



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

<b>NUTRITION FACTS</b>			
Serving Size 2.58 oz. (73g)			
5 pieces <b>FROZEN*</b>			
<b>Amount per Serving</b>			
Calories 160		Calories from Fat 50	
% Daily Value*			
<b>Total Fat</b> 7g			<b>10%</b>
Saturated Fat 1g			<b>5%</b>
<i>Trans</i> Fat 0g			
Monounsaturated Fat 1.5g			
Polyunsaturated Fat 4g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 150mg			<b>6%</b>
<b>Potassium</b> 85mg			<b>2%</b>
<b>Total Carbohydrate</b> 23g			<b>8%</b>
Dietary Fiber 1g			<b>5%</b>
Sugars 3g			
<b>Protein</b> 3g			
Vitamin A	0%	Vitamin C	4%
Calcium	6%	Iron	6%
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.			

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs</b>			
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	7.9

<b>McCain Equivalent per Bag</b>			
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

<b>McCain Equivalent per Case</b>			
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)	148.84	1/4 cup diced, raw vegetable	0.67

**Vegetable Servings:**

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

I certify that this information is true and correct.

4/30/2019  
Date

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