

McCain® FLAVORLASTS® THIN CUT FRENCH FRIES
USDA School Lunch Meal Planning Nutrition Facts
MCF03789

NUTRITION FACTS	
Serving Size 2.34 oz. (66g) FROZEN *	
Amount per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Potassium 230mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	6%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 2%
INGREDIENTS: Potatoes, Vegetable Oil (contains one or more of the following: Canola Oil, Soybean Oil, Cottonseed Oil, Sunflower Oil, Corn Oil), Potato Starch - Modified, Rice Flour, Dextrin, Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Xanthan Gum, Dextrose, Sodium Acid Pyrophosphate Added to Preserve Natural Color.	

* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.34 oz of McCain battered fries.

I certify that this information is true

USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update)			
Product: Potatoes, French Fries, frozen, Shoestring, Straight cut, Low moisture (pg. 2-69)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100
1 Pound	14.2	1/4 cup cooked vegetable	7.1

McCain Equivalent per Bag			
FBG serving sizes adjusted to accommodate batter; batter not part of vegetable serving.			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100
5 Pounds	34.08	1/2 cup cooked vegetable	2.93

McCain Equivalent per Case			
FBG serving sizes adjusted to accommodate batter; batter not part of vegetable serving.			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100
30 Pounds (6 Bags per Case)	204.48	1/2 cup cooked vegetable	0.49

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable	Multiply	FBG Yield /Servings	Creditable Amount**
Potato, FF, Frozen, SS, SC, low moisture	2.34 oz by weight	X	14.2 / 16	2.076
A. Total Creditable Amount				2.076

** Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

Using the quarter cup to cup conversion chart below to calculate the quarter cup creditable amount.
Quarter Cup to Cup Conversion:

0.5 Quarter Cups = 1/8 Cup	1.5 Quarter Cups = 3/8 Cup	2.5 Quarter Cups = 5/8 Cup
1.0 Quarter Cups = 1/4 Cup	2.0 Quarter Cups = 1/2 Cups	3.0 Quarter Cups = 3/4 Cup

1/18/2012
Date

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