



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

NUTRITION FACTS	
Serving Size 2.37 oz. (67g) FROZEN *	
Amount per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Potassium 260mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 2%
INGREDIENTS: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrin, Dextrose, Extractives of Paprika (color), Gum Arabic, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Maltodextrin, Natural Flavor, Potassium Chloride, Potato Starch - Modified, Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Succinic Acid, Xanthan Gum.	

* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.37 oz of McCain battered french fries.

USDA Food Buying Guide (FBG) for Child Nutrition Programs (January 2013 Update)			
Product: Potatoes, French Fries, frozen, Straight cut, Regular moisture, Ovenable (pg. 2-48)			
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	33.78	1/2 cup cooked vegetable	2.96

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)	202.65	1/2 cup cooked vegetable	0.49

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. 8/22/2017
 Date

Ruth A. Luther
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 Research and Development

