

8/1/11

**Facts about USDA Commodities for the
National School Lunch and School Breakfast Programs**

**ROCKIN' BLUE RASPBERRY/APPLESAUCE
SHELF STABLE FRUIT CUPS
(OHIO PROCESSED)**

Product Description

Individually packaged 4oz. cups of reduced sugar, 100% vitamin C blue raspberry/applesauce using USDA apples.

Pack Size

Rockin' Blue Raspberry/Applesauce is packaged ninety six (96)-4oz. cups per shipping carton. Each case weights 26 lbs.

Yield

Each fruit cup will provide ½ cup fruit/vegetable credit in the National School Lunch Program or School Breakfast Program.

Uses

Fruit cups may be served in the breakfast program or the lunch program.

Storage

Fruit cups are shelf stable. The product may be stored between 45° - 80°F for up to eighteen (18) months. Product should never be frozen.

Best If Used By*

Fruit cups are best if used within six (6) months of receipt.

Preparation

Shelf stable fruit cups are ready to serve.

Nutritional Value

One 4 oz. fruit cup provides:

Calories.....	70
Protein.....	0g
Carbohydrate.....	16g
Fat.....	0g
Saturated Fat.....	0g
Trans Fat.....	0g
Cholesterol.....	0mg
Vitamin A.....	2%
Vitamin C.....	100%
Iron.....	0%
Calcium.....	0%
Sodium.....	15mg
Dietary Fiber.....	3 g

**The "Best If Used By" date is intended to tell you how long the product will retain best flavor or quality. The term is not a safety date. "Best If Used By" dates are intended as useful guidelines. Some foods may deteriorate more quickly and other foods may last longer than the times suggest. A number of factors can shorten the useful life of a food product, such as improper handling and inadequate storage temperatures. The inventory control method of "first-in-first-out" should be practiced by those responsible for managing commodity inventories and distribution to the State and local level. Products kept past the "Best If Used By" dates are not necessarily unusable. Food products may be consumed after the "Best If Used By" date if the product has been properly stored and handled, and the primary container is in good condition.*



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Ingredients:

Apples, Sugar, Contains 2% or less of the following: Artificial Flavor, Artificial Colors (FD&C Blue #1), Ascorbic Acid (Vitamin C).

Allergens: None

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