



USDA School Lunch Equivalent For: **Sweet Things® 5/16" Thin Regular Cut Vanilla Sugar Seasoned L0089**

**Long Seasoned Fries**

**Ingredient Statement:**

Sweet Potatoes, Vegetable Oil (Contains One or More of the Following: High Oleic Canola, Canola, Sunflower), Sugar, Modified Food Starch (Corn, Tapioca), Propylene Glycol, Rice Flour, Corn Starch, Dextrin, Salt, Natural and Artificial Flavor, Color (Turmeric, Oleoresin Paprika), Xanthan Gum, Dextrose, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate).

**Food Allergens: None**

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>3.14 oz. (89g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 11g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 18mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 210mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

USDA FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS			
USDA PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
1LB	11.5	1/4 cup cooked vegetable	8.7

LAMB WESTON EQUIVALENT PER BAG PRODUCT:			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
3 LB	15.28	1/2 cup cooked vegetable	6.54

LAMB WESTON EQUIVALENT PER CASE PRODUCT:			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
15 LB	76.43	1/2 cup cooked vegetable	1.30

Description of Creditable Ingredient per Food Buying Guide (FBG)	Vegetable Subgroup	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/Purchased Unit	Creditable Amount (quarter cup)
Potatoes, Sweet Fries, Frozen Straight Cut	Red/Orange	2.78 oz by weight	X	11.5/16	2.00

**I certify the above information is true and correct and that 3.14 ounce serving of the above product contains 1/2 cup(s) of Red/Orange vegetables.**

**Cooking Instructions**

**Conventional Oven:** Pre-heat oven to 400°F. Minimum cook weight 1.5 lb. Arrange product in a single layer.

Bake 20-25 minutes.

**Convection Oven:** Pre-heat oven to 400°F. Minimum cook weight 1.5 lb. Arrange product in a single layer.

Bake 10-12 minutes.

Perishable. Keep frozen - DO NOT THAW. Store at 0°F (-18°C) or colder. PRODUCT MUST BE COOKED THOROUGHLY. Product must reach a minimum of 165°F (74°C) internal temperature as measured by a food thermometer in several s

**Storage and Shelf Life**

PERISHABLE. KEEP FROZEN. STORE AT 0°F (-18°C) OR COLDER.

Frozen Shelf Life: 24 months.

Approved by: *Rebecca Schmidt*

Sr. Nutritionist Date: July 1, 2018

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