



USDA School Lunch Equivalent For: **CrispyCoat Fries 3/8" Regular Cut C28**

**Extra Long Fancy - Seasoned**

**Ingredient Statement:**

Potatoes, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Enriched Wheat Flour (Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cornstarch, Salt, Modified Corn Starch, Dextrin, Sugar, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Guar Gum, Dextrose.

**Food Allergens: WHEAT**

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>2.49 oz. (71g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0.6mg	4%
Potassium 220mg	4%

\*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 PROGRAMS			
USDA PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
1LB	14	1/4 cup cooked vegetable	7.2

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	32.12	1/2 cup cooked vegetable	3.11

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	192.77	1/2 cup cooked vegetable	0.51

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, Straight Cut Regular Moisture	Starchy	2.28 oz	X	14/16	2.00

I certify the above information is true and correct and that 2.49 ounce serving of the above product contains 1/2 cup(s) of starchy vegetables.

**Cooking Instructions**

**Conventional Oven:** Pre-heat oven to 400°F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 20-25 minutes.

**Convection Oven:** Pre-heat oven to 400°F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 9-12 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