

# STRAIGHT CUT FRIES (FRIED)



VEGETABLES (STARCHY)

**MEAL COMPONENT CONTRIBUTION:**

½ cup starchy vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** ½ cup

**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potatoes, French Fries, Straight Cut, #1617	15 pound(s)
Salt, Table, #2219	2 tablespoon(s)

**DIRECTIONS**

1. Heat vegetable oil in deep-fat fryer to 375 degrees F or according to package directions for fries.
2. Fry frozen potato cuts for 3 to 5 minutes, until golden brown, or according to package directions.
3. Sprinkle fries with salt.
4. Serve immediately. Batch cook to maintain maximum quality of fries.

Measure a ½ cup serving to determine how many fries to serve (usually 11 pieces, 2 ½ ounces).  
 Portion with a spoon or tongs per serving. Each portion provides ½ cup starchy vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**PRODUCTION NOTES**

Use USDA Foods or Department of Defense (DOD) foods when available.  
 Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.  
 If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.  
 "Culinary Techniques for Healthy School Meals: Preparing Vegetables" provides seasoning and serving ideas for vegetables.

**SERVING NOTES**

Prepare only what can be served in a 30 minute period to maintain maximum quality.

**NUTRIENTS PER SERVING**

Calories	119	Dietary Fiber	1.06 g	Sodium	125.81 mg	Sat. Fat	0.24 g
Carbohydrates	15.93 g	Protein	2.12 g	Total Fat	5.58 g	Trans Fat	0.00 g