



Ingredients

March 2015

SideKicks[®] (84-4.4 fl oz)

SourCherry-Lemon (Mfr #2016)

Fruit Juice (White Grape and/or Pear Juice from Concentrate), Citric Acid, Natural and Artificial Flavors, Stabilizer (Xanthan Gum, Guar and/or Carob Bean Gum), Tricalcium Phosphate (for Calcium), Vegetable Juice (for Color), Vitamin C, Salt, Turmeric (for Color), Vitamin A Palmitate, Vitamin D.

Strawberry-Mango (Mfr #2015)

Fruit Juice (White Grape and/or Pear Juice from Concentrate), Citric Acid, Stabilizer (Xanthan Gum, Guar and/or Carob Bean Gum), Tricalcium Phosphate (for Calcium), Natural and Artificial Flavors, Vegetable Juice (for Color), Salt, Vitamin C, Turmeric (for Color), Beta Carotene (for Color), Vitamin A Palmitate, Vitamin D.

BlueRaspberry-Lemon (Mfr #2009)

Fruit Juice (White Grape and/or Pear Juice from Concentrate), Citric Acid, Natural and Artificial Flavors, Stabilizer (Xanthan Gum, Guar and/or Carob Bean Gum), Tricalcium Phosphate (for Calcium), Vitamin C, Salt, Turmeric (for Color), Vitamin A Palmitate, Blue 1, Vitamin D.

Kiwi-Strawberry (Mfr #2014)

Fruit Juice (White Grape and/or Pear Juice from Concentrate), Citric Acid, Natural and Artificial Flavors, Stabilizer (Xanthan Gum, Guar and/or Carob Bean Gum), Tricalcium Phosphate (for Calcium), Vegetable Juice (for Color), Salt, Vitamin C, Turmeric (for Color), Vitamin A Palmitate, Yellow 5, Vitamin D, Blue 1.



100% FRUIT JUICE 4.4 FLUID-OUNCE PORTION

Nutrition Facts

- 100% Fruit Juice
- No Added Sweetener
- Half-Cup Fruit on School Lunch Menu
- Smart Snacks Compliant
- No Red Dyes

Serving Size	4.4 fl. oz. (127 g) (130 ml)
Servings Per Container	one
Amount Per Serving	
Calories	80
Calories from Fat	0
	% Daily Value *
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	45mg 2%
Total Carbohydrate	20g 7%
Dietary Fiber	0g 0%
Sugars	19g**
Protein	0g

*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	2,400 mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbohydrate 4 Protein 4

Vitamin A	20%
Vitamin C	100%
Vitamin D	20%
Calcium	8%
Iron	2%

**Sugars are those naturally occurring in the fruit juices.

100% Fruit Juice - 4 fl. oz. (1/2 cup)

SideKicks are 4 fl. oz. of juice before freezing. When frozen, the juice expands to 4.4 fl. oz., as shown on the lid labels.



January 1, 2015

Smart Snacks Compliance Statement

Ridgefield's SideKicks (4.4 fl oz) are in compliance with the USDA's Smart Snacks rule for à la carte sales at all grade levels.

Smart Snacks Limit

35% calories from total fat
10% calories from saturated fat
0g trans fat
35% total sugar by weight
200mg sodium per serving
200 calories per serving
Caffeine
Food group

SideKicks

No fat
No saturated fat
No trans fat
15% total sugar by weight
45mg sodium per serving
80 calories per serving
No caffeine
100% fruit juice

Thomas G. Kaplan

Thomas G. Kaplan, President



January 1, 2015

Product Formulation Statement – Ridgefield’s SideKicks (4.4 oz cups)
for Documenting Fruit Credit

Product Name: SideKicks Mfr #s 2009, 2015, 2014, 2016

Manufacturer: Ridgefield’s Serving Size: One portion cup (4.4 fl oz)

BlueRaspberry-Lemon | Strawberry-Mango | Kiwi-Strawberry | SourCherry-Lemon



Fruit Component

Description of Creditable Ingredient per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Yield/Servings Per Unit	Creditable Amount (in quarter cups)
Juices, Frozen *	4.4 fl oz	X	4 fl oz / 1	2

As a menu item: Total Creditable Fruit = 1/2 cup

As an à la carte item: Smart Snacks Compliant

I certify the above information is true and correct and that one 4.4 fl oz serving of the above product contains 1/2 cup fruit juice.

Thomas G. Kaplan 1/1/15

Thomas G. Kaplan, President

*All SideKicks are 100% fruit juice. For menu credit, USDA guidance states that meal contributions are based on the fluid volume of juice prior to freezing. SideKicks are 4 fl oz of juice prior to freezing. When frozen the juice expands to 4.4 fl oz, as shown on the labels.