

**McCain® HARVEST SPLENDOR™ SWEET POTATO MAXI CUT FRENCH FRIES**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**MCF04965**

| NUTRITION FACTS  |     |                      |    |
|--|-----|----------------------|----|
| Serving Size 2.49 oz. (71g) FROZEN *   |     |                      |    |
|  |     |                      |    |
| Amount per Serving   |     |                      |    |
| Calories 110   |     | Calories from Fat 30 |    |
| % Daily Value*   |     |                      |    |
| Total Fat 3.5g   |     | 5%                   |    |
| Saturated Fat 0.5g   |     | 3%                   |    |
| Trans Fat 0g   |     |                      |    |
| Polyunsaturated Fat 1g   |     |                      |    |
| Monounsaturated Fat 1.5g   |     |                      |    |
| Cholesterol 0mg  |     | 0%                   |    |
| Sodium 160mg   |     | 7%                   |    |
| Potassium 220mg  |     | 6%                   |    |
| Total Carbohydrate 16g   |     | 5%                   |    |
| Dietary Fiber 2g   |     | 8%                   |    |
| Sugars 7g  |     |                      |    |
| Protein 1g   |     |                      |    |
|  |     |                      |    |
| Vitamin A  | 80% | Vitamin C            | 6% |
| Calcium  | 2%  | Iron                 | 2% |
|  |     |                      |    |
| INGREDIENTS: Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch - Modified. Contains 2% or less of Annatto (color), Baking Soda, Beta Carotene (color), Caramel (Color), Natural Flavors, Rice Flour, Salt, Sodium Acid Pyrophosphate (Maintains Natural Color & Leavening), Sugar, Tapioca Dextrin, Xanthan Gum. |     |                      |    |

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.49oz of sweet potato straight cut 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 | USDA Purchase Units for 100 Servings |
| 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 | McCain Purchase Units for 100 Servings |
| 2.5 Pounds  | 16.29                           | 1/2 cup cooked vegetable                | 6.14                                   |

| <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 | McCain Purchase Units for 100 Servings |
| 15 Pounds (6 Bags per Case)   | 97.76                           | 1/2 cup cooked vegetable                | 1.02                                   |

| Description of Creditable Ingredients per Food Buying Guide (FBG) | Ounces/ raw portion of creditable ingredient | multiply | FBG yield /servings /unit | Creditable Amount** |
|---|--|----------|---------------------------|---------------------|
| Potato French Fries, frozen                                       | 2.29oz by weight                             | X        | 14/16                     | 2.000               |
| <b>A. Total Creditable Amount</b>                                 |  |          |                           | <b>2.000</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 Cup | 3.0 Quarter Cups = 3/4 Cup |

I certify that this information is true and correct.

5/13/2013  
 Date

*Alison Schneider*  
 Alison Schneider  
 Research and Development