



SFC #2822151



100% FRUIT JUICE 4.4 FLUID-OUNCE PORTION

- 100% Fruit Juice
- No Added Sweetener
- 1/2 Cup Fruit on School Lunch Menu
- Smart Snacks Compliant
- Strawberry-Mango and SourCherry-Lemon are made with Natural Colors and Natural Flavors

Nutrition Facts

SourCherry-Lemon

Nutrition Facts

Serving Size: 4.4 fl. oz. (127 g) (130 ml)
Servings Per Container: one

Amount Per Serving

Calories: 90	
Calories from Fat: 0	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 19g**	

Protein 0g

Vitamin A 20% • Vitamin C 100%
Calcium 8% • Iron 0%

*Percent 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	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram
Fat 9 • Carbohydrate 4 • Protein 4

**Sugars are those naturally occurring in the fruit juices.

Kiwi-Strawberry

Nutrition Facts

Serving Size: 4.4 fl. oz. (127 g) (130 ml)
Servings Per Container: one

Amount Per Serving

Calories: 90	
Calories from Fat: 0	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 19g**	

Protein 0g

Vitamin A 20% • Vitamin C 100%
Calcium 8% • Iron 0%

*Percent 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	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram
Fat 9 • Carbohydrate 4 • Protein 4

**Sugars are those naturally occurring in the fruit juices.

BlueRaspberry-Lemon

Nutrition Facts

Serving Size: 4.4 fl. oz. (127 g) (130 ml)
Servings Per Container: one

Amount Per Serving

Calories: 90	
Calories from Fat: 0	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 18g**	

Protein 0g

Vitamin A 20% • Vitamin C 100%
Calcium 8% • Iron 0%

*Percent 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	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram
Fat 9 • Carbohydrate 4 • Protein 4

**Sugars are those naturally occurring in the fruit juices.

Strawberry-Mango

Nutrition Facts

Serving Size: 4.4 fl. oz. (127 g) (130 ml)
Servings Per Container: one

Amount Per Serving

Calories: 90	
Calories from Fat: 0	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 19g**	

Protein 0g

Vitamin A 35% • Vitamin C 100%
Calcium 8% • Iron 0%

*Percent 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	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram
Fat 9 • Carbohydrate 4 • Protein 4

**Sugars are those naturally occurring in the fruit juices.

100% Fruit Juice – 4 fl. oz. (1/2 cup)

SideKicks are 4 fl. oz. of juice before freezing. When frozen, the juice expands to 4.4 fl oz., as shown on the lid labels.



Product Formulation Statement – Ridgefield’s SideKicks (4.4 oz cups)
for Documenting Fruit Credit

Product Name: SideKicks Mfr #s 2009, 2015, 2014, 2016

Manufacturer: Ridgefield’s Serving Size: One portion cup (4.4 fl oz)

BlueRaspberry-Lemon | Strawberry-Mango | Kiwi-Strawberry | SourCherry-Lemon



Fruit Component

Description of Creditable Ingredient per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Yield/Servings Per Unit	Creditable Amount (in quarter cups)
Juices, Frozen *	4.4 fl oz	X	4 fl oz / 1	2

As a menu item: Total Creditable Fruit = ½ cup

As an à la carte item: Smart Snacks Compliant

I certify the above information is true and correct and that one 4.4 fl oz serving of the above product contains ½ cup fruit juice.


 Joe Koch, VP of Marketing
 6/10/16

*All SideKicks are 100% fruit juice. For menu credit, USDA guidance states that meal contributions are based on the fluid volume of juice prior to freezing. SideKicks are 4 fl oz of juice prior to freezing. When frozen the juice expands to 4.4 fl oz, as shown on the labels.