



SEEING POSSIBILITIES IN POTATOES

USDA School Lunch Equivalent For: **Lamb's Seasoned® 5/16" Thin Regular Cut Original Recipe B43**

Extra Long Fancy - Seasoned Fries

Ingredient Statement:

Potatoes, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Modified Corn Starch, Spices, Corn Meal, Garlic Powder, Onion Powder, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dried Yeast, Oleoresin Paprika, Dextrose.

Food Allergens: WHEAT

Nutrition Facts	
Serving size	2.03 oz. (58g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0.8mg	4%
Potassium 210mg	4%
<small>*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.</small>	

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	17.5	1/4 cup cooked vegetable	5.8

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	39.40	1/2 cup cooked vegetable	2.53

LAMB WESTON EQUIVALENT PER CASE PRODUCT			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
30 LB	236.45	1/2 cup cooked vegetable	0.42

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, French Fries, Frozen, Shoestring Straight Cut Low Moisture	Starchy	1.83 oz.	X	17.5/16	2.00

I certify the above information is true and correct and that a 2.03 ounce serving of the above product contains 1/2 cup(s) of starchy vegetables.

Cooking Instructions

Convection Oven: Pre-heat oven to 400°F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 10-12 minutes.

Food Safety: Product must be cooked thoroughly before eating. **Keep Frozen - Do Not Thaw.** Read and follow the cooking instructions as product must meet 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, 2019