



Lentils and Rice provides an easy to prepare, nutritious way to meet new menu regulations.

SERVING INFORMATION (1 CUP COOKED)

M/MA	Legume	Veg	Whole Grain
2 oz	0	1/4 cup	1
1 oz	1/4 cup	1/4 cup	1
0	1/2 cup	1/4 cup	1

BENEFITS AND APPLICATIONS

- Multiple crediting options
- Excellent nutritional qualities: low in fat and cholesterol, zero trans fat, low sodium
- Flavor kids love and visually appealing

Served warm, Lentils and Rice can be topped with shredded chicken, pork or beef. Add salsa for color and use a tight scoop for a striking presentation. Serve cold in a wrap or with a salad.

See suggested recipes for Lentils and Rice Credit Booster at <https://www.foodscapesnutrition.com>

COOKING INSTRUCTIONS

COOKING INSTRUCTIONS FOR 2 1/2# BAG

- Oven.** Empty contents of one packet into a full size steam table pan, add 18 cups water, cover and boil until water is absorbed, approximately 50 minutes at 425°
- Steamer.** Empty contents of one packet into a full size steam table pan, add 18 cups water, cover and boil until water is absorbed, approximately 40 - 50 minutes
- Kettle or stove top.** Empty contents of one packet into pot or kettle, add 18 cups water, cover and boil until water is absorbed, approximately 25 - 30 minutes using medium heat

SUGGESTED RECIPE

More recipes available at www.foodscapesnutrition.com

NUTRITIONAL INFORMATION

Nutrition Facts

Serving Size 1 cup (308g)

Amount Per Serving

Calories 210 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 50g 17%

Dietary Fiber 10g 40%

Sugars 5g

Protein 10g

Vitamin A 0% • Vitamin C 4%

Calcium 6% • Iron 40%

*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

INGREDIENT STATEMENT

Lentils, Brown Rice, Enriched White Rice, Minced Onion, Milk Solids, Potassium Chloride, Caramel Color, Salt, Natural Flavors, Vinegar Powder, Spices

ALLERGEN INFORMATION: contains milk and wheat ingredients

SHIPPING INFORMATION

Stock number	1062017
Pack	20/1.365 # pouches
Serving/case	175
Cs. Dim / Cube	17x9x9, .91 sq ft
Ti/Hi	10 x 5
Pallet	48
Lead time	3 weeks
Terms	Net 15 days
Case wt	27.3 lbs
Shelf life	24 months
Minimum order quantity	1 pallet



Serving Suggestion

Signature of Company Representative:

Patrick Michael

Date: August 20, 2015