

**Ingredient Number :011251**  
**Ingredient Description :LETTUCE, COS OR ROMAINE HEAD, RAW**  
**Class :BID 2017-18**  
**Source :USDA Nutrient Data Base**

Date Added :01/31/1994  
Date Modified :03/09/2016

**Measurements**

Measurement	Weight	O/G	Measurement	Weight	O/G
LB	16	OZS.	innerleaf(s)	6.0000	GRAMS
CUP, shredded	47	GRAMS	CASE-AVG	36.0000	LBS.
leaf inner	6	GRAMS			
leaf outer	28	GRAMS			
head	626	GRAMS			
NLEA serving	85	GRAMS			

**Nutrients**

Per 100 Grams

Calories	17.00 kcal	Cholesterol	0.00 mg	Protein	1.23 g	Calcium	33.00 mg
Total Fat	0.30 g	Sodium	8.00 mg	Sugars	1.19 g	Iron	0.97 mg
Saturated Fat	0.04 g	Carbohydrate	3.29 g	Vitamin A	8710.0 IU	Water <sup>1</sup>	94.61 g
Trans. Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.10 g	Vitamin C	4.00 mg	Ash <sup>1</sup>	0.58 g

(\*N/A\* - denotes missing nutrient values)

(<sup>1</sup> - denotes optional nutrient values.)

(<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

**Purchase Information**

Manufacturer Name : BLISS CHARLES G  
Product Number : 3-2018

Purchase Unit Description : CASE-AVG  
Stock Unit Description : LB  
Stock Units Per Purchase Units : 36  
Available as commodity : No  
Interface Ingredient Number :

Market Cost Per Purchase Unit \$ : 41.0000  
Commodity Value \$ : 0.0000

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**Ingredient Number :011457**  
**Ingredient Description :SPINACH, RAW, 10oz PKG, RTU**  
**Class :BID 2018-19**  
**Source :USDA Nutrient Data Base**

Date Added :01/31/1994  
Date Modified :03/09/2016

**Measurements**

Measurement	Weight	O/G	Measurement	Weight	O/G
LB	16	OZS.			
CUP	30	GRAMS			
bunch	340	GRAMS			
leaf	10	GRAMS			
Pkg (10 oz)	284	GRAMS			

**Nutrients**

Per 100 Grams

Calories	23.00 kcal	Cholesterol	0.00 mg	Protein	2.86 g	Calcium	99.00 mg
Total Fat	0.39 g	Sodium	79.00 mg	Sugars	0.42 g	Iron	2.71 mg
Saturated Fat	0.06 g	Carbohydrate	3.63 g	Vitamin A	9377.0 IU	Water <sup>1</sup>	91.40 g
Trans. Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.20 g	Vitamin C	28.10 mg	Ash <sup>1</sup>	1.72 g

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**Purchase Information**

Manufacturer Name : BLISS CHARLES G  
Product Number : 3-2018

Purchase Unit Description : CASE  
Stock Unit Description : Pkg (10 oz)  
Stock Units Per Purchase Units : 12  
Available as commodity : No  
Interface Ingredient Number :

Market Cost Per Purchase Unit \$ : 20.7500  
Commodity Value \$ : 0.0000

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**Ingredient Number :011529**  
**Ingredient Description :TOMATOES, RED,RIPE,RAW,YEAR RND AVERAGE**  
**Class :BID 2017-18**  
**Source :USDA Nutrient Data Base**

Date Added :01/31/1994  
Date Modified :03/09/2016

**Measurements**

Measurement	Weight	O/G	Measurement	Weight	O/G
cup cherry tomatoes	149	GRAMS	slice, medium (1/4" thic	20	GRAMS
cup, chopped or sliced	180	GRAMS	plum tomato	62	GRAMS
Italian tomato	62	GRAMS	small whole (2-2/5" dia)	91	GRAMS
cherry	17	GRAMS	slice, thick/large (1/2"	27	GRAMS
large whole (3" dia)	182	GRAMS	wedge (1/4 of medium ma)	31	GRAMS
medium whole (23/5" dia)	123	GRAMS	slice, thin/small	15	GRAMS

**Nutrients**

Per 100 Grams

Calories	18.00 kcal	Cholesterol	0.00 mg	Protein	0.88 g	Calcium	10.00 mg
Total Fat	0.20 g	Sodium	5.00 mg	Sugars	2.63 g	Iron	0.27 mg
Saturated Fat	0.03 g	Carbohydrate	3.89 g	Vitamin A	833.00 IU	Water <sup>1</sup>	94.52 g
Trans. Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.20 g	Vitamin C	13.70 mg	Ash <sup>1</sup>	0.50 g

(\*N/A\* - denotes missing nutrient values)

(<sup>1</sup> - denotes optional nutrient values.)

(<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

**Purchase Information**

Manufacturer Name : BLISS CHARLES G  
Product Number : 4-9-2018

Purchase Unit Description : CASE  
Stock Unit Description : LB  
Stock Units Per Purchase Units : 20  
Available as commodity : No  
Interface Ingredient Number :

Market Cost Per Purchase Unit \$ : 25.5000  
Commodity Value \$ : 0.0000

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# Whole Grain Croutons

Item # 85360



## INGREDIENTS:

WHOLE WHEAT FLOUR, CANOLA AND/OR SUNFLOWER OIL (CONTAINS CITRIC ACID AND/OR TOCOPHEROLS), SEASONING [ SUGAR, WHEY, SALT, ROMANO CHEESE [( MILK, SALT, CHEESE CULTURES, ENZYMES), WHEY, DISODIUM PHOSPHATE, LACTIC ACID], PARMESAN CHEESE [(MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY, SALT, DISODIUM PHOSPHATE, LACTIC ACID], TOMATO\*, GARLIC\*, NATURAL FLAVOR, VINEGAR POWDER (MALTODEXTRIN, VINEGAR), SPICES], RYE CHOPS, SALT, OATS, WATER, YEAST, CRACKED WHEAT, VITAL WHEAT GLUTEN, CARAWAY SEEDS, NATURAL BUTTER FLAVOR, ASCORBIC ACID. \*DEHYDRATED

**CONTAINS: MILK, WHEAT**

## Nutrition Facts

Serving Size 2 Tbsp. (7 g)  
Servings Per Container ABOUT 162

### Amount Per Serving

**Calories** 35 **Calories from Fat** 20

### % Daily Value\*

<b>Total Fat</b>	2 g	<b>3 %</b>
Saturated Fat	0 g	<b>0 %</b>
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	<b>0 %</b>
<b>Sodium</b>	70 mg	<b>3 %</b>
<b>Total Carb.</b>	4 g	<b>1 %</b>
Dietary Fiber	1 g	<b>4 %</b>
Sugars	0 g	
<b>Protein</b>	1 g	

o Vitamin A 0 % o Vitamin C 0 % o Calcium 0 % o Iron 0 %

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

Nutrient		2,000 Calories	2,500 Calories
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 Carbohydrates		300g	375g
Fiber		25g	30g

1g Fat = 9 calories – 1g Carbohydrates = 4 calories – 1g Protein = 4 calories

### Other Nutrition Information:

- 0.25 ounce equivalent per serving meeting the NSLP & SBP grain requirements
- Contains 100% whole grain
- Contains 6g of whole grain per serving



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The information shown here may vary from the information on product currently in distribution. Keep in mind that ingredients, formulas, and labeling regulations may change, so nutrition information may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.



## Whole Grain Croutons

Item # 85360

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### Product Description:

A twice baked golden brown crouton with 100% whole grain.

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<b>Case GTIN:</b>	10070200853604
<b>Pack:</b>	4
<b>Size:</b>	40 oz.
<b>Shelf Life:</b>	9 Months
<b>Package Format:</b>	Poly Bag
<b>Storage:</b>	Store in a cool, dry place between 35°F and 80°F. Do Not Freeze.
<b>Servings Per Case:</b>	About 162
<b>Product Preparation:</b>	Ready to use

<b>Operator Benefits:</b>	Contains 6g of whole grain per serving 100% whole grain From salad to exquisite in one easy step! Gourmet flavor Unique double baking process for great crunch Made daily from our own fresh French bread
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Date Last Refreshed: 9/18/14



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