



McCain® REDSTONE CANYON® 5/16" STRAIGHT CUT FRENCH FRIES
USDA School Lunch Meal Planning Nutrition Facts
MCX03620

NUTRITION FACTS			
Serving Size 2.42 oz. (69g) FROZEN *			
Amount per Serving			
Calories 120	Calories from Fat 50		
% Daily Value*			
Total Fat 6g	9%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Polyunsaturated Fat 3g			
Monounsaturated Fat 2.5g			
Cholesterol 0mg	0%		
Sodium 290mg	12%		
Potassium 200mg	6%		
Total Carbohydrate 16g	5%		
Dietary Fiber 1g	4%		
Sugars 0g			
Protein 1g			
Vitamin A 2%	Vitamin C 8%		
Calcium 0%	Iron <2%		
INGREDIENTS: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Bleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid). Contains 2% or less of Caramel Color, Cocoa Powder (Processed With Alkali), Degermed Yellow Corn Meal, Dextrin, Dextrose, Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Garlic Flavor, Onion Powder, Paprika Extract (color), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Spices, Tapioca Starch, Tapioca Starch - Modified, Xanthan Gum.			

* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.42 oz of McCain battered fries.

USDA Food Buying Guide (FBG) for Child Nutrition Programs (January 2013 Update)			
Product: Potatoes, French Fries, frozen, Shoestring, Straight cut, Low moisture (pg. 2-48, entry 3)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
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 Servings
5 Pounds	32.82	1/2 cup cooked vegetable	3.05

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 Servings
30 Pounds (6 Bags per Case)	196.9	1/2 cup cooked vegetable	0.51

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient**	Multiply	FBG Yield / Servings per Unit	Creditable Amount**
Potato, FF, Frozen, SS, SC, low moisture	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 Cup	3.0 Quarter Cups = 3/4 Cup

I certify that this information is true and correct.

12/19/2017
Date

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Research and Development