

Frozen Blueberries

Product Information



LFS code: LFS079
Farm: Bow Hill

Case Weight: 30 lbs.
Servings/case: 178

Product Description

Blueberries, frozen, unsweetened, whole

Crediting & Yield

- One 30-pound case of frozen blueberries provides 178 1/2-cup servings of blueberries.
 - Serving Size: 1/2 cup blueberries
 - 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.

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](#).

Culinary Tips & Resources

- Serve frozen blueberries in fruit salads or over yogurt. Cook and serve as a topping for hot cereals, whole grain pancakes, or waffles.
- Add frozen blueberries last to fruit salads or other mixtures so blueberries will not be crushed or discolor other fruits.
- 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

- [Berry Cornmeal Muffins – Highline Public Schools](#)
- [Blueberry Caprese Salad – Georgia](#)
- [Cherry Berry Sunrise – Montana](#)
- [Fun Fruit Pizza – USDA](#)
- [Oatmeal Muffin Squares – USDA](#)
- [Seasonal Fruit and Yogurt Parfaits – USDA](#)

Nutrition Facts

Serving Size: 1/2 cup frozen blueberries

Amount Per Serving

Calories 40

Total Fat 0g

Sat. Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Carbohydrates 9g

Dietary Fiber 2g

Sugars 7g

Protein 0g