



USDA School Lunch Equivalent For: **Lamb's Supreme® Plain Mashed Potatoes M15**

Fancy

**Ingredient Statement:**

Potatoes, Canola Oil, Salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), Onion Powder, Natural Flavor.

Food Allergens: None

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>4.34 oz. (123g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 237mg	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 Products, 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 24-26 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