



Breaded Extruded Onion Rings
USDA School Lunch Meal Planning Nutrition Facts
Product Code: 96110849

NUTRITION FACTS			
Serving Size 2.58 oz. (73g)			
5 pieces FROZEN*			
Amount per Serving			
Calories 150		Calories from Fat 50	
% Daily Value*			
Total Fat 6g			9%
Saturated Fat 1g			5%
<i>Trans Fat</i> 0g			
Monounsaturated Fat 1.5g			
Polyunsaturated Fat 4g			
Cholesterol 0mg			0%
Sodium 120mg			5%
Potassium 80mg			2%
Total Carbohydrate 21g			7%
Dietary Fiber 1g			4%
Sugars 3g			
Protein 2g			
Vitamin A 0%		Vitamin C 6%	
Calcium 6%		Iron 4%	
INGREDIENTS: Diced Onions, Enriched Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Soybean And/Or Canola), Corn Starch, Wheat Flour, Water, Modified Corn Starch. Contains 2% or less of Calcium Chloride, Caramel Color, Cellulose Gum, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Oleoresin Paprika (color), Salt, Sodium Alginate, Spices, Sugar, Whey, Yeast, Yellow Corn Flour.			

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	12.40	1/4 cup diced, raw vegetable	8.06

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)	148.80	1/4 cup diced, raw vegetable	0.67

Vegetable Servings:

* Per FBG, 1/4 cup vegetable serving equals 2.58oz (73g, 5 pieces) of onion rings

I certify that this information is true and correct.

5/18/2018
Date

Nicole L. Bartz
Research and Development