



McCAIN® OVATIONS® REDUCED SODIUM REGULAR STRAIGHT CUT FRENCH FRIES
USDA School Lunch Meal Planning Nutrition Facts
MCF03762

Nutrition Facts

about 203 servings per container
Serving Size 2.37 oz. (67g)

Amount Per Serving

Calories

90

	% DV*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrates 16g	6%
Dietary Fiber 1g	4%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 200mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch - Modified. Contains 2% or less of Dextrin, Dextrose, Extractive of Paprika (color), Extractive of Turmeric (color), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Pea Fiber, Pea Protein, Rice Flour, Sodium Acid Pyrophosphate Added To Maintain Color, Xanthan Gum.

Per FBG, one frozen serving portion (1/2 cut heated vegetable) equals 2.37 oz of McCain Fries.

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Potatoes, French Fries, frozen, Straight cut, Regular moisture, Ovenable			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	14.0	1/4 cup cooked vegetable	7.2

McCain Equivalent per Bag			
FBG serving sizes adjusted to accommodate batter; batter 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
5 Pounds	33.25	1/2 cup cooked vegetable	3.01

McCain Equivalent per Case			
FBG serving sizes adjusted to accommodate batter; batter 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
30 Pounds (6 Bags per Case)	199.50	1/2 cup cooked vegetable	0.5

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces/ raw portion of creditable ingredient	multiply	FBG yield /servings /unit	Creditable Amount**
Potato French Fries, frozen	2.29oz by weight	X	14/16	2.00
A. Total Creditable Amount				2.00

**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 Cup	3.0 Quarter Cups = 3/4 Cup

I certify that this information is true and correct.

6/22/2021
Date


 Shianne Waye
 Research and Development

