

McCain® HARVEST SPLENDOR™ SWEET POTATO BITES
USDA School Lunch Meal Planning Nutrition Facts
MCF05034

| NUTRITION FACTS | | | |
|---|-------|-------------------|------------|
| Serving Size 2.67 oz. (76g) FROZEN * | | | |
| about 10 pieces | | | |
| | | | |
| Amount per Serving | | | |
| Calories | 120 | Calories from Fat | 35 |
| % Daily Value* | | | |
| Total Fat | 4g | | 6% |
| Saturated Fat | 0.5g | | 3% |
| Trans Fat | 0g | | |
| Polyunsaturated Fat | 1g | | |
| Monounsaturated Fat | 2g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 100mg | | 4% |
| Potassium | 160mg | | 5% |
| Total Carbohydrate | 19g | | 6% |
| Dietary Fiber | 3g | | 12% |
| Sugars | 10g | | |
| Protein | 1g | | |
| | | | |
| Vitamin A | 70% | Vitamin C | 4% |
| Calcium | 2% | Iron | 2% |
| INGREDIENTS: Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Sugar, Dehydrated Potatoes. Contains 2% or less of Corn Starch - Modified, Dextrin, Maltodextrin, Molasses, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Tapioca Starch - Modified, Xanthan Gum. | | | |

* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.67 oz of McCain Sweet Potato Bites.
 I certify that this information is true and correct.

| USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update) | | | |
|---|---------------------------------|---|--------------------------------------|
| Product: Potato Products, frozen, Circles (pg. 2-70) | | | |
| USDA Purchase Unit | USDA Servings per Purchase Unit | USDA Serving Size per Meal Contribution | USDA Purchase Units for 100 Servings |
| 1 Pound | 12.6 | 1/4 cup baked vegetable | 8 |

| McCain Equivalent per Bag | | | |
|---|---------------------------------|---|--|
| FBG serving sizes adjusted to accommodate seasoning; seasoning 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 |
| 2.5 Pounds | 14.96 | 1/2 cup baked vegetable | 6.68 |

| McCain Equivalent per Case | | | |
|---|---------------------------------|---|--|
| FBG serving sizes adjusted to accommodate seasoning; seasoning 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 |
| 15 Pounds (6 Bags per Case) | 89.78 | 1/2 cup baked vegetable | 1.11 |

| Description of Creditable Ingredients per Food Buying Guide (FBG) | Ounces per Raw Portion of Creditable | Multiply | FBG Yield /Servings | Creditable Amount* |
|---|--------------------------------------|----------|---------------------|--------------------|
| Potato Products, Frozen, Circles | 2.54 oz by weight | X | 12.6 / 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 Cup | 3.0 Quarter Cups = 3/4 Cup |

Rachel Lange

Rachel Lange, Research and Development

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 Date