



**McCain Extra Crispy Regular Fries 3/8" USDA
School Lunch Meal Planning Nutrition Facts
1000001223**

Nutrition Facts	
about 189 servings per container	
Serving size	2.55 oz (72g)
Amount Per Serving	120
Calories	
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrates 19g	7%
Dietary Fiber 1g	4%
Total Sugars Less than 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 200mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Corn Starch - Modified, Rice Flour. Contains 2% or less of Annatto Extract (color), Bleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Caramel Color, Corn Starch, Dextrin, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Tapioca Starch - Modified, Xanthan Gum.

* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.55 oz of McCain fries.

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Potatoes, French Fries, frozen, Straight cut, Regular moisture, Ovenable			
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			
FBG serving sizes adjusted to accommodate batter; batter not part of vegetable serving.			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
5 Pounds	30.94	1/2 cup cooked vegetable	3.01

McCain Equivalent per Case			
FBG serving sizes adjusted to accommodate batter; batter not part of vegetable serving.			
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)	185.62	1/2 cup cooked vegetable	0.54

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces/ raw portion of creditable ingredient	multiply	FBG yield /servings /unit	Creditable Amount**
Potato French Fries, frozen	2.29 oz by weight	X	14/16	2.00
A. Total Creditable Amount				2.00

**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 Cup	3.0 Quarter Cups = 3/4 Cup

I certify that this information is true and correct.

Darcy Kilpatrick

Date 08/11/2021 Darcy Kilpatrick
Research and Development