



USDA School Lunch Equivalent For: **Lamb Weston® 5/16" Thin Regular Cut Bakeable X12**

**Extra Long Fancy - Regular**

**Ingredient Statement:**

Potatoes, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose.

**Food Allergens: NONE**

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1.83 oz. (52g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0.2mg	2%
Potassium 240mg	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	
1LB	17.50	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	34.97	1/2 cup cooked vegetable	2.86

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	209.83	1/2 cup cooked vegetable	0.47

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, Regular Moisture	Starchy	1.83 oz.	X	17.5/16	2.00

I certify the above information is true and correct and that 1.83 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 15-17 minutes.

**Convection Oven:** Pre-heat oven to 400°F. For 1-1/2 pounds of frozen product. Arrange product in a single layer. Bake 8-10 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