

**ORE-IDA EVERCRISP® THIN CUT FRENCH FRIES**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**OIF01028A**

| <b>NUTRITION FACTS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| Serving Size 2.45 oz. (70g) <b>FROZEN *</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                      |
| <b>Amount per Serving</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Calories from Fat 50 |
| Calories 130                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | % Daily Value*       |
| <b>Total Fat</b> 6g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>9%</b>            |
| Saturated Fat 1g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>5%</b>            |
| Trans Fat 0g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                      |
| Polyunsaturated Fat 2g                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                      |
| Monounsaturated Fat 2.5g                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                      |
| <b>Cholesterol</b> 0mg                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>0%</b>            |
| <b>Sodium</b> 300mg                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>12%</b>           |
| <b>Potassium</b> 210mg                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>6%</b>            |
| <b>Total Carbohydrate</b> 18g                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>6%</b>            |
| Dietary Fiber 1g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>5%</b>            |
| Sugars 0g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                      |
| <b>Protein</b> 1g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                      |
| Vitamin A 0%                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Vitamin C 6%         |
| Calcium 0%                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Iron 4%              |
| <b>INGREDIENTS:</b> Potatoes, Vegetable Oil<br>(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, Riboflavin, Folic Acid), Rice Flour, Wheat Starch, Salt, Tapioca Starch, Dextrin, Tapioca Starch - Modified, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Sucrose, Guar Gum, Xanthan Gum, Dextrose, Sodium Acid Pyrophosphate Added to Preserve Natural Color. |                      |
| <b>CONTAINS: WHEAT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                      |

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.45 oz of McCain battered fries.

| <b>USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update)</b>          |                                 |                                         |
|----------------------------------------------------------------------------------------------|---------------------------------|-----------------------------------------|
| 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 |
| 1 Pound                                                                                      | 14.0                            | 1/4 cup cooked vegetable                |
|                                                                                              |                                 | 7.2                                     |

| <b>McCain Equivalent per Bag</b>                                                        |                                 |                                         |
|-----------------------------------------------------------------------------------------|---------------------------------|-----------------------------------------|
| 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 |
| 5 Pounds                                                                                | 32.55                           | 1/2 cup cooked vegetable                |
|                                                                                         |                                 | 3.07                                    |

| <b>McCain Equivalent per Case</b>                                                       |                                 |                                         |
|-----------------------------------------------------------------------------------------|---------------------------------|-----------------------------------------|
| 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 |
| 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 Creditable Ingredient** | Portion of Multiply | FBG Yield /Servings per Unit | Creditable Amount* |
|-------------------------------------------------------------------|----------------------------------------|---------------------|------------------------------|--------------------|
| Potato, FF, Frozen, SC                                            | 2.286 oz by weight                     | X                   | 14/ 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 |

I certify that this information is true and correct.

1/12/2012  
 Date

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