

## Fresh Solutions for Fresh Produce.™

### Brands

- Ready-Set-Serve (RSS): table-ready fruits, vegetables, and juices packed to detailed specifications
- Markon First Crop (MFC): whole fruits and vegetables packed to detailed specifications

### Food Safety

- Every case of RSS or MFC you purchase from a member distributor has met or surpassed Markon's unparalleled standards for food safety
- Our 5-Star Food Safety® Audit Program is based on specifications, inspections, and information at five key points: fields, facilities, transportation, distributor warehouses, and operator kitchens

### Sustainability

- Markon was the first to test sustainable practices that result in specific, verifiable, and measurable data; we know the importance of quantifying water use, pesticides, and energy, and partner with like-minded grower-shippers
- We continue to set new benchmarks, meet them, make adjustments, and pass these standards along to the rest of the produce community

### Trends

- Root for root vegetables! Carrots, butternut squash, yams, beets, and MFC Potatoes all taste sweeter and more intense when roasted with herbs in healthy olive oil
- Serve well-loved comfort foods but pump up the produce: mac and cheese with tomatoes, real mashed potatoes, and pizza piled with veggies
- Offer grilled chicken instead of nuggets; load the bun with lettuce, tomatoes, and mashed avocado
- Variety is key: add veggie and turkey burgers as options for non-beef eaters



**RSS Celery Stalks Filled with: Peanut Butter and Raisins, RSS Avocado Chunks, and Cream Cheese with MFC Strawberries**

### Suggested Items & Pairings

|                                 |                                            |                                         |
|---------------------------------|--------------------------------------------|-----------------------------------------|
| • <b>RSS Orange Sections</b>    | bananas<br>French toast<br>granola         | kiwifruit<br>mint                       |
| • <b>RSS Celery Stalks</b>      | avocados<br>cream cheese<br>peanut butter  | tuna fish<br>turkey                     |
| • <b>MFC Lunch Bunch Grapes</b> | almonds<br>chicken salad<br>rice pilaf     | strawberries<br>whole-wheat<br>crackers |
| • <b>MFC Potatoes</b>           | beef<br>corn<br>garlic                     | olive oil<br>pears                      |
| • <b>RSS Salad Mix</b>          | bell peppers<br>cherry tomatoes<br>ham     | hard-boiled eggs<br>pita bread          |
| • <b>RSS Diced Red Onions</b>   | balsamic vinegar<br>burgers<br>green beans | Jalapeno chiles<br>mango                |

### Yields

|                          |                                   |
|--------------------------|-----------------------------------|
| • RSS Orange Sections    | 22 4-oz. servings per 8# pail     |
| • RSS Celery Stalks      | 40 4-oz. servings per 10# carton  |
| • MFC Lunch Bunch Grapes | 150 bunches per 21# carton        |
| • MFC Potatoes           | 106 6-oz. servings per 50# carton |
| • RSS Salad Mix          | 80 4-oz. servings per 4/5# carton |
| • RSS Diced Red Onions   | 74 cups per 20# carton            |

*Yields are approximate*

## Usage Ideas

### RSS Orange Sections

- Top French toast, waffles, and pancakes with RSS Orange Sections and maple syrup
- Mix RSS Orange Sections and granola into vanilla yogurt
- Toss RSS Orange Sections with sliced kiwifruit, bananas, and minced mint; serve with sandwiches

### RSS Celery Stalks

- Fill RSS Celery Stalks with: peanut butter and raisins, RSS Avocado Chunks, and cream cheese with MFC Strawberries ([see photo](#))
- Pass on the bread: stuff RSS Celery Stalks with tuna fish and light mayonnaise
- Wrap with turkey lunch meat and Swiss cheese

### MFC Lunch Bunch Grapes

- Serve MFC Lunch Bunch Grapes with assorted cheeses and whole-wheat crackers ([see photo](#))
- Stir sliced MFC Lunch Bunch Grapes, chopped MFC Strawberries, and slivered almonds into chicken salad; serve on RSS Green Leaf Fillets
- Add chopped MFC Lunch Bunch Grapes to rice pilaf; serve with chicken entrées

### MFC Potatoes

- Add cubed MFC Potatoes and corn to beef stew or individual pot pies
- Serve healthier, better-tasting French fries: roast strips of MFC Potatoes with olive oil and RSS Peeled Garlic; serve with burgers
- Bake individual au gratin potatoes with a twist; combine thinly sliced MFC Potatoes, pears, grated cheese, and cream sauce

### RSS Salad Mix

- Add even more color, vitamins, and sweetness to RSS Salad Mix with cherry tomatoes
- Fill pita pockets with sliced ham, chopped hard-boiled eggs, and RSS Salad Mix
- Give crunch and color to burritos and soft tacos with sliced MFC Bell Peppers and RSS Salad Mix

### RSS Diced Red Onions

- Combine RSS Diced Red Onions, chopped tomatoes, minced Jalapeno chiles, sliced mangoes, and RSS Lime Juice; serve with tortilla chips, burritos, and tacos
- Stir RSS Diced Red Onions, green beans, and balsamic vinaigrette into hearty salads of couscous or quinoa
- Mix into ground hamburger or turkey; patty and grill; serve on whole-wheat buns

## A+ Ingredients

Trust these core ingredients to meet your school menu guidelines every time—each is high in fiber, vitamins, minerals, and flavor:

### MFC Lunch Bunch Grapes

- Pre-portioned; ideal for boxed lunches and salad bars
- Work in every day part: in smoothies, on cereal, aside sandwiches, braised with poultry, and on top of desserts
- The perfect snack: pair with nuts, cheese, or chips
- Add crunch to silky puddings, Jello, and custard desserts
- Use in stuffings, pasta salads, rice dishes, and couscous

### MFC Potatoes

- Use them in creative, healthy ways (minus added fats)
- Their mellow flavor can be paired with virtually any entrée: meat, poultry, eggs...you name it
- Peel and add to any number of recipes, including soups, stews, braises, casseroles, and roasts
- Serve fries low in saturated fats by oven baking rather than deep frying
- Mash with skim milk or low fat buttermilk to keep potatoes on the skinny

### MFC Lunch Bunch Grapes with Assorted Cheeses and Whole-Wheat Crackers



To learn more about Markon, please contact your sales representative.