



Fruit Bowls[®]

CUT TIME, NOT FRUIT.™

- ✓ Vibrant color and peak season flavor
- ✓ Ready-to-serve, no prep needed
- ✓ Shelf-stable, marked with “best by date”
- ✓ A better-for-you breakfast, snack or side



*Does not apply to
03053 Peaches in Strawberry Gel and
03140 Peaches & Crème Parfait



7 oz. sizes include fork under lid



7oz. Fruit in 100% Fruit Juice



Fruit in Gel & Parfaits

4oz. Fruit in 100% Fruit Juice

INDIVIDUALLY SEALED FOR GRAB N' GO CONVENIENCE

Nutrition Facts

Case Code	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin C % DV*	Vitamin D % DV*	Calcium % DV*	Iron % DV*	Potassium % DV*
DOLE® FRUIT BOWLS® IN 100% FRUIT JUICE - 4 OZ.																
Diced Mango in 100% Fruit Juice																
Mango, White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Acerola Juice From Concentrate (Water, Acerola Juice Concentrate), Natural Flavors, And Lemon Juice From Concentrate (Water, Lemon Juice Concentrate).	100-38900-00443-6	4 oz.	70	0	0	0	17	1	16	0	<1	30	0	0	0	2
Papaya Mango in 100% Fruit Juice																
Papaya (Red And Yellow), White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Mango, Acerola Juice From Concentrate (Water, Acerola Juice Concentrate), Natural Flavors, And Lemon Juice From Concentrate (Water, Lemon Juice Concentrate).	100-38900-00442-9	4 oz.	60	0	0	0	5	15	1	13	0	<1	30	0	0	2
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 (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-02062-7	4 oz.	70	0	0	0	16	1	14	0	<1	30	0	0	0	0
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), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-03019-0	4 oz.	70	0	0	0	18	3	14	0	<1	30	0	0	0	0
Diced Peaches in 100% Fruit Juice																
White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-03073-2	4 oz.	60	0	0	0	14	1	12	0	<1	30	0	0	0	2
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), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-04208-7	4 oz.	70	0	0	0	16	1	14	0	<1	30	0	2	0	2
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 (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-03065-7	4 oz.	70	0	0	0	15	1	13	0	<1	30	0	0	0	2
DOLE Pineapple Paradise™ Pineapple Tidbits in 100% Fruit Juice																
Pineapple, Pineapple Juice, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-00419-1	4 oz.	60	0	0	0	15	1	14	0	<1	35	0	0	0	2
Tropical Fruit in 100% Fruit Juice																
Papaya (Red and Yellow), White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Pineapple, Clarified Pineapple Juice From Concentrate (Water, Clarified Pineapple Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-03048-0	4 oz.	60	0	0	0	5	15	1	14	0	<1	30	0	0	2
DOLE FRUIT PARFAITS - 4.3 OZ.																
Peaches & Crème																
Peaches, Water, Sugar, Coconut Powder, Modified Food Starch, Glucose Syrup, Natural and Artificial Flavors, Phosphoric Acid, Citric Acid, Ascorbic Acid (Vitamin C) To Promote Color Retention, Carrageenan, Casein (A Milk Derivative), Locust Bean Gum, and Beta Carotene (Color).	100-38900-03140-1	4.3 oz.	100	2	1.5	0	10	20	<1	15	11	0	20	0	0	0
DOLE FRUIT IN GEL - 4.3 OZ.																
Mandarins in Orange Gel																
Water, Mandarin Oranges, Sugar, Carrageenan, Natural and Artificial Flavors, Sodium Citrate, Locust Bean Gum, Fumaric Acid, Calcium Lactate, Malic Acid, Ascorbic Acid (Vitamin C) To Promote Color Retention, and FD&C Yellow #6 (Color).	100-38900-03054-1	4.3 oz.	100	0	0	0	55	24	<1	22	19	0	20	0	0	0
Peaches in Strawberry Gel																
Water, Peaches, Sugar, Carrageenan, Natural and Artificial Flavors, Locust Bean Gum, Cochineal Extract (Color), Malic Acid, Fumaric Acid, Sodium Citrate, Potassium Citrate and Ascorbic Acid (Vitamin C) To Promote Color Retention.	100-38900-03053-4	4.3 oz.	100	0	0	0	30	24	1	22	20	0	20	0	0	0
DOLE FRUIT BOWLS® IN 100% FRUIT JUICE - 7 OZ.																
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), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-74206-2	7 oz.	120	0	0	0	10	28	2	25	0	1	50	0	4	4
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 (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-71924-8	7 oz.	120	0	0	0	5	28	3	23	0	1	50	0	0	4
Sliced Peaches in 100% Fruit Juice																
White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-71966-8	7 oz.	100	0	0	0	5	24	2	22	0	1	50	0	0	2
Tropical Fruit in 100% Fruit Juice																
Pineapple, Papaya (Red and Yellow), White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Clarified Pineapple Juice From Concentrate (Water, Clarified Pineapple Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-79088-9	7 oz.	110	0	0	0	10	26	2	24	0	<1	50	0	2	6
DOLE FRUIT IN GEL - 7 OZ.																
Mixed Fruit in Black Cherry Gel																
Water, Sugar, Peaches, Pears, Pineapple, Carrageenan, Cochineal Extract (Color), Malic Acid, Locust Bean Gum, Fumaric Acid, Natural and Artificial Flavors, Sodium Citrate, Potassium Citrate, Caramel Color, and Ascorbic Acid (Vitamin C) To Promote Color Retention.	100-38900-71971-2	7 oz.	150	0	0	0	40	38	2	36	31	0	30	0	0	2

* Percentages based on the daily value of a 2,000 calorie diet.

Case Specifications

	Pack/Size	Case Dimensions	Case Weight Gross	Case Cube	Per Case Pallet
4 oz. Fruit in 100% Fruit Juice - Diced Mango, Papaya Mango, Cherry Mixed Fruit, Diced Pears, Mixed Fruit, Pineapple Tidbits and Tropical Fruit	36/4 oz.	12.813" x 9.688" x 6.375"	10.85 lb.	0.458	105
4 oz. Fruit in 100% Fruit Juice - Diced Peaches & Mandarin Oranges	36/4 oz.	12.813" x 9.688" x 6.063"	10.85 lb.	0.440	105
4.3 oz. Fruit Parfait - Peaches & Crème	36/4.3 oz.	13.125" x 8.750" x 8.375"	25.00 lb.	0.560	80
4.3 oz. Fruit in Gel - Peaches in Strawberry Gel	36/4.3 oz.	12.813" x 9.688" x 6.375"	11.20 lb.	0.458	105
4.3 oz. Fruit in Gel - Mandarins in Orange Gel	36/4.3 oz.	12.813" x 9.688" x 6.063"	11.20 lb.	0.440	105
7 oz. Fruit in 100% Fruit Juice - Mandarin Oranges, Mixed Fruit and Tropical Fruit	12/7 oz.	9.650" x 6.929" x 5.787"	6.28 lb.	0.224	175
7 oz. Fruit in 100% Fruit Juice - Sliced Peaches	12/7 oz.	9.650" x 6.929" x 5.787"	6.39 lb.	0.224	175
7 oz. Fruit in Gel - Mixed Fruit in Black Cherry Gel	12/7 oz.	9.650" x 6.929" x 5.787"	6.56 lb.	0.224	175

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