



USDA School Lunch Equivalent For: **Sweet Things® Sweet Potato 5/16" Regular Cut Fries L0091**

Extra Long Seasoned

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

Nutrition Facts	
Serving size	3.07 oz. (87g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 0mg	0%
Potassium 240mg	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 NUTRITON 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
1 LB	11.5	1/4 cup cooked vegetable	8.7

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	15.63	1/2 cup cooked vegetable	6.39

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	78.17	1/2 cup cooked vegetable	1.27

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 Straight Cut	Red/Orange	2.78 oz.	X	11.5/16	2.00

I certify the above information is true and correct and that 3.07 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 1.5 lb. Arrange product in a single layer.

Bake 25-30 minutes or until light golden in color.

Convection Oven: Pre-heat oven to 400°F. Minimum cook weight 1.5 lb. Arrange product in a single layer.

Bake 10-12 minutes or until light golden in color.

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