

Frozen Strawberries

Product Information



LFS code: LFS073
Farm: Sidhu Farms
Units/case: Bulk
Case Weight: 20 lbs.
Servings/case: 119

LFS code: LFS021
Farm: Silva Family Farms
Units/case: Bulk
Case Weight: 20 lbs.
Servings/case: 119

Product Description

Strawberries, frozen, whole, tops removed, unsweetened.

Crediting & Yield

- One 20-pound case of frozen strawberries provides 119 1/2-cup servings of thawed strawberries.

Serving Size: 1/2 cup thawed strawberries

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

- Serve frozen strawberries in fruit salads or over yogurt.
- Cook and serve as topping for hot cereals, whole grain pancakes, or waffles.
- 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

- [Rise and Shine Strawberry Oats - Virginia](#)

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 frozen strawberries

Amount Per Serving

Calories 39

Total Fat 0g

Sat. Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 2mg

Carbohydrates 10g

Dietary Fiber 2g

Sugars 5g

Protein 0g