



McCain® 3/8" STRAIGHT CUT EXTRA LONG FRENCH FRIES
USDA School Lunch Meal Planning Nutrition Facts
MCX40

NUTRITION FACTS			
Serving Size 2.29 oz. (65g) FROZEN *			
Amount per Serving			
Calories 80	Calories from Fat 20		
% Daily Value*			
Total Fat 2.5g	4%		
Saturated Fat 0g	0%		
<i>Trans</i> Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 1g			
Cholesterol 0mg	0%		
Sodium 20mg	1%		
Potassium 270mg	8%		
Total Carbohydrate 14g	5%		
Dietary Fiber 1g	4%		
Sugars Contains less than 1g			
Protein 1g			
Vitamin A 0%	Vitamin C 6%		
Calcium 0%	Iron < 2%		
INGREDIENTS: 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 2.29 oz of McCain fries.

USDA Food Buying Guide (FBG) for Child Nutrition Programs (Jan. 2013 Update)			
Product: Potatoes, French Fries, frozen, Straight cut, Regular moisture, Ovenable (pg. 2 -48)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	14.0	1/4 cup cooked vegetable	7.2

McCain Equivalent per Bag			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
5 Pounds	35.00	1/2 cup cooked vegetable	2.86

McCain Equivalent per Case			
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)	210.00	1/2 cup cooked vegetable	0.48

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	2.29 oz by weight	X	14/ 16	2.000
A. Total Creditable Amount				2.000

* 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

I certify that this information is true and correct.

11/25/2017
Date

Ruth A. Luther
Ruth A. Luther
Research and Development