



MCCAIN® REGULAR POTATO SKINS
 USDA School Lunch Meal Planning Nutrition Facts
 MCX03602

| NUTRITION FACTS | | | |
|--|---------------------|--|--|
| Serving Size 2.89 oz. (82g) FROZEN | | | |
| Approximately 2 skins. * | | | |
| Amount per Serving | | | |
| Calories 90 | Calories from Fat 0 | | |
| % Daily Value* | | | |
| Total Fat 0g | 0% | | |
| Saturated Fat 0g | 0% | | |
| <i>Trans</i> Fat 0g | | | |
| Polyunsaturated Fat 0g | | | |
| Monounsaturated Fat 0g | | | |
| Cholesterol 0mg | 0% | | |
| Sodium 5mg | 0% | | |
| Potassium 490mg | 14% | | |
| Total Carbohydrate 19g | 6% | | |
| Dietary Fiber 3g | 12% | | |
| Sugars 0g | | | |
| Protein 2g | | | |
| Vitamin A 0% | Vitamin C 0% | | |
| Calcium 0% | Iron 6% | | |
| INGREDIENTS: POTATOES. | | | |
| * Per FBG, one serving portion (1/2 cup baked vegetable) equals 2.89 oz of McCain potatoes. Approximately 2 skins per 1/2 cup serving. (The total gram amount of 2 skins must equal 82 grams.) | | | |

I certify that this information is true and correct.

| USDA Food Buying Guide (FBG) for Child Nutrition Programs | | | |
|--|---------------------------------|---|--------------------------------------|
| Product: Potatoes, frozen, Shells | | | |
| USDA Purchase Unit | USDA Servings per Purchase Unit | USDA Serving Size per Meal Contribution | USDA Purchase Units for 100 Servings |
| 1 Pound | 11.1 | 1/4 cup baked vegetable | 9.1 |

| McCain Equivalent per Bag | | | |
|---|---------------------------------|---|--|
| FBG serving sizes adjusted to accommodate seasoning; seasoning 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 |
| 4.25 Pounds | 23.59 | 1/2 cup baked vegetable | 4.24 |

| McCain Equivalent per Case | | | |
|---|---------------------------------|---|--|
| FBG serving sizes adjusted to accommodate seasoning; seasoning 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 |
| 17 Pounds (4 Bags per Case) | 94.35 | 1/2 cup baked vegetable | 1.06 |

| Description of Creditable Ingredients per Food Buying Guide (FBG) | Ounces per Raw Portion of Creditable Ingredient** | Multiply | FBG Yield /Servings per Unit | Creditable Amount* |
|---|---|----------|------------------------------|--------------------|
| Potatoes, Frozen, Shells | 2.89 oz by weight | X | 11.1 / 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 |

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Date

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