



Roasted, Seasoned, Crunchy Goodness on the Go!

Manufacturer's Product Formulation Statement

Product Name: Go'Bonzo's ~ Roasted & Seasoned Chickpeas

Flavors & Product #'s: Lightly Salted 03-CF145
Cool Ranch 03-CF146
Spicy Nacho 03-CF147
Chili Citrus 03-CF209
It's Pizza 03-CF213

Data Updated: July 1, 2020

Component Contribution:**

Go'Bonzo's meet the new USDA Nutrition Guidelines: Chickpeas can provide either a Meat/Meat Alternate (M/MA) or a Vegetable (Legume), but not as both components in the same meal.

- **Meat/Meat Alternate:** 1/2 cup cooked legumes = 2 oz eq M/MA
- **Grain/Bread:** N/A
- **Vegetable:** 1/2 cup cooked vegetable

Product Serving Size: 1.5oz.

Ingredient Weight Per Serving:

Component	Ingredient	Raw or Cooked	Weight
Meat/Meat Alternate	Chickpeas (Garbanzo Beans)	Cooked	1.5oz
Grains/Breads	N/A	N/A	N/A
Vegetables	Chickpeas (Garbanzo Beans)	Cooked	1.5 oz

I certify that the above information is true and correct, for one serving of the above product (ready for service and prepared according to the manufacturer's instructions). I further certify that any Alternate Protein Product (APP), if used in this product, conforms to USDA/FNS requirements for use in meeting a portion of the meat/meat/alternate (M/MA) requirements of the Child Nutrition Program.

Gabriela Pacheco

RDN, LDN, SNS, School Nutrition Consultant

Title

July 1, 2020

Date

** Meal Pattern Contribution data determined per the USDA Food Buying Guide For Child Nutritional Programs Section 1 – Meat/Meat Alternate and Section 2 – Vegetables.