



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

Fancy - Regular

Ingredient Statement:

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

Food Allergens: None

Nutrition Facts	
Serving size	4.34 oz. (123g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 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 NUTRITON PROGRAMS			
USDA PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	
1 LB	7.37	1/4 cup cooked vegetable	

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 from frozen 20-24 minutes on medium high power. Cut 1" slit in center of bag. Heat on medium high power for half the total heating time. Rotate bag. Push corners inward. Finish heating.

NOTE: Ovens may vary, adjust heating time as needed.

Boil-In-Bag: Full rolling boil for 24-26 minutes. Place (unopened) bag in boiling water.

Storage and Shelf Life

PERISHABLE. KEEP FROZEN. STORE AT 0°F (-18°C) OR COLDER.

Frozen Shelf Life: 24 months.

Approved by: *Rebecca Schmidt*

Sr. Nutritionist Date: July 1, 2018