

**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 3.43 oz. (97g) FROZEN *			
<b>Amount per Serving</b>			
Calories 140	Calories from Fat 45		
% Daily Value*			
<b>Total Fat</b> 5g	<b>8%</b>		
Saturated Fat 1g	<b>5%</b>		
<i>Trans</i> Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 2.5g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 200mg	<b>8%</b>		
<b>Potassium</b> 250mg	<b>7%</b>		
<b>Total Carbohydrate</b> 21g	<b>7%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars 7g			
<b>Protein</b> 1g			
Vitamin A 110%	Vitamin C 5%		
Calcium 2%	Iron 4%		
<p>INGREDIENTS: Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch - Modified. Contains 2% or less of Annatto (color), Baking Soda, Beta Carotene (color), Caramel (Color), Natural Flavors, Rice Flour, Salt, Sodium Acid Pyrophosphate (Maintains Natural Color &amp; Leavening), Sugar, Tapioca Dextrin, Xanthan Gum.</p>			

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 3.43 oz of McCain sweet potato crinkle cut fries.

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update)</b>			
Product: Sweet potatoes, frozen, center cuts, approx. 7/8-1 3/8" thick by 1 1/4-1 3/4" diameter			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	9.7	1/4 cup cooked vegetable	10.4

<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 Servings
2.5 Pounds	11.64	1/2 cup cooked vegetable	8.59

<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)	69.84	1/2 cup cooked vegetable	1.43

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable	Multiply	FBG Yield /Servings	Creditable Amount*
sweet potato, frozen	3.30 oz by weight	X	9.7 / 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 Cup	3.0 Quarter Cups = 3/4 Cup

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Date

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