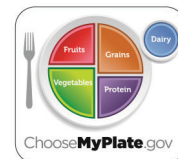




USDA Foods in Schools

100359 - Beans, Black, Low-sodium, Canned
Category: **Legume Vegetable/Meat Alternate**



Product Description

- This item is Grade A canned, dried black turtle beans that are low-sodium. This product is available in cases with six #10 cans.

Crediting/Yield

- One case of black beans provides about 111 1/2-cup servings of heated, drained beans or 120 1/2-cup servings of unheated, drained beans.
- CN Crediting: 1/2 cup beans credit as 1/2 cup legume vegetable OR 2 oz equivalents meat/meat alternate.

Culinary Tips and Recipes

- Black beans can be cooked and used as a meat alternate in dishes such as burritos, tacos, or quesadillas.
- Black beans can also be seasoned and served as a side dish or used in cold salads with other vegetables such as corn and diced peppers.
- Drain and rinse canned beans before adding to recipes to reduce the sodium.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Process Approach to HACCP principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (125g) black beans, canned, low-sodium

Amount Per Serving

Calories 100

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 18g

Dietary Fiber 6g

Sugars 2g

Protein 7g

Source: USDA Foods Vendor Labels

Allergen Information: Product is not permitted to contain any of the 8 major allergens designated by the FDA. Please refer to the allergen statement on the outside of the product package to verify that no allergens are listed.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.



Other High Quality Fruit and Vegetable Food Service Items Available

Nutrition Facts	
24 servings per container (appx)	
Serving size	1/2 cup (130g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 400mg	8%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

0 42396 25191 8

Gordon Choice Canola Salad Oil, Liquid, No Trans Fat, 1 Gal, 6/Case

#393843 | GTIN: 10093901393842 | 1 US Gallon/Jug, 1 Jug/Each, 6 Eaches/Case

Gordon Choice offers our widest variety of reliable, foundational products to help you serve your best. With more than 2,000 items, you can be confident any Gordon Choice product will bring quality, taste and value to your business. It's where everyday needs meet dependability and selection. It's Gordon Choice.

PRODUCT DESCRIPTION

- This salad oil has been refined, bleached and deodorized. It has a clean label and contains no additives.
- It is ideally suited for salad dressings, baking, sauteing or sauce applications. It creates a natural color and flavor for a variety of dishes.
- On-trend and healthy, the oil contains zero grams trans fat. Your customers have been asking for healthy options and you can offer this to them.
- This dressing is packed in convenient one-gallon jug, six per case. Shelf stable, it can be stored in the dry pantry area of your operation.

Product Attributes

No Artificial Flavors

No Artificial Preservatives

No Artificial Sweeteners

No Color From Artificial Sources

No High Fructose Corn Syrup

No MSG

Vegan

Vegetarian

Basic Preparation

None

Item Yield

1 Case = 768 Fluid Ounces (6 x 128 Fluid Ounces per Jug) of Oil, Salad, Canola, Liquid, No Trans Fat

Shelf Life

270 days

Packaging & Storage

Weight

46.20 lb

Dimensions

12.13 x 12.81 x 18.00 inches / 30.80 x 32.55 x 45.72 cm

Vendor

Name: Limson - Cargill Oil - Gainesville LIMSON TRADING

Item #: 393843

Ingredients

Canola Oil. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated June 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

AP Oil, Salad, Canola, NT, Gordon Choice

Rounding: True

Nutrition Facts	
Serving Size	1 tbsp (14g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat n/a	
MonoUnsat Fat n/a	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D mcg n/a	n/a
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents	
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit	n/a
Grain/Breads	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals	
Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Fat Soluble Vitamins	
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	n/a
Water Soluble Vitamins	
Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin C	n/a
Vitamin B6	n/a
Vitamin B12	n/a

Gordon Choice Distilled White Vinegar, 5%, 1 Gal, 4/Case

#629640 | GTIN: 10093901629644 | 1 US Gallon/Each, 4 Eaches/Case

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PRODUCT DESCRIPTION

- This distilled vinegar is a clear, bright, transparent product that is free from any pronounced foreign flavor or odor.
- Use in cooking and pickling, especially when the transparent color is desired in recipes.
- Product is diluted with water to five percent acidity. Preservative-free, making it ideal for use in cooking and cleaning.
- Packed in one gallon plastic containers that are easy to handle.
- This product should be stored in the dry pantry area of the foodservice operation.
- This product should be stored in the dry pantry area of the foodservice operation.

Product Attributes

Buy American

No Artificial Flavors

No Artificial Preservatives

No Artificial Sweeteners

No Color From Artificial Sources

No High Fructose Corn Syrup

No MSG

Vegan

Vegetarian

Basic Preparation

N/A

Item Yield

1 Case = 512 Fluid Ounces (4 x 128 Fluid Ounces per Gallon) of Vinegar, Distilled White, 5%

Shelf Life

365 days

Packaging & Storage

Weight

32.00 lb

Dimensions

13.00 x 12.75 x 12.50 inches / 33.02 x 32.38 x 31.75 cm

Vendor

Name: Woeber Mustard (Crown Collection) WOEBER MUSTARD

Item #: 93901-62964

Ingredients

White Distilled Vinegar and Filtered Water. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated July 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

AP Vinegar, White, Distilled, GFS

Rounding: True

Nutrition Facts	
Serving Size	1 tbsp (15g)
Amount Per Serving	
Calories	5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
PolyUnsat. Fat n/a	
MonoUnsat Fat n/a	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D mcg n/a	n/a
Calcium 0mg	0%
Iron 0mg	0%
Potassium 1mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents	
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit	n/a
Grain/Breads	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals	
Phosphorous	0.1 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Fat Soluble Vitamins	
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	n/a

Water Soluble Vitamins	
Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin C	n/a
Vitamin B6	n/a
Vitamin B12	n/a

Movement

Trade East Restaurant Ground Black Pepper, No MSG, 16 Oz Each, 1/Each

#225061 | GTIN: 10093901225068 | 16 Ounces/Each, 1 Each/Each

There is a direct correlation between flavor and quality. The higher the quality of the spice or seasoning, the fuller the flavor and aroma it will deliver, and the more it is valued in foodservice kitchens. With that quality in mind, Trade East offers a variety of the finest spices, seasonings, rubs and blends - all MSG-free - so you can deliver authentic flavor of the world to your customers. Trade East is available exclusively through Gordon Food Service.

PRODUCT DESCRIPTION

- The intense, aromatic pepper flavor and fine grain of this ground black pepper can be used to spice a variety of dishes, dressings or marinades. Ideal for tabletop shakers, this dust-free pepper features a uniform grind that can be used to season soups, salads and entrees.
- The consistent quality of this pepper lends it a lack of dust ideal for shakers or cooking.
- Sprinkle this pepper on egg dishes, hash brown potatoes, roast beef or pasta salads.
- This is a highly versatile seasoning that's useful in all foodservice segments on almost every portion of the menu.
- This product contains no MSG and comes in an 18-ounce jar.
- Before milling, Trade East spices and seasonings are thoroughly cleaned and undergo a stringent quality-assurance process, so only the most worthy ingredients are packaged. Each product is sealed to preserve flavor and aroma - the heart of the product. Each package has a tamper-evident seal to ensure safety and enhance shelf-life, for quality and consistency you can count on.

Product Attributes

Buy American

No Artificial Flavors

No Artificial Preservatives

No Artificial Sweeteners

No Color From Artificial Sources

No High Fructose Corn Syrup

No MSG

Non-GMO

Vegan

Vegetarian

Basic Preparation

USE DURING COOKING OR SPRINKLE ON AFTER COOKING. USE IN PEPPER SHAKERS AND SET ON TABLE TOP. USE A DASH TO 1/8 TSP. PER SERVING.

Item Yield

1 Each = 16 Ounces of Pepper, Black, Restaurant Ground, No MSG

Shelf Life

1095 days

Packaging & Storage

Weight

1.00 lb

Dimensions

8.00 x 2.50 x 4.00 inches / 20.32 x 6.35 x 10.16 cm

Vendor

Name: B&G Foods (Ankeny, IA) Dry B&G FOODS INC

Item #: 22506

Ingredients

Black pepper. COMMON ALLERGENS PRESENT: **None.** Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated November 2021. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

AP Spice, Pepr, Blk, Trade East ▼

Rounding: True

Nutrition Facts	
Serving Size	0.25 tsp (0.7g)
Amount Per Serving	
Calories	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat n/a	n/a
Trans Fat n/a	
PolyUnsat. Fat n/a	
MonoUnsat Fat n/a	
Cholesterol n/a	n/a
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Fiber n/a	n/a
Total Sugars n/a	
Includes n/a Added Sugars	n/a
Protein 0g	0%
Vitamin D mcg n/a	n/a
Calcium n/a	n/a
Iron n/a	n/a
Potassium n/a	n/a
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents	
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit	n/a
Grain/Breads	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals	
Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Fat Soluble Vitamins	
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	n/a
Water Soluble Vitamins	
Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin C	n/a
Vitamin B6	n/a
Vitamin B12	n/a

Movement

Below is your Quantity Order History

WEEK OF	DAY	EACH
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Badia Ground Cumin Seed Spice, 16 Oz Jar, 1/Each

#436421 | GTIN: 06007708324876 | 16 Ounces/Jar, 1 Jar/Each, 1 Each/Each

Add this spice to rice and curry dishes, chili, nachos, meatballs, or barbecue dishes to provide an earthy, hot and tangy flavor profile. Ideal for use with Mexican, Indian, and North African dishes. It presents reliable quality, ideal for a variety of signature dishes.

Product Attributes

Gluten Free

Halal

Kosher: Pareve

Minority-Owned Business

No Artificial Flavors

No Artificial Preservatives

No Artificial Sweeteners

No Color From Artificial Sources

No High Fructose Corn Syrup

No MSG

Non-GMO

Vegan

Vegetarian

Basic Preparation

NONE

Item Yield

1 Each = 16 Ounces of Spice, Cumin Seed, Ground

Shelf Life

1825 days

Packaging & Storage

Weight

1.00 lb

Dimensions

8.75 x 11.00 x 11.00 inches / 22.23 x 27.94 x 27.94 cm

Vendor

Name: Badia Spices Inc. BADIA SPICES INC. (EFT)

Item #: 516

Ingredients

Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. The nutrition information provided here reflects the current information provided to GFS by the USDA National Nutrient Database for Standard Reference as of January 2021. For more information please visit: www.nal.usda.gov/fnic/foodcomp/search/ (<https://www.nal.usda.gov/fnic/foodcomp/search/>) This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Spices cumin seed ▼

Rounding: True

Nutrition Facts	
Serving Size	1 tsp (2.1g)
Amount Per Serving	
Calories	10
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat n/a	
PolyUnsat. Fat 0g	
MonoUnsat Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Fiber 0g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	1%
Vitamin D mcg 0mcg	n/a
Calcium 19.55mg	2%
Iron 1.39mg	8%
Potassium 38mg	1%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents	
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit	n/a
Grain/Breads	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals	
Phosphorous	10.5 mg
Zinc	0.1 mg
Magnesium	7.686 mg
Copper	0.018 mg
Selenium	0.109 mg
Manganese	0.07 mg
Iodine	n/a

Fat Soluble Vitamins	
Vitamin E mg	n/a
Vitamin K	0.113 mcg
Vitamin A IU	26.67 IU
Water Soluble Vitamins	
Thiamin	0.013 mg
Riboflavin	0.007 mg
Niacin B3	0.096 mg
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin C	0.16 mg
Vitamin B6	0.009 mg
Vitamin B12	n/a

Badia Whole Leaf Oregano Spice, 5.5 Oz Jar, 1/Each

#436433 | GTIN: 00033844905408 | 5.5 Ounces/Jar, 1 Jar/Each, 1 Each/Each

Cleaned and sized, Greek-cut oregano leaves are high in flavor, making them ideal as a complement to a variety of Italian and Mexican dishes.

Product Attributes

Gluten Free

Halal

Kosher: Pareve

Minority-Owned Business

No Artificial Flavors

No Artificial Preservatives

No Artificial Sweeteners

No Color From Artificial Sources

No High Fructose Corn Syrup

No MSG

Non-GMO

Vegan

Vegetarian

Basic Preparation

NONE

Item Yield

1 Each = 5.5 Ounces of Spice, Oregano, Whole Leaf

Shelf Life

1825 days

Packaging & Storage

Weight

0.34 lb

Dimensions

8.75 x 11.00 x 11.00 inches / 22.23 x 27.94 x 27.94 cm

Vendor

Name: Badia Spices Inc. BADIA SPICES INC. (EFT)

Item #: 540

Ingredients

For ingredient or allergen information, please contact: Badia Spices, phone: 305-629-8000. Please reference manufacturer number: 00540.

Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated January 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

AP Spice, Oregano Leaf

Rounding: True

Nutrition Facts	
Serving Size	0.25 tsp (0.2g)
Amount Per Serving	
Calories	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
PolyUnsat. Fat 0g	
MonoUnsat Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Fiber 0g	0%
Total Sugars 0g	
Includes n/a Added Sugars	n/a
Protein 0g	0%
Vitamin D mcg n/a	n/a
Calcium 3.19mg	0%
Iron 0.07mg	0%
Potassium 3mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

School Equivalents	
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit	n/a
Grain/Breads	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals	
Phosphorous	0.3 mg
Zinc	n/a
Magnesium	0.54 mg
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Fat Soluble Vitamins	
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	3.4 IU
Water Soluble Vitamins	
Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin C	n/a
Vitamin B6	n/a
Vitamin B12	n/a

#921928
NK

Seminole Chopped Garlic

Nutrition Facts

Seminole - Chopped Garlic

1. Servings:

Calories	15	Sodium	0 mg
Total Fat	1 g	Potassium	0 mg
Saturated	0 g	Total Carbs	1 g
Polyunsaturated	0 g	Dietary Fiber	0 g
Monounsaturated	0 g	Sugars	0 g
Trans	0 g	Protein	0 g
Cholesterol	0 mg		
Vitamin A	0%	Calcium	2%
Vitamin C	0%	Iron	0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

