



USDA School Lunch Equivalent For: **Sweet Things® 5/16" Thin Regular Cut Vanilla Sugar Seasoned L0089**

Long Seasoned Fries

Ingredient Statement:

Sweet Potatoes, Vegetable Oil (Contains One or More of the Following: High Oleic Canola, Canola, Sunflower), Sugar, Modified Food Starch (Corn, Tapioca), Propylene Glycol, Rice Flour, Corn Starch, Dextrin, Salt, Natural and Artificial Flavor, Color (Turmeric, Oleoresin Paprika), Xanthan Gum, Dextrose, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate).

Food Allergens: None

Nutrition Facts	
Serving size	3.14 oz. (89g)
Amount per serving	
Calories	150
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 3g Added Sugars	6%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0.4mg	2%
Potassium 210mg	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	11.5	1/4 cup cooked vegetable	8.7

LAMB WESTON EQUIVALENT PER BAG PRODUCT:			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
3 LB	15.28	1/2 cup cooked vegetable	6.54

LAMB WESTON EQUIVALENT PER CASE PRODUCT:			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
15 LB	76.43	1/2 cup cooked vegetable	1.30

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, Sweet Fries, Frozen Straight Cut	Red/Orange	2.78 oz by weight	X	11.5/16	2.00

I certify the above information is true and correct and that 3.14 ounce serving of the above product contains 1/2 cup(s) of Red/Orange 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 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

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