

USDA National School Lunch Product Fact Sheet

PRODUCT SPECIFICATION:	VEGETABLE / CARROTS, FROZEN: 10071179737339 Simplot Simple Goodness™ Parisian Carrots, 6/2.5 LB. To be packed to U.S. Grade A Standard.
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SERVING INFORMATION			
Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
2.94 oz.	½ cup cooked, drained vegetable	13.60	81.63

PRODUCT FORMULATION CREDITS					
Food Buying Guide Description of Creditable Ingredient	FBG Subgroup	Oz. / Raw Portion of Creditable Ingredient	Mult.	FBG Yield / Purchase Unit	Creditable Amt. (quarter cup)
Carrots, frozen Baby	Red/Orange	2.94	x	10.90 / 16	2.00
Each 2.94 ounce serving of the product above contains 1/2 cup Red/Orange vegetable.					

INGREDIENT STATEMENT	NUTRITION INFORMATION
Carrots.	Nutrition Facts Serving size 2.94 oz (83g) Amount per serving Calories 35 % Daily Value* Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 35mg 2% Total Carbohydrate 8g 3% Dietary Fiber 3g 11% Total Sugars 4g Includes 0g Added Sugars 0% Protein 1g Vitamin D 0mcg 0% Calcium 30mg 2% Iron 0mg 0% Potassium 200mg 4% Vitamin A 200mcg 20% Vitamin C 4mg 4% <small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.</small>
ALLERGENS PRESENT	
<input checked="" type="checkbox"/> None <input type="checkbox"/> Milk <input type="checkbox"/> Egg <input type="checkbox"/> Wheat <input type="checkbox"/> Soy <input type="checkbox"/> Peanuts <input type="checkbox"/> Tree Nuts <input type="checkbox"/> Fish <input type="checkbox"/> Molluscan Shellfish	
ADDITIONAL INFORMATION	COUNTRY OF ORIGIN
<input checked="" type="checkbox"/> Lacto-Ovo Vegetarian <input checked="" type="checkbox"/> Vegan <input type="checkbox"/> Kosher <input type="checkbox"/> Halal <input checked="" type="checkbox"/> Smart Snack Compliant <input type="checkbox"/> Meets Buy America Provision	Product of Belgium

COOKING INSTRUCTIONS	
Stove Top	Bring 5 quarts of water to a boil on HIGH. Add one bag of frozen vegetables and cook for 10 minutes, stirring as needed.
Steamer	Arrange one bag of frozen vegetables in a slotted full-size steam table pan. Steam for 4 minutes.
Microwave (1100 Watts)	Place one bag of frozen vegetables in a microwave safe dish. Add ¼ cup of water and cover. Cook on HIGH for 20 minutes, stirring halfway through cook time.
To Serve Cold	Prepare vegetables as stated above. Then cool as rapidly as possible to refrigerated temperature.

CASE PACK AND SHELF LIFE (stored at 0°F or below)				*Information may vary slightly by production facility	
Gross Weight	16.50 LB	Case Cube (ft.³)*	0.53	Pallet TI / HI*	12 / 13
Outer Case Dimensions (L x W x H)*	15.5" x 10" x 5.95"			Shelf-Life	24 months

For questions, please contact the Bid Department at (800) 572-7783.

I certify that the information provided is true and correct:


Kelsey Farley
Senior Regulatory Specialist

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