

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

<b>NUTRITION FACTS</b>			
Serving Size 2.97 oz. (84g) <b>FROZEN</b> *			
<b>Amount per Serving</b>			
Calories 180		Calories from Fat 80	
% Daily Value*			
<b>Total Fat</b> 9g			<b>14%</b>
Saturated Fat 1.5g			<b>8%</b>
<i>Trans</i> Fat 0g			
Polyunsaturated Fat 4g			
Monounsaturated Fat 3.5g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 230mg			<b>10%</b>
<b>Potassium</b> 250mg			<b>7%</b>
<b>Total Carbohydrate</b> 23g			<b>8%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 7g			
<b>Protein</b> 1g			
Vitamin A 50%		Vitamin C 10%	
Calcium 2%		Iron 2%	
<p>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 Baking Soda, Dextrin, Extractives of Paprika and Turmeric (color), Fiber (Pea, Corn), Molasses Powder (Refiners Syrup, Molasses), Rice Flour, Salt, Sodium Acid Pyrophosphate (Maintains Natural Color &amp; Leavening), Sugar, Xanthan Gum.</p>			

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.97 oz of McCain sweet potato crosstrax fries.

I certify that this information is true and correct.

3/1/2017  
Date



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<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs (Mar. 2016 Update)</b>			
Product: Potatoes, Sweet, Fries, Frozen, Waffle cut includes USDA Food (Page 2, entry 7)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100
1 Pound	12.0	1/4 cup cooked vegetable	8.4

<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
2.5 Pounds	13.28	1/2 cup cooked vegetable	7.53

<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
15 Pounds (6 Bags per Case)	79.67	1/2 cup cooked vegetable	1.26

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable	Multiply	FBG Yield /Servings	Creditable Amount*
Potato products, frozen	2.67 oz by weight	X	12.0 / 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