
					3. Portion with 1 oz ladle (2 Tbsp).

SERVING:	YIELD:		VOLUME:	
2 Tbsp (1 oz ladle).	**1 Quart:**	about 32 1 oz servings	**1 Quart:**	about 1 quart
	1 Gallon:	about 128 1 oz servings	**1 Gallon:**	about 1 gallon

Edited 2004

Special Tip:
Serve with raw vegetables or tossed green salads.

Creamy Dip for Fresh Vegetables

Nutrients Per Serving					
Calories	52	**Saturated Fat**	0.61 g	**Iron**	0.18 mg
Protein	0.70 g	**Cholesterol**	8 mg	**Calcium**	22 mg
Carbohydrate	4.76 g	**Vitamin A**	27 IU	**Sodium**	269 mg
Total Fat	3.41 g	**Vitamin C**	0.2 mg	**Dietary Fiber**	0.2 g

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110234 – PEACHES, CANNED, CLINGSTONE, EXTRA LIGHT SUCROSE SYRUP, DICED

PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Diced peaches can be used right from the can, chilled or at room temperature.
USES AND TIPS	• Serve canned peaches chilled in their own juices, or chilled and drained as part of fruit salad, or with cottage cheese. • Combine with other fresh, canned, or frozen fruit for fruit cups or compotes. • Add peaches to gelatin. • Serve peaches heated as a garnish for main dishes. Use as directed in recipes specifying peaches. • Serve canned peaches chilled or use in recipes for main dishes, breads, cakes, cookies, or desserts.
FOOD SAFETY INFORMATION	• NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened. • Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 13 of *Choice Plus Food Safety Supplement* at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

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110234 – PEACHES, CANNED, CLINGSTONE, EXTRA LIGHT SUCROSE SYRUP, DICED

CATEGORY	• Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. Grade B or better canned diced yellow clingstone peaches are packed in extra light sucrose syrup.
PACK/YIELD	• 6/#10 cans per case. Each can contains about 106 oz (12⅛ cups) diced peaches and juice. • One #10 can AP yields about 79 oz (8¾ cups) drained, diced peaches and provides about 35.4 ¼-cup servings drained, diced peaches OR about 48.6 ¼-cup servings of fruit and juice. • CN Crediting: ¼ cup diced peaches and juice OR ¼ cup drained, diced peaches provide ¼ cup fruit.
STORAGE	• Store unopened canned diced peaches in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned diced peaches covered and labeled in a dated nonmetallic container under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Peaches, diced, extra light sucrose syrup

	¼ cup (63 g)	½ cup (126 g)
Calories	26.5	53
Protein	0.25 g	0.5 g
Carbohydrate	6.70 g	13.99 g
Dietary Fiber	0.65 g	1.3 g
Sugars	6.35 g	12.69 g
Total Fat	0.06 g	0.13 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.19 mg	0.38 mg
Calcium	3 mg	6 mg
Sodium	3 mg	6 mg
Magnesium	3 mg	6 mg
Potassium	46.5 mg	93 mg
Vitamin A	170 IU	340 IU
Vitamin A	9 RAE	18 RAE
Vitamin C	1.9 mg	3.8 mg
Vitamin E	0.31 mg	0.62 mg