

McCAIN® REDSTONE CANYON® SPIRAL CUT FRENCH FRIES
USDA School Lunch Meal Planning Nutrition Facts
MCL03622

NUTRITION FACTS	
Serving Size 2.11 oz. (60g) FROZEN *	
Amount per Serving	Calories from Fat 45
Calories 110	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Potassium 150mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
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), Bleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Tapioca Starch - Modified, Dextrin, Garlic Powder, Onion Powder, Spice, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spice and Coloring, Xanthan Gum, Annatto (color), Sodium Acid Pyrophosphate Added to Preserve Natural Color.	
CONTAINS: WHEAT	

* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.11 oz of McCain battered fries.

I certify that this information is true and correct.

1/2/2014

 Date

Rachel Lange

 Rachel Lange
 Research and Development

USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update)			
Product: Potatoes, French Fries, frozen, Curly (1/3-inch width) (pg. 2-69)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	16.2	1/4 cup cooked vegetable	6.2

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 Servings
4 Pounds	30.13	1/2 cup cooked vegetable	3.32

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 Servings
24 Pounds (6 Bags per Case)	180.79	1/2 cup cooked vegetable	0.55

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable	Multiply	FBG Yield /Servings	Creditable Amount*
Potato, FF, frozen, curly	1.975 oz by weight	X	16.2/ 16	2.000
A. Total Creditable Amount				
* 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	