Nutrition Facts

About 1 servings per container

Serving size 1/2 cup dry (40g)

Amount per serving

Calories 140

Total Fat 2.5g 3%
Saturated Fat 0g 0%
Trans Fat 0g
Polyunsaturated Fat 1g
Monounsaturated Fat 1g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 27g 10%
Dietary Fiber 4g 14%
Soluble Fiber 2g
Insoluble Fiber 2g
Total Sugars 0g
Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%
Calcium 20mg 0%
Iron 1.7mg 8%
Potassium 140mg 4%
Thiamin 15%
Phosphorus 15%
Magnesium 15%
Zinc 10%
Copper 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic Whole Grain Rolled Oats.

Post Consumer Brands
Quick Organic Oats
QOO-100 OAT
(CIRCLE U)

Regulatory NFP Released: 04/03/17
Graphics NFP Released: 04/03/17

Nutrition Facts have been developed to comply with current Federal regulations.

COOKING DIRECTIONS

<table>
<thead>
<tr>
<th>SERVINGS</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>WATER</td>
<td>1 cup</td>
<td>1-3/4 cups</td>
<td>2-1/2 cups</td>
</tr>
<tr>
<td>OATS</td>
<td>1/2 cup</td>
<td>1 cup</td>
<td>1-1/2 cups</td>
</tr>
<tr>
<td>SALT (optional)</td>
<td>dash</td>
<td>1/8 tsp.</td>
<td>1/8 tsp.</td>
</tr>
</tbody>
</table>

STOVE TOP
1. Boil water and salt.
2. Stir in oats.
3. Cook about 1 minute over medium heat; stir occasionally.

MICROWAVE (one serving)
1. Combine water, salt and oats in medium microwaveable bowl.
2. Microwave 1-1/2 to 2 minutes; stir before serving.

CAUTION. BOWL MAY BE HOT
**Benefits**

Contains Live & Active Cultures
Excellent source of Calcium.
Gluten free

**Ingredients**

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Modified Corn Starch, Whey, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (for freshness), Natural Flavors, Citric Acid, Vitamin D3

**Allergens**

Contains:
- milk

Free From:
- crustaceans
- shellfish
- mollusks
- eggs
- fish
- peanuts
- sesame
- soy
- tree nuts
- wheat

**Nutrition Facts**

**Servings per Container**: 13

**Serving size**: 3/4 cup (170g)

**Amount per serving**

- Calories: 130
  - % Daily Value*
    - Total Fat: 0g (0%)
    - Saturated Fat: 0g (0%)
    - Trans Fat: 0g (0%)
    - Cholesterol: 5mg (2%)
    - Sodium: 80mg (3%)
    - Total Carbohydrate: 28g (10%)
    - Dietary Fiber: 0g (0%)
    - Total Sugars: 22g
      - Includes 16g Added Sugar (32%)
    - Protein: 5g

- Vitamin D: 6mg (30%)
- Calcium: 430mg (33%)
- Iron: 0mg (0%)
- Potassium: 230mg (5%)

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Handling Suggestions**

Keep refrigerated. DO NOT FREEZE.

**Serving Suggestions**

Ready to eat as is or delicious when mixed with fruit or granola. Our Upstate Farms Dispensing System makes parfait building easy by dispensing 1 oz. portions per pump.

**Prep & Cooking Suggestions**

Keep refrigerated until ready to serve.

**Product Specifications**

<table>
<thead>
<tr>
<th>Brand</th>
<th>Manufacturer</th>
<th>Product Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>UPSTATE</td>
<td>UPSTATE NIAGARA COOPERATIVE INC.</td>
<td>Yogurt</td>
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<table>
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<tr>
<th>MFG #</th>
<th>SPC #</th>
<th>GTIN</th>
<th>Pack</th>
<th>Pack Desc.</th>
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<tbody>
<tr>
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<td>00469886</td>
<td>10078800113234</td>
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<table>
<thead>
<tr>
<th>Gross Weight</th>
<th>Net Weight</th>
<th>Country of Origin</th>
<th>Kosher</th>
<th>Child Nutrition</th>
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<tbody>
<tr>
<td>21.5lb</td>
<td>20lb</td>
<td>USA</td>
<td>Yes</td>
<td>No</td>
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**Shipping Information**

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<tr>
<th>Length</th>
<th>Width</th>
<th>Height</th>
<th>Volume</th>
<th>TkHt</th>
<th>Shelf Life</th>
<th>Storage Temp From/To</th>
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</thead>
<tbody>
<tr>
<td>12.25in</td>
<td>12.25in</td>
<td>8.25in</td>
<td>1238.02INQ</td>
<td>12x6</td>
<td>75DAYS</td>
<td>34°F / 40°F</td>
</tr>
</tbody>
</table>
Product Description

- This item is U.S. Grade A sliced strawberries packed in an extra light syrup. This product is delivered frozen in 30-pound pail.

Crediting/Yield

- One case of sliced strawberries provides about 107 ½-cup servings of fruit.
- CN Crediting: ½ cup of strawberries credit as ½ cup fruit.

Culinary Tips and Recipes

- Thaw and serve strawberries as a topping for hot cereal, whole grain pancakes, waffles, yogurt, or other fruit.
- To find culinary techniques and recipe ideas, visit the Institute of Child Nutrition or USDA’s Team Nutrition.

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles.

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size: 1/2 cup (140g) sliced strawberries</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
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<tr>
<td>Sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
</tbody>
</table>

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.