

**McCain® HARVEST SPLENDOR™ SWEET POTATO 10 CUT WEDGE RIDGE CUT**  
**USDA School Lunch Meal Planning Nutrition Facts**  
**MCF04712**

NUTRITION FACTS			
Serving Size 3.78 oz. (107g) <b>FROZEN *</b>			
<b>Amount per Serving</b>			
Calories 200		Calories from Fat 60	
		<b>% Daily Value*</b>	
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
Polyunsaturated Fat 3g			
Monounsaturated Fat 3g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 250mg			<b>10%</b>
<b>Potassium</b> 330mg			<b>9%</b>
<b>Total Carbohydrate</b> 31g			<b>10%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 10g			
<b>Protein</b> 2g			
Vitamin A 70%		Vitamin C 15%	
Calcium 4%		Iron 4%	
INGREDIENTS: Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Corn Starch - Modified, Potato Starch - Modified. Contains 2% or less of Baking Soda, Dextrin, Extractives of Paprika and Turmeric (color), Fiber (Pea, Corn), Molasses Powder (Refiners Syrup, Molasses), Rice Flour, Salt, Sodium Acid Pyrophosphate (Maintains Natural Color & Leavening), Sugar, Xanthan Gum.			

\* Per FBG, one serving portion (1/2 cup cooked vegetable) equals 3.78 oz of McCain Sweet Potato 10 Cut Wedge Ridge Cuts

I certify that this information is true and correct.

<b>USDA Food Buying Guide (FBG) for Child Nutrition Programs (Mar. 2016Update)</b>			
Product: Potatoes, Sweet, Fries, Frozen wedge cut (Page 2, Entry 8)			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	9.5	1/4 cup cooked vegetable	10.6

<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	10.42	1/2 cup cooked vegetable	9.59

<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)	62.54	1/2 cup cooked vegetable	1.6

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable	Multiply	FBG Yield /Servings	Creditable Amount*
Potatoes, frozen, wedges	3.38 oz by weight	X	9.5/ 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

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Date



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