







NUTRITIONAL COMPARISON

| | | | | | |
|-------------------------------------------------------------------------------------|-----------------------|--------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------|-----------|
|  | Macaroni & Cheese | 6 oz. 255 (95) 10.5g (5g) 23mg 1g | SERVING SIZE CALORIES (Cal from Fat) TOTAL FAT (Sat Fat) CHOLESTEROL DIETARY FIBER | 4 oz. 270 (110) 12g (1g) 0mg 3g | My Fries® |
|  | Broccoli/Cheese Sauce | 8 oz. 214 (121) 13.5g (6.5g) 27mg 5g | SERVING SIZE CALORIES (Cal from Fat) TOTAL FAT (Sat Fat) CHOLESTEROL DIETARY FIBER | 4 oz. 270 (110) 12g (1g) 0mg 3g | My Fries® |
|  | Cole Slaw | 4.4 oz. 220 (170) 19g (3g) 20mg 2g | SERVING SIZE CALORIES (Cal from Fat) TOTAL FAT (Sat Fat) CHOLESTEROL DIETARY FIBER | 4 oz. 270 (110) 12g (1g) 0mg 3g | My Fries® |
|  | Baked Potato/Butter | 10.5 oz. 380 (110) 12g (7g) 30mg 6g | SERVING SIZE CALORIES (Cal from Fat) TOTAL FAT (Sat Fat) CHOLESTEROL DIETARY FIBER | 4 oz. 270 (110) 12g (1g) 0mg 3g | My Fries® |
|  | Caesar Salad | 6 oz. 362 (234) 26g (7g) 23mg 3g | SERVING SIZE CALORIES (Cal from Fat) TOTAL FAT (Sat Fat) CHOLESTEROL DIETARY FIBER | 4 oz. 270 (110) 12g (1g) 0mg 3g | My Fries® |
|  | Potato Chips | 1 oz. 150 (45) 10g (3g) 0mg 1g | SERVING SIZE CALORIES (Cal from Fat) TOTAL FAT (Sat Fat) CHOLESTEROL DIETARY FIBER | 4 oz. 270 (110) 12g (1g) 0mg 3g | My Fries® |

My Customers.
My Business.



My Fries®

They fit.

COST COMPARISON

| | | | | | |
|-------------------------------------------------------------------------------------|-----------------------|--------------------------|----------------------------------|-----------------------|-----------|
|  | Macaroni & Cheese | 6 oz. 0.68¢ | SERVING SIZE COST PER SERVING | 4 oz. 0.32¢ | My Fries® |
|  | Broccoli/Cheese Sauce | 8 oz. 0.65¢ | SERVING SIZE COST PER SERVING | 4 oz. 0.32¢ | My Fries® |
|  | Cole Slaw | 4.4 oz. 0.36¢ | SERVING SIZE COST PER SERVING | 4 oz. 0.32¢ | My Fries® |
|  | Baked Potato/Butter | 10.5 oz. 0.28¢ | SERVING SIZE COST PER SERVING | 4 oz. 0.32¢ | My Fries® |
|  | Caesar Salad | 6 oz. 1.24¢ | SERVING SIZE COST PER SERVING | 4 oz. 0.32¢ | My Fries® |
|  | Potato Chips | 1 oz. 0.28¢ | SERVING SIZE COST PER SERVING | 4 oz. 0.32¢ | My Fries® |

Nutritional and cost comparisons based on My Fries Thin Concertinas® (MY004), as served.

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They fit.



For more information: myfriesadvantage.com
1-877.lw.my.fries
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599 S. Rivershore Lane · Eagle, ID 83616