



USDA School Lunch Equivalent For: **Lamb Weston® Generation 7 Fries 1/2" Concertinas® X14**

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

Nutrition Facts	
Serving size	1.98 oz. (56g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0.5mg	2%
Potassium 260mg	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	
1 LB	16.20	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
4.5 LB	36.54	1/2 cup cooked vegetable	2.73

LAMB WESTON EQUIVALENT PER CASE PRODUCT:			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
27 LB	219.28	1/2 cup cooked vegetable	0.45

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 Crinkle cut, Low moisture, Oven	Starchy	1.98 oz.	X	16.2/16	2.00

I certify the above information is true and correct and that 1.97 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 14-16 minutes.

Convection Oven: Pre-heat oven to 400°F. For 1-1/2 pounds of frozen product. Arrange product in a single layer. Bake 7-9 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 temp 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