

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

<b>NUTRITION FACTS</b>			
Serving Size 3.24 oz. (92g) <b>FROZEN</b> *			
<b>Amount per Serving</b>			
Calories 200		Calories from Fat 90	
% Daily Value*			
<b>Total Fat</b> 10g			<b>15%</b>
Saturated Fat 1.5g			<b>8%</b>
<i>Trans</i> Fat 0g			
Polyunsaturated Fat 4.5g			
Monounsaturated Fat 4g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 250mg			<b>10%</b>
<b>Potassium</b> 270mg			<b>8%</b>
<b>Total Carbohydrate</b> 26g			<b>9%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 8g			
<b>Protein</b> 1g			
Vitamin A 60%		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, Sugar, Rice Flour, Dextrin, Fiber (Pea, Corn), Molasses Powder (Refiners Syrup, Molasses), Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Sodium Acid Pyrophosphate Added To Maintain Natural Color, Extractives of Paprika and Turmeric (color), Xanthan Gum.</p>			

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 3.24 oz of McCain sweet potato crosstrax fries.

I certify that this information is true and correct.

1/26/2017  
Date



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<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs (Mar. 2016 Update)</b>			
Product: Potatoes, Sweet, Fries, Frozen, Crinkle cut includes USDA Food (Page 2, entry 4)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100
1 Pound	11.0	1/4 cup cooked vegetable	9.1

<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	12.17	1/2 cup cooked vegetable	8.22

<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)	73.03	1/2 cup cooked vegetable	1.37

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable	Multiply	FBG Yield /Servings	Creditable Amount*
Potato products, frozen	2.91 oz by weight	X	11.0 / 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