

French Fries

Servings:	9.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40130
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2IN CC O/R	1 1 Ounce	Weight	178531
FRIES 3/8IN SC XLNG	2 2/7 Ounce	Weight	510043
FRIES 1/2IN C/C OVEN	1 1 Ounce	Weight	200697
FRIES SPIRAL	1 1 Ounce	Weight	200859
FRIES 1/4IN SS XLNG	2 1/4 Ounce	Weight	200611
FRIES WEDGE 8CUT CNTRY	7 Piece		509661
FRIES WAFFLE	9 Piece		201081
FRIES 3/8IN C/C OVATIONS	2 1/16 Ounce	Weight	510081
FRIES 1/2IN C/C OVEN SEAS CRSPY	2 1/10 Ounce	Weight	123790

Preparation Instructions

Bake/Cook according to directions given by manufacture and on each items case.

Note: Serving size listed as weight or pieces for each product so that each serving will equal 1/2 cup Starchy vegetable

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.423

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	87.78		
Fat	2.92g		
SaturatedFat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	34.50mg		
Carbohydrates	14.01g		
Fiber	0.79g		
Sugar	0.33g		
Protein	0.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.45mg	Iron	0.15mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available