



Battered Extruded Onion Rings
USDA School Lunch Meal Planning Nutrition Facts
Product Code: 96110848

NUTRITION FACTS			
Serving Size 2.67 oz. (76g) (5 pieces) FROZEN *			
Servings: 1/4 c vegetable serving			
Amount per Serving			
Calories 150		Calories from Fat 60	
% Daily Value*			
Total Fat 7g			10%
Saturated Fat 1g			6%
<i>Trans</i> Fat 0g			
Cholesterol 0mg			0%
Sodium 450mg			19%
Potassium 0mg			0%
Total Carbohydrate 20g			7%
Dietary Fiber 2g			8%
Sugars 3g			
Protein 2g			
Vitamin A 0%	Vitamin C 2%		
Calcium 2%	Iron 2%		
INGREDIENTS: Diced Onions, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Oil (Soybean And/Or Canola), Corn Starch, Yellow Corn Flour, Wheat Flour, Modified Corn Starch. Contains 2% or less of Blue 1, Calcium Caseinate, Calcium Chloride, Cellulose Gum, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Mono & Diglycerides, Natural Flavors, Oleoresin Paprika (color), Red 40, Salt, Sodium Alginate, Spices, Sugar, Whey, Yellow 5.			

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Onions, mature, fresh, diced ready-to-use			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	12.6	1/4 cup diced, raw vegetable	8.0

McCain Equivalent per Bag			
FBG serving adjusted to accommodate coating system; 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 Pounds	12.00	1/4 cup diced, raw vegetable	8.33

McCain Equivalent per Case			
FBG serving adjusted to accommodate coating system; 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 (12 bags per case)	144.00	1/4 cup diced, raw vegetable	0.69

Vegetable Servings:

* Per FBG, 1/4 cup vegetable serving equals 2.67oz (76g, 5 pieces) of onion rings

I certify that this information is true and correct.

5/17/2018
Date

Ruth A. Luther
Research and Development