



USDA School Lunch Equivalent For: **Lamb's Supreme® Lightly Seasoned Mashed Potatoes M14**

Fancy

Ingredient Statement:

Ingredients: Potatoes, Water, Skim Milk, Soybean Oil, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Carob Bean Gum), Butter (Cream, Salt), Salt, Maltodextrin, Mono- and Diglycerides, Natural Flavor, Onion Powder, Disodium Dihydrogen Pyrophosphate (to promote color retention).

Food Allergens: MILK

Nutrition Facts	
Serving size	4.34 oz. (123g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 440mg	19%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 0mg	0%
Potassium 299mg	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.2-70)			
USDA PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
1 LB	7.37	1/4 cup cooked vegetable	13.6

LAMB WESTON EQUIVALENT PER BAG PRODUCT:			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
4 LB	14.74	1/2 cup cooked vegetable	6.78

LAMB WESTON EQUIVALENT PER CASE PRODUCT:			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
24 LB	88.47	1/2 cup cooked vegetable	1.13

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)
Potato, Frozen, Mashed	Starchy	4.34 oz.	X	7.37/16	2.00

I certify the above information is true and correct and that 4.34 ounce serving of the above product contains 1/2 cup(s) of starchy vegetables.

Cooking Instructions

Microwave Oven: Heat 20-24 minutes at Medium High power. Cut a 1" slit in center of bag. Heat on Medium High power for 1/2 of the total heating time. Rotate the bag; push corners inward. Finish heating.

NOTE: Oven power may vary. Adjust heating time as needed.

Boil-In-Bag: Full rolling boil for 20-26 minutes. Place (unopened) bag in boiling water.

Cook from frozen state. 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 170°F (77°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