



Idahoan Foods, LLC
357 Constitution Way
Idaho Falls, ID 83402

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Idahoan REAL Mashed Potatoes -10029700003132 – 19.5 lbs.

Purchase Units: 26.0 oz. bag (12 bags per case) Vegetable

PORTIONING INFORMATION - USDA School Lunch Meal Planning

The following information is provided for food, as purchased (dry) using the USDA Food Buying Guide for Child Nutrition November 2001 – Potatoes, dehydrated Flake Low moisture

Description of Creditable Ingredient per Food Buying Guide (FBG)	Vegetable Subgroup	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Purchase Unit	Creditable Amount ¹ (quarter cups)	
Potatoes, dehydrated Flake Low moisture	Starchy	0.341	X	3.1563	1.076	
Potatoes, dehydrated Flake Low moisture	Starchy	0.681	X	3.1563	2.149	
Total Creditable Vegetable Amount:					1- ¼ cup 2- ¼ cups	
<ul style="list-style-type: none"> ▪ ¹FBG calculations for vegetables are in quarter cups. See chart on following page for quarter cup to cup conversions. ▪ Vegetables and vegetable purees credit on volume served. ▪ At least ¼ cup of recognizable vegetable is required to contribute towards the vegetable component or a specific vegetable subgroup. ▪ The other vegetable subgroup may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups. ▪ School food authorities may offer any vegetable subgroup to meet the total weekly requirement for the additional vegetable subgroup. ▪ Please note that raw leafy green vegetables credit as half the volume served in school meals (For example: 1 cup raw spinach credits as ½ cup dark green vegetable. Legumes may credit towards the vegetable component or the meat alternate component, but not as both in the same meal. The school menu planner will decide how to incorporate legumes into the school meal. However, a manufacturer should provide documentation to show how legumes contribute towards the vegetable component and the meat alternate component. See chart on the following page for conversion factors ▪ The PFS for meat/meat alternate may be used to document how legumes contribute towards the meat alternate component. 					Total Cups Beans/Peas (Legumes)	
					Total Cups Dark Green	
					Total Cups Red/Orange	
					Total Cups Starchy	One – ½ cup at 0.681 oz. Two – ¼ cups at 0.341 oz.
					Total Cups Other	

Serving Size	Ounces	Servings per Bag	Servings per Case	Purchase Units per 100 servings
¼ cup + ½ Teaspoon	0.341	76.25	914.0	2 Bags
½ cup + 1 Teaspoon	0.681	38.18	458.15	3 Bags



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Nutrition Information	¼ cup + ½ tsp	½ cup + 1 tsp	Per 100g
Weight	0.341 oz.	0.681 oz.	100g
Calories (kcal)	34.32	68.53	354.98
Calories from Fat	3.03	6.04	31.30
Fat (g)	0.34	0.67	3.48
Saturated Fat (g)	0.09	0.19	0.97
Trans Fatty Acid (g)	0.00	0.00	0.01
Cholesterol (mg)	0.01	0.03	0.14
Carbohydrates (g)	7.31	14.60	75.62
Dietary Fiber (g)	0.59	1.18	6.11
Total Sugars (g)	0.35	0.70	3.62
Protein (g)	0.78	1.55	8.05
Water (g)	0.82	1.64	8.54
Vitamin A - IU (IU)	3.08	6.15	31.88
Vitamin C (mg)	1.32	2.64	13.65
Sodium (mg)	130.36	260.34	1348.50
Calcium (mg)	5.26	10.50	54.39
Iron (mg)	0.11	0.22	1.13

Ingredients: Idaho[®] potatoes, salt, vegetable oil (contains one or more of the following: canola, soybean, cottonseed, sunflower), nonfat dry milk, monoglycerides, calcium stearoyl lactylate, spice, artificial color, natural and artificial flavors, sodium acid pyrophosphate (preservative), sodium bisulfite (preservative), citric acid (preservative) and mixed tocopherols (preservative) added to protect freshness.

Contains: MILK, SOYBEAN

I certify the above information is true and correct and that a 0.341 ounce serving of the above product contains ¼ cup of starchy vegetables and a 0.681 ounce serving of the above product contains ½ cup of starchy vegetables.

December 16, 2014
 Date

Maura Guiler
 Research & Development