

Frozen Sweet Cherries

Product Information



LFS code: LFS080
Farm: Tonnemaker Hill Farm
Units/case: Bulk
Case Weight: 30 lbs.
Servings/case: 105 servings

Product Description

Dark, sweet, organic frozen cherries

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: ½ cup
Meat or M/A: ---
Grain: ---
Vegetables: ---
Fruit: ½ cup

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 – ICN Recipe Box](#)
- [Sweet Cherry and Chocolate Overnight Oats – ICN Recipe Box](#)
- [Cherry Chipotle Chili -SNA](#)

Nutrition Facts

Serving Size: ½ cup / sweet cherries frozen

Amount Per Serving

Calories 45 Calories from Fat 0

Total Fat 0g

Sat. Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Carbohydrates 11g

Dietary Fiber 2g

Sugars 9g

Protein 1g