



USDA School Lunch Equivalent For: **Canola Quick Thin Concertina Fries 23L**

**Grade A - Regular Fries**

**Ingredient Statement:**

Potatoes, High Oleic Canola Oil, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose.

**Food Allergens: NONE**

<b>Nutrition Facts</b>	
Serving Size 1.97 oz. (55.85g)	
<b>Amount Per Serving</b>	
<b>Calories 110</b>	<b>Calories from Fat 35</b>
	<b>% Daily Value*</b>
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 20mg</b>	<b>1%</b>
<b>Potassium 250mg</b>	<b>7%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein 1g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 6%</b>
<b>Calcium 0%</b>	<b>Iron 2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

USDA FOOD BUYING GUIDE FOR CHILD NUTRITION PRODUCT: (pg.2-68 )			
USDA PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
1 LB	16.2	1/4 cup cooked vegetable	6.2

LAMB WESTON EQUIVALENT PER BAGPRODUCT:			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
4 LB	32.48	1/2 cup cooked vegetable	3.08

LAMB WESTON EQUIVALENT PER CASE PRODUCT:			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
24 LB	194.92	1/2 cup cooked vegetable	0.51

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 Crinkle Cut Low Moisture, Oven	Starchy	1.97	X	16.2/16	2.00

I certify the above information is true and correct and that 1.97 ounce serving of the above product contains 1/2 cup(s) of starchy vegetables.

**Cooking Instructions**

**Conventional Oven:** Pre-heat oven to 400°F. Minimum cook weight 1 lb. Arrange product in a single layer.

Bake 14-16 minutes or until light golden in color.

**Convection Oven:** Pre-heat oven to 400°F. Minimum cook weight 1 lb. Arrange product in a single layer.

Bake 8-9 minutes or until light golden in color.

**Storage and Shelf Life**

Keep Frozen until used.

Frozen Shelf Life: 24 months.

Approved by: 

Sr. Nutritionist Date: June 1, 2014