

USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-03-12)

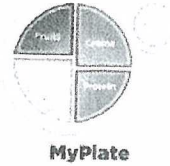
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100101 – CHICKEN, DICED, COOKED, FROZEN, IQF, 10 LB

<p>PREPARATION/ COOKING INSTRUCTIONS</p>	<ul style="list-style-type: none"> • TO THAW: Keep diced chicken in the bag or pour into a clean covered container. Thaw in refrigerator at 41°F or below for 48 hours. Use thawed ham within 24 hours. • Serve leftovers within 7 days and keep refrigerated at 41°F or below until used.
<p>USES AND TIPS</p>	<ul style="list-style-type: none"> • Use diced chicken meat on salads, in pocket sandwiches, mixed dishes, or tossed with pasta.
<p>FOOD SAFETY INFORMATION</p>	<ul style="list-style-type: none"> • Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Heat processed ready-to-eat chicken products from a package to an internal temperature of 165 °F for at least 15 seconds as measured by thermometer. Judge doneness by temperature, not the color or texture of the food. The pink color in safely cooked chicken is due to the hemoglobin in tissues which can form a heat-stable color. Smoking or grilling may also cause this reaction, which occurs more in young birds. • Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry. • Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon of water.
<p>BEST IF USED BY GUIDANCE</p>	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/factsheetsguidance.htm. • For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibrary/files/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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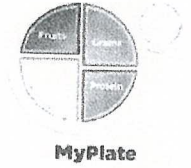
100101 – CHICKEN, DICED, COOKED, FROZEN, IQF, 10 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Chicken meat is cooked and ready-to-eat without reheating or further cooking. Pieces are individually quick-frozen (IQF) and packed into bags. Cannot contain skin, wing meat, neck meat, giblets, or kidneys.
PACK/YIELD	<ul style="list-style-type: none"> 4/10 lb bags per case. One 40 lb box AP yields 40 lb cooked chicken meat and provides 640.0 1-oz servings cooked chicken meat. One lb AP yields 1 lb cooked chicken meat and provides 16.0 1-oz servings cooked chicken meat. CN Crediting: 1 oz diced, cooked chicken meat provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store diced chicken frozen at 0°F or below in original shipping case off the floor. Refrigerate leftover diced chicken covered and labeled in a dated nonmetallic container and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Chicken, diced, meat only, cooked

	1 oz (28 g)
Calories	43
Protein	8.60 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	1.16 g
Saturated Fat	0.33 g
Trans Fat	0 g
Cholesterol	26 mg
Iron	.36 mg
Calcium	0 mg
Sodium	13 mg
Magnesium	7.31 mg
Potassium	70 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0 mg



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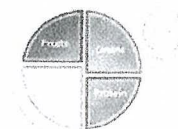
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100003 – CHEESE, CHEDDAR, YELLOW, SHREDDED, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.
USES AND TIPS	<ul style="list-style-type: none"> • Cheddar cheese can be frozen. There will be changes in body and texture due to moisture crystallization during freezing. • Serve as is in wraps/hoagies, in cooked dishes such as sauces, combination dishes, or breads, or as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • If any part of a package of shredded cheese contains mold, discard the package.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policy-memo-pov/d107_NSI_P_CACT_NESP_CSDI_FDP/R_TTEAP_C/StoragebyMgmt.pdf.

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MyPlate

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100003 – CHEESE, CHEDDAR, YELLOW, SHREDDED, 5 LB

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Yellow cheddar cheese is firm-textured, semi-hard, yellow cheese made from cow's milk. A natural cheese, which means that it is prepared and allowed to age or "ripen" to develop the flavor. Flavor can be mild, medium, or sharp, depending on the amount of time it is allowed to age. The longer cheddar is aged, the more crumbly it becomes and the better it is for cooking because it does not become stringy when heated.
PACK/YIELD	<ul style="list-style-type: none"> 6/5 lb pouches per case. One 5 lb pouch AP yields about 20 cups shredded cheese and provides about 80.0 1-oz servings shredded cheese. One lb AP yields about 4 cups shredded cheese and provides about 16.0 1-oz servings shredded cheese. CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate; ½ oz provides ½ oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store cheese in its original container at 35-40°F or lower until needed. Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. Shredded cheese tends to mold and dehydrate quicker than block cheese. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, cheddar

	½ oz (14 g)	1 oz (28 g)
Calories	57.5	115
Protein	3.5 g	7.0 g
Carbohydrate	0.5 g	1.0 g
Dietary Fiber	0 g	0 g
Sugars	0.075 g	0.15 g
Total Fat	4.75 g	9.5 g
Saturated Fat	3 g	6 g
Trans Fat	0 g	0 g
Cholesterol	15 mg	30 mg
Iron	0.09 mg	0.19 mg
Calcium	102 mg	204 mg
Sodium	92.5 mg	185 mg
Magnesium	4 mg	8 mg
Potassium	14 mg	28 mg
Vitamin A	142 IU	284 IU
Vitamin A	38 RAE	75 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.04 mg	0.08 mg

TRADE EAST

SPICES & SEASONINGS

TACO SEASONING®

INGREDIENTS: CHILI PEPPER AND OTHER SPICES, WHEAT FLOUR, SALT, DEXTROSE, MALTODEXTRIN, ONION POWDER, GARLIC POWDER, DISODIUM INOSINATE, EXTRACTIVES OF PAPRIKA (AS COLOR), SPICE EXTRACTIVES, ONION EXTRACTIVES AND LESS THAN 2% SILICON DIOXIDE TO PREVENT CAKING. CONTAINS: WHEAT.

DIRECTIONS: USE 1/4 CUP SEASONING PER 1 LB. OF COOKED PROTEIN.

Nutrition Facts

Serving Size: 2 tsp (7g)
Servings: About 85

Amount Per Serving		% DV*
Calories 20	Calories from fat 0	
Total Fat	0g	0%
Sodium	470mg	20%
Total Carb.	4g	1%
Dietary Fiber	<1g	2%
Sugars	1g	
Protein	1g	

Vitamin A 20% • Iron 2%

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

Reorder No.
413429



DISTRIBUTED BY GORDON FOOD SERVICE® GRAND RAPIDS, MI 49548

Nutritional Information for TORTILLA FLOUR ULTRAGRAIN 6" 30-12CT

Product Number:	882690
Description:	AP Tortilla, Flour, Ultragrain, 6", Azte

Nutritional Information		
Serving Size 1 each (30 g)		
Amount Per Serving		
Calories 90		Calories from Fat 23
% Daily Value		
Total Fat	3 g	4%
Saturated Fat	2 g	8%
Trans Fat	0 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
Cholesterol	0 mg	0%
Sodium	75 mg	3%
Potassium	n/a	n/a
Total Carbs	15 g	5%
Dietary Fiber	2 g	8%
Sugars	1 g	n/a
Protein	2 g	4%
Vitamin A -	0%	Vitamin C - 0%
Calcium -	2%	Iron - 4%
Percent Daily Values are based on a 2,000 calorie diet		
Calories Per Gram:		
	Fat 9	Carbohydrates 4 Protein 4

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	20 mg
Vitamin C	0 mg	Iron	1 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

School Equivalents		Fat Soluble Vitamins	
1 Each		Vitamin D	n/a
Child Nutrition Label	No	Vitamin D	n/a
		Vitamin E	n/a
Meat/Meat Alternative	n/a	Vitamin K	n/a
Fruit/Vegetables	n/a	Vitamin A	0 IU
Grain/Bread	n/a	Vitamin A	n/a
Updated for New Final Rule			
Meat/Meat Alternate	0.00 oz		
Grain/Bread	1.00 srv		
Fruit	0.00 cup		
Vegetable:			
Red/Orange	0.00 cup		
Dark Green	0.00 cup		
Starchy	0.00 cup		
Beans/Peas	0.00 cup		
Other	0.00 cup		
Notes:			
n/a			

PROFILE®

The Food Industry's Single Source for Product Information

BRAKEBUSH BROTHERS, INC.
Brakebush®
Chicken, FC Chik'N'Zips® Diced Breast

GTIN: 10038034525302
MFR Product Number: 5253
Serving Size: about 3 oz
Servings Per Case: about 53
Storage Temperature: 0F
Shelf Life: 12 months
Child Nutrition Label (Y/N): No

List Of Ingredients

Chicken breast meat with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, unmodified corn starch, carrageenan with less than 2% soy lecithin), seasoning (potassium citrate, citric acid, sodium diacetate, vegetable oil), salt, sodium phosphates, carrageenan.
Allergens: Soy

Nutritional Information

Nutrition Facts

Serving Size: about 3 oz (85g)
Servings Per Container: 53

Amount per Serving

Calories: 90 Calories from Fat: 15

% Daily Value*

Total Fat: 2 g 3 %

Saturated Fat: 0.5 g 2 %

Trans Fat: 0 g

Cholesterol: 50 mg 17 %

Sodium: 450 mg 19 %

Total Carbohydrate: 1 g 0 %

Dietary Fiber: 0 g 0 %

Sugars: 0 g

Protein: 18 g

Vitamin A: 0 % Vitamin C: 0 %

Calcium: 0 % Iron: 0 %

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Kosher: NO

Serving Size for Nutrients: 85g

Household Serving Size: 3

Measure: OZ

* This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.

PRODUCT INFORMATION

Product Code: 06109

Item Description: 6" Low Sodium Ultragrain® Flour Tortilla

Ingredients: Whole Wheat Flour, Water, Bleached Enriched Flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Vegetable Shortening (palm oil with monoglycerides), Sugar, Honey, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Sorbate (a preservative), Mono and Diglycerides, Fumaric Acid, Calcium Propionate (a preservative), Salt, Dough Conditioner (sodium metabisulfite).

Allergen Statement: Contains wheat.

Code	Pack	Case Net Weight/ Gross Weight	Net Weight Per Package	Case Dimension Case Cube	Pallet/ Layer/ Tier
06109	30/12 ct.	Net: 23.8 lb Gross: 24.9 lb	360 g/12.7.oz	19-3/4 x 12-7/8 x5-1/2 0.8	70/7/10

Nutritional Information:

NUTRITION	PER SERVING 1 tort (30g)	% Daily Value
Calories	90	
Calories from Fat	20	
Total Fat (g)	2.5g	4%
Saturated Fat (g)	1.5g	6%
Trans Fat (g)	0g	
Cholesterol (mg)	0mg	0%
Sodium (mg)	75mg	3%
Carbohydrates (g)	15g	5%
Dietary Fiber	2g	7%
Sugars (g)	1g	
Protein (g)	2g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		4%

Shelf Life/Storage: 6 months frozen / 90 day refrigerated/30 day ambient

Revised: 3/30/11



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(last updated, 03-08-12)

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110186 - SALSA, LOW-SODIUM, POUCH

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Tomato salsa is made of peeled tomatoes, tomato puree, fresh or dried onions, fresh green chile peppers and fresh jalapenos properly ripened and wholesome. Spices and condiments added include salt, vinegar, and any mixture of green peppers, cilantro, cumin, coriander, xanthan gum, flavorings, or modified starch. This is a low-sodium food (140 milligrams of sodium or less per serving).
PACK/YIELD	<ul style="list-style-type: none"> Six 111 oz pouches One pouch AP yields about 106 oz (12$\frac{1}{3}$ cups) salsa and provides about 49.3 $\frac{1}{4}$-cup servings vegetable. CN Crediting: $\frac{1}{4}$ cup salsa provides $\frac{1}{4}$ cup vegetable. It counts as $\frac{1}{4}$ cup red/orange vegetable when all salsa ingredients are creditable vegetable ingredients.
STORAGE	<ul style="list-style-type: none"> Store unopened pouches of salsa in a cool, dry place. Never store pouch in a damp storage area or any place exposed to high or low temperature extremes. Store opened pouch of salsa 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.

Salsa, low sodium, pouch

	$\frac{1}{4}$ cup (62 g)	$\frac{1}{2}$ cup (125 g)
Calories	22	45
Protein	0.93 g	1.86 g
Carbohydrate	4.34 g	8.68g
Dietary Fiber	0.9 g	1.7 g
Sugars	4.37 g	8.73 g
Total Fat	0.12 g	0.25 g
Saturated Fat	0.02 g	0.04 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.39 mg	2.79 mg
Calcium	7 mg	15 mg
Sodium	70 mg	140 mg
Magnesium	10 mg	20 mg
Potassium	167 mg	334mg
Vitamin A	341 IU	682 IU
Vitamin A	17 RAE	35 RAE
Vitamin C	2.5 mg	5.0 mg
Vitamin E	0 mg	0 mg



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100330 - SALSA, LOW-SODIUM, POUCH

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Salsa can be used right from the pouch chilled or at room temperature.
USES AND TIPS	<ul style="list-style-type: none"> Serve “as is” or chilled on top of burritos, tacos, tortilla pieces, and fajitas. Heat and serve as a complement to chicken, fish, turkey, hamburgers, etc.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> NEVER USE food from pouches that are leaking or bulging. DON’T TASTE pouches 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.
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