



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 0.5mg	2%
Potassium 230mg	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 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: Cook from frozen state for 20 - 24 minutes. Cut 1" slit in center of unopened bag. Heat on Medium-High for half of the total heating time. Rotate bag. Push corners inward. Finish heating.

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

Boil-in-Bag: Cook from frozen state for 24-26 minutes. Place unopened bag in boiling water.

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: *Rebecca Schmidt* Sr. Nutritionist Date: July 1, 2019