

**McCain® OVATIONS® REDUCED SODIUM REGULAR STRAIGHT CUT FRENCH FRIES**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**MCF03762**

<b>NUTRITION FACTS</b>			
Serving Size 2.45 oz. (70g) FROZEN *			
Amount per Serving			
Calories 110	Calories from Fat 30		
		* % Daily Value*	
Total Fat 3.5g			5%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 1.5g			
Cholesterol 0mg			0%
Sodium 130mg			5%
Potassium 270mg			8%
Total Carbohydrate 18g			6%
Dietary Fiber 1g			5%
Sugars 0g			
Protein 2g			
Vitamin A 0%	Vitamin C 6%		
Calcium 0%	Iron 2%		

**INGREDIENTS:** Potatoes, Vegetable Oil (contains one or more of the following: Canola Oil, Soybean Oil, Cottonseed Oil, Sunflower Oil, Corn Oil), Potato Starch - Modified. Contains 2% or less of Dextrin, Dextrose, Extractives of Paprika (color), Gum Arabic, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Maltodextrin, Natural Flavor, Potassium Chloride, Rice Flour, Salt, Sodium Acid Pyrophosphate Added to Preserve Natural Color, Succinic Acid, Xanthan Gum.

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 2.45 oz of McCain battered french fries.

I certify that this information is true

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update)</b>			
Product: Potatoes, French Fries, frozen, Straight cut, Regular moisture, Ovenable (pg. 2-69)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	14.0	1/4 cup cooked vegetable	7.2

<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
5 Pounds	32.55	1/2 cup cooked vegetable	3.07

<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
30 Pounds (6 Bags per Case)	195.30	1/2 cup cooked vegetable	0.51

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces/ raw portion of creditable ingredient	multiply	FBG yield /servings /unit	Creditable Amount**
Potato French Fries, frozen	2.45oz by weight	X	14/16	2.144
<b>A. Total Creditable Amount</b>				<b>2.144</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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