

Frozen Peaches

Product Information



LFS code: LFS069
Farm: Rowley & Hawkins Fruit Farms
Units/case: Bulk
Case Weight: 20 lbs.
Servings/case: 54

Product Description

Peaches, frozen, slices, unsweetened, unpeeled.

Crediting & Yield

- One 20-pound case of frozen peaches contains 54 1/2-cup servings of thawed, drained peaches.

Serving Size: 1/2 cup thawed, drained peaches
Meat or M/A: ---
Grain: ---
Vegetables: ---
Fruit: 1/2 cup

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

Culinary Tips & Resources

- Thawed, drained peaches can be added to fruit salads, salad bars, or used as an ingredient in baking.
- Cook peaches and use as a topping for whole grain pancakes, waffles, or yogurt.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#). For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Recipe Ideas

- [Fruit Salsa - USDA](#)
- [Peach and Yogurt Smoothie - USDA](#)
- [Seasonal Fruit and Yogurt Parfaits - USDA](#)

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](#).

Nutrition Facts

Serving Size: 1/2 cup peaches, sliced, frozen

Amount Per Serving	
Calories	84
Total Fat	0g
Sat. Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Carbohydrates	21g
Dietary Fiber	2g
Sugars	19g
Protein	1g