

**McCain Flavorlast Thick Crinkle Cut French Fries**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**MCF03783**

<b>NUTRITION FACTS</b>			
Serving Size 2.10 oz. (60g) <b>FROZEN *</b>			
<b>Amount per Serving</b>			
Calories 100	Calories from Fat 35		
% Daily Value*			
<b>Total Fat</b> 4g	<b>6%</b>		
Saturated Fat 0.5g	<b>3%</b>		
<i>Trans</i> Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 2g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 300mg	<b>13%</b>		
<b>Potassium</b> 200mg	<b>6%</b>		
<b>Total Carbohydrate</b> 15g	<b>5%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 0g			
<b>Protein</b> 1g			
Vitamin A 0%	Vitamin C 15%		
Calcium 0%	Iron < 2%		
<small>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.</small>			

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.10 oz of McCain fries.

I certify that this information is true and correct.

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs (Jan. 2013 Update)</b>			
Product: Potatoes, French Fries, frozen, Crinkle cut, Low moisture, Ovenable, Includes USDA Commodity (pg. 2-47)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100
1 Pound	16.2	1/4 cup cooked vegetable	6.2

<b>McCain Equivalent per Bag</b>			
Product: Potatoes, French Fries, frozen, Crinkle cut, Low moisture, Ovenable, Includes USDA Commodity			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100
5 Pounds	38.11	1/2 cup cooked vegetable	2.62

<b>McCain Equivalent per Case</b>			
Product: Potatoes, French Fries, frozen, Crinkle cut, Low moisture, Ovenable, Includes USDA Commodity			
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)	228.66	1/2 cup cooked vegetable	0.44

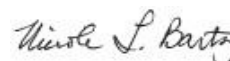
Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable	Multiply	FBG Yield /Servings	Creditable Amount*
Potato, FF, Frozen, CC, Low	1.976 oz by weight	X	16.2 / 16	2.000
<b>A. Total Creditable Amount</b>				<b>2.000</b>

\* 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 Cups	3.0 Quarter Cups = 3/4 Cup

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Date



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