

**ORE-IDA® SPUDBITES® SHAPED POTATOES**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**OIF00093A**

NUTRITION FACTS			
Serving Size 2.54 oz. (72g) <b>FROZEN</b> *			
about 10 pieces			
Amount per Serving			
Calories 150		Calories from Fat 70	
% Daily Value*			
<b>Total Fat</b> 8g		<b>12%</b>	
Saturated Fat 1g		<b>5%</b>	
Trans Fat 0g			
Polyunsaturated Fat 2.5g			
Monounsaturated Fat 3.5g			
<b>Cholesterol</b> 0mg		<b>0%</b>	
<b>Sodium</b> 320mg		<b>13%</b>	
<b>Potassium</b> 230mg		<b>7%</b>	
<b>Total Carbohydrate</b> 18g		<b>6%</b>	
Dietary Fiber 2g		<b>7%</b>	
Sugars 0g			
<b>Protein</b> 2g			
Vitamin A 0%		Vitamin C 6%	
Calcium 0%		Iron 0%	
INGREDIENTS: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dehydrated Potato Flakes (Potatoes, Mono- & Diglycerides, Sodium Acid Pyrophosphate & Citric Acid Added To Preserve Natural Color), Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Yellow Corn Flour.			

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.54 oz of McCain tots.  
 I certify that this information is true and correct.

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update)</b>			
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

<b>McCain Equivalent per Bag</b>			
Product: Potato Products, frozen, Circles (pg. 2-70)			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
5 Pounds	31.50	1/2 cup baked vegetable	3.17

<b>McCain Equivalent per Case</b>			
Product: Potato Products, frozen, Circles (pg. 2-70)			
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)	189.00	1/2 cup baked vegetable	0.53

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	2.00
<b>A. Total Creditable Amount</b>				<b>2.00</b>

\* 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

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Date

*Alison Schneider*

Alison Schneider, Research and Development