



# Nutrition Facts

about 142 servings per container

**Serving Size** 3.02 oz (86g)

Amount Per Serving

**Calories** 110

		% DV*
<b>Total Fat</b>	4g	5%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Polyunsaturated Fat	2g	
Monounsaturated Fat	1.5g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	20mg	1%
<b>Total Carbohydrates</b>	18g	7%
Dietary Fiber	1g	4%
Total Sugars	< 1g	
Includes 0g Added Sugars		0%
<b>Protein</b>	1g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	0.3mg	0%
Potassium	270mg	6%

\*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). Contains 2% or less of Dextrose, Sodium Acid Pyrophosphate Added To Maintain Color.

Per FBG, one frozen serving portion (1/2 cup heated vegetable) equals 3.02 oz of McCain waffle fries.

**MCCAIN® SKIN-ON WAFFLE FRIES 6X4.5 LBS**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**OIF01037A**

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Potato products, frozen, Skins or Pieces or Wedges, etc. With skin, Cooked			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	10.6	1/4 cup heated vegetable	9.5

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
4.5 Pounds	23.85	1/2 cup heated vegetable	4.19

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
27 Pounds (6 Bags per Case)	143.10	1/2 cup heated vegetable	0.70

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, Wedges	3.019 oz by weight	X	10.6/ 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

I certify that this information is true and correct.

1/12/2022

Date

Shianne L. Waye

Research and Development