



**McCain® 1/4" SHOESTRING CUT EXTRA LONG FRENCH FRIES**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**MCX01**

| <b>Nutrition Facts</b>           |                      |
|----------------------------------|----------------------|
| about 191 servings per container |                      |
| <b>Serving Size</b>              | <b>2.25 oz (64g)</b> |
| <b>Amount Per Serving</b>        |                      |
| <b>Calories</b>                  | <b>80</b>            |
|                                  | <b>% DV*</b>         |
| <b>Total Fat</b> 3g              | <b>4%</b>            |
| Saturated Fat 0g                 | <b>0%</b>            |
| Trans Fat 0g                     |                      |
| Polyunsaturated Fat 1.5g         |                      |
| Monounsaturated Fat 1g           |                      |
| <b>Cholesterol</b> 0mg           | <b>0%</b>            |
| <b>Sodium</b> 15mg               | <b>1%</b>            |
| <b>Total Carbohydrates</b> 13g   | <b>5%</b>            |
| Dietary Fiber 1g                 | <b>4%</b>            |
| Total Sugars < 1g                |                      |
| Includes 0g Added Sugars         | <b>0%</b>            |
| <b>Protein</b> 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). Contains 2% or less of Dextrose, Sodium Acid Pyrophosphate Added To Maintain Natural Color.

Per FBG, one frozen serving portion (1/2 cup cooked vegetable) equals 2.25 oz of McCain fries.

| <b>USDA Food Buying Guide (FBG) for Child Nutrition Programs</b>                       |                                 |   |                                      |
|--|---------------------------------|---|--------------------------------------|
| Product: <b>Potatoes, French Fries, frozen, Shoestring, Straight cut, Low moisture</b> |                                 |   |                                      |
| USDA Purchase Unit   | USDA Servings per Purchase Unit | USDA Serving Size per Meal Contribution | USDA Purchase Units for 100 Servings |
| 1 Pound  | 14.2                            | 1/4 cup cooked vegetable                | 7.1                                  |

| <b>McCain Equivalent per Bag</b>  |                                 |   |  |
|---|---------------------------------|---|--|
| 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 |
| 4.5 Pounds  | 31.95                           | 1/2 cup cooked vegetable                | 3.13                                   |

| <b>McCain Equivalent per Case</b>   |                                 |   |  |
|---|---------------------------------|---|--|
| 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 |
| 27 Pounds (6 Bags per Case)   | 191.7                           | 1/2 cup cooked vegetable                | 0.52                                   |

| 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, SC  | 2.254 oz by weight                                | X        | 14.2/ 16                     | 2.000              |
| <b>A. Total Creditable Amount</b>                                 |   |          |                              | <b>2.000</b>       |

\* 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.

9/7/2021  
 Date

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