

LambWeston®

SEEING POSSIBILITIES IN POTATOES

USDA School Lunch Equivalent For: **Lamb's Seasoned® Twister® Fries Original Recipe D0073**

Fancy - Seasoned

Ingredient Statement:

Potatoes, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Modified Corn Starch, Spices, Corn Meal, Garlic Powder, Onion Powder, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dried Yeast, Oleoresin Paprika, Dextrose.

Food Allergens: WHEAT

Nutrition Facts	
Serving size	2.25 oz. (64g)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 200mg	4%

*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	16.2	1/4 cup cooked vegetable	6.2

LAMB WESTON EQUIVALENT PER BAG PRODUCT			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
5 LB	35.55	1/2 cup cooked vegetable	2.81

LAMB WESTON EQUIVALENT PER CASE PRODUCT			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
30 LB	213.33	1/2 cup cooked vegetable	0.46

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, French Fries Frozen Curly	Starchy	1.975 oz.	X	16.2/16	2.00

I certify the above information is true and correct and that 2.25 ounce serving of the above product contains 1/2 cup(s) of starchy vegetables.

Cooking Instructions

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

Bake 8-11 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.

Storage and Shelf Life

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

Frozen Shelf Life: 24 months.

Approved by:



Sr. Nutritionist Date: July 1, 2018

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