



McCain® HARVEST SPLENDOR™ SWEET POTATO THIN STRAIGHT CUT STIX
 USDA School Lunch Meal Planning Nutrition Facts
 MCF05004

Nutrition Facts	
about 154 servings per container	
Serving size	3.12 oz (88g)
Amount Per Serving	
Calories	170
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrates 25g	9%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes Less than 1g Added Sugars	2%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 260mg	6%
Vitamin A	160%

* 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.

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Sweet Potatoes, Fries, frozen, Straight cut			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100
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
5 Pounds	25.24	1/2 cup cooked vegetable	3.96

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
30 Pounds (6 Bags per Case)	151.46	1/2 cup cooked vegetable	0.66

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	2.783oz 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.

INGREDIENTS: 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 frozen serving portion (1/2 cut heated vegetable) equals 2.06 oz of McCain Fries.

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.

1/28/2021
Date

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