

**NATURALLY SWEET
PLANTAIN SLICES**

PLANTAIN



MIC SKU	DESCRIPTION	PACK SIZE	BAKE OPTION
 SB010	Ripe Plantain Slices	4 x 6 LB	

2 slices of plantain = 1/4 cup of the starchy vegetable requirement!

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

What is a Plantain?

Commonly referred to as "cooking banana" or "plátano" in Spanish, a plantain can easily be mistaken for a banana. **Plantains are a fruit consumed as a vegetable and are a good source of Potassium and Vitamin A.**

A+ For Taste

A favorite side dish in mainstream and ethnic menus, the plantain has a natural sweet flavor that kids enjoy.

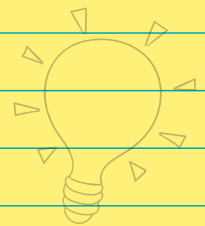
Trusted Supplier

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

*GFSI compliant with FSSC 22000 food safety certification.

Ready to heat & serve in minutes!

- Pre-Cooked And Frozen, Ready-To-Use
- Consistent 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



100% YIELD

LONG SHELF-LIFE

NO PRESERVATIVES

PLANT-BASED

GLUTEN-FREE

KOSHER

Bringing Cultures Together™

MICfood®

800.788.9335 | 786.507.0540
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SB010 - Ripe Plantain Slices

Nutrition Facts

36 Servings per container	
Serving size	2 slices(76g)
Amount per Serving	
Calories	130
%Daily Value*	
Total Fat 2.5g	3%
Saturated fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	10%
Dietary Fiber 1g	4%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein <1g	
Vitamin D 0mcg	0%
Calcium 3.5 mg	0%
Iron 0.3mg	2%
Potassium 370mg	8%

* 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: Ripe plantains, vegetable oil (palm oil).

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 entree. They are also used in breakfast, desserts and snacks.

Delicious & Nutritious

Nature's Sweet Goodness

- 100% Natural
- Trans-fat free
- Good sources of Potassium & Vitamin A
- Gluten-free
- Cholesterol-free

WHY ADD PLANTAINS TO YOUR SCHOOL MENU?

The growth in the Hispanic population has been accompanied by a growth in the Hispanic student population. From 1996 to 2016, the number of Hispanic students enrolled in schools, colleges and universities in the United States doubled from 8.8 million to 17.9 million. Hispanic students now make up 22.7 percent of all people enrolled in school.* 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 ethnicities.

*Source: [census.gov/newsroom/blogs/random-samplings/2017/08/school_enrollmentof.html](https://www.census.gov/newsroom/blogs/random-samplings/2017/08/school_enrollmentof.html)



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