



**GOLDEN FRY 1/2" CRINKLE CUT FRENCH FRIES**  
 USDA School Lunch Meal Planning Nutrition Facts  
 GFR60

<b>NUTRITION FACTS</b>	
Serving Size 2.54 oz. (72g) FROZEN *	
<b>Amount per Serving</b>	
Calories 110	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Potassium 260mg	7%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 2g	8%
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 2%
<b>INGREDIENTS:</b> Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Sodium Acid Pyrophosphate Added To Maintain Natural Color.	

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.54 oz of McCain fries.  
 I certify that this information is true and correct.

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update)</b>			
Product: Potatoes, French Fries, frozen, Crinkle cut, Regular moisture (pg. 2-69)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	12.6	1/4 cup cooked vegetable	8

<b>McCain Equivalent per Bag</b>			
Product: Potatoes, French Fries, frozen, Crinkle cut, Regular moisture (pg. 2-69)			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
5 Pounds	31.50	1/2 cup cooked vegetable	3.17

<b>McCain Equivalent per Case</b>			
Product: Potatoes, French Fries, frozen, Crinkle cut, Regular moisture (pg. 2-69)			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
30 Pounds (6 Bags per Case)	189.00	1/2 cup cooked vegetable	0.53

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable	Multiply	FBG Yield /Servings	Creditable Amount*
Potato, FF, Frozen, CC, Regular	2.54 oz by weight	X	12.6 / 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.

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 Cups	3.0 Quarter Cups = 3/4 Cup

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Date

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