



McCain® SURECRISP™ FLAVORLASTS® SHOESTRING CUT FRENCH FRIES
USDA School Lunch Meal Planning Nutrition Facts
MCF03786

Nutrition Facts	
about 200 servings per container	
Serving Size	2.39 oz (68g)
Amount Per Serving	
Calories	110
	% DV*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 320mg	14%
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, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Pea Fiber, Pea Protein, Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Xanthan Gum.

Per FBG, one frozen serving portion (1/2 cup cooked vegetable) equals 2.39 oz of McCain Fries.

I certify that this information is true and correct.

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Potatoes, French Fries, frozen, Shoestring, Straight cut, Low moisture			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	14.2	1/4 cup cooked vegetable	7.1

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	33.41	1/2 cup cooked vegetable	2.99

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)	200.43	1/2 cup cooked vegetable	0.5

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient**	Multiply	FBG Yield /Servings per Unit	Creditable Amount*
Potato, FF, Frozen, SC	2.254 oz by weight	X	14.2/ 16	2.000
A. Total Creditable Amount				2.000

* 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 Cups	3.0 Quarter Cups = 3/4 Cup

2/11/2020
 Date

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 Research and Development