

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100256— Strawberries, Diced, Cups, Frozen

Category: **Fruits**



### PRODUCT DESCRIPTION

This item is U.S. Grade A diced strawberries packed in an extra light syrup.. This product is delivered frozen in cases containing 96 4.5-ounce cups.

### CREDITING/YIELD

- One case of strawberry cups provides 96 1/2-cup servings of fruit.
- CN Crediting: One 4.5-ounce cup of strawberries credits as ½ cup fruit.

### CULINARY TIPS AND RECIPES

- Strawberry cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or as a snack.
- Individually portioned fruit cups are a great option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find culinary techniques and recipe ideas, visit [NFSMI](#) or [Team Nutrition](#).

### FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

### NUTRITION FACTS

Serving size: 4.5 ounce (128 g) diced strawberry cup

#### Amount Per Serving

**Calories** 90

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 0mg

**Total Carbohydrate** 22g

Dietary Fiber 2g

Sugars 18g

**Protein** 1g

Source: USDA Foods Vendor Labels

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.