



USDA School Lunch Equivalent For: **Sweet Things® 1/2" x 1/4" Platter Fries® Seasoned L0103**

**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, Tapioca, Potato), Corn Starch, Sugar, Dextrin, Salt, Spices, Garlic Powder, Onion Powder, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Oleoresin Paprika, Xanthan Gum, Natural Flavor.

**Food Allergens: NONE**

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>3.07 oz. (87g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 0mg	0%
Potassium 160mg	4%

\*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 PROGRAMS			
USDA PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
1LB	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
5 LB	26.05	1/2 cup cooked vegetable	3.83

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 Potatoes, Frozen Straight Cut	Red/Orange	2.78 oz by weight	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 20-25 minutes.

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

Bake 8-12 minutes.

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

**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, 2018

Lamb Weston Customer Service, 8701 W. Gage Blvd., Kennewick, WA 99336

Phone: 509-736-0437 E-mail: Kasey.Crowner@lambweston.com