

Fiber Forward

Veg

Broccoli

Fiber-Forward Superfood

Delivers 2.4 grams of fiber per cup along with antioxidants and essential minerals that support digestive health.

Cabbage

Promotes Digestive Health

Provides 2 grams of fiber per serving along with Vitamins C and K to support gut and immune function.

Tomatoes

Rich in Lycopene Antioxidants

A leading dietary source of lycopene, plus 28% DV Vitamin C and 1.5g fiber to support heart and cellular health.

Cauliflower

Nutrient Dense with Minimal Calories

Provides 100% DV Vitamin C, 25% DV Vitamin K, and only 25 calories per serving.



Foodservice Pack Sizes



Our foodservice pack sizes are available year-round, offering consistent quality, versatility, and value with a fiber-forward focus.

Broccoli



NID	GTIN	Pack Size	Carton Dimension	TiHi	Cases per Pallet	Case/ Cube	Shelf Life
128478	100-30223-09601-3	4/3 lb.	19.875 x 11.75 x 7.375	8x12	96	0.9967	16 Days
128774	100-30223-00647-0	6/3 lb.	19.875 x 11.75 x 10.875	8x8	64	1.4697	16 Days
129004	100-30223-13392-3	18 lb.	19.875 x 11.75 x 11.125	8x8	64	1.5035	16 Days
116928	100-30223-09599-3	Mini 4/3 lb.	19.875 x 11.75 x 7.375	8x10	80	0.9967	16 Days

Carrots



NID	Product Type	GTIN	Pack Size	Carton Dimension	TiHi	Cases per Pallet	Case/ Cube	Shelf Life
116943	Matchstick	100-30223-04209-6	4/5 lb.	15.75 x 11.75 x 10.625	10x8	80	1.1379	21 Days
116945	Shredded	100-30223-04305-5	4/5 lb.	15.75 x 11.75 x 10.625	10x8	80	1.1379	21 Days
116946	Diced 1/4"	100-30223-04300-0	4/5 lb.	15.75 x 11.75 x 10.625	10x8	80	1.1379	21 Days

Cauliflower



NID	GTIN	Pack Size	Carton Dimension	TiHi	Cases per Pallet	Case/ Cube	Shelf Life
116933	100-30223-04307-9	2/3 lb.	15.625 x 9.75 x 5.625	13x16	208	0.4959	14 Days
116451	100-30223-04313-0	Mini 2/3 lb.	15.625 x 9.75 x 5.625	13x16	208	0.4959	14 Days
129058	100-30223-04311-6	4/3 lb.	19.875 x 11.75 x 7.375	8x12	96	0.9967	14 Days

Brussel Sprouts



NID	Product Type	GTIN	Pack Size	Carton Dimension	TiHi	Cases per Pallet	Case/ Cube	Shelf Life
130438	Halved	100-30223-14372-4	2/5 lb.	15.75 x 11.75 x 10.625	10x8	80	1.1379	16 Days



Celery

NID	Product Type	GTIN	Pack Size	Carton Dimension	TiHi	Cases per Pallet	Case/ Cube	Shelf Life
124729	Sticks	100-30223-04324-6	4/5 lb.	13.25 x 11.75 x 10.3125	12x8	96	0.9291	14 Days
100360	Diced	100-30223-04157-0	4/5 lb.	13.25 x 11.75 x 10.3125	12x8	96	0.9291	14 Days



Tomatoes

NID	Product Type	GTIN	Pack Size	Carton Dimension	TiHi	Cases per Pallet	Case/ Cube	Shelf Life
109942	Diced Tomato 3/8"	100-30223-04177-8	4/5 lb.	21 x 13 x 7.0625	6x10	72	1.1158	14 Days



Yellow Onions

NID	Product Type	GTIN	Pack Size	Carton Dimension	TiHi	Cases per Pallet	Case/ Cube	Shelf Life
129698	Diced 1/4" UPC	100-30223-02059-9	4/5 lb.	15.875 x 9.875 x 8.125	12x9	108	0.7371	14 Days
109955	Sliced 1/4"	100-30223-02061-2	4/5 lb.	13.25 x 11.75 x 10.3125	12x8	96	0.9291	14 Days
129015	Diced 3/8"	100-30223-04396-3	4/5 lb.	15.875 x 9.875 x 8.125	12x9	108	0.7371	16 Days
129883	Whole Peeled	100-30223-02063-6	30 lb.	20.0625 x 12.0625 x 9	8x10	80	1.2604	14 Days



Red Onions

NID	Product Type	GTIN	Pack Size	Carton Dimension	TiHi	Cases per Pallet	Case/ Cube	Shelf Life
117143	Sliced 1/4"	100-30223-04468-7	4/5 lb.	20.475 x 12.475 x 6.445	6x10	60	0.9527	16 Days
127492	Sliced 1/8	108-85251-80358-0	2/2 lb.	12.875 x 10.875 x 6.75	12x12	144	0.5469	14 Days
109959	Slivered 3/16"	100-30223-04707-7	4/5 lb.	15.75 x 11.75 x 10.625	10x8	80	1.1379	14 Days
124996	Whole Peeled	100-30223-04391-8	30 lb.	20.0625 x 12.0625 x 9	8x10	80	1.2604	14 Days



Cabbage

NID	Product Type	GTIN	Pack Size	Carton Dimension	TiHi	Cases per Pallet	Case/ Cube	Shelf Life
119565	Shred w/ Sep Clr	100-30223-00660-9	4/5 lb.	15.75 x 11.75 x 10.625	10x8	80	1.1379	16 Days
128682	Fine Shred w/ sep Clr	100-30223-04280-5	4/5 lb.	15.75 x 11.75 x 10.625	10x8	80	1.1379	16 Days
100456	Diced w/ Sep Clr	100-30223-08231-3	4/5 lb.	15.75 x 11.75 x 10.625	10x8	80	1.1379	16 Days
116984	Fine Diced w/ Sep Clr	100-30223-00228-1	4/5 lb.	15.75 x 11.75 x 10.625	10x8	80	1.1379	16 Days
116950	Shredded w/ Carrot	106-11628-91747-1	4/5 lb.	15.75 x 11.75 x 10.625	10x8	80	1.1379	16 Days
110914	Shred Red Cabbage	100-30223-09607-5	4/5 lb.	15.75 x 11.75 x 10.625	10x8	80	1.1379	16 Days



Green Beans

NID	GTIN	Pack Size	Carton Dimension	TiHi	Cases per Pallet	Case/ Cube	Shelf Life
121435	100-74865-18769-2	2/5 lb.	15.75 x 11.75 x 6.875	10x13	130	0.7363	16 Days

