



**ORE-IDA EVERCRISP® 5/16" X 3/8" THIN CUT EXTRA LONG FRENCH FRIES**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**OIF01028A**

<b>Nutrition Facts</b>	
about 194 servings per container	
<b>Serving Size</b>	<b>2.48 oz (70g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
	<b>% DV*</b>
<b>Total Fat</b> 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 320mg	14%
<b>Total Carbohydrates</b> 17g	6%
Dietary Fiber 1g	4%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 10mg	0%
<b>Iron</b> 0.4mg	0%
<b>Potassium</b> 200mg	4%
<small>*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.</small>	
<b>INGREDIENTS:</b> Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Bleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid). Contains 2% or less of Annatto Extract (color), Autolyzed Yeast, Corn Starch - Modified, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Modified Cellulose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Yellow Corn Flour. <b>Contains: Wheat</b>	
* Per FBG, one frozen serving portion (1/2 cup cooked vegetable) equals 2.48 oz of McCain Battered 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	1/4 cup cooked vegetable	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	32.20	1/2 cup cooked vegetable	3.11

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)	193.20	1/2 cup cooked vegetable	0.52

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	2.286 oz by weight	X	14/ 16	2.000
<b>A. Total Creditable Amount</b>				<b>2.000</b>

\* 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

I certify that this information is true and correct.

9/2/2021  
Date

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 Jennifer Neibauer  
 Research and Development