



# POWER-UP YOUR SCHOOL MENUS!

Easy-to-prepare Smart Snacks for K-12 school menus



1000007470



**McCain® Crispy Bakeable Crinkle Fries**

Frozen Serving size	Calories	Fat	Sodium
2.1 oz	100	3g	170mg



1000006188



**McCain® Hash Brown Rounds**

Frozen Serving size	Calories	Fat	Sodium
2 pc (2.54 oz)	90	2.5g	190mg



MCX04717



**McCain® Crispy Bakeable Seasoned Skin-On Thick Fries**

Frozen Serving size	Calories	Fat	Sodium
2.4 oz	100	4g	135mg



1000002789



**Ore-Ida® Reduced Sodium Tater Tots®**

Frozen Serving size	Calories	Fat	Sodium
8 pc (2.52 oz)	90	3.5g	160mg



1000000496



**McCain® Crispy Bakeable Seasoned Skin-On Wedges**

Frozen Serving size	Calories	Fat	Sodium
2.89 oz	130	4g	140mg



1000006639



**McCain® Emoticons™ Crispy Mashed Potato Shapes**

Frozen Serving size	Calories	Fat	Sodium
4 pc (2.37 oz)	120	4g	80mg



MCF03927



**McCain® Chopped Seasoned Skin-On Roasted Potato**

Frozen Serving size	Calories	Fat	Sodium
3.05 oz	120	3g	90mg



1000002870



**McCain® Reduced Sodium Skin-Off Homestyle Mashed Potatoes**

Frozen Serving size	Calories	Fat	Sodium
4.34 oz	120	3g	125mg



1000004108



**McCain® Crispy Bakeable Seasoned Spirals**

Frozen Serving size	Calories	Fat	Sodium
2.17 oz	100	3g	190mg



OIF03456



**McCain® Smiles® Crispy Mashed Potato Shapes**

Frozen Serving size	Calories	Fat	Sodium
4 pc (2.41 oz)	130	4.5g	180mg

For a product sample or to learn more, contact your McCain® sales representative or visit [www.mccain4schools.com](http://www.mccain4schools.com).

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# ADDITIONAL INFORMATION

Product Information						Packaging				Preparation			Nutrition
SKU #	Product Description	Cut	Cut Size	Serving Size (Frozen oz.)	CN equivalent vegetable serving	Frozen servings per case	Pack Size	Case Wt. (lbs)		Cooking Method	Temp	Time	Calories / Fat (g) / Sodium (mg)
								Net	Gross				
1000007470	McCain® Crispy Bakeable Seasoned 1/2" Deep Groove Crinkle Fries	Crinkle	1/2"	2.1	1/2 cup	224.29	6x5	30	31.69	Bake	425°F	Full Oven Tray – 25 to 27 mins	100 / 3 / 170
MCX04717	McCain® Crispy Bakeable Seasoned Skin-On Thick Fries 1/2" XL	Straight	1/2"	2.4	1/2 cup	199.5	6x5	30	31.8	Bake	425°F	10 to 14 mins	100 / 4 / 135
1000000496	McCain® Crispy Bakeable Seasoned Skin-On Regular 8-Cut Wedges	Wedge	8 Cut	2.89	1/2 cup	165.34	6x5	30	31.61	Bake	425°F	20 to 25 mins	130 / 4 / 140
MCF03927	McCain® Chopped Seasoned Skin-On Roasted Potato [Garlic, Rosemary & Herb]	Chunk	1" Chunks	3.05	1/2 cup	157.33	6x5	30	31.65	Bake	425°F	10 to 12 mins	120 / 3 / 90
1000004108	McCain® Crispy Bakeable Seasoned Spirals	Spiral	—	2.17	1/2 cup	177.31	6x4	24	25.54	Bake	425°F	13 to 15 mins	100 / 3 / 190
1000006188	McCain® Hashbrown Rounds	Round	—	2 pc (2.54)	1/2 cup	189	6x5	30	31.7	Bake	425°F	14 to 20 mins	90 / 2.5 / 190
1000002789	Ore-Ida® Reduced Sodium Tater Tots®	Tot	—	8 pc (2.52)	1/2 cup	190.5	6x5	30	31.72	Bake	425°F	12 to 17 mins	90 / 3.5 / 160
1000006639	McCain® Emoticons™ Crispy Mashed Potato Shapes	Formed	—	4 pc (2.37)	1/2 cup	162.03	6x4	24	25.72	Bake	425°F	9 to 13 mins	120 / 4 / 80
1000002870	McCain® Reduced Sodium Skin-Off Homestyle Mashed Potatoes	Mashed	—	4.34	1/2 cup	88.44	6x4	24	25.08	Steamer	NA	30 to 35 mins	120 / 3 / 125
										Stove Top	Boiling	20 to 25 mins	
OIF03456	McCain® Smiles® Crispy Mashed Potato Shapes	Formed	—	4 pc (2.41)	1/2 cup	159.6	6x4	24	25.58	Bake	425°F	9 to 13 mins	130 / 4.5 / 180

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