Product Formulation Statement (PFS) for Documenting Vegetables and Fruits

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Specific vegetable subgroups must be offered weekly and fruit must be served daily for the National School Lunch Program. For more detailed information on meal pattern requirements see the Nutrition Standards for School Meals Website at http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm.

Product Name	Smooth-Frozen SideKicks BlueRaspberry-Lemon	Code	2009
Manufacturer	Country Pure Foods	Serving Size	4.4 fl. oz. (130mL)

I. VegetableComponent

Please fill out the chart below to determine the creditable amount of vegetables.

Description of Creditable Ingredient per Food Buying Guide (FBG)	Vegetable Subgroup	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/Servings Per Unit	Creditable Amount (quarter cups)	
Total Creditable Vegetable Amount:						
• 1FBG calculations for vegetables are in quarter cups. See chart on following page for quarter cup to cup conversions. • Vegetables and vegetable purees credit on volume served. Tomato paste and puree will continue to credit as a calculated volume based on the yields in the FBG. • At least ⅛ cup of recognizable vegetable is required to contribute towards the vegetable component or a specific vegetable subgroup. • The other vegetable subgroup may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups. • School food authorities may offer any vegetable subgroup to meet the total weekly requirement for the additional vegetable subgroup. • Please note that raw leafy green vegetables credit as half the volume served in school meals (For example: 1 cup raw spinach credits as ½ cup dark green vegetable. Legumes may credit towards the vegetable component or the meat alternate component, but not as both in the same meal. The school menu planner will decide how to incorporate legumes into the school meal. However, a manufacturer should provide documentation to show how legumes contribute towards the vegetable component and the meat alternate component. See chart on the following page for conversion factors • The PFS for meat/meat alternate may be used to document how legumes contribute towards the meat alternate component.					**Total Cups Beans/Peas (Legumes)**	
					Total Cups Dark Green	
					Total Cups Red/Orange	
					Total Cups Starchy	
					Total Cups Other	

I certify the above information is true and correct and that ___ ounce serving of the above product contains ___ cup(s) of ___ vegetable. (vegetable subgroup)

II. Fruit Component

Please fill out the chart below to determine the creditable amount of fruits

Description of Creditable Ingredient per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/Servings Per Unit	Creditable Amount1 (quarter cups)
100% Juice	4.4	X	0.5	2
Total Creditable Vegetable Amount:				**2**

- 1FBG calculations for fruits are in quarter cups. See chart below for quarter cup to cup conversions.
- Fruits and fruit purees credit on volume served.
- At least ⅛ cup of recognizable fruit is required to contribute towards the fruit component.
- Please note that dried fruits credit as double the volume served in school meals (For example, ½ cup raisins credits as1 cup fruit).

I certify the above information is true and correct and that ___ serving of the above product contains ___ cup(s) of fruit.

Quarter Cup to Cup Conversions*

0.5 Quarter Cups = ⅛ Cup vegetable/fruit or 0.5 ounces of equivalent meat alternate

1.0 Quarter Cups = ¼ Cup vegetable/fruit or 1.0 ounce of equivalent meat alternate

1.5 Quarter Cups = ⅜ Cup vegetable/fruit or 1.5 ounces of equivalent meat alternate

2.0 Quarter Cups = ½ Cup vegetable/fruit or 2.0 ounces of equivalent meat alternate

2.5 Quarter Cups = ⅝ Cup vegetable/fruit or 2.5 ounces of equivalent meat alternate

3.0 Quarter Cups = ¾ Cup vegetable/fruit or 3.0 ounces of equivalent meat alternate

3.5 Quarter Cups =⅞ Cup vegetable/fruit or 3.5 ounces of equivalent meat alternate

4.0 Quarter Cups = 1 Cup vegetable/fruit or 4.0 ounces of equivalent meat alternate

*The result of 0.9999 equals ⅛ cup but a result of 1.0 equals ¼ cup

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Date

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