

Frozen Cherries

Product Information



LFS code: LFS031
Farm: Rowley & Hawkins
Fruit Farms
Units/case: Bulk
Case Weight: 30 lbs.
Servings/case: 105

Product Description

Cherries, tart Montmorency, frozen, sweetened, whole

Ingredients

Pitted tart cherries, sugar.

Food Safety

For information on safe storage, cooking temperatures, and handling practices: [Washington State Retail Food Code](#) and [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Crediting & Yield

- One 30-pound package of frozen cherries provides 105 ½-cup servings of cherries.

Serving Size: 1/2 cup cherries
Meat or M/A: ---
Grain: ---
Vegetables: ---
Fruit: 1/2 cup fruit

Note: Child Nutrition Program sponsors are responsible for correctly determining how a food credits to the meal pattern.

Culinary Tips & Resources

- Use frozen cherries to make a compote to use as a topping for whole grain pancakes, waffles, or meat items, such as chicken fillet.
- Use frozen cherries in whole grain muffins or breakfast breads.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Recipe Ideas

- [Cherry Berry Sunrise – Montana](#)
- [Sweet Cherry and Chocolate Overnight Oats – Montana](#)