



**McCain® Harvest Splendor® Sweet Potato Chopped Wedges**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**100000686**

<b>NUTRITION FACTS</b>	
Serving Size 3.37 oz. (96g) <b>FROZEN</b> *	
<b>Amount per Serving</b>	
Calories 100	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
<b>Saturated Fat</b> 0g	<b>2%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>2%</b>
<b>Potassium</b> 330mg	<b>11%</b>
<b>Total Carbohydrate</b> 21g	<b>6%</b>
Dietary Fiber 2g	<b>13%</b>
Sugars 8g	
<b>Protein</b> 2g	
Vitamin A 80%	Vitamin C 6%
Calcium 4%	Iron 4%
INGREDIENTS: Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Sodium Acid Pyrophosphate Added To Maintain Natural Color.	

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 3.37 oz of McCain sweet potato wedges.

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs</b>			
Product: Potatoes, Sweet, Fries, frozen; Wedge Cut (March 2016 Update; pg 2-8)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	9.5	1/4 cup cooked vegetable	10.6

<b>McCain Equivalent per Bag</b>			
Product: Potatoes, Sweet, Fries, frozen; Wedge Cut (March 2016 Update; pg 2-8)			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
2.5 Pounds	11.88	1/2 cup cooked vegetable	8.42

<b>McCain Equivalent per Case</b>			
Product: Potatoes, Sweet, Fries, frozen; Wedge Cut (March 2016 Update; pg 2-8)			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
15 Pounds (6 Bags per Case)	71.25	1/2 cup cooked vegetable	1.4

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 products, frozen	3.37 oz by weight	X	9.5 / 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.

1/8/2018  
Date

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