



Vegetable Requirements Blend

Product Information

Description: K-8 Veg. Requirements Blend
Code No.: 29251
Servings per Case: 110
Shelf Life: Production, plus 12 Days

Net Case Weight: 20 Lbs
Serving Size: 2.9 Oz (82.4 Grams)
Packaging: 4 ct 4.00 Lbs Lettuce Mix, 4 ct 1.00 Lbs Shredded Carrots

Meal Plan Credit:

Serving Size: 2.9 Oz	Daily Credit		Weekly Credit	
	Cups per Day		Offered Daily, Cups per Week	
Dark Green	0.125	1/8	0.625	5/8
Red-Orange	0.150	3/20	0.750	3/4
Other	0.475	19/40	2.375	2 3/8
Total Vegetable	0.750	3/4	3.750	3 3/4

Note: Each 3/4 Cup Vegetable serving contains ≥ 1/8 cup of each subgroup and “Leafy Greens” have been doubled within the blend to meet the credit amount.

Nutritional Information

Serving Size: 2.9 Oz 82.4 Grams)

Calories	16		Dietary Fiber 2g	5%
Total Fat	1g		Sugars	3g
Saturated	0g		Protein	1g
Trans	0g		Vitamin A	81%
Cholesterol	0mg		Vitamin C	9%
Sodium	18mg	<1%	Calcium	2%
Carbohydrates	4g	1%	Iron	2%

Serving Instructions: Add (1) bag of Shredded Carrots to every (1) bag of Lettuce Mix. 1 mixture of Lettuce Mix and Shredded Carrots will yield 27.5 – 3/4 Cup Servings.

Ingredients: Iceberg Lettuce, Shredded Carrots, and Romaine Lettuce

I certify that the above information is true and correct and that the records are available to support all information provided in this document.

President
 Fresh Innovations of California, LLC
 TRC Associates, Inc. Manager

Fresh INNOVATIONS CALIFORNIA, LLC.

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Vegetable Requirements Blend

Product Information

Description: 9-12 Veg. Requirements Blend
Code No.: 29250
Servings per Case: 82
Shelf Life: Production, plus 12 Days

Net Case Weight: 20 Lbs
Serving Size: 3.9 Oz (110.5 Grams)
Packaging: 4 ct 3.76 Lbs Lettuce Mix, 4 ct 1.24 Lbs Shredded Carrots

Meal Plan Credit:

Serving Size: 3.9 Oz	Daily Credit		Weekly Credit	
	Cups per Day		Offered Daily, Cups per Week	
Dark Green	0.125	1/8	0.625	5/8
Red-Orange	0.250	1/4	1.250	1 1/4
Other	0.625	5/8	3.125	3 1/8
Total Vegetable	1.000	1	5.000	5

Note: Each 1 Cup Vegetable serving contains $\geq 1/8$ cup of each subgroup and "Leafy Greens" have been doubled within the blend to meet the credit amount.

Nutritional Information

Serving Size: 3.9 Oz (110.5 Grams)

Calories	23		Dietary Fiber 2g	8%
Total Fat	2g		Sugars	3g
Saturated	0g		Protein	1g
Trans	0g		Vitamin A	120%
Cholesterol	0mg		Vitamin C	11%
Sodium	27mg	1%	Calcium	3%
Carbohydrates	5g	2%	Iron	3%

Serving Instructions: Add (1) bag of Shredded Carrots to every (1) bag of Lettuce Mix. 1 mixture of Lettuce Mix and Shredded Carrots will yield 20.5 - 1 Cup Servings.

Ingredients: Iceberg Lettuce, Shredded Carrots, and Romaine Lettuce

I certify that the above information is true and correct and that the records are available to support all information provided in this document.

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