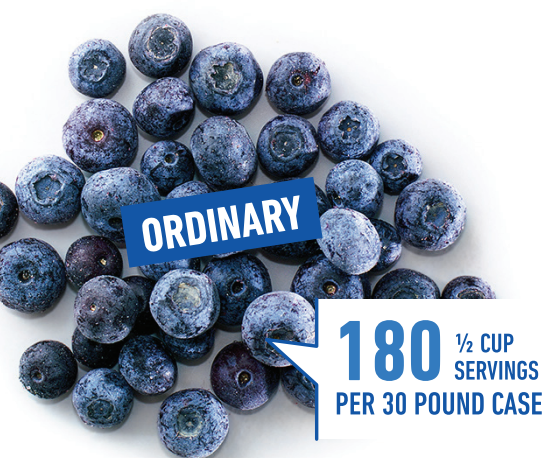


WHEN IT'S TIME FOR USDA FOOD ORDERS —

# CHOOSE THE *better* blueberry.

The USDA Foods list will offer you two types of blueberries—wild or ordinary. Maximize your USDA Foods funds by selecting *wild* blueberries. They offer **25% more half-cup servings** in a 30-pound case than the ordinary blueberries. Plus, wild blueberries are tasty, nutritious, and versatile. Your kids will love them!

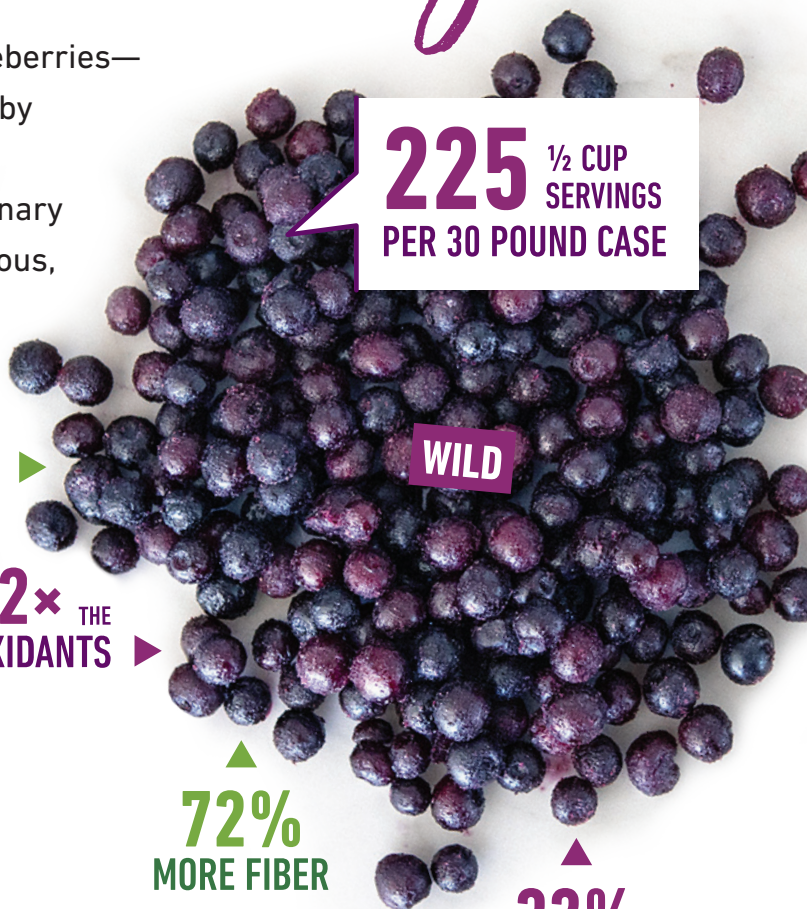


**33%** MORE  
ANTHOCYANINS

**2×** THE  
ANTIOXIDANTS

**72%**  
MORE FIBER

**32%**  
LESS SUGAR



CHOOSE FROM THESE TWO  
IQF *wild* BLUEBERRY OPTIONS:

**USDA Foods #100242**, a convenient **eight (8)**  
**3-pound bags** each with 22.5 half-cup servings.

**USDA Foods #100243** for a **30-pound case**.

► If you need help getting Wild Blueberries into your school, email Heidi at [heidi@wildblueberries.com](mailto:heidi@wildblueberries.com).

# Try out the NEW RECIPES.

Wild blueberries offer great versatility for both sweet and savory menu items. Check out our full wild blueberry recipe library or try one of these four wildly popular, easy-to-make, kid-approved wild blueberry recipes below.



## BENTO BOX WITH *Wild Blueberry* DIP

This fun bento box consists of simple snack options, plus a savory peanut butter and wild blueberry dip. Swap the peanut butter with any nut butter option or add the dip to a sandwich to take it to the next level.

**ONE #10 SCOOP OF WILD BLUEBERRY DIP PROVIDES:**  
**3/8 CUP FRUIT, 1 OZ. EQ. M/MA**



## BLACK BEAN & *Wild Blueberry* TACOS

Get on the Taco Tuesday trend with this delicious taco option built on the base of a wild blueberry chipotle dipping sauce. Your students will have fun making their own custom tacos.

**SERVING SIZE:**  
**2 EACH**

**COMPONENT QUALIFICATION:**  
**1/4 CUP FRUIT, 2 1/2 OZ. EQ M/MA, 2 OZ. EQ. GRAIN**



## *Wild Blueberry* OVERNIGHT OATS

Containing two (2) wholegrains and a whole bunch of wild blueberries, this simple grab-and-go breakfast or lunch option is easy to prepare and a student favorite. Bursting with wild blueberry flavor, this rich menu option will keep students nourished for their day of learning.

**SERVING SIZE:**  
**1 CUP**

**COMPONENT QUALIFICATION:**  
**1/2 CUP FRUIT, 1 OZ. EQ. GRAIN, 1 OZ. EQ. M/MA**



## *Wild Blueberry* PARFAIT

Yogurt parfaits are a perfect portable nutritionally balanced small meal. Your students will love every spoonful of layered creamy yogurt, crunchy goodness, and delicious fruit bursting with flavor. Serve at breakfast or lunch as a vegetarian entrée.

**SERVING SIZE:**  
**9 OZ.**

**COMPONENT QUALIFICATION:**  
**1/2 CUP FRUIT, 1 M/MA, 1 GRAIN**