



United States Department of Agriculture



**USDA Foods
in Schools**

100256- Strawberries, Diced, Cups, Frozen
Category: Fruit



Product Description

- This item is U.S. Grade A diced strawberries packed in an extra light syrup. This product is delivered frozen in cases containing 96 4.5-ounce cups.

Crediting/Yield

- One case of strawberry cups provides 96 ½-cup servings of fruit.
- CN Crediting: One 4.5-ounce cup of strawberries credits as ½ cup fruit.

Culinary Tips and Recipes

- Strawberry cups are individually portioned and are ready to thaw and serve for breakfast, lunch, or snack.
- Individually portioned fruit cups are a convenient option for breakfast in the classroom, field trips, or grab-and-go lunches.
- To find 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 Program Based on the Process Approach to HACCP Principles](#).

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

Nutrition Facts

Serving size: 1/2 cup (128g) sliced strawberries

Amount Per Serving

Calories 80

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 21g

Dietary Fiber 2g

Sugars 16g

Protein 0g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA Food Composition Database 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.

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