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**LET US FILL  
YOUR SALAD BAR**

Offer Healthy Foods  
Fight Child Obesity

Teach Positive Lifestyle Habits

**Fresh Cut Fruits  
Flash Frozen  
Thaw & Serve**



Some Of Our Delicious Kid Tested Fruit Salads

**Spectrum Blend Fruits**

White Peaches, Yellow Peaches, Strawberries, Honeydew Balls,  
Pineapple, Blueberries

**Festival Blend Fruits**

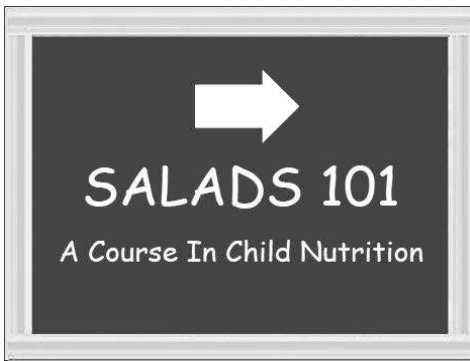
Mango, Papaya, Pineapple, Strawberry

**Tropical Blend Fruits**

Mango, Peaches, Pineapple, Strawberry

**4 Berry Blend Fruits**

Strawberries, Blackberries, Blueberries, Red Raspberries



# Salads 101 Takes Pride In Offering Fresh, Nutritionally Sound Products. And They Really Taste Great !!

Here are some sample nutritional panels:

Tropical Fruit Blend	
<b>Nutrition Facts</b>	
Serving Size 1/4 Cup (57g) Serving Per Container 40	
Amount Per Serving	
<b>Calories</b> 30	Calories from Fat 0
%Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber < 1g	<b>4%</b>
Sugars 6g	
Protein 0g	
Vitamin A 4%	Vitamin C 40%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Spectrum Blend	
<b>Nutrition Facts</b>	
Serving Size 1/4 Cup (57g) Serving Per Container 40	
Amount Per Serving	
<b>Calories</b> 25	Calories from Fat 0
%Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber < 1g	<b>4%</b>
Sugars 4g	
Protein 0g	
Vitamin A 0%	Vitamin C 50%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Premier Blend	
<b>Nutrition Facts</b>	
Serving Size 1/4 Cup (57g) Serving Per Container 40	
Amount Per Serving	
<b>Calories</b> 25	Calories from Fat 0
%Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber < 1g	<b>2%</b>
Sugars 4g	
Protein 0g	
Vitamin A 6%	Vitamin C 70%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Four Berry Blend	
<b>Nutrition Facts</b>	
Serving Size 1/4 Cup (57g) Serving Per Container 40	
Amount Per Serving	
<b>Calories</b> 25	Calories from Fat 0
%Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 4g	
Protein < 1g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

All Products Are Packed In 5# Combi-Therm Bags  
 Products Best If Kept Frozen Below 0°F  
 For Service: Remove Sealed Bags From Case,  
 Lay Flat On Sheet Pans In Refrigerator For 24 Hrs

FOR MORE INFORMATION PLEASE CONTACT  
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