

**McCain® HARVEST SPLENDOR™ SWEET POTATO BITES**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**MCF05034**

<b>NUTRITION FACTS</b>			
Serving Size 3.65 oz. (103g) <b>FROZEN</b> *			
<b>Amount per Serving</b>			
Calories 160	Calories from Fat 45		
% Daily Value*			
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 1g			<b>5%</b>
<i>Trans</i> Fat 0g			
Polyunsaturated Fat 2g			
Monounsaturated Fat 2.5g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 140mg			<b>6%</b>
<b>Potassium</b> 210mg			<b>6%</b>
<b>Total Carbohydrate</b> 26g			<b>9%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 13g			
<b>Protein</b> 2g			
Vitamin A 100%	Vitamin C 6%		
Calcium 4%	Iron 4%		
<b>INGREDIENTS:</b> Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Sugar, Dehydrated Potatoes. Contains 2% or less of Corn Starch - Modified, Dextrin, Maltodextrin, Molasses, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Tapioca Starch - Modified, Xanthan Gum.			

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 3.65 oz of McCain Sweet Potato Bites.

I certify that this information is true and correct.

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs (Mar. 2016 Update)</b>			
Product: Potatoes, Sweet, Fries, Frozen Puff (Page 2, Entry 5)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100
1 Pound	10.0	1/4 cup baked vegetable	10

<b>McCain Equivalent per Bag</b>			
FBG serving sizes adjusted to accommodate seasoning; seasoning not part of vegetable serving.			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100
2.5 Pounds	10.75	1/2 cup baked vegetable	9.30

<b>McCain Equivalent per Case</b>			
FBG serving sizes adjusted to accommodate seasoning; seasoning not part of vegetable serving.			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100
15 Pounds (6 Bags per Case)	64.50	1/2 cup baked vegetable	1.55

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable	Multiply	FBG Yield /Servings	Creditable Amount*
Potato Products, Frozen, Circles	3.20 oz by weight	X	10.0 / 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 Cup	3.0 Quarter Cups = 3/4 Cup

11/9/2016  
Date



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