

McCain® FLAVORLASTS® SHOESTRING CUT FRENCH FRIES
USDA School Lunch Meal Planning Nutrition Facts
MCF03786

NUTRITION FACTS			
Serving Size 2.39 oz. (68g) FROZEN *			
Amount per Serving			
Calories 100	Calories from Fat 40		
% Daily Value*			
Total Fat 4.5g			7%
Saturated Fat 0.5g			3%
<i>Trans Fat</i> 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 2g			
Cholesterol 0mg			0%
Sodium 290mg			12%
Potassium 210mg			6%
Total Carbohydrate 19g			6%
Dietary Fiber 2g			6%
Sugars 0g			
Protein 2g			
Vitamin A 0%	Vitamin C 10%		
Calcium 0%	Iron 2%		
INGREDIENTS: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch - Modified. Contains 2% or less of Dextrin, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Xanthan Gum.			

Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.34 oz of McCain Fries.

I certify that this information is true and correct.

USDA Food Buying Guide (FBG) for Child Nutrition Programs (Jan. 2013 Update)			
Product: Potatoes, French Fries, frozen, Shoestring, Straight cut, Low moisture (pg. 2-48)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100
1 Pound	14.2	1/4 cup cooked vegetable	7.1

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
5 Pounds	34.08	1/2 cup cooked vegetable	2.93

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
30 Pounds (6 Bags per Case)	204.48	1/2 cup cooked vegetable	0.49

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

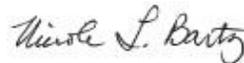
* Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

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

11/3/2016
Date



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Research and Development

