



USDA School Lunch Equivalent For: **Sweet Things® 3/8" x 1/4" Trim Fries L8000**

**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>3.03 oz. (86g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 7g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 20mg	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: (pg.2-69)			
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
3 LB	15.84	1/2 cup cooked vegetable	6.31

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	79.2	1/2 cup cooked vegetable	1.26

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	2.78oz by weight	X	11.5/16	2.00

**I certify the above information is true and correct and that 3.03 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 or to desired crispness and texture.

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

Bake 8-10 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

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