



ORE-IDA® GOLDEN TWIRLS® SPIRAL CUT FRENCH FRIES
USDA School Lunch Meal Planning Nutrition Facts
OIF01038A

Nutrition Facts	
about 194 servings per container	
Serving size	1.98 oz (56g)
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrates 11g	4%
Dietary Fiber Less than 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein Less than 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 170mg	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). Contains 2% or less of Dextrose, Sodium Acid Pyrophosphate Added To Maintain Natural Color.

Per FBG, one frozen serving portion (1/2 cut heated vegetable) equals 1.98 oz of McCain Fries.

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Potatoes, French Fries, frozen, Curly (1/3-inch width)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	16.2	1/4 cup cooked vegetable	6.2

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
4 Pounds	32.40	1/2 cup cooked vegetable	3.09

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
24 Pounds (6 Bags per Case)	194.40	1/2 cup cooked vegetable	0.51

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, Curly	1.98 oz by weight	X	16.2/ 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.

3/1/2021
Date

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 Research and Development