

USDA Foods Product Information Sheet

For Child Nutrition Programs



110859 — Mixed Berries, Cups, Frozen

Category: **Fruits**



PRODUCT DESCRIPTION

This item is a mixed berry cup that contains U.S. Grade A diced strawberries and U.S. Grade B or better blueberries. This product is packed in extra light syrup and delivered frozen in a case containing ninety-six 4-ounce cups.

CREDITING/YIELD

- One case of mixed berries provides 96 1/2-cup servings of fruit.
- CN Crediting: 1/2 cup of mixed berries credits as 1/2 cup fruit.

CULINARY TIPS AND RECIPES

- Mixed berries cups can be enjoyed directly from the container frozen or thawed.
- Remove the mixed berries from the cup and use as a topping for hot cereal, whole grain pancakes, waffles, or yogurt.
- For more 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](#).

NUTRITION FACTS

Serving size: 1/2 cup (113 g) strawberries and blueberries, frozen

Amount Per Serving

Calories 90

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 20g

Dietary Fiber 2g

Sugars 16g

Protein 0g

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, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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.

USDA Foods Product Information Sheet

For Child Nutrition Programs



100256— Strawberries, Diced, Cups, Frozen

Category: **Fruits**



PRODUCT DESCRIPTION

This item is U.S. Grade A diced strawberries packed in an extra light syrup.. This product is delivered frozen in cases containing 96 4.5-ounce cups.

CREDITING/YIELD

- One case of strawberry cups provides 96 1/2-cup servings of fruit.
- CN Crediting: One 4.5-ounce cup of strawberries credits as ½ cup fruit.

CULINARY TIPS AND RECIPES

- Strawberry cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or as a snack.
- Individually portioned fruit cups are a great option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 4.5 ounce (128 g) diced strawberry cup

Amount Per Serving

Calories 90

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 22g

Dietary Fiber 2g

Sugars 18g

Protein 1g

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, please contact the product manufacturer.

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Product Description

- This item is U.S. Grade A orange juice. It is delivered frozen in cases with 70 individual portion 4-ounce cartons.

Crediting/Yield

- One case of orange juice provides 70 ½-cup servings of fruit.
- CN Crediting: One 4-ounce serving of orange juice credits as ½ cup fruit.

Culinary Tips and Recipes

- Orange juice can be served as a fruit option at breakfast, lunch, or afterschool snack.
- Individually portioned orange juice is a convenient option for breakfast in the classroom, field trips, or grab-and-go lunches.
- 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](#).

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Nutrition Facts

Serving size: 4 ounce (125g) orange juice

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 15g

Dietary Fiber 0g

Sugars 14g

Protein 1g

Source: [USDA FoodData Central](#)

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.

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Product Description

- This item is U.S. Grade B (Grade A for defects) diced apricots packed in a light syrup. This product is delivered frozen in cases containing 96 4.5-ounce cups.

Crediting/Yield

- One case of apricot cups provides 96 ½-cup servings of fruit.
- CN Crediting: One 4.5-ounce cup of apricots credits as ½ cup fruit.

Culinary Tips and Recipes

- Apricot cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or snack.
- Individually portioned fruit cups are a convenient option for breakfast in the classroom, field trips, or grab-and-go lunches.
- 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](#).

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Nutrition Facts

Serving size: 1/2 cup (128g) diced apricots

Amount Per Serving

Calories 125

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 32g

Dietary Fiber 2g

Sugars 27g

Protein 1g

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.

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