



# Item# 301A

## 3.6oz All Natural Whole Wheat Veggie Egg Rolls

(Case Packed with Individual Graphic Wax Paper Serving Sleeves)

<b>Nutrition Facts</b>	
Serving Size: 3.6oz Egg Roll (102 g)	
Servings/Container: 130 / 3.6oz	
Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Potassium 170mg	5%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	14%
Sugar 4g	
Protein 5g	
Vitamin A 20%	Vitamin C 30%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
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 Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 - Carbohydrate 4 - Protein 4	

**FILLING INGREDIENTS:**

CABBAGE, CARROT, CELERY, ONION, WATER, SUGAR, SOY-BEAN OIL, OATS, SALT, SOY SAUCE (WATER, WHEAT, SOY-BEANS, SALT), BLACK PEPPER.

**WRAPPER INGREDIENTS :** WHOLE WHITE WHEAT FLOUR, ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WATER, CORN STARCH.

**ALLERGENS:** SOY AND WHEAT.

**COOKING INSTRUCTIONS:**

**CONVECTION OVEN:** Preheat oven for 10 minutes to 350°F. Place egg rolls on baking sheet. Bake from frozen state 15-20 minutes or until cooked to an internal temperature of 165°F.

**CONVENTIONAL OVEN:** Preheat oven for 10 minutes to 350°F. Place egg rolls on baking sheet. Bake from frozen state 20-25 minutes or until cooked to an internal temperature of 165°F.

**ITEM#** 301A **UPC:** 66630 99911 **PACK SIZE:** 130/3.6oz

**TI x HI:** 7 x 10 **CASE DIM.:** 15.75 x 12 x 9.56 **CUBE:** .560

**ONE 3.6oz VEGETABLE EGG ROLL PROVIDES:**

**1oz GRAIN SERVING FOR NSLP:** Each 1.1oz egg roll skin contains 12.6g whole wheat flour (51%) & 12g enriched wheat flour (49%).

**½ CUP "OTHER" VEGETABLES FOR NSLP:** Each egg roll contains 0.503 Cups of Cabbage in the "OTHER" Vegetable Subgroup per USDA Food Buyers Guide. Detailed Recipe Analysis attached. Other vegetable ingredients consist of less than 1/8 cup each per serving and do not contribute to ½ cup vegetables for NSLP.

I certify that the ingredient, allergen, NSLP meal pattern analysis & nutritional information is accurate:

Lori Jones – Secretary  
Smart Foods 4 Schools – 4/5/2018



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ASTORIA, NEW YORK!**

**Vegetables (with Subgroups) Contribution**

Recipe Name: Smart Foods 3.6oz Whole Grain Veggie Egg Rolls							Servings per Recipe: 2159		
Recipe Number: 301A							Serving Size: 3.6oz		
Ingredients (a)	Quantity of Ingredient (b)	Preparation Yield Column 6 in FBG (c)	Calculated Quantity to Purchase (b) ÷ (c)= (d)	Servings per Purchase Unit Column 3 in FBG (e)	Total 1/4-cups (b) x (e)= OR (d) x (e)= (f)	Convert to cups (f) ÷ 4= (g)	Total Cups Vegetable per Serving (g) ÷ No. of Servings= (h)	Decimal Eq. to the Nearest Portion of a Cup (i)	Remaining (j)
Other									
Cabbage (Fresh, Green, Untrimmed, Whole)	315.20000			13.80000	4349.76000				
<b>Other Totals</b>					4349.76000	1087.44000	0.50368	0.500-0.624 (1/2 cup)	

6-30-16

**Recipe Analysis Worksheet  
Grains - Method A**

METHOD A - GRAIN CONTRIBUTION - Using Exhibit A: School Lunch and Breakfast based on weight of product				
Recipe Name: Rolls			Servings per Recipe: 2159	
Recipe Number: 301A			Serving Size: 3.6oz	
Product Description per Exhibit A (a)	Quantity of Product (oz, gm, or cups)* (b)	Exhibit A weight for 1 oz eq (c)	Creditable Amount (b) ÷ (c)= (d)	Creditable Grain Amount per No. of Servings (e)
(GROUP B) Egg Rolls Skins (oz)	1.10000	0.90000	1.22222	
<b>Totals</b>			<b>1.22222</b>	<b>0.00057</b>
<b>EXPECTED MEAL PATTERN CONTRIBUTION (GRAINS - oz eq)</b>				<b>1</b>

\* The Quantity of Product in Column (b) must be in the same unit as the oz eq listed in Exhibit A, Group A - I.

6/30/16

**Expected Meal Pattern Contribution  
per Serving**

**Recipe Name: Smart Foods 3.6oz Whole Grain Veggie Egg Rolls**

**Recipe Number: 301A**

**Servings per Recipe: 2159**

**Serving Size: 3.6oz**

**Do not** fill in the meal components below. Each component will fill in automatically from their respective worksheets. You may then use that information to write in your final expected meal pattern contribution at the bottom of this page (see box below).

	Beans/Peas	Dark Green	Red/ Orange	Starchy	Other	Additional
<b>Vegetables - cup(s)</b>					1/2 cup	
<b>Fruits - cup(s)</b>						
<b>Meat/MA - oz eq</b>						
<b>Grains-A (oz eq)</b>	1					
<b>Grains-B (oz eq)</b>						
<b>Grains-C (oz eq)</b>						
<b>Total Grains (oz eq)</b>	1.00					

**EXPECTED MEAL PATTERN CONTRIBUTION PER SERVING (Fill in/Write final meal contribution statement using above meal components.)**

Each 3.6oz portion provides 1oz eq Grains & 1/2 cup "Other" Vegetable

I certify that the ingredient, allergen, NSLP meal pattern analysis & nutritional information is accurate:

Lori Jones - Secretary - Smart Foods 4 Schools - 4/5/2018





Smart Foods verifies that the ingredients, allergens, NSLP meal pattern analysis & nutrition facts information, as stated in our spec sheet and USDA Recipe Analysis Worksheet, for the 3.6oz Whole Grain Veggie Egg Rolls are accurate. Please contact us if you require any additional documentation.

A handwritten signature in black ink, appearing to read "Lori Jones", is positioned above the typed name.

Lori Jones - Executive Secretary

Smart Foods 4 Schools – April 5, 2018