



AA RICE, VEGETABLE FRIED

Nutrition Facts

Serving Size: 0.5 CUP
Serving per Container: 1

Amount Per Serving
Calories: 136 Calories from Fat 14

	% Daily Value ²
Total Fat 1.5g	2%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 213mg	9%
Total Carbohydrate 26.2g	9%
Dietary Fiber 1.9g	8%
Sugars 1.9g	
Protein 2.9g	6%



Vitamin A 0% Vitamin C 2%
Calcium 0% Iron 2%

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

² - Percent Daily Values are based on a 2,000 calorie diet.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Allergens

Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
NO	NO	NO	NO	NO	NO	YES	YES

YES = Present NO = Absent ? = Undefined

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

PRODUCT DESCRIPTION:

Our Whole Grain Vegetable Fried Rice is made with brown rice, carrots, peas, corn, and authentic Asian seasonings

- Each 5# bag contains a complete mix # brown rice, vegetables and seasoning is pre-mixed and in one bag
- Easy to portion consistently, rice does not stick or clump
- The right-size bag, our 5 lb. bag fills one full-size steam table pan
- Less on the label. No high fructose corn syrup, no certified artificial colors, no added MSG
- Not fully cooked - must be cooked to an internal temperature of 165° F
- Easy preparation, freezer to oven convenience



MENU APPLICATIONS:

- Great item to serve as a side to an Asian-style entrée
- Serve with protein, sauce, and an egg roll to make a complete Asian combo meal.

PREP INSTRUCTIONS:

Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

INGREDIENTS:

INGREDIENTS: COOKED BROWN RICE, CARROTS, PEAS, CORN, SEASONING (MALTODEXTRIN, SOY SAUCE POWDER [SOY SAUCE {WHEAT, SOYBEANS, SALT}, MALTODEXTRIN, SALT], SALT, GARLIC POWDER, POWDERED CELLULOSE, CARAMEL COLOR, ONION POWDER, SUGAR, VINEGAR POWDER [MALTODEXTRIN, MODIFIED FOOD STARCH, VINEGAR], YEAST EXTRACT, MODIFIED FOOD STARCH, SPICE, LACTIC ACID, CANOLA OIL, TOASTED SESAME OIL), SOYBEAN OIL.

Cooking Method	Temp	Time	Instructions
Convection Oven	350 °F	45-50 MINUTES	Prepare from frozen state
Convection Oven	350 °F	30-35 MINUTES	Prepare from thawed state

SHIPPING INFO / SHELF LIFE:

SHIPPING INFO:

GTIN (Case):	10072180690743
Gross Weight:	32.50
Net Weight:	30.975
Each Weight:	5.90
Cube:	0.84
Dimensions (LxWxH):	15.63 x 8 x 11.63
Cases/Pallet:	50
Tie:	10
High:	5
Frozen Shelf Life (days):	455
Refrigerated Shelf Life (days):	3

ALLERGENS:

Contains Wheat or its Derivatives, Soy or its Derivatives,

NUTRITION INFORMATION:

Serving Size:	1 Serving (5.9 oz /167g)(about 1 cup prepared)	-
Serving Size (grams):	167	-
Serving Size (weight oz):	5.9	-
Eaches/Case:	6	-
Inner		

NUTRITION INFORMATION:

Serving Size:	1/2 serving (2.95 oz /84g) (about 1/2 cup prepared)	-
Serving Size (grams):	84	-
Serving Size (weight oz):	2.95	-
Eaches/Case:	6	-
Inner		

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Packs/Case:	6	-
Servings/Case:	84	-
Calories:	270	-
Calories From Fat:	25	-
% Calories From Fat:	8%	-
Calories From Saturated Fat:	0	-
% Calories from Saturated Fat:	0%	-
Total Fat:	2.5	3%
Saturated Fat:	0	0%
Trans Fat:	0	-
Cholesterol:	0	0%
Sodium:	440	19%
Potassium:	0	0%
Total Carbohydrate:	54	20%
Total Dietary Fiber:	4	14%
Sugars:	3	-
Added Sugars:	0	0%
Protein:	6	-
Vitamin A:	-	-
Vitamin C:	-	-
Vitamin D:	0	0%
Calcium:	10	0%
Iron:	0.7	4%
Whole Grain:	56	100%

* Percent Daily Values are based on a 2,000 calorie diet.

Packs/Case:	6	-
Servings/Case:	168	-
Calories:	140	-
Calories From Fat:	15	-
% Calories From Fat:	9%	-
Calories From Saturated Fat:	0	-
% Calories from Saturated Fat:	0%	-
Total Fat:	1.5	2%
Saturated Fat:	0	0%
Trans Fat:	0	-
Cholesterol:	0	0%
Sodium:	220	10%
Potassium:	0	0%
Total Carbohydrate:	27	10%
Total Dietary Fiber:	2	7%
Sugars:	2	-
Added Sugars:	0	0%
Protein:	3	-
Vitamin A:	-	-
Vitamin C:	-	2%
Vitamin D:	0	0%
Calcium:	5	0%
Iron:	0.4	2%
Whole Grain:	28	100%

* Percent Daily Values are based on a 2,000 calorie diet.

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Jason Kerr
Director Regulatory Affairs & Specification Management





Allergen & Sensitive Ingredient
(One form per supplied item)

Product: Minh WG Vegetable Fried Rice	Product Code Number: 69074
Company: Schwan's (via CoMan - Harvest Food Group)	Contact Name & Number: Donna Roberts, 419-348-1582

Fill in the following chart for each product you supply to the Anne Arundel County Public Schools.

√ Yes or No.

Component	Present in Product?
Milk	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Peanut	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Tree Nut	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Fish	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Shellfish	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Soy	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Wheat	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

Is there a policy to prevent cross contamination? Yes No

Is this product produced in a peanut free facility? Yes No

Is this product produced in a tree nut free facility? Yes No

IF FOR ANY REASON, THERE ARE MODIFICATIONS TO THIS PRODUCT, YOU ARE RESPONSIBLE FOR UPDATING YOUR RECORDS AND NOTIFYING US IMMEDIATELY.

Form completed by:

Donna Roberts

12/16/22

Signature of Representative

Date

Sr. FSQ Manager Supply & CoPack, Schwan's

Title