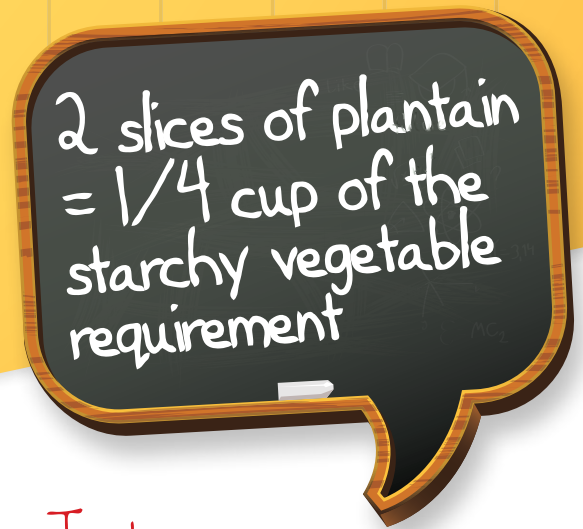




A DELICIOUS WAY FOR KIDS TO EAT VEGETABLES



Nº1 A+ For Taste

Kids love their natural sweetness

A favorite side dish in mainstream and ethnic menus, the plantain has a natural sweet flavor that kids enjoy. Plantains are a great way to get kids to eat their starchy vegetables.

Nº2 A Trusted Supplier

MIC Food has been serving school districts throughout the nation since 1991

Leaders in frozen tropical products for nearly 30 years, MIC Food brings value-added tropical fruits and vegetables to schools, restaurants, delis, industrial kitchens and retail brands. Our plants are food safety certified and third-party audited*.

Nº3 Fruit or Vegetable?

A plantain is a fruit served as a vegetable

Plantains are part of the banana family. They look like a big banana, but are starchier, less sweet and must be cooked. They are rich in potassium and are typically served as a side dish.

Ripe plantains are classified as a Starchy Vegetable in the USDA Child Nutrition Program.

* GFSI compliant with FSSC 22000 certification.



Nº4 Easy to Prepare

Ready to heat and serve in minutes

Our sweet plantain slices have many other benefits:

- Pre-cooked and frozen, ready to use
- Consistent, great quality and taste
- No messy peeling or chopping
- Year round availability
- Long shelf life
- No waste, use only what you need
- 100% yield = controlled costs

Nº5 Add Variety to Your Menu

A delicious, sweet alternative to any other starchy vegetable

Plantains are a delicious side dish alternative to any pork, steak or chicken entrée. They are also used in breakfast, desserts and snacks.

Nutrition Facts

Serving Size 2 oz. (57g)

Amount Per Serving

Calories 110 Calories from Fat 21

% Daily Values*

Total Fat 2g 4%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Potassium 319mg 9%

Sodium 9mg 3%

Total Carbohydrate 22g 7%

Dietary Fiber 2g 6%

Sugars 13g

Protein 0g 0%

Vitamin A 12% Vitamin C 17%

Calcium 0% Iron 5%

*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	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Nº6 Delicious & Nutritious

Nature's Sweet Goodness

- 100% natural
- Trans-fat free
- Good source of Potassium & Vitamin A
- Gluten-free
- Cholesterol-free

WHY ADD PLANTAINS TO YOUR SCHOOL MENU?

The overall number of minority students in public K-12 classrooms is projected to surpass the number of non-Hispanic whites in 2014.*

Due to the vast array of ethnicities found in schools today, students are exposed to many new cultures & foods and the sweetness of plantains is loved by all kids and adults alike, regardless of their ethnicity.

*Source: The National Center for Education Statistics

MICfood®



Bringing cultures together
through extraordinary flavors™

info@micfood.com / MICfood.com
800. 788. 9335 / 786. 507. 0540