

Frozen Peaches



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Product Information



LFS code: LFS069
Farm/Distributor: 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 - ½ cup servings of thawed, drained peaches.

Serving Size: ½ cup thawed, drained peaches
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

- 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: ½ 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