





**LOW SODIUM
LIGHT & CRUNCHY
YUCA FRIES**



A great new school menu starch vegetable alternative.

	MIC SKU	DESCRIPTION	PACK SIZE	BAKE OPTION
	TJY1101	Precooked Yuca Steak Fry	20 x 1 lb.	✓
	TJ110	Precooked Yuca Steak Fry	10 x 2 lbs.	✓

What is yuca?

Yuca (or cassava) is a nutty-flavored starch tuber. Together with other tropical roots and starch-rich foods like yam, taro, plantains, potato, it is an indispensable part of carbohydrate diet for many.

A+ For Taste

Yuca is a delicious side dish alternative to any pork, steak, or chicken entrée.

Trusted Supplier

MIC Food has been serving school districts throughout the nation since 1991. Our plants are food safety certified and third-party audited.*

*GFSI compliant with FSSC 22000 food safety certification

Good Source of Energy

Yuca has a good carbohydrate content. These carbohydrates act as an energy source for human cells.



This makes it a good source of energy for those who are engaged in extraneous physical activities, like sports.

It also provides the necessary energy to brain, so kids can focus and learn.



Source: <https://articles.mercola.com/sites/articles/archive/2016/07/25/cassava-benefits.aspx>
Source: <http://healthyeating.sfgate.com/cassava-benefits-5006.html>
Source: <https://www.healthbenefitstimes.com/yucca/>

- NO ARTIFICIAL INGREDIENTS
- NO PRESERVATIVES
- CHOLESTEROL FREE
- GLUTEN FREE
- KOSHER

**100% NATURAL
READY-TO-USE**

- 100% YIELD
- EASY TO PREPARE
- LONG SHELF LIFE
- CONSISTENT QUALITY & TASTE
- YEARLONG AVAILABILITY

Bringing Cultures Together™



800.788.9335 | 786.507.0540
info@micfood.com | micfood.com



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TJY1101 - Precooked Yuca Steak Fry

Nutritional Facts	
5 Servings per container	
Serving size	3 fries(85g)
Amount per Serving	
Calories	160
%Daily Value*	
Total Fat 6g	8%
Saturated fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	8%
Total Carbohydrates 25g	9%
Dietary Fiber 2g	9%
Total Sugars <1g	
Including 0g Added Sugars	0%
Protein <1 g	
Vitamin D <0.6mcg	0%
Calcium 14mg	0%
Iron <0.1mg	0%
Potassium 255mg	5%
* The %Daily Value (DV) tells how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.	

INGREDIENTS:

Cassava, vegetable oil (soybean oil), potato starch and salt.

TJ110 - Precooked Yuca Steak Fry

Nutrition Facts	
11 Servings per container	
Serving size	3 pieces (85g)
Amount per Serving	
Calories	170
%Daily Value*	
Total Fat 5g	7%
Saturated fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	9%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 14mg	1%
Iron 0mg	0%
Potassium 294mg	6%
* The %Daily Value (DV) tells how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.	

INGREDIENTS:

Cassava, vegetable oil (palm oil), and salt.



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