



**McCain® HARVEST SPLENDOR™ SWEET POTATO DEEP GROOVE CRINKLE CUT FRENCH FRIES**  
 USDA School Lunch Meal Planning Nutrition Facts  
 MCF04566

<b>NUTRITION FACTS</b>	
Serving Size 3.17 oz. (90g) FROZEN *	
<b>Amount per Serving</b>	
Calories 120	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
<b>Saturated Fat</b> 0.5g	<b>3%</b>
<b>Trans Fat</b> 0g	
<b>Polyunsaturated Fat</b> 2g	
<b>Monounsaturated Fat</b> 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Potassium</b> 230mg	<b>7%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
<b>Dietary Fiber</b> 3g	<b>12%</b>
<b>Sugars</b> 5g	
<b>Protein</b> 2g	
Vitamin A 70%	Vitamin C 4%
Calcium 2%	Iron 2%
INGREDIENTS: Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Corn Starch - Modified, Potato Starch - Modified. Contains 2% or less of Corn Fiber, Dextrin, Extractive of Paprika (color), Extractive of Turmeric (color), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Molasses Powder (Refiners Syrup, Molasses), Pea Fiber, Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Sugar, Xanthan Gum.	

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 3.17 oz of McCain sweet potato crinkle cut fries.

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs</b>			
Product: Sweet Potatoes, Fries, Frozen, Crinkle cut includes USDA Foods.			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	11.0	1/4 cup cooked vegetable	9.1

<b>McCain Equivalent per Bag</b>			
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
2.5 Pounds	12.51	1/2 cup cooked vegetable	7.99

<b>McCain Equivalent per Case</b>			
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
15 Pounds (6 Bags per Case)	75.06	1/2 cup cooked vegetable	1.33

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient**	Multiply	FBG Yield /Servings per Unit	Creditable Amount*
Potatoes, french fries, crinkle	2.91 oz by weight	X	11.0 / 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.

2/19/2018  
Date

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