



EARN AN EASY A FOR LEGUMES



GO'BONZO'S ~ ROASTED & SEASONED CHICKPEAS

It's Pizza | Lightly Salted | Chili Citrus
Spicy Nacho | Cool Ranch

Healthy & Nutritious Side, Snack, Ingredient or Topper

- Excellent Offer vs. Serve Solution for Breakfast, Lunch, Snack, Supper &/or Summer Programs
- Rich Source of Protein, Fiber, and Iron
- Farmed, Processed & Packed in the USA
- USDA "Smart Snacks in Schools" Compliant
- Shelf-Stable Individually Wrapped Single Serve Portions



*Go'Bonzo's Meet the USDA Nutrition Guidelines:
Chickpeas Can Provide Either a Meat/Meat Alternative (M/MA) or Vegetable (Legume)*

	IW .75oz	IW 1.5oz
Pack	250/.75oz	125/1.5oz
Cases Per Pallet	100 cases	100 cases
Net Wt/ Gross Wt	11.72lb/14lb	11.72lb/14lb
Meat/Meat Alt	1/4c cooked legumes = 1oz eq M/MA	1/2c cooked legumes = 2oz eq M/MA
Vegetable (Legume)	1/4c cooked vegetables per serving	1/2c cooked vegetables per serving

* Meal Pattern Contribution Data Determined Per the USDA Food Buying Guide For Child Nutrition Programs
Section 1 - Meat/Meat Alternatives and Section 2 - Vegetables/Fruits



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#760.542.8390





It's Pizza Ingredients: Garbanzo Beans, Whey, EVOO, Salt, Tomato, Sugar, Spices, Garlic, Natural Dairy Flavors, NFD, Paprika, Gr Pepper, Citric Acid, Parsley

Nutrition Facts		Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Serving Size .75oz (21.26g)		Total Fat 2g	3%	Total Carbohydrate 12g	4%
Calories 80		Saturated Fat 0g	0%	Dietary Fiber 3g	12%
Calories from Fat 15		Trans Fat 0g		Sugars 3g	
		Cholesterol 0mg	0%	Protein 4g	8%
		Sodium 110mg	5%		
		Calcium 2%		Iron 6%	

*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 Carbs		300g	375g
Dietary Fiber		25g	30g

Cool Ranch Ingredients: Garbanzo Beans, Dried Buttermilk, Salt, EVOO, Onion, Spices, Garlic

Nutrition Facts		Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Serving Size .75oz (21.26g)		Total Fat 2g	3%	Total Carbohydrate 12g	4%
Calories 80		Saturated Fat 0g	0%	Dietary Fiber 3g	12%
Calories from Fat 15		Trans Fat 0g		Sugars 3g	
		Cholesterol 0mg	0%	Protein 4g	8%
		Sodium 180mg	8%		
		Calcium 2%		Iron 6%	

*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 Carbs		300g	375g
Dietary Fiber		25g	30g

Chili Citrus Ingredients: Garbanzo Beans, EVOO, Salt, Spices, Garlic, Onion

Nutrition Facts		Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Serving Size .75oz (21.26g)		Total Fat 2g	3%	Total Carbohydrate 12g	4%
Calories 80		Saturated Fat 0g	0%	Dietary Fiber 4g	16%
Calories from Fat 15		Trans Fat 0g		Sugars 2g	
		Cholesterol 0mg	0%	Protein 4g	8%
		Sodium 110mg	5%		
		Vitamin A 6%		Calcium 2%	
				Iron 8%	

*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 Carbs		300g	375g
Dietary Fiber		25g	30g

Spicy Nacho Ingredients: Garbanzo Beans, EVOO, Spices, Salt, Garlic, Onion

Nutrition Facts		Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Serving Size .75oz (21.26g)		Total Fat 2g	3%	Total Carbohydrate 12g	4%
Calories 80		Saturated Fat 0g	0%	Dietary Fiber 4g	16%
Calories from Fat 15		Trans Fat 0g		Sugars 2g	
		Cholesterol 0mg	0%	Protein 4g	8%
		Sodium 170mg	7%		
		Vitamin A 6%		Calcium 2%	
				Iron 8%	

*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 Carbs		300g	375g
Dietary Fiber		25g	30g

Lightly Salted Ingredients: Garbanzo Beans, Salt, Extra Virgin Olive Oil (EVOO)

Nutrition Facts		Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Serving Size .75oz (21.26g)		Total Fat 2g	3%	Total Carbohydrate 12g	4%
Calories 80		Saturated Fat 0g	0%	Dietary Fiber 4g	16%
Calories from Fat 15		Trans Fat 0g		Sugars 2g	
		Cholesterol 0mg	0%	Protein 4g	8%
		Sodium 130mg	5%		
		Calcium 2%		Iron 8%	

*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 Carbs		300g	375g
Dietary Fiber		25g	30g