



**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

(last updated, 05-03-12)

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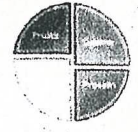
**100101 – CHICKEN, DICED, COOKED, FROZEN, IQF, 10 LB**

**Nutrition Information**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>4/10 lb bags per case.</li> <li>One 40 lb box AP yields 40 lb cooked chicken meat and provides 640.0 1-oz servings cooked chicken meat.</li> <li>One lb AP yields 1 lb cooked chicken meat and provides 16.0 1-oz servings cooked chicken meat.</li> <li>CN Crediting: 1 oz diced, cooked chicken meat provides 1 oz-equivalent meat/meat alternate.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store diced chicken frozen at 0°F or below in original shipping case off the floor.</li> <li>Refrigerate leftover diced chicken covered and labeled in a dated nonmetallic container and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

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

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Serve leftovers within 7 days and keep refrigerated at 41°F or below until used.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use diced chicken meat on salads, in pocket sandwiches, mixed dishes, or tossed with pasta.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods.</li> <li>• 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.</li> <li>• Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry.</li> <li>• Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon of water.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at:</li> <li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at:</li> </ul>

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.

**USDA Nondiscrimination Statement:** "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."

NET WEIGHT 38.25 LBS.  
 NET METRIC WT. 17.35 KG.  
 ITEM NO. 1445000645

613  
 102 OZ. EAC

**Nutrition Facts**

Serving Size 1/2 cup (130g)  
 Servings Per Container 22

Amount Per Serving	
<b>Calories 25</b>	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 1g	
Vitamin A 15% • Vitamin C 50%	
Calcium 2% • Iron 4%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

VINE-RIPENED QUALITY YOU CAN SEE

**OLD CALIFORNIA**<sup>TM</sup>

T O M A T O P R O D U C T S ®

*packed from fresh tomatoes*

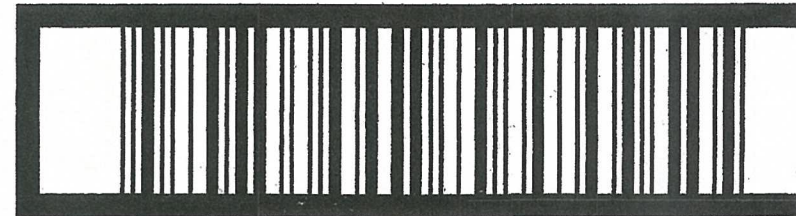
**DICED TOMATOES IN JUICE**  
 (3/4 INCH)

PACKED BY



Firebaugh, CA 93622-0008

A PRODUCT OF THE U.S.A.



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(last updated, 06-30-13)

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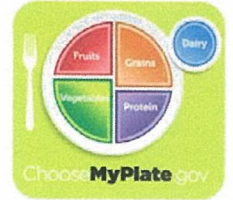
**100359 – BEANS, CANNED, BLACK (TURTLE), DRY, LOW SODIUM, #10**

**Nutrition Information**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>US Grade A canned dry black (turtle) beans, cooked and packed in salt water.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains not less than 106 oz beans and liquid.</li> <li>One #10 can AP yields 59.7 oz (about 6<math>\frac{5}{8}</math> cups) heated, drained black (turtle) beans and provides about 26.7 <math>\frac{1}{4}</math>-cup servings heated, drained black (turtle) beans OR about 13.3 <math>\frac{1}{2}</math>-cup servings heated, drained beans.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup heated, drained black turtle beans provides 1 oz-equivalent meat/meat alternate OR <math>\frac{1}{4}</math> cup heated, drained black (turtle) beans provides <math>\frac{1}{4}</math> cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned pink beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned beans covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>Heat without added salt and serve alone or use as directed in recipes.</li> </ul>

Beans, black turtle soup, cooked, broiled with salt

	$\frac{1}{4}$ cup (60 g)	$\frac{1}{2}$ cup (120 g)
Calories	60	120
Protein	3.78 g	7.57 g
Carbohydrate	11.26 g	22.52 g
Dietary Fiber	3.8 g	7.7 g
Sugars	0 g	.30 g
Total Fat	0.16 g	0.32 g
Saturated Fat	0.041 g	0.082 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.32 mg	2.64 mg
Calcium	25 mg	51 mg
Sodium	70 mg	140 mg
Magnesium	23 mg	45 mg
Potassium	200 mg	401 mg
Vitamin A	3 IU	6 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	.40 mg	.80 mg



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**100359 – BEANS, CANNED, BLACK (TURTLE), DRY, LOW SODIUM, #10**

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use canned beans in soups, salads, and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE foods from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: <a href="http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf">http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf</a>.</li> </ul>

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(last updated, 01-23-12)

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**100348 - CORN, FROZEN, WHOLE KERNEL, 30 LB**

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Corn can be cooked without thawing.</li> <li>• <b>STOCK POT OR STEAM-JACKETED KETTLE:</b> Add frozen corn to boiling water. Optional: add 1 tsp salt or other seasoning to each 100 servings of vegetables. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain.</li> <li>• <b>STEAMER:</b> Place frozen corn in a single layer in a steamer pan. Steam uncovered at 5 lb pressure for 9 to 10 minutes. Drain. Optional: sprinkle and stir 1 tsp salt or other seasoning over each 100 servings of vegetables. Do not boil.</li> <li>• Cook frozen corn only until tender but crisp. Corn will continue to cook when held on a hot steam table or in a holding cabinet. Corn will become overcooked if held too long; schedule cooking of frozen corn so it will be served soon after cooking.</li> <li>• Batch cook vegetables just before serving to improve quality.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve whole kernel corn cooked as a vegetable or use in a variety of mixed vegetable dishes, main entrees, soups, or salads. Thaw corn for use in marinated vegetables or pasta salads.</li> <li>• Combine corn with lima beans to make succotash. Corn adds color to any dish, such as meatloaf or mixed in casseroles with other green vegetables. Add corn to mixed vegetable and pasta salads.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Do not refreeze corn.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: <a href="http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf">http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf</a>.</li> </ul>

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**100348 - CORN, FROZEN, WHOLE KERNEL, 30 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better corn, golden (or yellow), whole-kernel.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>One 30 lb case AP yields about 82½ cups ready-to-serve, raw, tempered (unheated) corn and provides about 333.0 ¼-cup servings ready-to-serve, raw, tempered corn OR 330.0 ¼-cup servings cooked vegetable.</li> <li>One lb AP yields 0.99 lb (about 2¾ cups) ready-to-serve, raw, tempered (unheated) corn and provides about 11.1 ¼-cup servings ready-to-serve, raw, tempered corn OR about 11.0 ¼-cup servings cooked vegetable.</li> <li>CN Crediting: ¼ cup cooked corn OR ¼ cup tempered corn provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen corn at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten life and speed deterioration.</li> <li>Store opened thawed corn covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Corn, yellow, boiled, drained, without salt added

	¼ cup (41 g)	½ cup (82 g)
Calories	33	67
Protein	1.05 g	2.10 g
Carbohydrate	7.96 g	15.92 g
Dietary Fiber	1.0 g	2.0 g
Sugars	1.27 g	2.53 g
Total Fat	0.28 g	.55 g
Saturated Fat	0.042 g	0.085 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.19 mg	0.39 mg
Calcium	1 mg	2 mg
Sodium	0 mg	1 mg
Magnesium	12 mg	23 mg
Potassium	96 mg	192 mg
Vitamin A	82 IU	164 IU
Vitamin A	4 RAE	8 RAE
Vitamin C	1.4 mg	2.9 mg
Vitamin E	0.03 mg	0.06 mg



▲ ▲



**Trade East Mild Chili Powder Spice, No MSG, 16 Oz Jar, 1/Each**



Item Number: 331473 **K**

Featuring roasted, toasted flavors of mild chili peppers, spices, garlic, and salt this blend enhances a variety of applications. It can be used to add a touch of sweeter chili flavor to tacos, Mexican-style sauces, stews, or barbecue.

- Contains no monosodium glutamate (MSG)

		QTY
1/Each	\$7.19 \$0.45/oz	<input type="text"/>

**More**

**Manufacturer**

Pack	1/Each
Portion Size	oz
Portion/Each	16
Kosher	Yes
Net Weight	1lbs
Vendor Item Code	33147

**Quantity Invoiced, Last 7-Weeks:**

Week of	Jar	Each
03/23/2014	0	0
03/30/2014	0	0
04/06/2014	0	0
04/13/2014	0	0
04/20/2014	0	0
04/27/2014	0	0
05/04/2014	0	0

**Item Yield**

CASE= 1-16Z PKG MILD CHILI POWDER.

**Thawing Instructions**

NONE

**Shelf Life**

DRY STORAGE= 730 DAYS.

**Basic Preparation**

ADD WHILE COOKING FOR A HOT, DISTINCTIVE MEXICAN FLAVOR PROFILE. START BY USING 1/2 - 1/4 TSP. PER SERVING. FOR OPTIMUM QUALITY, REFRIGERATE.

**Marketing Tips**

MSG FREE. SINCE THIS PRODUCT IS ALREADY BLENDED FOR USE, IT PROVIDES A CONSISTENT FLAVOR AND A CONVENIENT, EASY-TO-USE WAY TO ADD A TEX-MEX FLAVOR TO FOODS. IT ALSO REQUIRES LESS LABOR AND IS MORE COST-EFFICIENT THAN BLENDING YOUR OWN VERSION OF CHILI POWDER.\*\*A MILD BLEND OF CHILI PEPPERS, SPICES, SALT AND GARLIC. THIS PRODUCT IS RED-ORANGE IN COLOR AND IS A MILDER, LESS HOT VERSION OF OUR HOT CHILI POWDER. IT WILL ALSO LEND A SWEET CHILI FLAVOR, WHERE HOT WILL PORTRAY A MORE ROASTED CHILI FLAVOR. \*\*VERSATILE PRODUCT THAT CAN BE USED BY ALL FOODSERVICE SEGMENTS ON ALMOST ALL MENU PARTS.\*\*ADD TO MEXICAN FOODS SUCH AS ENCHILADAS, TACOS, QUESADILLAS AND BURRITOS. MIX INTO CHILI AND OTHER TOMATO BASED PRODUCTS. PERFECT FOR SEASONING BARBECUE SAUCES, DIPS, AND SAUCE MIXES. ADD TO SOUR CREAM FOR AN EASY MEXICAN DIPPING SAUCE.



## Nutrition

Based On:

Rounding:

### Ingredients

Chili pepper and other spices, salt, and dehydrated garlic. COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated May 2013. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

### Nutrition Facts

Serving Size 0.25 tsp (0.6g)	
Amount Per Serving	
<b>Calories 0</b>	
	% Daily Value *
<b>Fat 0g</b>	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol 0mg</b>	n/a
<b>Sodium 30mg</b>	1%
<b>Potassium</b>	n/a
<b>Carbohydrates 0g</b>	n/a
Fiber 0g	n/a
Sugar 0g	
<b>Protein 0g</b>	n/a
Vitamin A IU 0%    Vitamin C 0%    Calcium 0%    Iron 0%	
* Based on a 2000 calories diet	
<b>Calories Per Gram:</b>	
Fat: 9    Carbohydrates: 4    Protein: 4	

**School Equivalents:**

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

**Water Soluble Vitamins:**

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

**Updated For New Final Rule:**

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

**Fat Soluble Vitamins:**

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

**Minerals:**

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

**Additional Images**

