



**McCain® REDSTONE CANYON® CROSSTRAX / WAFFLE CUT FRENCH FRIES**  
 USDA School Lunch Meal Planning Nutrition Facts  
 MCL03623

<b>NUTRITION FACTS</b>	
Serving Size 3.22 oz. (91g) <b>FROZEN</b> *	
<b>Amount per Serving</b>	
Calories 170	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 340mg	<b>14%</b>
<b>Potassium</b> 250mg	<b>7%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 4%	Vitamin C 10%
less than	
Calcium 2%	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

I certify that this information is true and correct.

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs (Jan. 2013 Update)</b>			
Product: Potato products, frozen, Skins or Pieces or Wedges, etc. With skin, Cooked (pg. 2-			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100
1 Pound	10.6	1/4 cup heated vegetable	9.5

<b>McCain Equivalent per Bag</b>			
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
4.5 Pounds	22.25	1/2 cup heated vegetable	4.49

<b>McCain Equivalent per Case</b>			
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
27 Pounds (6 Bags per Case)	133.48	1/2 cup heated vegetable	0.75

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, SC	3.02oz by weight	X	10.6/ 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.

<b>Quarter Cup to Cup Conversion:</b>		
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

\* Per FBG, one serving portion (1/2 cup heated vegetable) equals 3.22 oz of Crosstrax fries.

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Date

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