



a ConAgra Foods® brand

USDA School Lunch Equivalent For: **Canola Quick® Shoestrings 23C**

**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 1.83 oz. (51.88g)	
<b>Amount Per Serving</b>	
<b>Calories 110</b>	<b>Calories from Fat 40</b>
<b>% Daily Value*</b>	
<b>Total Fat 4.5g</b>	<b>7%</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 190mg</b>	<b>5%</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 4%</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.2-69)			
USDA PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
1 LB	14.2	1/4 cup cooked vegetable	7.1

LAMB WESTON EQUIVALENT PER BAG/PRODUCT:			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
4 LB	34.97	1/2 cup cooked vegetable	2.86

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	209.83	1/2 cup cooked vegetable	0.47

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)
Potato, French Fry, Frozen Shoestring Straight Cut Low Moisture	Starchy	1.83 oz.	X	14.2/16	2.00

I certify the above information is true and correct and that 1.83 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 10-11 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 6-8 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