



McCain® SWEET POTATO MAXI CUT FRENCH FRIES
USDA School Lunch Meal Planning Nutrition Facts
MCF04965

NUTRITION FACTS	
Serving Size 3.04 oz. (86g) FROZEN *	
Amount per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Potassium 270mg	8%
Total Carbohydrate	8%
Dietary Fiber 2g	6%
Sugars 8g	
Protein 1g	
Vitamin A 100%	Vitamin C 10%
Calcium 2%	Iron 2%
INGREDIENTS: Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Corn Starch - Modified, Potato Starch - Modified. Contains 2% or less of Baking Soda, Dextrin, Extractives of Paprika and Turmeric (color), Fiber (Pea, Corn), Molasses Powder (Refiners Syrup, Molasses), Rice Flour, Salt, Sodium Acid Pyrophosphate (Maintains Natural Color & Leavening), Sugar, Xanthan Gum.	

* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 3.04 oz of sweet potato straight-cut fries.

USDA Food Buying Guide (FBG) for Child Nutrition Programs (Mar. 2016 Update)			
Product: Potatoes, Sweet, Fries, frozen, Straight cut			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	11.5	1/4 cup cooked vegetable	8.7

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
2.5 Pounds	13.05	1/2 cup cooked vegetable	7.66

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
15 Pounds (6 Bags per Case)	78.28	1/2 cup cooked vegetable	1.28

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	2.79 oz by weight	X	11.5/16	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 Cup	3.0 Quarter Cups = 3/4 Cup

I certify that this information is true and correct.

5/15/2018
Date

Ruth A. Luther
Research and Development