



**GOLDEN FRY 3/8" STRAIGHT CUT FRENCH FRIES**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**GFR40**

<b>NUTRITION FACTS</b>	
Serving Size 2.29 oz. (65g) <b>FROZEN</b> *	
<b>Amount per Serving</b>	
Calories 90	Calories from Fat 25
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Potassium</b> 270mg	<b>8%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron < 2%
<b>INGREDIENTS:</b> 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 Natural Color.	
* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.29 oz of McCain battered fries.	

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs</b>			
Product: Potatoes, French Fries, frozen, Straight cut, Regular moisture, Ovenable			
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

<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
5 Pounds	35.00	1/2 cup cooked vegetable	2.86

<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
30 Pounds (6 Bags per Case)	210.00	1/2 cup cooked vegetable	0.48

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	2.004
<b>A. Total Creditable Amount</b>				<b>2.004</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 Cup	3.0 Quarter Cups = 3/4 Cup

I certify that this information is true and correct.

3/18/2019  
Date

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