



Fruit Bowls®

SNACKS

Brighten your menu with
ready-to-serve Dole Fruit Bowls®.

No peeling or chopping required.

3 DELICIOUS FORMATS TO CHOOSE FROM!

1

Dole Fruit Bowls in 100% Juice[^]

Pre-portioned and ready-to-eat fruit
packed in 100% fruit juice.

2

Dole Fruit in Gel

A fun and playful twist to snack time
with perfectly diced fruit - layered in a
cool, refreshing gel.

3

Dole Fruit Parfait

A fruit-forward indulgent treat with
layers of velvety cream and delicious
peaches.



7 oz size
includes fork
under lid



*does not apply to Fruit in Gel & Parfaits

[^]with other natural flavors, ascorbic acid and citric acid

NUTRITION FACTS

	Case Code	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin C % DV*	Vitamin D % DV*	Calcium % DV*	Iron % DV*	Potassium % DV*
DOLE® FRUIT BOWLS® SNACKS IN 100% FRUIT JUICE [^] - 4 OZ.																	
Diced Mango Mango, White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Acerola Juice From Concentrate (Water, Acerola Juice Concentrate), Natural Flavors, And Lemon Juice From Concentrate (Water, Lemon Juice Concentrate).	100-38900-00443-6	4 oz.	70	0	0	0	0	17	1	16	0	<1	30	0	0	0	2
Papaya Mango Papaya (Red And Yellow), White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Mango, Acerola Juice From Concentrate (Water, Acerola Juice Concentrate), Natural Flavors, And Lemon Juice From Concentrate (Water, Lemon Juice Concentrate).	100-38900-00442-9	4 oz.	60	0	0	0	5	15	1	13	0	<1	30	0	0	0	2
Cherry Mixed Fruit White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Pineapple, Peaches, Pears, Cherries (Red #3 Color), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-02062-7	4 oz.	70	0	0	0	0	16	1	14	0	<1	30	0	0	0	0
Diced Pears Pears, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Acerola Juice from Concentrate (Water, Acerola Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, and Citric Acid.	100-38900-03019-0	4 oz.	70	0	0	0	0	17	3	13	0	<1	30	0	0	0	0
Diced Peaches Peaches, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-03073-2	4 oz.	60	0	0	0	0	14	1	12	0	<1	30	0	0	0	2
Mandarin Oranges Mandarin Oranges, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-04208-7	4 oz.	70	0	0	0	0	16	1	14	0	<1	30	0	2	0	2
Mixed Fruit White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Pineapple, Peaches, Pears, Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-03065-7	4 oz.	70	0	0	0	0	15	1	13	0	<1	30	0	0	0	2
Pineapple Tidbits Pineapple, Pineapple Juice, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-00419-1	4 oz.	60	0	0	0	0	15	1	14	0	<1	35	0	0	0	2
Tropical Fruit Papaya (Red and Yellow), White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Pineapple, Clarified Pineapple Juice from Concentrate (Water, Clarified Pineapple Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-03048-0	4 oz.	60	0	0	0	5	15	1	14	0	<1	30	0	0	0	2
DOLE FRUIT PARFAITS - 4.3 OZ.																	
Peaches & Crème Peaches, Water, Sugar, Coconut Powder, Modified Food Starch, Glucose Syrup, Natural and Artificial Flavors, Phosphoric Acid, Citric Acid, Ascorbic Acid (Vitamin C) To Promote Color Retention, Carrageenan, Casein (A Milk Derivative), Locust Bean Gum, and Beta Carotene (Color).	100-38900-03140-1	4.3 oz.	100	2	1.5	0	10	20	<1	15	11	0	20	0	0	0	0
DOLE FRUIT IN GEL - 4.3 OZ.																	
Mandarins in Orange Gel Water, Mandarin Oranges, Sugar, Carrageenan, Natural Flavors, Sodium Citrate, Locust Bean Gum, Fumaric Acid (To Regulate Acidity), Beta Carotene (Color), Calcium Lactate, Malic Acid (To Regulate acidity), Ascorbic Acid (Vitamin C) To Promote Color Retention, and Cochineal Extract (Color).	100-38900-03054-1	4.3 oz.	100	0	0	0	55	24	<1	22	19	0	20	0	0	0	0
Peaches in Strawberry Gel Water, Peaches, Sugar, Carrageenan, Natural Flavors, Locust Bean Gum, Cochineal Extract (Color), Malic and Fumaric Acid (To Regulate Acidity), Sodium Citrate, Potassium Citrate, and Ascorbic Acid (Vitamin C) To Promote Color Retention.	100-38900-03053-4	4.3 oz.	100	0	0	0	30	24	<1	23	20	0	20	0	0	0	0
DOLE FRUIT BOWLS® SNACKS IN 100% FRUIT JUICE [^] - 7 OZ.																	
Mandarin Oranges Mandarin Oranges, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-74206-2	7 oz.	120	0	0	0	10	28	2	25	0	1	50	0	4	0	4
Mixed Fruit White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Pineapple, Peaches, Pears, Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-71924-8	7 oz.	120	0	0	0	5	28	3	23	0	1	50	0	0	0	4
Sliced Peaches Peaches, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-71966-8	7 oz.	100	0	0	0	5	24	2	22	0	1	50	0	0	2	4
Tropical Fruit Pineapple, Papaya (Red and Yellow), White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Clarified Pineapple Juice from Concentrate (Water, Clarified Pineapple Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, and Citric Acid.	100-38900-79088-9	7 oz.	110	0	0	0	10	26	2	24	0	<1	50	0	2	2	6
DOLE FRUIT IN GEL - 7 OZ.																	
Mixed Fruit in Black Cherry Gel Water, Sugar, Peaches, Pears, Pineapple, Carrageenan, Cochineal Extract (Color), Locust Bean Gum, Malic and Fumaric Acid (To Regulate Acidity), Natural Flavors, Sodium Citrate, Potassium Citrate, Caramel Color, and Ascorbic Acid (Vitamin C) To Promote Color Retention.	100-38900-71971-2	7 oz.	150	0	0	0	40	38	2	36	31	0	30	0	0	0	2

[^]with other natural flavors, ascorbic acid and citric acid * Percentages based on the daily value of a 2,000 calorie diet.

CASE SPECIFICATIONS

	Pack/Size	Case Dimensions	Case Weight Gross	Case Cube	Per Case Pallet
4 oz. Fruit in 100% Fruit Juice[^] - <i>Diced Mango, Papaya Mango, Cherry Mixed Fruit, Diced Pears, Mixed Fruit, Pineapple Tidbits and Tropical Fruit</i>	36/4 oz.	12.813" x 9.688" x 6.375"	10.85 lb.	0.458	105
4 oz. Fruit in 100% Fruit Juice[^] - <i>Diced Peaches & Mandarin Oranges</i>	36/4 oz.	12.813" x 9.688" x 6.063"	10.85 lb.	0.436	105
4.3 oz. Fruit Parfait - <i>Peaches & Crème</i>	36/4.3 oz.	12.813" x 9.688" x 6.375"	12.00 lb.	0.458	105
4.3 oz. Fruit in Gel - <i>Peaches in Strawberry Gel</i>	36/4.3 oz.	12.813" x 9.688" x 6.375"	11.20 lb.	0.458	105
4.3 oz. Fruit in Gel - <i>Mandarins in Orange Gel</i>	36/4.3 oz.	12.813" x 9.688" x 6.063"	11.20 lb.	0.436	105
7 oz. Fruit in 100% Fruit Juice[^] - <i>Mandarin Oranges, Mixed Fruit and Tropical Fruit</i>	12/7 oz.	9.650" x 6.929" x 5.787"	6.28 lb.	0.224	175
7 oz. Fruit in 100% Fruit Juice[^] - <i>Sliced Peaches</i>	12/7 oz.	9.650" x 6.929" x 5.787"	6.39 lb.	0.224	175
7 oz. Fruit in Gel - <i>Mixed Fruit in Black Cherry Gel</i>	12/7 oz.	9.650" x 6.929" x 5.787"	6.56 lb.	0.224	175

Visit www.dolefoodservice.com/fruit-bowls to learn more or call 1-800-462-7706 to speak to a Dole representative.



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