

McCain® HARVEST SPLENDOR SWEET POTATO CROSSTRAX CUT FRIES
USDA School Lunch Meal Planning Nutrition Facts
MCF05074

NUTRITION FACTS			
Serving Size 2.26 oz. (65g) FROZEN *			
Amount per Serving			
Calories 100		Calories from Fat 40	
		% Daily Value*	
Total Fat 4.5g		12%	
Saturated Fat 0.5g		3%	
Trans Fat 0g			
Monounsaturated Fat 2g			
Polyunsaturated Fat 1.5g			
Cholesterol 0mg		0%	
Sodium 170mg		7%	
Potassium 150 mg		4%	
Total Carbohydrate 15g		5%	
Dietary Fiber 2g		9%	
Sugars 4g			
Protein less than 1g			
Vitamin A	60%	Vitamin C	4%
Calcium	2%	Iron	0%
INGREDIENTS: Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Corn Starch - Modified. Contains 2% or less of Annatto (color), Beta Carotene (color), Caramel Color, Corn Starch, Dehydrated Sweet Potatoes, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Flavor (Contains Wheat), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color, Sugar, Tapioca Dextrin, Xanthan Gum.			

USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update)			
Product: Potatoes, French Fries, frozen, Shoestring, Straight cut, Low moisture			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100
1 Pound	14.2	1/4 cup cooked vegetable	7.1

McCain Equivalent per Bag			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100
2.5 Pounds	17.75	1/2 cup cooked vegetable	5.63

McCain Equivalent per Case			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100
15 Pounds (6 Bags per Case)	106.50	1/2 cup cooked vegetable	0.94

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable	Multiply	FBG Yield /Servings	Creditable Amount*
Potatoes, FF, frozen, SC, Low	2.26 oz by weight	X	14.2/16	2.005
A. Total Creditable Amount				2.005

* 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

2/1/2012
Date

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