

McCain® REGULAR POTATO SKINS
USDA School Lunch Meal Planning Nutrition Facts
MCX03602

NUTRITION FACTS			
Serving Size 2.89 oz. (82g) FROZEN			
Approximately 2 skins. *			
Amount per Serving			
Calories 90		Calories from Fat 0	
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
<i>Trans</i> Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg			0%
Sodium 5mg			0%
Potassium 490mg			14%
Total Carbohydrate 19g			6%
Dietary Fiber 3g			12%
Sugars 0g			
Protein 2g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 6%	
INGREDIENTS: POTATOES.			
* Per FBG, one serving portion (1/2 cup baked vegetable) equals 2.89 oz of McCain potatoes. Approximately 2 skins per 1/2 cup serving. (The total gram amount of 2 skins must equal 82 grams.)			

USDA Food Buying Guide (FBG) for Child Nutrition Programs (Jan. 2013 Update)			
Product: Potatoes, frozen, Shells (pg. 2- 46)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	11.1	1/4 cup baked vegetable	9.1

McCain Equivalent per Bag			
Product: Potatoes, frozen, Shells (pg. 2 - 46)			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
4.25 Pounds	23.59	1/2 cup baked vegetable	4.24

McCain Equivalent per Case			
Product: Potatoes, frozen, Shells (pg. 2- 46)			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
17 Pounds (4 Bags per Case)	94.35	1/2 cup baked vegetable	1.06

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient**	Multiply	FBG Yield /Servings per Unit	Creditable Amount*
Potatoes, Frozen, Shells	2.89 oz by weight	X	11.1 / 16	2.000
A. Total Creditable Amount				2.000

* 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.

3/2/2016
Date

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