

**McCain® FLAVORLASTS® THICK STRAIGHT CUT FRENCH FRIES**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**MCF03788**

NUTRITION FACTS			
Serving Size 2.40 oz. (68g) <b>FROZEN *</b>			
<b>Amount per Serving</b>			
Calories 100		Calories from Fat 25	
		% Daily Value*	
<b>Total Fat</b>	3.0g		<b>5%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
Polyunsaturated Fat	1g		
Monounsaturated Fat	1.5g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	300mg		<b>13%</b>
<b>Potassium</b>	220mg		<b>6%</b>
<b>Total Carbohydrate</b>	18g		<b>6%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	0g		
<b>Protein</b>	2g		
Vitamin A	0%	Vitamin C	4%
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 2.40 oz of McCain battered 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, Straight cut, Regular moisture, Ovenable (pg. 2-48)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100
1 Pound	14.0	1/4 cup cooked vegetable	7.2

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	33.22	1/2 cup cooked vegetable	3.01

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)	199.29	1/2 cup cooked vegetable	0.50

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
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

10/31/2016  
Date

  
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 Research and Development