

# Frozen Peaches

## Product Information



LFS code: LFS033  
Farm: 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 1/2-cup servings of thawed, drained peaches.

Serving Size: 1/2 cup thawed, drained peaches  
Meat or M/A: ---  
Grain: ---  
Vegetables: ---  
Fruit: 1/2 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: 1/2 cup peaches, sliced, frozen

Amount Per Serving	
<b>Calories</b>	<b>84</b>
<b>Total Fat</b>	0g
Sat. Fat	0g
Trans Fat	0g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	0mg
<b>Carbohydrates</b>	21g
Dietary Fiber	2g
Sugars	19g
<b>Protein</b>	1g