

# Lamb Weston®

SEEING POSSIBILITIES IN POTATOES

USDA School Lunch Equivalent For: Sweet Things 3/8" Crinkle Cut Seasoned Fries L0084

Long Fancy - Seasoned Fries

Ingredient Statement:

Ingredients: Sweet Potatoes, Vegetable Oil (Contains One or More of the Following: High Oleic Canola, Canola, Sunflower), Modified Food Starch (Corn, Potato, Tapioca), Sugar, Rice Flour, Corn Starch, Dextrin, Spice, Salt, Oleoresin Paprika, Xanthan Gum, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate)

Food Allergens: NONE

## Nutrition Facts

Serving Size 2.21 oz. (63g)

Amount Per Serving	Calories from Fat 30
% Daily Value*	
<b>Calories 100</b>	
<b>Total Fat 3.5g</b>	<b>5%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Potassium 170mg</b>	<b>5%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
<b>Dietary Fiber 2g</b>	<b>8%</b>
<b>Sugars 5g</b>	
<b>Protein 1g</b>	
<b>Vitamin A 45%</b>	<b>Vitamin C 6%</b>
<b>Calcium ~%</b>	<b>Iron 2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

USDA FOOD BUYING GUIDE FOR CHILD NUTRITION			
PRODUCT: (pg. 2-68)			
USDA PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
1LB	16.2	1/4 cup cooked vegetable	6.2

LAMB WESTON EQUIVALENT PER BAG/PRODUCT:			
PURCHASED UNIT	USDA SERVINGS PER PURCHASED UNIT	USDA SERVINGS PER MEAL CONTRIBUTION	USDA PURCHASED UNIT FOR 100 SERVINGS
3 LB	21.72	1/2 cup cooked vegetable	4.6

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	108.59	1/2 cup cooked vegetable	0.92

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, Frozen Crinkle Cut Regular Moisture	Red/Orange	1.97 oz by weight	X	16.2/16	2.00

I certify the above information is true and correct and that 2.21 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. Minimum cook weight 1 lb. Arrange product in a single layer. Bake 21-25 minutes or to desired crispness and texture.  
**Convection Oven:** Pre-heat oven to 400°F. Minimum cook weight 1 lb. Arrange product in a single layer. Bake 10-12 minutes or to desired crispness and texture.

**Storage and Shelf Life:**  
 Keep Frozen until used.  
 Frozen Shelf Life: 24 months.

Approved by:



Sr. Nutritionist Date: July 1, 2015

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