

Moore's Moor-Ring® Breaded Onion Ring
USDA School Lunch Meal Planning Nutrition Facts
Product Code: 40010017

NUTRITION FACTS			
Serving Size 2.22 oz. (63g) (5 pieces) FROZEN *			
Servings: 1/4 c vegetable serving			
Amount per Serving			
Calories 140		Calories from Fat 60	
% Daily Value*			
Total Fat	7g		11%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	18g		6%
Dietary Fiber	1g		4%
Sugars	3g		
Protein	2g		
Vitamin A	0%	Vitamin C	4%
Calcium	0%	Iron	2%
INGREDIENTS: Diced Onions, Bleached Wheat Flour, Vegetable Oil (Soybean And/Or Canola), Corn Starch, Wheat Flour, Modified Food Starch. Contains 2% or less of Calcium Chloride, Dextrose, Dried Whole Egg, Guar Gum, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Flavors, Nonfat Milk, Oleoresin Paprika, Salt, Sodium Alginate, Soy Flour, Spices, Sugar, Water, Whey, Yellow Corn Flour.			

USDA Food Buying Guide (FBG) for Child Nutrition Programs (Dec. 2007 Update)			
Product: Onions, mature, fresh, diced ready-to-use (pg. 2-51)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	12.6	1/4 cup diced, raw vegetable	8.0

McCain Equivalent per Bag			
FBG serving adjusted to accommodate coating system; 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 Pounds	14.40	1/4 cup diced, raw vegetable	6.94

McCain Equivalent per Case			
FBG serving adjusted to accommodate coating system; 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
24 Pounds (12 bags per case)	172.80	1/4 cup diced, raw vegetable	0.58

Vegetable Servings:

* Per FBG, 1/4 cup vegetable serving equals 2.22oz (63g, 5 pieces) of onion rings

I certify that this information is true and correct.

8/1/2009

Date

Rachel Reiter

Research and Development