



USDA School Lunch Equivalent For: Sweet Things® 3/8" Sweet Potato Crinkle Cut Fries L0084

Long Fancy - Seasoned Fries

**Ingredient Statement:**

Ingredients: Sweet Potatoes, Vegetable Oil (Contains One or More of the Following: High Oleic Canola, Canola, Sunflower), Modified Food Starch (Corn, Potato, Tapioca), Sugar, Rice Flour, Corn Starch, Dextrin, Spice, Salt, Oleoresin Paprika, Xanthan Gum, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate)

**Food Allergens: NONE**

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>3.17 oz. (90g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 8g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 0mg	0%
Potassium 250mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

USDA FOOD BUYING GUIDE FOR CHILD NUTRITION PRODUCT: (2016 additional yield information, pg. 2)			
USDA PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
1LB	11	1/4 cup cooked vegetable	9.1

LAMB WESTON EQUIVALENT PER BAG PRODUCT:			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
3 LB	15.18	1/2 cup cooked vegetable	6.5

LAMB WESTON EQUIVALENT PER CASE PRODUCT:			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
15 LB	75.94	1/2 cup cooked vegetable	1.31

Description of Creditable Ingredient per Food Buying Guide (FBG)	Vegetable Subgroup	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Purchased Unit	Creditable Amount (quarter cup)
Potatoes, Sweet, Fries, frozen, Crinkle Cut	Red/Orange	2.91 oz by weight	X	11/16	2.00

I certify the above information is true and correct and that 3.16 ounce serving of the above product contains 1/2 cup(s) of Red/ Orange vegetables.

**Cooking Instructions**

**Conventional Oven:** Pre-heat oven to 400°F. Minimum cook weight 1 lb. Arrange product in a single layer.

Bake 21-25 minutes or to desired crispness and texture.

**Convection Oven:** Pre-heat oven to 400°F. Minimum cook weight 1 lb. Arrange product in a single layer.

Bake 10-12 minutes or to desired crispness and texture.

Perishable. Keep frozen - DO NOT THAW. Store at 0°F (-18°C) or colder. PRODUCT MUST BE COOKED THOROUGHLY. Product must reach a minimum of 165°F (74°C) internal temperature as measured by a food thermometer in several spots.

**Storage and Shelf Life**

PERISHABLE. KEEP FROZEN. STORE AT 0°F (-18°C) OR COLDER.

Frozen Shelf Life: 24 months.

Approved by:  Sr. Nutritionist Date: July 1, 2017