

McCain® REDSTONE CANYON® 3/8" STRAIGHT CUT FRENCH FRIES
USDA School Lunch Meal Planning Nutrition Facts
MCX03621

NUTRITION FACTS	
Serving Size 2.45 oz. (70g) FROZEN *	
Amount per Serving	Calories from Fat 50
Calories 130	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Potassium 240mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	6%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 4%
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 2.45 oz of McCain battered fries.

USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update)			
Product: Potatoes, French Fries, frozen, Straight cut, Regular moisture, Ovenable (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	14.0	1/4 cup cooked vegetable	7.2

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
5 Pounds	32.55	1/2 cup cooked vegetable	3.07

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
30 Pounds (6 Bags per Case)	195.30	1/2 cup cooked vegetable	0.51

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient**	Multiply	FBG Yield /Servings per Unit	Creditable Amount*
Potato, FF, Frozen, SC	2.254 oz by weight	X	14.2/ 16	2.000
A. Total Creditable Amount				2.000

* 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

1/12/2012
 Date

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 Rachel Reiter
 Research and Development

I certify that this information is true and correct.