



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

| <b>NUTRITION FACTS</b>   |                      |  |  |
|--|----------------------|--|--|
| Serving Size 2.67 oz. (76g) (5 pieces) <b>FROZEN</b> *   |                      |  |  |
| Servings: 1/4 c vegetable serving  |                      |  |  |
| <b>Amount per Serving</b>  |                      |  |  |
| Calories 160   | Calories from Fat 60 |  |  |
| % Daily Value*   |                      |  |  |
| <b>Total Fat</b> 7g  | <b>10%</b>           |  |  |
| Saturated Fat 1g   | <b>5%</b>            |  |  |
| <i>Trans</i> Fat 0g  |                      |  |  |
| Polyunsaturated Fat 4g   |                      |  |  |
| Monounsaturated Fat 1.5g   |                      |  |  |
| <b>Cholesterol</b> 0mg   | <b>0%</b>            |  |  |
| <b>Sodium</b> 300mg  | <b>13%</b>           |  |  |
| <b>Potassium</b> 75mg  | <b>2%</b>            |  |  |
| <b>Total Carbohydrate</b> 21g  | <b>7%</b>            |  |  |
| Dietary Fiber 3g   | <b>12%</b>           |  |  |
| Sugars 3g  |                      |  |  |
| <b>Protein</b> 2g  |                      |  |  |
| Vitamin A 0%   | Vitamin C 4%         |  |  |
| Calcium 8%   | Iron 8%              |  |  |
| INGREDIENTS: Diced Onions, Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Oil (Soybean And/Or Canola Oil), 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, Sodium Aluminum Phosphate), Mono- and Diglycerides, Natural Flavors, Oleoresin Paprika (color), Red 40, Salt, Sodium Alginate, Spices, Sugar, Whey, Yellow 5. |                      |  |  |

| <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            | 8.0                                  |

| <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  | 11.99                           | 1/4 cup diced, raw vegetable            | 8.34                                   |

| <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)  | 143.82                          | 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.

4/30/2019  
 Date

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