

DOLE Website Dedicated to Schools

Dole has dedicated a section on their website allowing easy navigation of product information, video overviews, educational resources and more! With links detailing the School Wellness Program and all of the value-added benefits of DOLE® products, you can explore many informative and fun elements.

dolefoodservice.com/schools

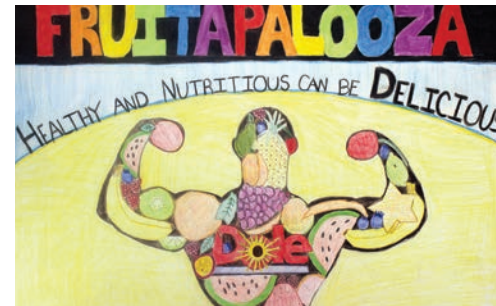


available resources

Educational Programs

Excite and educate kids about the benefits of fruit and a healthy lifestyle with fun programs. Be sure to check out the creative ways kids feature fruit in the recent Fruitapalooza School Poster Contest at

dolefoodservice.com/schoolcontest



Educational Resources

Explore fun facts & healthy tips to share in your classroom. Use our Did you Know? section to provide helpful learning tools.



Innovative Recipes

To discover great recipe ideas across the menu for students of all ages, visit

dolefoodservice.com/recipes



Nutritionals

	Case/Pack	Kosher Status	Meets USDA Smart Snacks Program	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV*	Vitamin C % DV*
DOLE® FRUIT BOWLS™ IN 100% FRUIT JUICE																
Diced Pears in 100% Fruit Juice																
Pears, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Ascorbic Acid (To Promote Color Retention), Natural Flavors, and Citric Acid.																
	36/4 oz.	U	✓	4 oz.	90	0	0	0	5	115	22	2	18	<1	0	45
Tropical Fruit in 100% Fruit Juice																
White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Papaya (Red and Yellow), Pineapple, Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavor, Ascorbic Acid (To Promote Color Retention), and Citric Acid.																
	36/4 oz.	U	✓	4 oz.	80	0	0	0	10	150	19	1	18	<1	8	45
Pineapple Tidbits in 100% Pineapple Juice																
Pineapple, Pineapple Juice, Ascorbic Acid (To Promote Color Retention), and Citric Acid.																
	36/4 oz.	U	✓	4 oz.	60	0	0	0	0	135	15	1	14	<1	0	50
Mandarin Oranges in 100% Fruit Juice																
Mandarin Oranges, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Ascorbic Acid (To Promote Color Retention), and Citric Acid.																
	36/4 oz.	U	✓	4 oz.	90	0	0	0	5	160	22	1	18	<1	8	45
Diced Peaches in 100% Fruit Juice																
Peaches, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (To Promote Color Retention), and Citric Acid.																
	36/4 oz.	U	✓	4 oz.	80	0	0	0	5	180	19	1	18	<1	4	45
Mixed Fruit in 100% Fruit Juice																
White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Pineapple, Peaches, Pears, Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (To Promote Color Retention), and Citric Acid.																
	36/4 oz.	U	✓	4 oz.	80	0	0	0	5	130	19	1	18	0	0	45
Cherry Mixed Fruit in 100% Fruit Juice																
White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Pineapple, Peaches, Pears, Cherries (Red #3 Color), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (To Promote Color Retention), and Citric Acid.																
	36/4 oz.	U	✓	4 oz.	80	0	0	0	5	115	19	1	18	<1	2	45
DOLE FRUITOCRACY™ - 4.8 OZ.																
Apple																
Apple Puree, Apple Juice Concentrate, Natural Flavor, and Ascorbic Acid (Vitamin C).																
	50/4.8 oz.	U	✓	4.8 oz.	90	0	0	0	5	160	22	2	20	<1	0	30
Apple Banana																
Apple Puree, Banana Puree, Ascorbic Acid (to promote color retention), and Citric Acid.																
	50/4.8 oz.	U	✓	4.8 oz.	90	0	0	0	5	190	22	2	20	<1	0	30
Apple Pineapple																
Apple Puree, Pineapple Puree, Water, Apple Juice Concentrate, Natural Flavors, and Ascorbic Acid (Vitamin C).																
	50/4.8 oz.	U	✓	4.8 oz.	90	0	0	0	5	160	22	2	20	<1	0	35
DOLE FRUITOCRACY™ - 3.2 OZ.																
Apple																
Apple Puree, Apple Juice Concentrate, Natural Flavor, and Ascorbic Acid (Vitamin C).																
	36/3.2 oz.	U	✓	3.2 oz.	60	0	0	0	0	110	14	1	13	<1	0	20
Apple Strawberry																
Apple Puree, Strawberry Puree, Apple Juice Concentrate, Natural Flavors, Beet Juice Concentrate (Color), and Ascorbic Acid (Vitamin C).																
	36/3.2 oz.	U	✓	3.2 oz.	60	0	0	0	0	120	14	1	13	<1	0	20
Apple Mixed Berry																
Apple Puree, Strawberry Puree, Blackberry Puree, Apple Juice Concentrate, Natural Flavor, Red Raspberry Juice Concentrate, and Ascorbic Acid (Vitamin C).																
	36/3.2 oz.	U	✓	3.2 oz.	60	0	0	0	0	115	14	1	13	<1	0	20
DOLE CHEF-READY CUTS																
Sliced Bananas IQF																
Bananas, Ascorbic and Citric Acids (To Promote Color Retention).																
	2/5 lb.	U		1 cup	140	0	0	0	0	500	32	4	17	2	2	20
Pineapple Cubes IQF																
Pineapple.																
	2/5 lb.	U		1 cup	100	0	0	0	0	190	22	2	18	<1	0	260
Mango Cubes IQF																
Mango.																
	2/5 lb.	U		1 cup	90	0.5	0	0	0	240	21	2	19	1	30	80
Diced Peaches IQF																
Peaches, Ascorbic and Citric Acids (To Promote Color Retention), Malic Acid and Natural Flavors.																
	2/5 lb.	U		1 cup	60	0	0	0	0	270	13	2	9	<1	10	280
Diced Apples IQF																
Apples, Calcium Chloride (To Protect Texture), Erythorbic and Citric Acids (To Promote Color Retention).																
	2/5 lb.	U		1 cup	80	0	0	0	50	160	18	2	11	0	0	4
Diced Strawberries IQF																
Strawberries.																
	2/5 lb.	U		1 cup	50	0	0	0	0	210	13	3	6	<1	0	100
Sliced Strawberries IQF																
Strawberries and Natural Flavors.																
	2/5 lb.	U		1 cup	50	0	0	0	0	210	13	3	6	<1	0	100

*Percent Daily Values are based on a 2,000 calorie diet.

FOR MOST UP-TO-DATE NUTRITIONAL INFORMATION, VISIT dolefoodservice.com

For more information and to contact a Dole Representative, please call 1-800-723-9868.



Your healthier menu solutions partner

School Wellness





Providing Healthy Choices for Future Generations.

USDA School Meal Programs

The food industry is working to meet the changes in the USDA nutrition guidelines on school meal programs. The USDA requires schools to serve fruit daily both at breakfast and lunch. The upgrades to the nutritional standards, established on the latest institute of medicine studies, were created to make significant improvements to the nutritional components in school meals.

Nutrition Guidelines:

- Add more fruits, whole grains, fat-free and low-fat meals
- Limit the levels of saturated fat, sodium, calories and trans fats
- Make meals more consistent with dietary guidelines for Americans
- Improve the nutrients offered in school meals
- Promote children's intake of fiber, potassium and magnesium
- Allow schools to offer fruits that are fresh, frozen without sugar, dried or canned in fruit juice, water or light syrup
- Each 4 oz. DOLE Fruit Bowl qualifies as a ½ cup of fruit for the USDA Child Nutrition Programs
- Each 3.2 oz. DOLE Fruitocracy® pouch supplies a ¼ cup of fruit and qualifies for the Smart Snacks in School Program
- Each 4.8 oz. DOLE Fruitocracy® pouch qualifies as a ½ cup of fruit for the USDA Child Nutrition Programs

DAILY SCHOOL MEAL FRUIT REQUIREMENTS:

	Breakfast	Lunch	A la Carte	Juice*
Elementary	1 cup Fruit/Day	½ cup Fruit/Day	¼ cup Fruit/Day	100% Juice Only
Middle School	1 cup Fruit/Day	½ cup Fruit/Day	¼ cup Fruit/Day	100% Juice Only
High School	1 cup Fruit/Day	1 cup Fruit/Day	¼ cup Fruit/Day	100% Juice Only

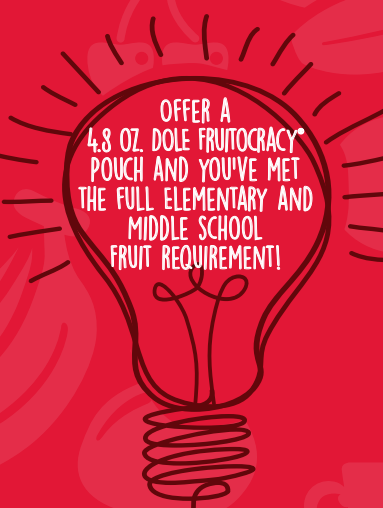
* No more than ½ of the fruit offerings may be in the form of juice
Source: www.fns.usda.gov/school-meals/nutrition-standards-school-meals

OFFERING ENDLESS BETTER-FOR-YOU OPPORTUNITIES!

TRUSTED DOLE BRAND LEADING THE WAY!

Dole maintains its strength as a brand consumers love, offering a wide selection of the best tasting products.* Dole is committed to being active in developing education programs and offering education-related materials. As part of our dedication, Dole Packaged Foods, LLC provides premium products that contribute to the USDA guidelines to ensure kids easily meet the daily requirements.

*Source: Dole Brand Equity Research Milward Brown, September 2012.



Dole Fruit Bowls® in 100% Fruit Juice

Features & Benefits:

- DOLE 4 oz Fruit Bowls credits as a ½ cup of fruit for the USDA Child Nutrition Programs
- No artificial sweeteners added
- Shelf stable, and are recyclable bowls
- Excellent source of vitamin C
- No saturated or trans fat
- No high-fructose corn syrup

OFFER A DOLE FRUIT BOWL AND YOU'VE MET THE FULL FRUIT REQUIREMENT!

7 varieties available

cherry mixed fruit, diced peaches, diced pears, mandarin oranges, mixed fruit, pineapple tidbits & tropical fruit

NEW! Dole fruitocracy® SQUEEZABLE FRUIT POUCH

4.8 oz Pouch = 1/2 Cup of Fruit
1 Pouch = 1/2 Cup of Fruit
• USDA Child Nutrition Programs

DOLE Fruitocracy® is a convenient & healthy squeezable fruit sauce made with all natural fruit. These fruit pouches are a "no hassle" option schools can implement with their menus while allowing kids the power to choose a fruit snack as a unique expression of their individuality.

Features & Benefits:

- Non-GMO*
- Made with all natural fruit
- No artificial flavors
- No high fructose corn syrup
- Good source of daily vitamin C
- Convenient, grab 'n go snack
- No mess, no prep, no need for a spoon
- Packaging design appeals to older kids
- Each 3.2 oz pouch qualifies for the A La Carte Smart Snacks Program
- Each 4.8 oz pouch qualifies as a ½ cup of fruit for the USDA Child Nutrition Programs

CHILL IT! MAKE A DELICIOUS AND CHILLY FRUIT SLUSHIE BY PLACING DOLE FRUITOCRACY® POUCHES IN THE FREEZER.

Three (3) 4.8 varieties available
apple, apple pineapple & apple banana

Three (3) 3.2 varieties available
apple, apple strawberry & apple mixed berry

*No genetically modified (or engineered) ingredients

snacking solutions

menu solutions

Dole Chef-Ready Cuts

DOLE Chef-Ready Cuts deliver 100% usable, premium quality fruit in an ultra-convenient form. With students and parents demanding healthier dining choices, DOLE Chef-Ready Cuts varieties offer the benefits of all natural, fresh fruit (naturally sweet and nutritious), menu versatility, and year-round availability.

LABOR SAVINGS

MIX IT!
4oz. Chef-Ready Cuts
4oz. low-fat Yogurt
4oz. 100% Juice

Recipe accounts for fruit and protein for breakfast. Just add a whole wheat donut or crackers to account for the grains portion.

Features & Benefits:

- 100% Usable Fruit - No Peels, No Cores
- Washed, Cut & Ready to Use
- Consistent Every Time
- Labor Savings
- Resealable Pouches
- Cubes and Diced IQF Fruit - ½" and ¾" in Size
- Available Year-Round

7 varieties available

CREATE MENUS STUDENTS WILL LOVE WITH CHEF-READY CUTS

create your own
Offer students the option to personalize their own signature smoothie by offering a variety of choices. Allow them to choose from different fruits, juices, milks, low-fat yogurts, vegetables, herbs, spices and garnishes.

smoothie bowls
Incorporate smoothie bowls into your breakfast menu. Simply create a thicker smoothie using Chef-Ready Cuts and low-fat yogurt. Serve in a bowl and top with granola, nuts, seeds, fresh and dried fruits.

parfaits
Parfaits are easy to make ahead of time and are a great way for students to start their day! In a cup, alternate layers of fruit, non-fat yogurt, low-fat granola or other healthy cereals.

dolefoodservice.com/recipes

Infinite Ways to Start Creating Your Signature Recipes

7 varieties available

