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Introduction

It is a big – and very important – job to plan, purchase, prepare, and serve nourishing meals for the U.S. Department of Agriculture’s Child Nutrition Programs. Every day, your work helps fight hunger and improve the nutritional health of children in America.

Whether you are serving food to a small number of children or adults or thousands of students, you need to think carefully about each meal.

- *Will the meal meet the appropriate requirements of the various Child Nutrition Programs?*
- *How many servings will you get from a specific quantity of food?*
- *What quantity of the raw product will provide the amount of ready-to-cook food called for in a recipe?*
- *How much food will you need to buy?*

The *Food Buying Guide for Child Nutrition Programs* is designed to help you in two important ways:

1. It will help you or your purchasing agent buy the right amount of food and buy it most economically whether you use one of the food-based or the nutrient standard menu planning approaches.
2. For the food-based menu planning options, it will help you determine the specific contribution each food makes toward the meal pattern requirements. This is necessary to ensure that meals provide needed nourishment and meet program requirements for reimbursement.



In addition, with yield data for more than 1,200 food items, this guide can provide ideas for adding new foods or new forms of familiar foods to your menus. The 2005 Dietary Guidelines for Americans emphasize that a variety of fruits, vegetables, and grains, especially whole grains, are key elements of a healthful diet. By offering a wide variety of nourishing foods, you are giving children greater opportunity to develop eating habits that will promote life-long good health.

What is New in This Updated Guide?

As with the previous *Food Buying Guide* last revised in 1984, this new edition will be widely used by school food service professionals. It is also appropriate for use in the Child and Adult Care Food Program as well as the Summer Food Service Program. Meal patterns for each of these Child Nutrition Programs are shown on pages I-7 through I-27.

The *Food Buying Guide for Child Nutrition Programs* was first published in 1947. Since then it has been updated several times to add new foods and to reflect changes in processing technology or packaging that may affect yield.

For example, many schools now purchase ready-to-serve salads and pre-cut vegetables. These were not widely available the last time the guide was revised in 1984.

This new guide *replaces* the 1984 edition. The new guide:

- *is the most comprehensive to date.* It includes over five hundred new food items or new pack sizes, each carefully tested in a food service setting using the equipment and methods that would be used in a typical food service setting.
- *has a new look, with an updated design.* The yield data tables, however, appear in a familiar format so you can continue to use them easily.
- *is packed with helpful information.* For example, a series of variations of practical examples serves as a how-to guide for working with the yield data tables.
- *contains updated meal pattern charts and adds a chart summarizing required menu items for the Nutrient Standard Menu Planning approach.*
- *has the following appendices:*

Appendix A: Recipe Analysis. This section has been added as a quick method to see if your USDA modified or locally produced recipes will provide the servings that you need for your planned meal.

Appendix B: Determining the Number of Servings, for Crediting Purposes, from a Particular Food. This section shows how to calculate the credit of one portion of a recipe using Column 6 (Additional Information).

Appendix C: The USDA Child Nutrition (CN) Labeling Program. This section provides a brief description of the CN Label Program, what types of foods can be CN labeled, and what a CN label looks like. It also contains yield data for food items used primarily by industry.

Appendix D: Food Purchasing. Summaries of *First Choice* and *Choice Plus* are included as a resource for purchasing foods.

Appendix E: Resources. Resources related to program requirements, nutrition guidance, food safety, and more.

Chart 3 NATIONAL SCHOOL LUNCH PROGRAM MEAL PATTERN

AFTERSCHOOL SNACKS

SELECT TWO OF THE FOUR COMPONENTS FOR A REIMBURSABLE SNACK

FOOD COMPONENTS AND FOOD ITEMS ¹	CHILDREN AGES 1 and 2	CHILDREN AGES 3-5	CHILDREN AGES 6-12 ¹
Milk			
Fluid milk	4 fl oz (1/2 cup)	4 fl oz (1/2 cup)	8 fl oz (1 cup)
Vegetable or Fruit^{2, 9}			
Juice ^{2, 9} , fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
Grains/Breads^{3, 4}			
Bread <i>or</i>	1/2 slice	1/2 slice	1 slice
Cornbread or biscuit or roll or muffin <i>or</i>	1/2 serving	1/2 serving	1 serving
Cold dry cereal ⁴ <i>or</i>	1/4 cup or 1/3 oz ⁴	1/3 cup or 1/2 oz ⁴	3/4 cup or 1 oz ⁴
Cooked cereal grains <i>or</i>	1/4 cup	1/4 cup	1/2 cup
Cooked pasta or noodles	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternate^{5, 6, 7}			
Lean meat or poultry or fish ⁵ <i>or</i>	1/2 oz	1/2 oz	1 oz
Alternate protein products ⁶ <i>or</i>	1/2 oz	1/2 oz	1 oz
Cheese <i>or</i>	1/2 oz	1/2 oz	1 oz
Egg (large) <i>or</i>	1/2 large egg	1/2 large egg	1/2 large egg
Cooked dry beans or peas <i>or</i>	1/8 cup	1/8 cup	1/4 cup
Peanut or other nut or seed butters <i>or</i>	1 Tbsp	1 Tbsp	2 Tbsp
Nuts and/or seeds ⁷ <i>or</i>	1/2 oz ⁷	1/2 oz ⁷	1 oz
Yogurt ⁸	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup

¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

² Full strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.

³ Grains/Breads must be whole-grain or enriched, or made from whole-grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole-grain, enriched, or fortified.

⁴ Either volume (cup) or weight (oz), whichever is less.

⁵ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁶ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

⁸ Yogurt may be plain or flavored, unsweetened, or sweetened – commercially prepared.

⁹ Juice may not be served when milk is the only other component.

Chart 4C

CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

SUPPER

SERVE ALL FOUR COMPONENTS FOR A REIMBURSABLE SUPPER

FOOD COMPONENTS AND FOOD ITEMS ¹	CHILDREN AGES 1 and 2	CHILDREN AGES 3-5	CHILDREN AGES 6-12 ¹	ADULTS
Milk				optional
Fluid milk	4 fl oz (1/2 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Vegetable or Fruit² Two or more servings of different vegetables and or fruits				
Juice ² , fruit and/or vegetable	1/4 cup total	1/2 cup total	3/4 cup total	1 cup total
Grains/Breads³				
Bread <i>or</i>	1/2 slice	1/2 slice	1 slice	2 slices (servings)
Cornbread or biscuit or roll or muffin <i>or</i>	1/2 serving	1/2 serving	1 serving	2 servings
Cooked cereal grains <i>or</i>	1/4 cup	1/4 cup	1/2 cup	1 cup
Cooked pasta or noodles	1/4 cup	1/4 cup	1/2 cup	1 cup
Meat/Meat Alternate^{4, 5, 6, 7, 8}				
Lean meat or poultry or fish ⁴ <i>or</i>	1 oz	1-1/2 oz	2 oz	2 oz
Alternate protein products ⁵ <i>or</i>	1 oz	1-1/2 oz	2 oz	2 oz
Cheese <i>or</i>	1 oz	1-1/2 oz	2 oz	2 oz
Egg (large) <i>or</i>	1/2 large egg	3/4 large egg	1 large egg	1 large egg
Cooked dry beans or peas <i>or</i>	1/4 cup	3/8 cup	1/2 cup	1/2 cup
Peanut or other nut or seed butters <i>or</i>	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp
Nuts and/or seeds ^{6, 7} <i>or</i>	1/2 oz = 50% ⁷	3/4 oz = 50% ⁷	1 oz = 50%	1 oz = 50%
Yogurt ⁸	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup	8 oz or 1 cup

¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

² Serve two or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

³ Grains/Breads must be whole-grain or enriched, or made from whole-grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole-grain or enriched or fortified.

⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁵ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 226.

⁶ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the supper requirement.

⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

⁸ Yogurt may be plain or flavored, unsweetened, or sweetened – commercially prepared.

Chart 4D

CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

SNACKS

SELECT TWO OF THE FOUR COMPONENTS FOR A REIMBURSABLE SNACK

FOOD COMPONENTS AND FOOD ITEMS ¹	CHILDREN AGES 1 and 2	CHILDREN AGES 3-5	CHILDREN AGES 6-12 ¹	ADULTS
Milk				
Fluid milk	4 fl oz (1/2 cup)	4 fl oz (1/2 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Vegetable or Fruit^{2, 9}				
Full strength juice ^{2, 9} , fruit and/or vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Grains/Breads^{3, 4}				
Bread <i>or</i>	1/2 slice	1/2 slice	1 slice	1 slice
Cornbread or biscuit or roll or muffin <i>or</i>	1/2 serving	1/2 serving	1 serving	1 serving
Cold dry cereal ⁴ <i>or</i>	1/4 cup or 1/3 oz ⁴	1/3 cup or 1/2 oz ⁴	3/4 cup or 1 oz ⁴	3/4 cup or 1 oz ⁴
Cooked cereal grains <i>or</i>	1/4 cup	1/4 cup	1/2 cup	1/2 cup
Cooked pasta or noodles	1/4 cup	1/4 cup	1/2 cup	1/2 cup
Meat/Meat Alternate^{5, 6, 7, 8}				
Lean meat or poultry or fish ⁵ <i>or</i>	1/2 oz	1/2 oz	1 oz	1 oz
Alternate protein products ⁶ <i>or</i>	1/2 oz	1/2 oz	1 oz	1 oz
Cheese <i>or</i>	1/2 oz	1/2 oz	1 oz	1 oz
Egg (large) <i>or</i>	1/2 large egg	1/2 large egg	1/2 large egg	1/2 large egg
Cooked dry beans or peas <i>or</i>	1/8 cup	1/8 cup	1/4 cup	1/4 cup
Peanut or other nut or seed butters <i>or</i>	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Nuts and/or seeds ⁷ <i>or</i>	1/2 oz ⁷	1/2 oz ⁷	1 oz	1 oz
Yogurt ⁸	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup	4 oz or 1/2 cup

¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

² Full strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.

³ Grains/Breads must be enriched or whole-grain or made from whole-grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole-grain or enriched or fortified.

⁴ Either volume (cup) or weight (oz), whichever is less.

⁵ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁶ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 226.

⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

⁸ Yogurt may be plain or flavored, unsweetened, or sweetened – commercially prepared.

⁹ Juice may not be served when milk is the only other component.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEAN PRODUCTS					
Bean Products, dry beans, canned Beans Baked or in Sauce with Pork	No. 10 can (110 oz)	48.9	1/4 cup heated beans	2.1	
	No. 10 can (110 oz)	32.6	3/8 cup heated beans	3.1	
	No. 2-1/2 can (30 oz)	13.3	1/4 cup heated beans	7.6	
	No. 2-1/2 can (30 oz)	8.86	3/8 cup heated beans	11.3	
	No. 300 can (16 oz)	7.10	1/4 cup heated beans	14.1	
	No. 300 can (16 oz)	4.73	3/8 cup heated beans	21.2	
Bean Products, dry beans, canned Beans Baked in Sauce, Vegetarian <i>Includes USDA Commodity</i>	No. 10 can (108 oz)	47.1	1/4 cup heated beans with sauce	2.2	1 No. 10 can = about 11-3/4 cups heated beans with sauce
	No. 10 can (108 oz)	31.4	3/8 cup heated beans with sauce	3.2	
	No. 300 can (16 oz)	6.94	1/4 cup heated beans with sauce	14.5	1 No. 300 can = about 1-3/4 cups heated beans with sauce
	No. 300 can (16 oz)	4.62	3/8 cup heated beans with sauce	21.7	
Bean Products, dry beans, canned Beans with Bacon in Sauce	Pound	4.70	3/8 cup serving (about 1/4 cup heated beans)	21.3	
	Pound	3.13	1/2-cup plus 1 Tbsp serving (about 3/8-cup heated beans)	32.0	
Bean Products, dry beans, canned Beans with Frankfurters in Sauce	Pound	5.30	1/3 cup serving (about 1.0 oz meat/meat alternate)	18.9	
	Pound	3.53	1/2-cup serving (about 1.5 oz meat/meat alternate)	28.4	

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEAN PRODUCTS³ (continued)					
Bean, Products, dry beans, canned Refried Beans <i>Includes USDA Commodity</i>	No. 10 can (115 oz)	49.6	1/4 cup heated beans	2.1	1 No. 10 can = about 12-1/4 cups heated refried beans
	No. 10 can (115 oz)	33.0	3/8 cup heated beans	3.1	
	No. 300 can (16 oz)	7.08	1/4 cup heated beans	14.2	1 No. 300 can = about 1-3/4 cups heated refried beans
	No. 300 can (16 oz)	4.72	3/8 cup heated beans	21.2	
Bean Products, dehydrated Refried Beans³	Pound	20.5	1/4 cup cooked beans	4.9	1 lb AP = about 3-1/2 cups dehydrated beans
	Pound	13.6	3/8 cup cooked beans	7.4	1 lb AP = about 5-1/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1
BEAN SOUP, canned					
Bean Soup, dry beans, canned <i>Condensed (1 part soup to 1 part water)</i>	No. 3 Cyl (54 oz)	23.0	1/2 cup reconstituted (1/4 cup heated beans)	4.4	Reconstitute 1 part soup with not more than 1 part water
	No. 3 Cyl (54 oz)	15.3	3/4 cup reconstituted (3/8 cup heated beans)	6.6	
	Pound	6.80	1/2 cup reconstituted (1/4 cup heated beans)	14.8	
	Pound	4.53	3/4 cup reconstituted (3/8 cup heated beans)	22.1	
Bean Soup, dry beans, canned <i>Ready-to-Serve</i>	8 oz can	1.00	1 cup serving (1/2 cup heated beans)	100.0	
	8 oz can	0.66	3/4 cup serving (3/8 cup heated beans)	151.6	
BEEF, FRESH OR FROZEN					
BEEF BRISKET, fresh or frozen					
Beef Brisket, fresh or frozen <i>Without bone 1/4-inch Trim</i>	Pound	7.36	1 oz cooked lean meat	13.6	1 lb AP = 0.46 lb cooked, lean meat
	Pound	4.90	1-1/2 oz cooked lean meat	20.5	
Beef Brisket, fresh or frozen <i>Without bone Practically-free-of-fat</i>	Pound	11.0	1 oz cooked lean meat	9.1	1 lb AP = 0.69 lb cooked, sliced lean meat
	Pound	7.36	1-1/2 oz cooked lean meat	13.6	

³ Dehydrated refried beans are dry beans that have been cooked, mashed, and then dehydrated.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF CHUCK ROAST, fresh or frozen^{4, 5} (continued)					
Beef Chuck Roast, fresh or frozen⁵ <i>Under blade Without bone 1/4-inch trim (Like IMPS #116E)</i>	Pound	10.2	1 oz cooked lean meat	9.9	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
	Pound	6.82	1-1/2 oz cooked lean meat	14.7	
Beef Chuck Roast, fresh or frozen⁵ <i>Under blade Without bone Practically-free-of-fat (Like IMPS #116E)</i>	Pound	10.4	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked, trimmed, sliced, lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.5	
BEEF CHUCK STEAK, fresh or frozen					
Beef Chuck Steak, fresh or frozen <i>Eye roll Without bone Practically-free-of-fat (Like IMPS #1116D)</i>	Pound	11.8	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
BEEF FLANK STEAK, fresh or frozen					
Beef Flank Steak, fresh or frozen <i>1/4-inch Trim</i>	Pound	10.7	1 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.1	
Beef Flank Steak, fresh or frozen <i>Practically-free-of-fat</i>	Pound	11.6	1 oz cooked lean meat	8.7	1 lb AP (and sliced) = 0.73 lb cooked lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.9	
BEEF GROUND,^{6, 7, 8} fresh or frozen					
Beef, Ground, fresh or frozen <i>Market Style^{6, 8} no more than 30% fat (Like IMPS #136)</i>	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked, drained, lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.5	

⁴If you do not know the specific cut of beef chuck roast **with** bone you will purchase or have purchased, use the yield data given for “beef chuck roast, fresh or frozen, with bone, practically-free-of-fat” for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

⁵If you do not know the specific cut of beef chuck roast **without** bone you will purchase or have purchased, use the yield data given for “beef chuck roast, fresh or frozen, without bone, practically-free-of-fat” for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

⁶Ground Beef, Market Style (no more than 30 percent fat) is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef.

⁷Ground Beef is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef, but with maximum fat content as listed here.

⁸USDA recommends that the very young, the very old, and those with weakened immune systems not eat undercooked ground beef. To be sure all bacteria are destroyed, cook meat loaf, meat balls, casseroles, hamburgers, and other dishes containing ground beef to the temperature set by your local and State standards and check by using a thermometer.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF GROUND fresh or frozen^{7,8} (continued)					
Beef, Ground, fresh or frozen^{7,8} <i>no more than 26% fat (Like IMPS #136)</i>	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = .72 lb cooked, drained lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
Beef, Ground, fresh or frozen^{7,8} <i>no more than 24% fat (Like IMPS #136)</i>	Pound	11.6	1 oz cooked lean meat	8.7	1 lb AP = 0.73 lb cooked, drained lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.9	
Beef, Ground, fresh or frozen^{7,8} <i>no more than 20% fat Includes USDA Commodity (Like IMPS #136)</i>	Pound	11.8	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
Beef, Ground, fresh or frozen^{7,8} <i>no more than 15% fat (Like IMPS #136)</i>	Pound	12.0	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked, drained lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.5	
Beef, Ground, fresh or frozen^{7,8} <i>no more than 10% fat (Like IMPS #136)</i>	Pound	12.1	1 oz cooked lean meat	8.3	1 lb AP = 0.76 lb cooked, drained lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.4	
BEEF HEART, fresh or frozen					
Beef Heart, fresh or frozen <i>Trimmed</i>	Pound	8.96	1 oz cooked lean meat	11.2	1 lb AP = 0.56 lb cooked, trimmed, lean heart
	Pound	5.97	1-1/2 oz cooked lean meat	16.8	
BEEF KIDNEY, fresh or frozen					
Beef Kidney, fresh or frozen <i>Trimmed</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked kidney
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	

⁷Ground Beef is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef, but with maximum fat content as listed here.

⁸USDA recommends that the very young, the very old, and those with weakened immune systems not eat undercooked ground beef. To be sure all bacteria are destroyed, cook meat loaf, meat balls, casseroles, hamburgers, and other dishes containing ground beef to the temperature set by your local and State standards and check by using a thermometer.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF, STEAK, frozen (continued)					
Beef Steak, frozen <i>Sandwich Steak Flaked, Chopped, Formed and Wafer sliced (Like IMPS #1138A)</i>	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.2	
Beef Steak, frozen <i>Flaked and Formed Sliced (Like IMPS #1138)</i>	Pound	12.6	1 oz cooked lean meat	8.0	1 lb AP = 0.79 lb cooked lean meat
	Pound	8.42	1-1/2 oz cooked lean meat	11.9	
Beef Steak, frozen <i>Sliced and Formed (Like IMPS #1138B)</i>	Pound	10.7	1 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.1	
BEEF STEW MEAT, fresh or frozen					
Beef Stew Meat, fresh or frozen <i>Composite of trimmed retail cuts Without bone Practically-free-of-fat</i>	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.4	
BEEF TONGUE, fresh or frozen					
Beef Tongue, fresh or frozen	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked tongue
	Pound	6.18	1-1/2 oz cooked lean meat	16.2	
BEEF TRIPE, fresh or frozen					
Beef Tripe, fresh or frozen <i>Scalded, Bleached, (Denuded) Honeycomb (Like IMPS #726)</i>	Pound	12.3	1 oz cooked lean meat	8.2	1 lb AP thawed = 0.77 lb cooked lean meat
	Pound	8.21	1-1/2 oz cooked lean meat	12.2	

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
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BEEF, COOKED

BEEF, canned¹¹

Beef, canned <i>Beef with Natural Juices</i> <i>USDA Commodity</i> ¹¹	No. 2-1/2 can (29 oz)	14.7	1 oz heated lean meat	6.9	1 lb AP = 0.51 lb heated meat
	No. 2-1/2 can (29 oz)	9.86	1-1/2 oz heated lean meat	10.2	
	Pound	8.16	1 oz heated lean meat	12.3	
	Pound	5.44	1-1/2 oz heated lean meat	18.4	

BEEF PRODUCTS, canned or frozen^{12, 13}

Beef Products Barbecue Sauce with Beef ^{12, 13}	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.25 lb cooked lean meat
Beef Products Beef and Dumplings with Gravy ^{12, 13}	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products Beef Goulash ^{12, 13}	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products Beef Hash ^{12, 13}	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products Beef Salad ^{12, 13}	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products Beef Stew ^{12, 13}	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products Beef Taco Filling ^{12, 13}	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.28 lb cooked lean meat
Beef Products Beef with Barbecue Sauce ^{12, 13}	Pound	7.00	1/4 cup serving (about 1 oz cooked lean meat)	14.3	1 lb AP = 0.50 lb cooked lean meat
Beef Products Beef and Gravy ^{12, 13}	Pound	7.00	1/4 cup serving (about 1 oz cooked lean meat)	14.3	1 lb AP = 0.50 lb cooked lean meat

¹¹ Based on USDA specification for beef with natural juices, canned.

¹² Yield data is based on the *Food Buying Guide* yield for raw beef stew meat, practically-free-of-fat.

¹³ Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the “As Purchased” description in Column 1.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF PRODUCTS, canned or frozen^{12, 13} (continued)					
Beef Products Chili con Carne^{12, 13}	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.28 lb cooked lean meat
Beef Products Chili con Carne with Beans^{12, 13}	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products Corned Beef and Cabbage^{12, 13}	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.25 lb cooked lean meat
Beef Products Corned Beef Hash^{12, 13}	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products Gravy and Beef^{12, 13}	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.25 lb cooked lean meat
Beef Products Gravy and Swiss Steak^{12, 13}	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products Swiss Steak and Gravy^{12, 13}	Pound	7.00	1/4 cup serving (about 1 oz cooked lean meat)	14.3	1 lb AP = 0.50 lb cooked lean meat
CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)^{14,15}					
Cheese American, Cheddar, Mozzarella, or Swiss¹⁴ <i>Natural or Process Includes USDA Commodity</i>	Pound	16.0	1 oz cheese	6.3	1 lb = about 4 cups shredded cheese
	Pound	10.6	1-1/2 oz cheese	9.5	1 lb AP = about 2 cups cubed cheese
Cheese Feta, Brie, Camembert^{14, 15} <i>Natural</i>	Pound	16.0	1 oz cheese	6.3	
	Pound	10.6	1-1/2 oz cheese	9.5	

¹² Yield data is based on the *Food Buying Guide* yield for raw beef stew meat, practically-free-of-fat.

¹³ Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the “As Purchased” description in Column 1.

¹⁴ Any item labeled with the wording “imitation” cheese or cheese “product” does not meet the requirements for use in food-based menu planning approaches and are **not creditable** towards meal pattern requirements.

¹⁵ Due to increased number of illnesses associated with *Listeria monocytogenes*, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat soft cheese such as Feta, Brie, and Camembert cheeses, blue-veined cheeses, and Mexican-style cheese such as “queso blanco fresco.”

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
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CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)¹⁴ (continued)

Cheese Cottage or Ricotta ¹⁴	Pound	8.00	2 oz serving - about 1/4 cup (1 oz meat alternate)	12.5	1 lb = about 2 cups
	Pound	5.33	3 oz serving - about 3/8 cup (1-1/2 oz meat alternate)	18.8	
Cheese Parmesan or Romano ¹⁴ <i>Grated</i>	Pound	16.0	1 oz cheese (3/8 cup serving)	6.3	1 lb = about 5-2/3 cups grated
	Pound	10.6	1-1/2 oz cheese (5/8 cup serving)	9.5	
Cheese Cheese food ¹⁴ <i>Process</i>	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	
	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	
Cheese Cheese spread ¹⁴ <i>Process</i>	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	
	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	

CHEESE SUBSTITUTES (includes reduced fat, lowfat, nonfat, and lite versions of cheese substitute, cheese food substitute, and cheese spread substitute)^{14, 16}

Cheese Substitutes American, Cheddar, Mozzarella, or Swiss Cheese Substitute ^{14, 16} <i>Natural or Process</i>	Pound	16.0	1 oz cheese substitute	6.3	1 lb = about 4 cups shredded
	Pound	10.6	1-1/2 oz cheese substitute	9.5	1 lb AP = about 2 cups cubed cheese
Cheese Substitutes Parmesan or Romano cheese substitute ^{14, 16} <i>Grated</i>	Pound	16.0	1 oz cheese substitute (3/8 cup serving)	6.3	1 lb = about 5-2/3 cup
	Pound	10.6	1-1/2 oz cheese substitute (5/8 cup serving)	9.5	

¹⁴ Any item labeled with the wording “imitation” cheese or cheese “product” does not meet the requirements for use in food-based menu planning approaches and are **not creditable** towards meal pattern requirements.

¹⁶ “Cheese Substitute,” “cheese food substitute,” and “cheese spread substitute” must meet the FDA standard of identity for substitute foods and be labeled as “_____ Cheese Substitute,” “cheese food substitute,” or “cheese spread substitute.” The standard requires that a “cheese substitute” is not nutritionally inferior to the standardized cheese for which it is substituting.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHICKEN PRODUCTS, canned or frozen^{19, 20}					
Chicken Products Chicken a La King^{19, 20}	Pound	2.30	3/4-cup serving (about 1.3 oz cooked poultry)	43.5	1 lb AP = 0.20 lb cooked chicken meat with skin
Chicken Products Chicken Barbeque, Minced^{19, 20}	Pound	3.50	1/2-cup serving (about 1.8 oz cooked poultry)	28.6	1 lb AP = 0.40 lb cooked chicken meat with skin
Chicken Products Chicken Chili^{19, 20}	Pound	2.30	3/4-cup serving (about 1.9 oz cooked poultry)	43.5	1 lb AP = 0.28 lb cooked chicken meat with skin
Chicken Products Chicken Chili with Beans^{19, 20}	Pound	2.62	2/3-cup serving (about 1.0 oz cooked meat)	38.2	1 lb AP = 0.17 lb cooked chicken meat with skin
Chicken Products Chicken Hash^{19, 20}	Pound	2.60	2/3-cup serving (about 1.8 oz cooked poultry)	38.5	1 lb AP = 0.30 lb cooked chicken meat with skin
Chicken Products Chicken Salad^{19, 20}	Pound	3.46	1/2-cup serving (about 1.1 oz cooked poultry with skin)	29.0	1 lb AP = 0.25 lb cooked chicken meat with skin
Chicken Products Chicken with Gravy^{19, 20}	Pound	5.30	1/3-cup serving (about 1.0 oz cooked poultry)	18.9	1 lb AP = 0.35 lb cooked chicken meat with skin
Chicken Products Chicken with Noodles or Dumplings^{19, 20}	Pound	1.70	1 cup serving (about 1.4 oz cooked poultry)	58.9	1 lb AP = 0.15 lb cooked chicken meat with skin
Chicken Products Creamed Chicken^{19, 20}	Pound	2.30	3/4-cup serving (about 1.3 oz cooked poultry)	43.5	1 lb AP = 0.20 lb cooked chicken meat with skin

CHICKPEAS (see BEANS, GARBANZO)

¹⁹Yield data is based on minimum percent meat as required by FSIS standard of identity regulations found in 9 CFR.

²⁰Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the “As Purchased” description in Column 1.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
EGGS^{21, 22, 23}					
Eggs Shell Eggs, fresh^{21, 22} Large Whole	Dozen (24 oz)	12.0	1 large egg	8.4	1 qt (34 oz) about 19 large whole eggs, or 29 whites, or 57 yolks
	Dozen (24 oz)	24.0	1/2 large egg	4.2	
Eggs Frozen Whole Eggs Pasteurized Includes USDA Commodity	5 lb pkg	45.0	1 large egg	2.3	1 lb frozen = about 1-7/8 cups (9 large eggs)
	5 lb pkg	90.0	1/2 large egg	1.2	
	Pound	9.00	1 large egg	11.2	
	Pound	18.0	1/2 large egg	5.6	
Eggs Dried Whole Eggs²³	No. 10 can (48 oz)	96.0	1 large egg	1.1	1 lb AP = about 5-1/3 cups dried egg
	No. 10 can (48 oz)	192.0	1/2 large egg	0.6	2 cups (6 oz) dried eggs and 2 cups water = 1 dozen large eggs
	Pound	32.0	1 large egg	3.2	
	Pound	64.0	1/2 large egg	1.6	
FRANKFURTERS, BOLOGNA^{24, 25}					
Bologna^{24, 25}	Pound	16.0	1 oz serving	6.3	
Frankfurters^{24, 25} 8 per pound	Pound	8.00	2 oz frankfurter	12.5	

²¹ For other sizes of eggs to use in place of large size eggs, multiply the number (or dozens or cases) of large eggs by a factor as follows: Extra large size, 0.87; medium size, 1.14; small size, 1.35.

²² The Food and Drug Administration (FDA) has issued a warning for the consumption of raw shell eggs. Susceptible populations such as young children, pregnant women, the elderly, and those with compromised immune systems should avoid eating raw, undercooked, or unpasteurized fresh eggs to avoid foodborne illness.

²³ Quantities are for dried whole eggs. For blends and specialty egg products, use CN-labeled product or manufacturer's documentation.

²⁴ Includes meat and poultry products. Yields are based on products that do not contain meat or poultry byproducts, cereals, binders or extenders, except to include those products containing Alternate Protein Products (APP) within the limits specified in 9 CFR 319.180(e) and meeting the requirements of Appendix A of 7 CFR 210, 220, 225 and 226. No other binders and extenders may be used in conjunction with the APP to receive the ounce per ounce crediting.

²⁵ Due to increased number of illnesses associated with *Listeria monocytogenes* and the consumption of unheated hot dogs and luncheon meats, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat hot dogs or luncheon meats unless they are reheated until steaming hot.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
FRANKFURTERS, BOLOGNA^{24, 25} (continued)					
Frankfurters^{24, 25} <i>10 per pound</i>	Pound	10.0	1.6 oz frankfurter	10.0	
Knockwurst^{24, 25}	Pound	16.0	1 oz serving	6.3	
Vienna Sausage^{24, 25}	Pound (drained weight)	16.0	1 oz serving	6.3	
GAME, fresh or frozen²⁶					
Game²⁶ Buffalo <i>Ground</i>	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = 0.72 lb cooked, drained lean buffalo
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
Game²⁶ Goat <i>Roast</i>	Pound	8.00	1 oz cooked lean meat	12.5	1 lb AP = 0.50 lb cooked, trimmed, sliced lean goat
		5.33	1-1/2 oz cooked lean meat	18.8	
Game²⁶ Ostrich <i>Medallions</i>	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked lean ostrich
		7.46	1-1/2 oz cooked lean meat	13.5	
Game²⁶ Venison (Deer) <i>Ground</i> <i>(Like IMPS #996)</i>	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = 0.72 lb cooked, drained lean venison
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
LAMB, FRESH OR FROZEN					
LAMB, CHOPS, fresh or frozen					
Lamb, Chops, fresh or frozen <i>Shoulder chops</i> <i>With bone</i>	Pound	7.36	1 oz cooked lean meat	13.6	1 lb AP= 0.46 lb cooked lean lamb
	Pound	4.90	1-1/2 oz cooked lean meat	20.5	

²⁴ Includes meat and poultry products. Yields are based on products that do not contain meat or poultry byproducts, cereals, binders or extenders, except to include those products containing Alternate Protein Products (APP) within the limits specified in 9 CFR 319.180(e) and meeting the requirements of Appendix A of 7 CFR 210, 220, 225 and 226. No other binders and extenders may be used in conjunction with the APP to receive the ounce per ounce crediting.

²⁵ Due to increased number of illnesses associated with *Listeria monocytogenes* and the consumption of unheated hot dogs and luncheon meats, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat hot dogs or luncheon meats unless they are reheated until steaming hot.

²⁶ All "game" meat must be purchased from a USDA inspected establishment. Wild game is **not** allowed to be used in FNS Child Nutrition Programs.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
LAMB, GROUND, frozen					
Lamb, Ground, frozen	Pound	10.2	1 oz cooked lean meat	9.9	1 lb AP = 0.64 lb cooked, drained lean lamb
	Pound	6.82	1-1/2 oz cooked lean meat	14.7	
LAMB, LEG ROAST, fresh or frozen					
Lamb, Leg Roast, fresh or frozen <i>Without bone</i>	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean lamb
	Pound	6.50	1-1/2 oz cooked lean meat	15.4	
LAMB, SHOULDER ROAST, fresh or frozen					
Lamb, Shoulder Roast, fresh or frozen <i>Without bone</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked lean lamb
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	
LAMB, STEW MEAT, fresh or frozen					
Lamb, Stew Meat, fresh or frozen <i>Without bone</i>	Pound	10.4	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked lean lamb
	Pound	6.93	1-1/2 oz cooked lean meat	14.5	
LENTILS, dry					
Lentils, dry	Pound	29.6	1/4 cup cooked lentils	3.4	1 lb dry = about 2-3/8 cups dry
	Pound	19.7	3/8 cup cooked lentils	5.1	
NUTS: TREE NUTS and OTHER NUTS, shelled²⁷					
Tree Nuts Almonds²⁷ <i>Includes USDA Commodity</i>	Pound	16.0	1 oz nuts	6.3	1 lb = about 3-1/2 cups chopped almonds
	2 lb pkg	32.0	1 oz nuts	3.2	
	25 lb pkg	400.0	1 oz nuts	0.25	
Tree Nuts Brazil nuts²⁷	Pound	16.0	1 oz nuts	6.3	1 lb = about 3-1/4 cups whole Brazil nuts

²⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK LOIN CHOPS, fresh or frozen					
Pork Loin Chops, fresh or frozen <i>With bone</i> <i>1/4-inch trim</i>	Pound	7.20	1 oz cooked lean meat	13.9	1 lb AP = 0.45 lb cooked lean meat
	Pound	4.80	1-1/2 oz cooked lean meat	20.9	
Pork Loin Chops, fresh or frozen <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #1413)</i>	Pound	9.44	1 oz cooked lean meat	10.6	1 lb AP = 0.59 lb cooked, trimmed, sliced lean meat
	Pound	6.29	1-1/2 oz cooked lean meat	15.9	
Pork Loin Chops, fresh or frozen <i>Without bone,</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #1413)</i>	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
PORK LOIN END CHOPS, fresh or frozen					
Pork Loin End Chops, fresh or frozen <i>With bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #1410B)</i>	Pound	5.60	1 oz cooked lean meat	17.9	1 lb AP = 0.35 lb cooked, trimmed, boned sliced lean meat
	Pound	3.73	1-1/2 oz cooked lean meat	26.9	
Pork Loin End Chops, fresh or frozen <i>With bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #1410B)</i>	Pound	6.56	1 oz cooked lean meat	15.3	1 lb AP = 0.41 lb cooked, boned, trimmed, sliced lean meat
	Pound	4.37	1-1/2 oz cooked lean meat	22.9	
Pork Loin End Chops, fresh or frozen <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #1413B)</i>	Pound	8.48	1 oz cooked lean meat	11.8	1 lb AP = 0.53 lb cooked, trimmed, sliced lean meat
	Pound	5.65	1-1/2 oz cooked lean meat	17.7	
Pork Loin End Chops, fresh or frozen <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #1413B)</i>	Pound	10.7	1 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.1	

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PORK LOIN ROAST, fresh or frozen					
Pork Loin Roast, fresh or frozen <i>With bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #410)</i>	Pound	7.68	1 oz cooked lean meat	13.1	1 lb AP = 0.48 lb cooked, trimmed, boned, sliced lean meat
	Pound	5.12	1-1/2 oz cooked lean meat	19.6	
Pork Loin Roast, fresh or frozen <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #413)</i>	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.2	
Pork Loin Roast, fresh or frozen <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #413)</i>	Pound	10.2	1 oz cooked lean meat	9.9	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
	Pound	6.82	1-1/2 oz cooked lean meat	14.7	
Pork Loin Roast, fresh or frozen <i>Center cut</i> <i>11 Ribs</i> <i>With bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #412C)</i>	Pound	5.28	1 oz cooked lean meat	19.0	1 lb AP = 0.33 lb cooked, boned, trimmed, sliced lean meat
	Pound	3.52	1-1/2 oz cooked lean meat	28.5	
Pork Loin Roast, fresh or frozen <i>Center cut</i> <i>11 Ribs</i> <i>With bone</i> <i>Practically free of fat</i> <i>(Like IMPS #412C)</i>	Pound	8.16	1 oz cooked lean meat	12.3	1 lb AP = 0.51 lb cooked, boned, trimmed, sliced lean meat
	Pound	5.44	1-1/2 oz cooked lean meat	18.4	
Pork Loin Roast, fresh or frozen <i>Center cut</i> <i>11 ribs</i> <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #412E)</i>	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked, trimmed, sliced lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.2	

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK STEAK, frozen (continued)					
Pork Steak, fresh or frozen <i>Flaked and Formed</i> 4 oz raw steaks (Like IMPS #1438)	Pound	4.00	One 4.0 oz raw steak when cooked provides 2.7 oz cooked lean meat	25.0	1 lb AP = 0.68 lb cooked lean meat
PORK STEW MEAT, fresh or frozen					
Pork Stew Meat, fresh or frozen <i>Composite of trimmed retail cuts</i> Without bone 1/4-inch trim (Like IMPS #435A)	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, drained lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.2	
PORK STOMACH (MAWS), fresh or frozen					
Pork Stomach (Maws), fresh or frozen <i>Scalded</i> (Like IMPS #729)	Pound	11.3	1 oz cooked lean meat	8.9	1 lb AP = 0.71 lb cooked, drained pork stomach
	Pound	7.57	1-1/2 oz cooked lean meat	13.3	
PORK, MILD CURED					
PORK, MILD CURED, Ready-to-cook, chilled or frozen³²					
Pork, Mild Cured, Ready-to-cook, chilled or frozen Canadian bacon³²	Pound	11.0	1 oz cooked lean meat	9.1	1 lb AP = 0.69 lb cooked lean meat
	Pound	7.36	1-1/2 oz cooked lean meat	13.6	
Pork, Mild Cured, Ready-to-cook, chilled or frozen Pork shoulder Boston butt³² <i>With bone</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked lean meat
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	
Pork, Mild Cured, Ready-to-cook, chilled or frozen Pork shoulder Boston butt³² <i>Without bone</i>	Pound	9.60	1 oz cooked lean meat	10.5	1 lb AP = 0.60 lb cooked lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.7	

³² Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the “As Purchased” description in Column 1.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK, MILD CURED, Ready-to-cook, chilled or frozen³² (continued)					
Pork, Mild Cured, Ready-to-cook, chilled or frozen Pork shoulder Picnic³² <i>With bone</i>	Pound	6.72	1 oz cooked lean meat	14.9	1 lb AP = 0.42 lb cooked lean meat
	Pound	4.48	1-1/2 oz cooked lean meat	22.4	
Pork, Mild Cured, Ready-to-cook, chilled or frozen Pork Shoulder Picnic³² <i>Without bone</i>	Pound	8.48	1 oz cooked lean meat	11.8	1 lb AP = 0.53 lb cooked lean meat
	Pound	5.65	1-1/2 oz cooked lean meat	17.7	
PORK, MILD CURED, Fully Cooked, chilled or frozen^{32, 33}					
Pork, Mild Cured, Ready-to-cook, chilled or frozen Ham³² <i>Without bone</i>	Pound	10.0	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.9	
Pork, Mild Cured, Fully Cooked, chilled or frozen Ham With natural juices³² <i>Boiled Without bone (Like IMPS #508 Style B)</i>	Pound	14.2	1.12 oz ham with natural juices (provides 1 oz lean cooked meat)	7.0	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)
	Pound	9.58	1.67 oz ham with natural juices (provides 1-1/2 oz cooked lean meat)	10.5	
Pork, Mild Cured, Fully Cooked, chilled or frozen Ham With natural juices³² <i>Smoked Without bone (Like IMPS #509 Style B)</i>	Pound	14.2	1.12 oz ham with natural juices (provides 1 oz lean cooked meat)	7.0	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)
	Pound	9.58	1.67 oz ham with natural juices (provides 1-1/2 oz cooked lean meat)	10.5	

³² Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the “As Purchased” description in Column 1.

³³ For products labeled “Ham and Water Products X% of weight is added ingredients” to be properly utilized in Child Nutrition Programs, you should either 1) purchase a CN labeled product or 2) take out the percent of added water/ingredients by multiplying the finished weight by the percent added ingredients and then subtracting that amount from the finished weight, divide by the manufacturers cooking yield to obtain the raw weight of the product and then multiply by the *Food Buying Guide* yield for the specific cut of pork used to process the product.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
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TURKEY, COOKED

TURKEY, canned

Turkey, canned Boned Turkey	Pound	14.0	1 oz cooked turkey with skin	7.2	1 lb AP = 0.88 lb cooked turkey with skin
	Pound	9.38	1-1/2 oz cooked turkey with skin	10.7	
Turkey, canned Boned Turkey <i>Solid pack</i>	Pound	14.8	1 oz cooked turkey with skin	6.8	1 lb AP = 0.93 lb cooked turkey with skin
	Pound	9.92	1-1/2 oz cooked turkey with skin	10.1	
Turkey, canned Boned Turkey <i>With Broth</i>	Pound	12.4	1 oz cooked turkey with skin	8.1	1 lb AP = 0.78 lb cooked turkey with skin
	Pound	8.32	1-1/2 oz cooked turkey with skin	12.1	

TURKEY, COOKED, frozen

Turkey, cooked, frozen Diced or pulled <i>Light and dark meat in natural proportions (no skin, wing meat, neck meat, giblets or kidneys)</i>	Pound	16.0	1 oz cooked turkey	6.3	1 lb AP = 1.00 lb (about 2-3/4 cups) cooked turkey
	Pound	10.6	1-1/2 oz cooked turkey	9.5	

TURKEY HAM, Fully cooked, chilled or frozen⁴¹

Turkey Ham, Fully cooked, chilled or frozen⁴¹	Pound	11.2	1.4 oz serving (1 oz cooked turkey)	9.0	1 lb AP = 0.70 lb cooked turkey
	Pound	7.46	2.1 oz serving (1-1/2 oz cooked turkey)	13.5	
Turkey Ham, Fully cooked, chilled or frozen <i>15% added ingredients Includes USDA Commodity</i>	Pound	9.41	1.7 oz serving (1 oz cooked turkey)	10.6	1 lb AP = 0.59 lb cooked turkey
	Pound	6.27	2.6 oz serving (1-1/2 oz cooked turkey)	15.9	

TURKEY PRODUCTS, canned or frozen^{42, 43}

Turkey Products Creamed Turkey^{42, 43}	Pound	2.30	3/4 cup serving (about 1.3 oz cooked turkey)	43.5	1 lb AP = 0.20 lb cooked turkey
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⁴¹Turkey ham is based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 381.171.

⁴²Yield data is based on minimum percent meat as required by FSIS standard of identity regulations found in 9 CFR.

⁴³Purchasers of this product will need to ensure that the name of the food on the product label exactly matches the “As Purchased” description in Column 1.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
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TURKEY PRODUCTS, canned or frozen^{42, 43} (continued)

Turkey Products Turkey A La King ^{42, 43}	Pound	2.30	3/4 cup serving (about 1.3 oz cooked turkey)	43.5	1 lb AP = 0.20 lb cooked turkey
Turkey Products Turkey Barbecue, minced ^{42, 43}	Pound	3.50	1/2 cup serving (about 1.8 oz cooked turkey)	28.6	1 lb AP = 0.40 lb cooked turkey
Turkey Products Turkey Chili ^{42, 43}	Pound	2.30	3/4 cup serving (about 1.9 oz cooked turkey)	43.5	1 lb AP = 0.28 lb cooked turkey
Turkey Products Turkey Chili with Beans ^{42, 43}	Pound	2.62	2/3 cup serving (about 1.0 oz cooked turkey)	38.2	1 lb AP = 0.17 lb cooked turkey
Turkey Products Turkey Hash ^{42, 43}	Pound	2.60	2/3 cup serving (about 1.8 oz cooked turkey)	38.5	1 lb AP = 0.30 lb cooked turkey
Turkey Products Turkey Salad ^{42, 43}	Pound	3.46	1/2 cup serving (about 1.1 oz cooked turkey)	29.0	1 lb AP = 0.25 lb cooked turkey
Turkey Products Turkey with Gravy ^{42, 43}	Pound	5.30	1/3 cup serving (about 1.0 oz cooked turkey)	18.9	1 lb AP = 0.35 lb cooked turkey
Turkey Products Turkey with Noodles or Dumplings ^{42, 43}	Pound	1.70	1 cup serving (about 1.4 oz cooked turkey)	58.9	1 lb AP = 0.15 lb cooked turkey

TURTLE BEANS [see BEANS, BLACK (TURTLE)]

VEAL, FRESH OR FROZEN

VEAL, CUTLETS, fresh or frozen

Veal, Cutlets, fresh or frozen	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked lean meat
<i>Cutlets from leg Without bone</i>	Pound	5.76	1-1/2 oz cooked lean meat	17.4	

VEAL, GROUND, fresh or frozen

Veal, Ground, fresh or frozen	Pound	12.6	1 oz cooked lean meat	8.0	1 lb AP = 0.79 lb cooked lean meat
<i>No more than 16% fat</i>	Pound	8.42	1-1/2 oz cooked lean meat	11.9	

⁴²Yield data is based on minimum percent meat as required by FSIS standard of identity regulations found in 9 CFR.

⁴³Purchasers of this product will need to ensure that the name of the food on the product label exactly matches the "As Purchased" description in Column 1.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
VEAL, HEART, fresh or frozen					
Veal, Heart, fresh or frozen <i>Trimmed</i>	Pound	9.44	1 oz cooked lean meat	10.6	1 lb AP = 0.59 lb cooked heart
	Pound	6.29	1-1/2 oz cooked lean meat	15.9	
VEAL, LIVER, fresh or frozen					
Veal, Liver, fresh or frozen <i>Trimmed</i>	Pound	10.8	1 oz cooked lean meat	9.3	1 lb AP = 0.68 lb cooked liver
	Pound	7.25	1-1/2 oz cooked lean meat	13.8	
VEAL, ROAST, fresh or frozen					
Veal, Roast, fresh or frozen Chuck roast <i>Without bone</i>	Pound	9.44	1 oz cooked lean meat	10.6	1 lb AP = 0.59 lb cooked lean meat
	Pound	6.29	1-1/2 oz cooked lean meat	15.9	
Veal, Roast, fresh or frozen Leg roast <i>Without bone</i>	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.4	
VEAL, STEAK, fresh or frozen					
Veal, Steak, fresh or frozen <i>Flaked and formed 4 oz raw weight (Like IMPS #1338)</i>	Pound	4.00	One 4.0 oz raw steak when cooked provides 2.7 oz cooked lean meat	25.0	1 lb AP = 0.69 lb cooked lean meat
	Pound	11.0	1 oz cooked meat	9.1	
	Pound	7.36	1-1/2 oz cooked meat	13.6	
VEAL, STEW MEAT, fresh or frozen					
Veal, Stew Meat, fresh or frozen <i>Without bone</i>	Pound	10.4	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.5	

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
YOGURT⁴⁴					
Yogurt, fresh⁴⁴ <i>Plain or Flavored</i> <i>Sweetened or Unsweetened – Commercially-prepared</i>	32 oz container	8.00	1/2 cup or 4 oz yogurt (1 oz meat alternate)	12.5	
	32 oz container	5.33	3/4 cup or 6 oz yogurt (1-1/2 oz meat alternate)	18.8	
	32 oz container	4.00	1 cup or 8 oz yogurt (2 oz meat alternate)	25.0	
	4 oz container	1.00	One 4 oz container yogurt (1 oz meat alternate)	100.0	
	6 oz container	1.00	One 6 oz container yogurt (1-1/2 oz meat alternate)	100.0	
	8 oz container	1.00	One 8 oz container yogurt (2 oz meat alternate)	100.0	

⁴⁴ Creditable yogurt is defined in the Child Nutrition regulations under 7 CFR Parts 210.2, 220.2(bb), 226.2, and 225.2.

Vegetables/ Fruits

Requirements

Regulations for the Child Nutrition Programs require that each reimbursable breakfast, lunch, or supper served contain vegetables and/or fruits. Vegetables and fruits may also be served as part of reimbursable snacks for the National School Lunch, Child and Adult Care Food, or Summer Food Service Programs. The food pattern requirements are described in the Meal Pattern Charts on pages I-7 through I-27.



Specific requirements:

- Two or more servings of *different* vegetables and/or fruits must be served to meet the vegetable/fruit requirement at lunch and/or supper.
- You may not count any single fruit or vegetable toward the recommended serving size unless it provides at least 1/8 cup. The importance of adequate and recognizable amounts of fruits and vegetables must be considered in menu planning in order to ensure a well-balanced meal and to illustrate healthy choices from MyPyramid.
- Any liquid or frozen product labeled “juice,” “full-strength juice,” “single-strength juice,” or “reconstituted juice” is considered full-strength juice. To be used in meeting a part of the vegetable/fruit requirement for lunches and snacks, the product must contain a minimum of 50 percent full-strength juice. Only the amount of full strength juice contained in a juice drink product is creditable.
- Only 100-percent full-strength juice may be used in a breakfast. This means that 50% juice drink products may not be served as part of a reimbursable breakfast meal.
- For lunch or supper you may meet no more than 1/2 of the total requirement with full-strength vegetable or fruit juice. Full-strength juice may be used to meet the total requirement for breakfast or as one component of a snack.
- You may not serve juice if you serve milk as the only other component of a snack.
- You may count a serving of cooked dry beans or peas as a vegetable or as a meat alternate, but not as both components in the same meal.

- Menu items that are mixtures, for example fruit cocktail and mixed vegetables, only count as one vegetable/fruit serving.
- Large combination vegetable/fruit salads, served as an entrée containing at least 3/4 cup or more of two or more different vegetables/fruits in combination with a meat/meat alternate, such as a chef's salad or a fruit plate with cottage cheese, are considered as two or more servings of the vegetable/fruit component and will meet the full requirement. If only two vegetables/fruits are included in the salad, the second vegetable/fruit must contain a minimum of 1/8 cup.



To help meet nutritional standards and/or goals, and respond to dietary guidelines, USDA recommends that:

- meals include a vitamin A-rich vegetable or fruit at least two to three times a week;
- meals include a vitamin C-rich vegetable or fruit three to four times a week, and breakfasts include them frequently;
- meals include a variety of vegetables and fruits; and
- meals include foods that are good sources of fiber, such as fresh fruits and vegetables and whole grain products.

For further information refer to the appropriate program planning guide: *Menu Planner for Healthy School Meals* (FNS-303); *Building Blocks for Fun and Healthy Meals – A Menu Planner for the CACFP* (FNS-305); or the *Sponsor Meal Preparation Handbook for the Summer Food Service Program* (FNS-207).

Crediting of Fruits and Vegetables

- A serving of cooked vegetable is considered to be *drained*. If it is a canned, heated vegetable, use the listing in Column 4 that reads “1/4 cup heated, drained vegetable.” If it is served unheated, the appropriate listing is “1/4 cup drained vegetable.”
- A serving of raw vegetable used in salads with dressing is shown as “1/4 cup raw vegetable (pieces, shredded, chopped) with dressing.”
- A serving of canned fruit (as described in Column 4) may include the juice or syrup in which the fruit is packed. Serving information is also provided for drained fruit.

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, GREEN (continued)					
Beans, Green, canned <i>Cut</i> <i>Includes USDA Commodity</i>	No. 10 can (101 oz)	45.3	1/4 cup heated, drained vegetable	2.3	
	No. 10 can (101 oz)	51.1	1/4 cup drained vegetable	2.0	1 No. 10 can = about 60.0 oz (12-7/8 cups) drained, unheated beans
	No. 2-1/2 can (28 oz)	12.5	1/4 cup heated, drained vegetable	8.0	
	No. 2-1/2 can (28 oz)	14.1	1/4 cup drained vegetable	7.1	1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 300 can (15 oz)	5.00	1/4 cup heated, drained vegetable	20.0	1 No. 300 can = about 7.4 oz (1-1/4 cups) heated, drained beans
	No. 300 can (15 oz)	5.77	1/4 cup drained vegetable	17.4	1 No. 300 can = about 7.7 oz (1-3/8) cups drained, unheated beans
	Pound	7.17	1/4 cup heated, drained vegetable	14.0	
	Pound	8.10	1/4 cup drained vegetable	12.4	
Beans, Green, canned <i>French style</i> <i>Includes USDA Commodity</i>	No. 10 can (101 oz)	36.5	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 59.0 oz (12 cups) drained, unheated beans
	No. 2-1/2 can (28 oz)	10.1	1/4 cup heated, drained vegetable	10.0	1 No. 2-1/2 can = about 16.2 oz (3-1/4 cups) heated, drained beans
	No. 300 can (14-1/2 oz)	3.60	1/4 cup heated, drained vegetable	27.8	1 No. 300 can = about 5.7 oz (7/8 cup) heated, drained beans
	No. 300 can (14-1/2 oz)	4.50	1/4 cup drained vegetable	22.3	1 No. 300 can = about 10.1 oz (1-1/8 cup) drained, unheated beans
	Pound	5.80	1/4 cup heated, drained vegetable	17.3	

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, GREEN (continued)					
Beans, Green, canned <i>Whole</i> <i>Includes USDA Commodity</i>	No. 10 can (101 oz)	39.5	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans
	No. 10 can (101 oz)	52.2	1/4 cup drained vegetable	2.0	
	No. 2-1/2 can (28 oz)	14.4	1/4 cup heated, drained vegetable	7.0	1 No. 2-1/2 can = about 16.0 oz (3-5/8 cups) drained, unheated beans
	No. 300 can (14-1/2 oz)	4.58	1/4 cup heated, drained vegetable	21.9	1 No. 300 can = about 7.3 oz (1-1/8 cups) heated, drained beans
	No. 300 can (14-1/2 oz)	6.95	1/4 cup drained vegetable	14.4	1 No. 300 can = about 7.6 oz (1-5/8 cups) drained, unheated beans
	Pound	8.20	1/4 cup drained vegetable	12.2	
Beans, Green, frozen <i>Cut</i> <i>Includes USDA Commodity</i>	Pound	11.6	1/4 cup cooked, drained vegetable	8.7	
Beans, Green, frozen <i>French style</i> <i>Includes USDA Commodity</i>	Pound	12.0	1/4 cup cooked, drained vegetable	8.4	
Beans, Green, frozen <i>Whole</i> <i>Includes USDA Commodity</i>	Pound	10.7	1/4 cup cooked, drained vegetable	9.4	1 lb AP = 0.88 lb (about 2-5/8 cups) cooked, drained vegetable
BEANS, GREEN, FLAT ITALIAN					
Beans, Green, Flat Italian, canned <i>Whole</i>	No. 10 can (103 oz)	35.1	1/4 cup heated, drained vegetable	2.9	1 No. 10 can = about 56.6 oz (8-3/4 cups) heated, drained beans
	No. 10 can (103 oz)	42.7	1/4 cup drained vegetable	2.4	1 No. 10 can = about 63.3 oz (10-5/8 cups) drained, unheated beans

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, PINTO²					
Beans, Pinto, dry, canned <i>Whole</i> <i>Includes USDA Commodity</i>	No. 10 can (108 oz)	37.2	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans
	Pound	5.51	1/4 cup heated, drained vegetable	18.2	
Beans, Pinto, dry <i>Whole</i> <i>Includes USDA Commodity</i>	Pound	21.0	1/4 cup cooked vegetable	4.8	1 lb dry = about 2-3/8 cups dry beans
Beans, Pinto, dehydrated²	Pound	21.7	1/4 cup cooked vegetable	4.7	1 lb AP = about 3-3/4 dehydrated beans 1 lb AP = about 5-3/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1
BEAN PRODUCTS					
Bean Products, dry beans, canned Beans Baked or In Sauce Vegetarian <i>Includes USDA Commodity</i>	No. 10 can (108 oz)	47.1	1/4 cup heated vegetable with sauce	2.2	No. 10 can = about 11-3/4 cups heated beans with sauce
	No. 300 can (16 oz)	6.94	1/4 cup heated vegetable with sauce	14.4	1 No. 300 can = about 1-3/4 cups heated beans with sauce
Bean Products, dry beans, canned Beans Baked or in Sauce with Pork	No. 10 can (110 oz)	48.9	1/4 cup heated vegetable	2.1	
	No. 2-1/2 can (30 oz)	13.3	1/4 cup heated vegetable	7.6	
	No. 300 can (16 oz)	7.10	1/4 cup heated vegetable	14.1	
Bean Products, dry beans, canned Beans with Bacon in Sauce	Pound	4.70	3/8 cup serving (about 1/4 cup heated vegetable)	21.3	
	Pound	3.13	1/2 cup plus 1 Tbsp serving (about 3/8 cup heated vegetable)	32.0	

² Dehydrated pinto beans are whole beans that have been cooked and then dehydrated.

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, REFRIED					
Beans, Refried, canned <i>Includes USDA Commodity</i>	No. 10 can (115 oz)	49.6	1/4 cup heated vegetable	2.1	1 No. 10 can = about 12-1/4 cups heated, refried beans
	No. 300 can (16 oz)	7.08	1/4 cup heated vegetable	14.2	1 No. 300 can = about 1-3/4 cups heated refried beans
Beans, Refried, dehydrated	Pound	20.5	1/4 cup cooked vegetable	4.9	1 lb AP = about 3-1/2 cups dehydrated 1 lb AP = about 5-1/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1
BEANS, RED, SMALL					
Beans, Red, Small, dry, canned <i>Whole Includes USDA Commodity</i>	No. 10 can (111 oz)	31.9	1/4 cup heated, drained vegetable	3.2	1 No. 10 can = about 71.2 oz (8 cups) heated, drained beans
	No. 300 can (15-1/2 oz)	4.94	1/4 cup heated, drained vegetable	20.3	1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans
Beans, Red, Small, dry <i>Whole Includes USDA Commodity</i>	Pound	20.4	1/4 cup cooked, drained vegetable	5.0	1 lb dry = about 2-1/8 cups dry beans
BEANS, SOY					
Beans, Soy, fresh (Edamame) <i>Shelled</i>	Pound	10.7	1/4 cup cooked, drained vegetable	9.4	
Beans, Soy, fresh (Edamame) <i>Whole In shell</i>	Pound	6.90	1/4 cup cooked, drained, shelled vegetable	14.5	1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans
Beans, Soy, dry, canned <i>Shelled</i>	Pound	7.30	1/4 cup heated, drained vegetable	13.7	
Beans, Soy, dry <i>Shelled</i>	Pound	25.9	1/4 cup cooked vegetable	3.9	1 lb dry about 2-1/2 cup dry beans

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CRANBERRIES					
Cranberries, fresh <i>Whole</i>	Pound	15.6	1/4 cup raw, chopped fruit	6.5	1 lb AP = 0.95 lb ready-to-cook or -serve raw berries
	Pound	11.1	1/4 cup cooked fruit, sugar added, whole berry	9.1	
	Pound	9.90	1/4 cup cooked fruit, sugar added, strained	10.2	
Cranberries, dehydrated <i>Sweetened Whole</i> <i>Includes USDA Commodity</i>	Pound	13.8	1/4 cup dehydrated fruit	7.3	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-cook or -serve berries
	5 lb pkg	69.0	1/4 cup dehydrated fruit	1.5	
	30 lb pkg	414.0	1/4 cup dehydrated fruit	0.25	
CRANBERRY RELISH or SAUCE					
Cranberry Relish or Sauce, canned <i>Whole</i> <i>Includes USDA Commodity</i>	No. 10 can (117 oz)	48.0	1/4 cup fruit	2.1	
	No. 300 can (16 oz)	6.70	1/4 cup fruit	15.0	
Cranberry Relish or Sauce, canned <i>Strained</i> <i>Includes USDA Commodity</i>	No. 10 can (117 oz)	47.9	1/4 cup fruit	2.1	
	No. 300 can (16 oz)	6.50	1/4 cup fruit	15.4	

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CUCUMBERS					
Cucumbers, fresh <i>Whole</i> <i>Unpared</i>	Pound	11.1	1/4 cup unpared, diced vegetable	9.1	1 lb AP = 0.98 lb (about 2-3/4 cups) ready-to-serve raw, unpared, diced cucumber
	Pound	12.4	1/4 cup unpared, sliced vegetable	8.1	
	Pound	10.5	1/4 cup pared, diced or sliced vegetable	9.6	1 lb AP = 0.84 lb ready-to-serve raw, pared, sliced cucumber
	Pound	9.71	1/4 cup pared vegetable sticks (about 3 sticks, 3-inch by 3/4-inch sticks)	10.3	1 lb AP = 0.81 lb (about 2-3/8 cups) ready-to-serve raw, pared cucumber sticks
	Pound	11.8	1/4 cup unpared vegetable sticks (about 3 sticks, 3-inch by 3/4-inch sticks)	8.5	1 lb AP = 0.98 lb (about 3 cups) ready-to-serve raw, unpared cucumber sticks
CURRANTS					
Currants, dehydrated	Pound	13.8	1/4 cup dehydrated fruit	7.3	1 lb dry = about 3-3/8 cups dry currants
DATES					
Dates, dehydrated <i>Moisturized</i> <i>With pits</i> <i>Whole</i>	Pound	10.0	1/4 cup pitted, dehydrated fruit	10.0	
Dates, dehydrated <i>Pieces</i> <i>Regular moisture</i> <i>Includes USDA Commodity</i>	Pound	12.7	1/4 cup dehydrated fruit	7.9	1 lb dry = about 3-1/8 cups
	30 lb pkg	383.6	1/4 cup dehydrated fruit	0.27	30 lb box = about 95-7/8 cups dried dates
Dates, dehydrated <i>Pitted</i> <i>Regular moisture</i> <i>Includes USDA Commodity</i>	Pound	11.1	1/4 cup whole, dehydrated fruit	9.1	1 lb dry = about 2-3/4 cups whole dry dates
	Pound	10.6	1/4 cup chopped, dehydrated fruit	9.5	1 lb dry = about 2-2/3 cups chopped dry dates
EGGPLANT					
Eggplant, fresh <i>Whole</i>	Pound	6.70	1/4 cup pared, cubed, cooked vegetable	15.0	1 lb AP = 0.81 lb ready-to-cook eggplant

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
ENDIVE, ESCAROLE					
Endive or Escarole, fresh <i>Whole</i>	Pound	19.9	1/4 cup raw vegetable pieces	5.1	1 lb AP = 0.78 lb ready-to-serve raw endive (escarole)
FIGS					
Figs, fresh <i>Small</i> <i>Whole</i>	Pound	8.00	1/4 cup small raw fruit (about 2-1/2 figs)	12.5	1 lb AP = 1 lb (about 2 cups) ready-to-serve, raw figs, 1 lb = about 20 small figs
Figs, canned <i>Puree</i> <i>Includes USDA Commodity</i>	2 gal	128.0	1/4 cup fruit puree	0.79	2-gallon container = 32 cups fruit puree
Figs, canned <i>Whole</i>	No. 10 can (110 oz)	49.3	1/4 cup fruit and juice	2.1	1 No. 10 can = about 64.0 oz (8-3/4 cups) drained figs
	No. 2-1/2 can (30 oz)	13.4	1/4 cup fruit and juice	7.5	1 No. 2-1/2 can = about 18.6 oz (2-1/2 cups) drained figs
	Pound	7.17	1/4 cup fruit and juice	14.0	
Figs, dehydrated <i>Whole</i> <i>Includes USDA Commodity</i>	Pound	10.4	1/4 cup dehydrated fruit (about 3 figs)	9.7	1 lb dry = about 2-5/8 cups or 30 figs
	Pound	13.4	1/4 cup cooked fruit and juice	7.5	
Figs, dehydrated <i>Diced and Sugared</i> <i>Includes USDA Commodity</i>	Pound	12.7	1/4 cup dehydrated fruit pieces (about 28 pieces)	7.9	1 lb dry = 3-1/8 cups dried, sugared figs
	25 lb Box	319.9	1/4 cup diced fruit (about 28 pieces)	0.32	25 lb Box = about 80 cups dried, sugared figs
FRUIT, MIXED					
Fruit, Mixed, chilled <i>may include:</i> <i>honeydew melon,</i> <i>cantaloupe,</i> <i>watermelon,</i> <i>grapes, etc.</i>	1 gal (97.7 oz)	64.0	1/4 cup fruit and juice	1.6	1 gallon container = 16 cups fruit and juice

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
FRUIT, MIXED (continued)					
Fruit, Mixed, canned <i>Fruit Cocktail</i> (peaches, pears, pineapple, grapes, cherries) Includes USDA Commodity	No. 10 can (106 oz)	46.9	1/4 cup fruit and juice	2.2	1 No. 10 can = about 69.0 oz (9-1/4 cups) drained fruit
	No. 2-1/2 can (29 oz)	12.8	1/4 cup fruit and juice	7.9	1 No. 2-1/2 can = about 18.3 oz (2-3/8 cups) drained fruit
	No. 300 can (15 oz)	6.30	1/4 cup fruit and juice	15.9	
Fruit, Mixed, canned may include: <i>apricots, peaches, pears, pineapple, cherries, grapes, etc.</i> Includes USDA Commodity (peaches, pears, grapes)	No. 10 can (106 oz)	48.6	1/4 cup fruit and juice	2.1	1 No. 10 can = about 62.0 oz (8-1/2 cups) drained fruit
	No. 2-1/2 can (29 oz)	13.3	1/4 cup fruit and juice	7.6	1 No. 2-1/2 can = about 16.9 oz (2-1/3 cups) drained fruit
	No. 300 can (15 oz)	6.50	1/4 cup fruit and juice	15.4	
Fruit, Mixed, frozen may include: <i>peaches, grapes, apricots, pears, pineapple, cherries, etc.</i>	136 oz tub	58.2	1/4 cup thawed fruit and juice	1.8	136 oz tub = about 14-3/8 cups thawed fruit and juice
	136 oz tub	23.4	1/4 cup thawed, drained fruit	4.3	136 oz tub = about 49.4 oz (5-3/4 cups) thawed, drained fruit
Fruit, Mixed, dehydrated <i>Regular moisture</i>	Pound	9.70	1/4 cup dehydrated fruit	10.4	
GRAPEFRUIT					
Grapefruit, fresh <i>27-32 Count (large) Whole</i>	Pound	6.48	1/4 cup fruit sections peeled (about 2 sections)	15.5	1 lb AP = 0.74 lb (about 1-5/8 cups) peeled, ready-to-serve raw grapefruit sections
	Pound	4.53	1/4 cup fruit sections, peeled, without membrane (about 2 sections)	22.1	1 lb AP = 0.58 lb (about 1-1/8 cups) ready-to-serve raw, peeled grapefruit sections without membrane
	Pound	2.00	1/2 grapefruit (about 1/2 cup fruit and juice)	50.0	1 lb AP = 0.48 lb (7/8 cup) grapefruit juice
	Pound	3.50	1/4 cup fruit and juice	28.6	

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
JICAMA (YAM BEAN)					
Jicama (Yam Bean), fresh Whole	Pound	11.9	1/4 cup raw peeled, julienned vegetable strips	8.5	1 lb AP = 0.89 lb (about 2-7/8 cups) ready-to-serve raw peeled, julienned jicama strips
	Pound	9.61	1/4 cup peeled, cooked, julienned vegetable strips	10.5	1 lb AP = 0.87 lb (about 2-3/8 cups) cooked jicama strips
JUICES^{6, 7}					
Juices, canned⁶ <i>Single strength (100% juice) Vegetable or Fruit (such as Apple, Grape, Grapefruit, Grapefruit-Orange, Lemon, Lime, Orange, Pineapple, Prune, Tomato, and Tangerine)</i>	No. 10 can (96 fl oz)	48.0	1/4 cup fruit or vegetable juice	2.1	1 No. 10 can = 12 cups juice
	No. 3 Can (46 fl oz)	23.0	1/4 cup fruit or vegetable juice	4.4	
	Quart (32 fl oz)	16.0	1/4 cup fruit or vegetable juice	6.3	
	No. 2-1/2 can (25-1/2 fl oz)	12.7	1/4 cup fruit or vegetable juice	7.9	
Juices, frozen⁷ <i>Concentrated, any fruit (such as Apple, Grape, Grapefruit, Grapefruit-Orange, and Orange. (1 part juice concentrate to 3 parts water) Includes USDA Commodity</i>	32 fl oz can (about 38 oz)	64.0	1 tablespoon concentrate (1/4 cup fruit juice)	1.6	32 fl oz can reconstituted = 16 cups (128 fl oz) Reconstitute 1 part juice concentrate with not more than 3 parts water
	6 fl oz can (about 7 oz)	12.0	1 tablespoon concentrate (1/4 cup fruit juice)	8.4	6 fl oz can reconstituted = 3 cups (24 fl oz)

⁶ According to the Food and Drug Administration, unpasteurized juice may contain harmful bacteria that may put children, pregnant women, the elderly, and persons with weakened immune systems at risk for serious illness or even death. Unpasteurized juice is normally found in the refrigerated section of grocery or health food stores or at cider mills or farm markets. Unpasteurized juice should have warning information on the label or on a nearby sign at the point of purchase. When serving juice, use only pasteurized juice. Pasteurized juice is normally found as frozen concentrated juice or in non-refrigerated shelf-stable containers, such as juice boxes, bottles, or cans. Pasteurized juice can also be found in the refrigerated sections of stores.

⁷ The canned and frozen juices listed in Column 1 are usually available in the can sizes listed in Column 2.

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
KALE					
Kale, fresh <i>Trimmed</i> <i>With stem</i> <i>Ready-to-use</i>	Pound	35.7	1/4 cup raw, chopped vegetable (no stem)	2.9	1 lb AP = 0.73 lb ready-to-cook, stemmed kale leaves
	Pound	10.0	1/4 cup cooked, drained vegetable (no stem)	10.0	1 lb AP = 0.77 lb (about 2-1/2 cups) stemmed, chopped, cooked kale
Kale, fresh <i>Trimmed</i> <i>Without stem</i>	Pound	48.8	1/4 cup raw, chopped vegetable	2.1	1 lb AP = 1 lb ready-to-cook
	Pound	13.7	1/4 cup cooked, drained vegetable	7.3	1 lb AP = 1.15 lb (about 3-3/8 cups) cooked, drained kale
Kale, fresh <i>Untrimmed</i>	Pound	11.8	1/4 cup cooked, drained vegetable	8.5	1 lb AP = 0.67 lb ready-to-cook kale
Kale, canned	No. 10 can (98 oz)	26.7	1/4 cup heated, drained vegetable	3.8	1 No. 10 can = about 49.6 oz (6-2/3 cups) heated, drained kale
	No. 10 can (98 oz)	40.2	1/4 cup drained vegetable	2.5	1 No. 10 can = about 58.0 oz (10 cups) drained kale
	No 2-1/2 can (27 oz)	7.35	1/4 cup heated, drained vegetable	13.7	1 No. 2-1/2 can = about 1-3/4 cups heated, drained kale
	No 2-1/2 can (27 oz)	11.0	1/4 cup drained vegetable	9.1	1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained, unheated kale
	Pound	4.35	1/4 cup heated, drained vegetable	23.0	
	Pound	6.56	1/4 cup drained vegetable	15.3	
Kale, frozen <i>Chopped</i>	Pound	12.1	1/4 cup cooked, drained vegetable	8.3	
Kale, frozen <i>Whole leaf</i>	Pound	9.50	1/4 cup cooked, drained vegetable	10.6	

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
KIWI					
Kiwi, fresh 33-39 Count Whole	Pound	8.38	1/4 cup peeled fruit chunks	12.0	1 lb AP = 0.87 lb (about 2 cups) ready-to-serve peeled kiwi chunks
	Pound	10.6	1/4 cup unpeeled fruit chunks	9.5	1 lb AP = 0.99 lb (about 2-2/3 cups) ready-to-serve unpeeled kiwi chunks
	Pound	8.99	1/4 cup peeled fruit slices (about six 1/4-inch slices)	11.2	1 lb AP = 0.85 lb (about 2-1/4 cups) ready-to-serve peeled 1/4-inch kiwi slices
	Pound	11.6	1/4 cup unpeeled fruit slices (about six 1/4-inch slices)	8.7	1 lb AP = 0.99 lb (about 2-7/8 cups) ready-to-serve unpeeled 1/4-inch kiwi slices
	Pound	10.8	1/4 cup unpeeled fruit halves (about 2 halves or 3/4 of a whole kiwi)	9.3	1 lb AP = 0.99 lb ready-to-serve unpeeled kiwi halves
KOHLRABI					
Kohlrabi, fresh Untrimmed	Pound	5.10	1/4 cup cooked, drained vegetable	19.7	1 lb AP = 0.45 lb ready-to-cook, pared kohlrabi
Kohlrabi, fresh Whole With leaves and stems	Pound	9.30	1/4 cup raw peeled vegetable sticks	10.8	1 lb AP = 0.73 lb ready-to-serve or -cook, pared kohlrabi
	Pound	10.1	1/4 cup raw vegetable chunks	10.0	1 lb AP = 0.82 lb (about 2-1/2 cups) ready-to-serve or -cook, pared kohlrabi chunks
LEMONS					
Lemons, fresh Whole	Pound	3.10	1/4 cup fruit juice	32.3	1 lb AP = 0.43 lb (about 3/4) cup juice
LENTILS					
Lentils, dry	Pound	29.6	1/4 cup cooked lentils	3.4	1 lb dry = about 2-3/8 cup dry
	Pound	19.7	3/8 cup cooked lentils	5.1	
LETTUCE					
Lettuce, fresh Iceberg Head Untrimmed	Pound	22.2	1/4 cup raw, shredded vegetable	4.6	1 lb AP = 0.76 lb (about 5-1/2 cups) ready-to-serve shredded lettuce
	Pound	20.8	1/4 cup raw vegetable pieces	4.9	
	Pound	13.9	1/4 cup raw vegetable pieces with dressing	7.2	

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
LETTUCE (continued)					
Lettuce, fresh <i>Leaf</i> <i>Untrimmed</i>	Pound	21.7	1/4 cup raw vegetable pieces	4.7	1 lb AP = 0.66 lb ready-to-serve raw lettuce
	Pound	14.5	1/4 cup raw vegetable pieces with dressing	6.9	
Lettuce, fresh <i>Iceberg</i> <i>Head</i> <i>Cleaned and cored</i> <i>Ready-to-use</i>	Pound	29.2	1/4 cup raw vegetable pieces	3.5	1 lb AP = 1 lb (about 7-1/3 cups) ready-to-serve raw lettuce
Lettuce, fresh <i>Salad mix (mostly</i> <i>Iceberg, some</i> <i>Romaine with</i> <i>shredded Carrot</i> <i>and Red Cabbage)</i>	Pound	26.4	1/4 cup raw vegetable pieces	3.8	1 lb AP = 1 lb (about 6-1/2 cups) ready-to-serve raw lettuce
Lettuce, fresh <i>Mixed greens (equal</i> <i>amounts of Iceberg</i> <i>and Romaine with</i> <i>shredded Carrots</i> <i>and Red Cabbage)</i>	Pound	25.7	1/4 cup raw vegetable pieces	3.9	1 lb AP = 1 lb (about 6-3/8 cups) ready-to-serve raw lettuce
Lettuce, fresh <i>Romaine</i> <i>Untrimmed</i>	Pound	31.3	1/4 cup raw vegetable pieces	3.2	1 lb AP = 0.64 lb ready-to-serve raw lettuce
	Pound	20.9	1/4 cup raw vegetable pieces with dressing	4.8	
LIMES					
Limes, fresh <i>Whole</i>	Pound	3.50	1/4 cup fruit juice	28.6	1 lb AP = 0.47 lb (about 7/8 cup) juice
MALANGA (TARO)					
Malanga (Taro), fresh <i>Whole</i>	Pound	11.2	1/4 cup raw, peeled, diced vegetable	9.0	1 lb AP = 0.89 lb (about 2-3/4 cups) ready-to-cook, peeled, diced taro
	Pound	7.95	1/4 cup peeled, diced, cooked vegetable	12.6	1 lb AP = 1.07 lb (about 1-7/8 cups) cooked, peeled, diced vegetable

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PASSION FRUIT					
Passion Fruit, fresh <i>Whole</i>	Pound	3.45	1/4 cup juice and pulp (no seeds)	29.0	1 lb AP = 0.45 lb (about 1-3/4 cups) ready-to-serve seedless, raw passion fruit juice and pulp
PEACHES					
Peaches, fresh Size 88 and 84 (small) (2-1/8 inch diameter) <i>Whole</i>	Pound	5.50	1 whole, raw, small peach (about 3/8 cup fruit)	18.2	
	Pound	8.25	1/4 cup fruit (about 2/3 peach)	12.2	
Peaches, fresh Size 80 <i>Whole</i>	Pound	4.50	1 whole, raw peach (about 1/2 cup fruit)	22.3	
	Pound	9.00	1/4 cup fruit (about 1/2 peach)	11.2	
	Pound	10.7	1/4 cup raw, sliced fruit (about 3 slices, 1/2-inch thick slices)	9.4	1 lb AP = 0.93 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, sliced peach
	Pound	10.2	1/4 cup raw, diced fruit	9.9	1 lb AP = 0.93 lb (about 2-1/2 cups) ready-to-serve unpeeled, pitted, diced peach
Peaches, fresh Size 64 & 60 (medium) (2-1/2 inch diameter) <i>Whole</i>	Pound	3.50	1 whole raw peach (about 2/3 cup fruit)	28.6	1 lb AP = 0.76 lb ready-to-cook or -serve unpeeled, pitted raw peach
	Pound	7.00	1/4 cup fruit (about 1/2 peach)	14.7	
	Pound	5.10	1/4 cup raw, diced fruit	19.7	
	Pound	7.70	1/4 cup raw, sliced fruit	13.0	
	Pound	7.40	1/4 cup cooked, sliced fruit, sugar added	13.6	

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PEACHES (continued)					
Peaches, fresh Size 56 Whole	Pound	2.89	1 whole raw peach (about 3/4 cup fruit)	34.7	1 lb AP = 0.96 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, diced peach
	Pound	8.67	1/4 cup fruit (about 1/3 peach)	11.6	
Peaches, canned Cling Diced Light syrup pack Includes USDA Commodity	No. 10 can (106 oz)	48.6	1/4 cup fruit and juice	2.1	1 No. 10 can = about 12-1/8 cups fruit and juice
	No. 10 can (106 oz)	35.4	1/4 cup drained fruit	2.9	1 No. 10 can = about 79.0 oz (8-3/4 cups) drained peaches
	No. 2-1/2 can (29 oz)	13.3	1/4 cup fruit and juice	7.6	1 No. 2-1/2 can = about 3-1/3 cups peaches and juice
	No. 2-1/2 can (29 oz)	9.10	1/4 cup drained fruit	11.0	1 No. 2-1/2 can = about 17.5 oz (2-1/4 cups) drained peaches
	Pound	7.33	1/4 cup fruit and juice	13.7	1 lb AP = about 9.8 oz (1-1/4 cups) drained peaches
	Pound	5.34	1/4 cup drained fruit	18.8	
Peaches, canned Cling or Freestone Halves Includes USDA Commodity	No. 10 can (106 oz)	47.1	1/4 cup fruit and juice (about 1 peach half with juice)	2.2	1 No. 10 can = about 64.0 oz (8-1/8 cups) drained clings or about 60.0 oz (6-2/3 cups) drained Freestones
	No. 2-1/2 can (29 oz)	12.9	1/4 cup fruit and juice	7.8	1 No. 2-1/2 can = about 17.0 oz (2-1/8 cups) drained clings or about 15.7 oz (2 cups) drained Freestones
	No. 300 can (15 oz)	6.36	1/4 cup fruit and juice	15.8	

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PINEAPPLE (continued)					
Pineapple, canned Chunks <i>Packed in juice or light syrup</i> Includes USDA Commodity	No. 10 can (106 oz)	49.9	1/4 cup fruit and syrup	2.1	1 No. 10 can = about 12-3/8 cups pineapple and juice
	No. 10 can (106 oz)	31.8	1/4 cup drained fruit	3.2	1 No. 10 can = about 64.6 oz (8 cups) drained pineapple
	No. 2 can (20 oz)	9.40	1/4 cup fruit and syrup	10.7	1 No. 2 can = about 12.4 oz (1-7/8 cups) drained pineapple
	Pound	7.53	1/4 cup fruit and juice	13.3	
Pineapple, canned Crushed <i>Packed in juice or light syrup</i> Includes USDA Commodity	No. 10 can (106 oz)	49.5	1/4 cup fruit and juice	2.1	1 No. 10 can = about 12-3/8 cups pineapple and juice
	No. 10 can (106 oz)	36.1	1/4 cup drained fruit	2.8	1 No. 10 can = about 75.6 oz (9 cups) drained pineapple
	No. 2 can (20 oz)	9.20	1/4 cup fruit and juice	10.9	1 No. 2 can = about 13.8 oz (2 cups) drained pineapple
	Pound	7.56	1/4 cup fruit and juice	13.3	
Pineapple, canned Slices <i>Packed in juice or light syrup</i> Includes USDA Commodity	No. 10 can (107 oz)	47.5	1/4 cup fruit and juice	2.2	1 No. 10 can = about 62.0 oz (9-1/3 cups or 60 slices) drained pineapple
	No. 10 can (107 oz)	37.7	1/4 cup drained fruit (about 1-3/4 slices)	2.7	
	No. 2 can (20 oz)	8.87	1/4 cup fruit and juice	11.3	1 No. 2 can = about 13.0 oz (2 cups) drained pineapple
	No. 2 can (20 oz)	7.04	1/4 cup drained fruit	14.3	
	Pound	7.10	1/4 cup fruit and juice	14.1	
	Pound	5.63	1/4 cup drained fruit	17.8	
Pineapple, canned Tidbits <i>Packed in juice or light syrup</i> Includes USDA Commodity	No. 10 can (106 oz)	50.1	1/4 cup fruit and juice	2.0	1 No. 10 can = about 12 cups pineapple and juice
	No. 10 can (106 oz)	33.4	1/4 cup drained fruit	3.0	1 No. 10 can = about 67.3 oz (8-1/4 cups) drained pineapple

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PINEAPPLE (continued)					
Pineapple, frozen <i>Chunks</i>	Pound	7.30	1/4 cup thawed, drained fruit	13.7	1 lb AP = 0.61 lb (about 1-1/3 cups) thawed, drained pineapple
PLANTAIN					
Plantain, fresh <i>Green</i>	Pound	7.50	1/4 cup peeled, sliced, cooked fruit	13.4	1 lb = 0.62 lb ready-to-cook peeled, sliced plantains
Plantain, fresh <i>Ripe</i>	Pound	5.60	1/4 cup peeled, sliced, cooked fruit	17.9	1 lb = 0.65 lb ready-to-cook peeled, sliced plantains
PLUMS					
Plums, fresh <i>Italian</i> 1.5-inch by 2-inch <i>Whole</i>	Pound	9.32	1/4 cup quartered fruit (about 5 quarters)	10.8	1 lb AP = 0.93 lb (about 2-1/3 cups) ready-to-cook or -serve unpeeled, pitted, quartered, raw plum
Plums, fresh <i>Purple, Red, or Black</i> Size 45 & 50 2-inch diameter <i>Whole</i>	Pound	4.99	1 whole, raw plum (about 1/2 cup fruit and juice)	20.1	1 lb AP = 0.98 lb (about 2-2/3 cups) ready-to-cook or -serve unpeeled, pitted, raw plum
	Pound	10.7	1/4 cup fruit, quartered (about 2 quarters)	9.4	
Plums, fresh <i>Japanese or Hybrid</i> Size 60 & 65 <i>Whole</i>	Pound	6.40	1 whole, raw plum (about 3/8 cup fruit and juice)	15.7	1 plum = about 1-1/2 inch diameter
Plums, canned <i>Purple or Red</i> <i>Halves</i> <i>Unpeeled</i> <i>No pits</i> <i>Includes USDA Commodity</i>	No. 10 can (105 oz)	49.2	1/4 cup fruit and juice	2.1	1 No. 10 can = about 12-1/8 cups plums and juice without pits
	No. 10 can (105 oz)	24.7	1/4 cup drained fruit	4.1	1 No. 10 can = about 54.4 oz (6-1/8 cups) drained plums without pits

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
POTATOES, FRENCH FRIES (continued)					
Potatoes, French Fries, frozen <i>Crinkle cut</i> <i>Regular moisture</i>	Pound	12.6	1/4 cup cooked vegetable	8.0	1 lb AP = 0.81 lb (about 3-1/8 cups) baked French fries
	4-1/2 lb pkg	56.7	1/4 cup cooked vegetable	1.8	
Potatoes, French Fries, frozen <i>Curly</i> <i>(1/3-inch width)</i>	Pound	16.2	1/4 cup cooked vegetable	6.2	1 lb AP = 0.66 lb baked French fries (about 4 cups)
	4-1/2 lb pkg	72.9	1/4 cup cooked vegetable	1.4	
Potatoes, French Fries, frozen <i>Shoestring</i> <i>Straight cut</i> <i>Low moisture</i>	Pound	14.2	1/4 cup cooked vegetable	7.1	1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries
	4-1/2 lb pkg	63.9	1/4 cup cooked vegetable	1.6	
Potatoes, French Fries, frozen <i>Shoestring</i> <i>Straight cut</i> <i>Regular moisture</i>	Pound	17.5	1/4 cup cooked vegetable	5.8	
	4-1/2 lb pkg	79.0	1/4 cup cooked vegetable	1.3	
Potatoes, French Fries, frozen <i>Straight cut</i> <i>Regular moisture</i> <i>Ovenable</i>	Pound	14.0	1/4 cup cooked vegetable	7.2	1 lb AP = 0.63 lb (about 3-1/2 cups) baked French fries
	5 lb pkg	70.0	1/4 cup cooked vegetable	1.5	5 lb bag = about 17-1/2 cups baked French fries
POTATO PRODUCTS					
Potato Products, fresh <i>Raw</i> <i>Shredded</i> <i>Pre-portioned</i> <i>3.0 oz each</i>	Pound	5.33	3/8 cup cooked vegetable (about 1 portion)	18.8	1 lb AP= 0.94 lb cooked vegetable
	Pound	8.28	1/4 cup cooked vegetable (about 2/3 portion)	12.1	
	Pound	10.6	1/8 cup cooked vegetable (about 1/2 portion)	9.5	
Potato Products, frozen <i>Hashed patty</i> <i>Pre-browned</i> <i>2.25 oz each</i>	Pound	7.11	1 cooked patty (about 1/4 cup cooked vegetable)	14.1	

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
POTATO PRODUCTS⁹ (continued)					
Potato Products, frozen <i>Hashed browns</i> <i>Diced</i>	Pound	7.70	1/4 cup cooked vegetable	13.0	
Potato Products, frozen <i>Mashed</i>	Pound	7.37	1/4 cup heated vegetable	13.6	1 lb AP = 1 lb (about 1-3/4 cups) mashed potatoes
Potato Products, frozen <i>Skins or Pieces or Wedges, etc.</i> <i>With skin</i> <i>Cooked</i>	Pound	10.6	1/4 cup heated vegetable	9.5	
Potato Products, frozen <i>Rounds⁹</i> <i>Regular Size</i> <i>Includes USDA Commodity</i>	Pound	12.7	1/4 cup cooked vegetable (about 4 pieces)	7.9	5 lb bag = about 15-1/4 cups baked potato rounds (about 8.0 grams per piece)
	5 lb pkg	61.0	1/4 cup baked vegetable (about 4 pieces)	1.7	one piece = approx. 3/4 to 1-inch diameter by 1 to 1-1/4-inch length
Potato Products, frozen <i>Rounds⁹</i> <i>Mini Size</i>	Pound	12.2	1/4 cup baked vegetable (about 8 pieces)	8.2	1 lb AP = 0.85 lb (about 3 cups) baked potato rounds (about 4.0 grams per piece)
Potato Products, frozen <i>Circles</i>	Pound	12.6	1/4 cup baked vegetable (about 5 circles)	8.0	1 lb AP = 0.75 lb (about 3-1/8 cups) cooked (about 1-1/4-inch diameter by 9/16-inch height)
Potato Products, dehydrated <i>Hashed browns</i>	Pound	24.1	1/4 cup reconstituted, cooked vegetable	4.2	1 lb dry = 6 cups reconstituted, cooked potato 1 lb dry = about 4-3/4 cups dry hash browns

PRICKLY PEAR, (see CACTUS FRUIT)

PRUNES (see PLUMS, dehydrated)

⁹ Shaped, shredded potatoes available under brand names such as “Tater Tots” or “Tater Gems.”

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
SQUASH, WINTER (continued)					
Squash, Winter, fresh <i>Butternut Whole</i>	Pound	7.50	1/4 cup cooked, drained, pared, cubed vegetable	13.4	1 lb AP = 0.84 lb ready-to-cook pared squash
	Pound	5.40	1/4 cup cooked, pared, drained, mashed vegetable	18.6	
Squash, Winter, fresh <i>Hubbard Whole</i>	Pound	4.40	1/4 cup cooked, drained, pared, cubed vegetable	22.8	1 lb AP = 0.64 lb ready-to-cook pared squash
	Pound	4.30	1/4 cup cooked, drained, pared, mashed vegetable	23.3	
Squash, Winter, frozen <i>Mashed All varieties</i>	Pound	7.00	1/4 cup cooked vegetable	14.3	
STARFRUIT (CARAMBOLA)					
Star Fruit (Carambola), fresh <i>Whole</i>	Pound	13.5	1/4 cup sliced fruit	7.5	1 lb AP = 0.97 lb (about 3-7/8 cups) ready-to-serve 1/4-inch sliced (about 46 slices) or about 2-7/8 cups chopped star fruit
	Pound	9.50	1/4 cup chopped fruit	10.3	
STRAWBERRIES					
Strawberries, fresh <i>Whole</i>	Pint (11-1/2 oz)	7.90	1/4 cup raw, whole fruit	12.7	1 pt AP = about 0.66 lb ready-to-serve raw berries
	Pound	10.5	1/4 cup raw, whole fruit	9.6	1 lb AP = 0.88 lb ready-to-serve raw berries
Strawberries, frozen <i>Sliced Unsweetened Includes USDA Commodity</i>	Pound	7.28	1/4 cup thawed fruit and juice	13.8	1 lb AP = 1 lb (about 1-3/4 cups) ready-to-serve thawed berries and juice
Strawberries, frozen <i>Sliced Sweetened Includes USDA Commodity</i>	Pound	7.10	1/4 cup thawed fruit and juice	14.1	

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
STRAWBERRIES (continued)					
Strawberries, frozen <i>Whole, Grade A Unsweetened Individually-quick-frozen Includes USDA Commodity</i>	Pound	11.9	1/4 cup thawed fruit	8.5	1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve, thawed berries
Strawberries, dehydrated	Pound	10.9	1/4 cup dehydrated fruit	9.2	1 lb AP (dried) = 1 lb (about 2-2/3 cups) ready-to-serve dehydrated berries
SUCCOTASH					
Succotash, canned <i>Corn and Green Beans</i>	No. 10 can (103 oz)	34.1	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 65.4 oz (8-1/2 cups) heated, drained succotash
	No. 10 can (103 oz)	37.8	1/4 cup drained vegetable (unheated for salads)	2.7	1 No. 10 can = about 62.0 oz (9-3/8 cups) drained, unheated succotash
	Pound	5.29	1/4 cup heated, drained vegetable	19.0	
	Pound	5.87	1/4 cup drained vegetable (unheated for salads)	17.1	
Succotash, canned <i>Corn and Lima Beans</i>	No. 10 can (105 oz)	36.7	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 75.0 oz (9-1/8 cups) heated, drained succotash
	No. 10 can (105 oz)	40.9	1/4 cup drained vegetable (unheated for salads)	2.5	1 No. 10 can = about 71.0 oz (about 10-1/8 cups) drained, unheated succotash
	Pound	5.59	1/4 cup heated, drained vegetable	17.9	
	Pound	6.24	1/4 cup drained vegetable (unheated for salads)	16.1	
Succotash, frozen <i>Corn and Green Beans</i>	Pound	8.76	1/4 cup cooked, drained vegetable	11.5	1 lb AP = 0.95 lb (about 2-1/8 cups) cooked, drained succotash or 2-7/8 cups thawed
	Pound	11.6	1/4 cup thawed vegetable (unheated for salads)	8.7	

I. Criteria for Determining Acceptable Grains/Breads Under the Food-Based Menu Planning Approaches

Use the following criteria as a basis for crediting items to meet the grains/breads requirement under the food-based menu planning approaches.

- A. All grains/breads items must be enriched or whole-grain, made from enriched or whole-grain meal and/or flour. If using a cereal it must be whole-grain, enriched, or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.
- B. The label must indicate that 1) the food product is enriched or whole-grain, made from enriched or whole-grain meal and/or flour, bran, and/or germ, or 2) the cereal is whole-grain, enriched, or fortified. If the food product is enriched, it must meet the Food and Drug Administration's standards of identity (21 CFR Part 136, Part 137, Part 139) for enriched bread, macaroni and noodle products, rice, or cornmeal.
- C. The food product must be provided in quantities specified in the appropriate program regulations. One-quarter (1/4) of a serving is the smallest amount allowable to be credited toward the minimum quantities of grains/breads specified in program regulations.

II. Determining Grains/Breads Creditability

To review a grains/breads food product to determine if it is creditable, Child Nutrition Programs need to verify that the food product is enriched or whole-grain, *or* that it is made from enriched or whole-grain meal and/or flour, bran, and/or germ, *or* if it is a cereal, that it is whole-grain, enriched, or fortified.

The steps listed here will help determine if a food product is creditable towards the grains/breads component of a reimbursable meal. If at any point during the steps a “yes” answer is obtained, proceed to Section III, Criteria for Determining Serving Sizes. If you answer “no” to all of the steps from A to H2, the food product is not creditable towards the grains/breads component of a reimbursable meal.

The following steps are summarized in the flow chart on page 3-7.

- A. Is the *food product* labeled as “whole-grain”?

If a food product is made from whole grain, the product name on the label will usually include the word “whole” or “entire”.

Some examples include: “whole wheat bread,” “entire wheat bread,” “whole wheat rolls,” “entire wheat rolls,” “whole wheat buns,” “entire wheat buns,” and “whole wheat macaroni products”.

or



B. Is the *food product* labeled as “enriched”?

If a food product is enriched, the product name on the label will include the word “enriched.”

Some examples include: “enriched bread,” “enriched rolls,” “enriched buns,” “enriched rice,” “enriched macaroni products,” “enriched egg noodle products,” “enriched grits,” and “enriched cereal”.

or

C. Is the *food product* a fortified cereal? (Fortification only applies to cereals, so if the food product is not a cereal, continue on to step D).

If a cereal is fortified, the word “fortified” will be included on the product label.

or

D. In the *ingredient statement*, is the primary grain ingredient labeled “enriched”?

Ingredients with standards of enrichment will include the word “enriched” in the ingredient name. The usual method of declaration for enriched grain ingredients is to list the established or usual name of the ingredient along with the word “enriched” followed by a parenthetical listing of the grain and the enrichment ingredients.

Some examples include: “enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid);” “enriched cornmeal (...);” “enriched self-rising flour (...);” and “enriched farina (...).”

or

E. In the *ingredient statement*, is the primary grain ingredient designated as a whole grain?

A whole grain ingredient will usually include the word “whole,” “entire,” “cracked,” “crushed,” or “groats.”

Some examples include: “whole wheat flour,” “entire wheat flour,” “cracked wheat,” “crushed wheat,” “buckwheat groats,” “graham flour” (which is another name for whole wheat flour), “brown rice” (which indicates that the rice retains the bran layer), “old-fashioned oatmeal” (also called “rolled oats”), “quick-cooking oats,” “whole corn,” and “whole cornmeal”.

or

Section 3—Grains/Breads

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHOW MEIN NOODLES					
Chow Mein Noodles (Group A)	Pound	34.8	1/2 grains/breads serving (about 1/4 cup; must weigh at least 10 g or 0.4 oz)	2.9	
	Pound	17.4	1 grains/breads serving (about 1/2 cup; must weigh at least 20 g or 0.7 oz)	5.8	
CORN CHIPS					
Corn Chips (Group B)	Pound	20.0	1/2 grains/breads serving (about 1/3 cup; must weigh at least 13 g or 0.5 oz)	5.0	
	Pound	15.0	1 grains/breads serving (about 2/3 cup; must weigh at least 25 g or 0.9 oz)	6.7	
COUSCOUS					
Couscous (Group H) Dry	Pound	29.1	1/4 cup cooked	3.5	1 lb dry = about 2-3/8 cups dry couscous
	Pound	14.5	1/2 cup cooked	6.9	add 3-1/4 cups water to 1 lb dry couscous
	Pound	9.71	3/4 cup cooked	10.3	1 lb dry = 2.55 lb (about 7-1/4 cups) cooked couscous
CROUTONS					
Croutons (Group A) Prepackaged Dry	Pound	44.6	1/2 grains/breads serving (about 1/4 cup dry; must weigh at least 10 g or 0.4 oz)	2.3	1 lb dry = about 11-1/8 cups dry croutons
	Pound	22.3	1 grains/breads serving (about 1/2 cup dry; must weigh at least 20 g or 0.7 oz)	4.5	

Section 3—Grains/Breads

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
GRAHAM CRACKERS					
Graham Crackers (Group B)	Pound	32.4	1/2 grains/breads serving (about 2 crackers; must weigh at least 13 g or 0.5 oz)	3.1	1 lb AP = about 64 crackers
	Pound	21.3	1 grains/breads serving (about 4 crackers; must weigh at least 25 g or 0.9 oz)	4.7	
MELBA TOAST					
Melba Toast (Group A)	Pound	37.8	1/2 grains/breads serving (about 3 pieces; must weigh at least 10 g or 0.4 oz)	2.7	
	Pound	22.2	1 grains/breads serving (about 5 pieces; must weigh at least 20 g or 0.7 oz)	4.5	
PASTA					
Pasta (Group H) <i>Bowties</i> <i>Large size</i> <i>Dry</i>	Pound	25.1	1/4 cup cooked	4.0	1 lb dry = about 7-1/2 cups dry bowtie pasta
	Pound	12.5	1/2 cup cooked	8.0	1 lb dry = 2.66 lb (about 6-1/4 cups) cooked pasta boiled 17 minutes
	Pound	8.39	3/4 cup cooked	12.0	
Pasta (Group H) <i>Elbow Macaroni</i> <i>Regular</i> <i>Dry</i>	Pound	39.0	1/4 cup cooked	2.6	1 lb dry = about 3-1/2 cups dry elbow macaroni
	Pound	19.5	1/2 cup cooked	5.2	
	Pound	13.0	3/4 cup cooked	7.7	
Pasta (Group H) <i>Noodles</i> <i>Egg</i> <i>Medium</i> <i>Dry</i>	Pound	40.3	1/4 cup cooked	2.5	1 lb dry = about 11-7/8 cups dry egg noodles
	Pound	20.1	1/2 cup cooked	5.0	
	Pound	13.4	3/4 cup cooked	7.5	

Section 3—Grains/Breads

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
RICE⁴					
Rice (Group H)⁴ <i>Brown Instant Dry</i>	Pound	32.0	1/4 cup cooked	3.2	1 lb dry = about 4-3/8 cups dry rice
	Pound	16.0	1/2 cup cooked	6.3	1 lb dry = about 8 cups cooked
	Pound	10.6	3/4 cup cooked	9.5	1 cup dry = about 3-1/4 cups cooked
Rice (Group H)⁴ <i>Brown Long grain Regular Dry</i>	Pound	17.5	1/4 cup cooked	5.8	1 lb dry = about 2-1/2 cups dry rice
	Pound	8.75	1/2 cup cooked	11.5	1 lb dry = about 4-3/8 cups cooked
	Pound	5.83	3/4 cup cooked	17.2	1 cup dry = about 1-3/4 cups cooked
Rice (Group H)⁴ <i>White Long grain Parboiled (Converted) Dry</i>	Pound	28.0	1/4 cup cooked	3.6	1 lb dry = about 2-1/2 cups dry rice
	Pound	14.0	1/2 cup cooked	7.2	1 lb dry = about 7 cups cooked
	Pound	9.33	3/4 cup cooked	10.8	1 cup dry = about 2-3/4 cups cooked
Rice (Group H)⁴ <i>White Long grain Instant Dry</i>	Pound	28.0	1/4 cup cooked prepared with boiling water	3.6	1 lb dry = about 4-1/2 cups dry rice
	Pound	14.0	1/2 cup prepared with boiling water	7.2	1 lb dry = about 7 cups cooked
	Pound	9.33	3/4 cup prepared with boiling water	10.8	1 cup dry = about 1-1/2 cups cooked
Rice (Group H)⁴ <i>White Long grain Regular Dry</i>	Pound	30.0	1/4 cup cooked	3.4	1 lb dry = about 2-1/3 cups dry rice
	Pound	15.0	1/2 cup cooked	6.7	1 lb dry = about 7-1/2 cups cooked
	Pound	10.0	3/4 cup cooked	10.0	1 cup dry = about 3-1/4 cups cooked

⁴The yield for rice differs depending on how it is cooked. The yields provided in this guide represent the lower range of the average yield for each type of rice. If you consistently get a different yield for your cooking method, you may want to see pages I-3 & I-4 of the introduction on how to establish in-house yield data in cooperation with your State agency.

Section 3—Grains/Breads

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
RICE⁴ (continued)					
Rice (Group H)⁴ <i>White Medium grain Regular Dry</i>	Pound	27.0	1/4 cup cooked	3.8	1 lb dry = about 2-1/4 cups dry rice
	Pound	13.5	1/2 cup cooked	7.5	1 lb dry = about 6-3/4 cups cooked
	Pound	9.00	3/4 cup cooked	11.2	1 cup dry = about 3 cups cooked
Rice (Group H)⁴ <i>White Short grain Regular Dry</i>	Pound	27.0	1/4 cup cooked	3.8	1 lb dry = about 2-1/4 cups dry rice
	Pound	13.5	1/2 cup cooked	7.5	1 lb dry = about 6-3/4 cups cooked
	Pound	9.00	3/4 cup cooked	11.2	1 cup dry = about 3 cups cooked
RICE CAKES⁵					
Rice Cakes⁵ (Group A) <i>Puffed Includes seeds or other grains</i>	Package (average 5.25 oz)	10.7	1/2 grains/breads serving (about 1-1/2 cakes, puffed; must weigh at least 10 g or 0.4 oz)	9.3	1 lb AP = about 48 rice cakes
	Package (average 5.25 oz)	5.30	1 grains/breads serving (about 3 cakes, puffed; must weigh at least 20 g or 0.7 oz)	18.8	
RYE WAFERS					
Rye Wafers (Group A)	Pound	36.0	1/2 grains/breads serving (about 2 wafers; must weigh at least 10 g or 0.4 oz)	2.8	
	Pound	18.0	1 grains/breads serving (about 4 wafers; must weigh at least 20 g or 0.7 oz)	5.6	

⁴The yield for rice differs depending on how it is cooked. The yields provided in this guide represent the lower range of the average yield for each type of rice. If you consistently get a different yield for your cooking method, you may want to see pages I-3 & I-4 of the introduction on how to establish in-house yield data in cooperation with your State agency.

⁵Does not include popcorn cakes or popcorn in combination with other grains since popcorn is not creditable towards meal pattern requirements.

Milk

Fluid Milk for the Child Nutrition Programs

Regulations for most Child Nutrition Programs require that fluid milk must be offered at each breakfast, lunch, or supper. Fluid milk is not required to be served with the adult supper in the Child and Adult Care Food Program (CACFP). Fluid milk is one of the options for a snack in the CACFP, the Summer Food Service Program (SFSP), and the afterschool snack service in the National School Lunch Program (NSLP).

In a lunch or a supper, the fluid milk must be served as a beverage. For a breakfast or a snack, you may serve the fluid milk as a beverage, on cereal, or both.

In the School Breakfast Program, the CACFP, and the SFSP, fluid milk includes whole milk, lowfat milk, reduced fat milk, skim milk or nonfat milk, cultured buttermilk, lactose-reduced milk or lactose-free milk, acidified milk, or flavored milk made from types of fluid milk that meet State or local standards.

Schools participating in the NSLP must offer students fluid milk. The selection of the types of milk offered must be consistent with the types of milk consumed in the prior year. This requirement does not preclude schools from offering additional kinds of milk. However, in the event that a particular type of milk represents less than one (1) percent of the total amount of milk consumed in a previous year, a school may elect not to make this type of milk available. Schools are encouraged to offer a wide variety of milks. Since some children may be lactose intolerant, it may be a good idea to offer lactose-reduced milk or lactose-free milk as a choice.

Fluid milk includes pasteurized fluid unflavored or flavored skim milk or nonfat milk, lowfat milk, whole milk, lactose-reduced milk, lactose-free milk, or cultured buttermilk, all of which meet State and local standards for such milk. The milk must contain vitamins A and D at levels specified by FDA, and must be consistent with State and local standards.



Food Buying Guide for Child Nutrition Programs

Section 4 Milk

Section 4—Milk

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
MILK, FLUID					
Milk, fluid <i>Skim or Nonfat milk, Lowfat milk, Reduced fat milk, Whole milk, Lactose-reduced milk, Lactose-free milk, Buttermilk, Acidified milk (unflavored or flavored)</i>	Gallon	16.0	1/2 pint milk (1 cup milk)	6.3	
	Gallon	21.3	3/4 cup milk	4.7	
	Gallon	32.0	1/2 cup milk	3.2	
	Quart	4.0	1/2 pint milk (1 cup milk)	25.0	
	Quart	5.3	3/4 cup milk	18.9	
	Quart	8.0	1/2 cup milk	12.5	
	1/2 pint (8 fl oz)	1.0	1/2 pint milk	100.0	
	3/4 cup (6 fl oz)	1.0	3/4 cup milk	100.0	
1/2 cup (4 fl oz)	1.0	1/2 cup milk	100.0		

B

Using Column 6 for Recipe Analysis

Determining the number of servings, for crediting purposes, obtained from a particular food using Column 6, "Additional Yield Information."



Recipe Analysis for Apple Crisp

A recipe for 100 servings of apple crisp **calls for 12.5 pounds of fresh, sliced, cored, peeled apples**. *You want to know the number of 1/4 cup servings of fruit (for crediting purposes) you will obtain from one portion of the apple crisp.*

STEP 1: Calculate the number of pounds of apples as purchased (whole) you will need to obtain 12.5 pounds raw, sliced, pared ready-to-cook apples:

For Apples, fresh, 125 count (AP) served as raw, pared fruit (see page 2-7), Column 6 reads:

1 lb AP = 0.78 lb ready-to-cook or -serve raw, cored, peeled

You calculate as follows:

12.5 lb divided by 0.78 lb = 16.02 lb (do not round up)

STEP 2: Multiply this calculated AP quantity by servings per purchase unit (from Column 3) for the form of the food as served (from Column 4).

Since you are serving the apples cooked, you look in Column 4 for this form of the food. The appropriate line in Column 4 reads:

1/4 cup cooked, pared, unsweetened fruit

You look in Column 3 to find the appropriate number of servings per purchase unit.

Column 3 reads: 6.80

Multiply the number of servings per purchase unit by the number of pounds calculated in STEP 1:

$$6.80 \text{ multiplied by } 16.02 = 108.93$$

This tells you the total number of 1/4 cup servings of fruit (for crediting purposes) you will obtain from all of the apples used in the recipe.

STEP 3: Divide the total number of 1/4 cup servings obtained in STEP 2 by the number of portions the recipe yields and round down to get the creditable vegetable/fruit servings in one portion.

$$108.93 \text{ divided by } 100 = 1.08$$

rounded down to 1.0 (one)-1/4 cup serving of the vegetable/fruit component per portion.

Note: at STEP 3, the answer will be in units of 1/4 cup. Therefore, an answer of:

<i>2.00 =</i>	<i>1/2 cup</i>
<i>1.50 =</i>	<i>3/8 cup</i>
<i>1.00 =</i>	<i>1/4 cup</i>
<i>0.50 =</i>	<i>1/8 cup</i>

ANSWER: *For crediting purposes, each portion of apple crisp will provide a 1/4 cup serving of the vegetable/fruit component for the meal pattern requirements.*

*Note: Always **round down** after determining the **creditable amount** of a meal pattern component. This is to ensure that each portion served will provide the minimum contribution towards meal pattern requirements. When rounding down, sometimes there may be a little bit more credit than what is claimed. It is necessary to round down so that there will never be less credit than what is claimed. (Keep in mind, when calculating how much food to purchase you would not round down, but would round up.)*

D

The Purchasing Process: A Summary of *First Choice* and *Choice Plus*

The *Food Buying Guide (FBG) for Child Nutrition Programs* is designed to help you determine how much food to buy and prepare to ensure that the meals you serve under the Child Nutrition Programs (CNP) meet program requirements. However, in addition to knowing how much food to buy, the purchasing process involves a methodical, step-by-step process beginning with menu planning and ending with the meal service. The tasks are the same whether purchasing for the private or public sectors. Regardless of the setting in which you operate, all of the steps must be completed by someone in the organization. You may operate a single site with no support from a central administrative office or work in a larger school district where tasks are divided among several staff persons.

The Food and Nutrition Service encourages you to learn as much as you can about the purchasing process by consulting two (2) publications available from the National Food Service Management Institute.

The first publication, *First Choice: A Purchasing Systems Manual for School Food Service* Publication number EX 59-02, covers the management of the entire purchasing process in 14 Chapters, and includes appendices with sample forms, reference materials and a glossary. Topics include:

- ethics of purchasing and the expenditure of public funds;
- the marketplace environment, its language, relationships and food distribution chain;
- regulations governing labeling, standards, grading, inspection, imports, and antitrust;
- product movement and warehousing, inventory control and various menu systems;
- pricing, pre-bid conferences, pricing requests, and bid opening/awards;
- determination of bid units to control cost per serving;
- developing product specifications and the use of “approved brands”;
- researching and selecting a purchasing system;
- monitoring costs;
- laboratory product testing;

- receiving and quality control procedures; and
- purchasing cooperatives.

The second publication, *Choice Plus: A Reference Guide for Foods and Ingredients* Publication number FCS-297, is more narrowly focused than *First Choice*.

The *Choice Plus Manual*:

- concentrates on food and ingredient specifications/product sheets for a wide variety of products;
- helps you develop clear specifications and make more informed decisions when purchasing products commonly served in the Child Nutrition Programs;
- provides tips on buying fresh, canned and frozen fruits and vegetables; and
- includes several appendices that include information about food laws, standards and regulations, resources, and the Nutrition Facts panel.

Both of these publications contain information that may change frequently based on changing purchasing specifications and on a changing marketplace. To order the most recent version of one or both of these publications, contact the National Food Service Management Institute, University of Mississippi:

Phone: 800-321-3054

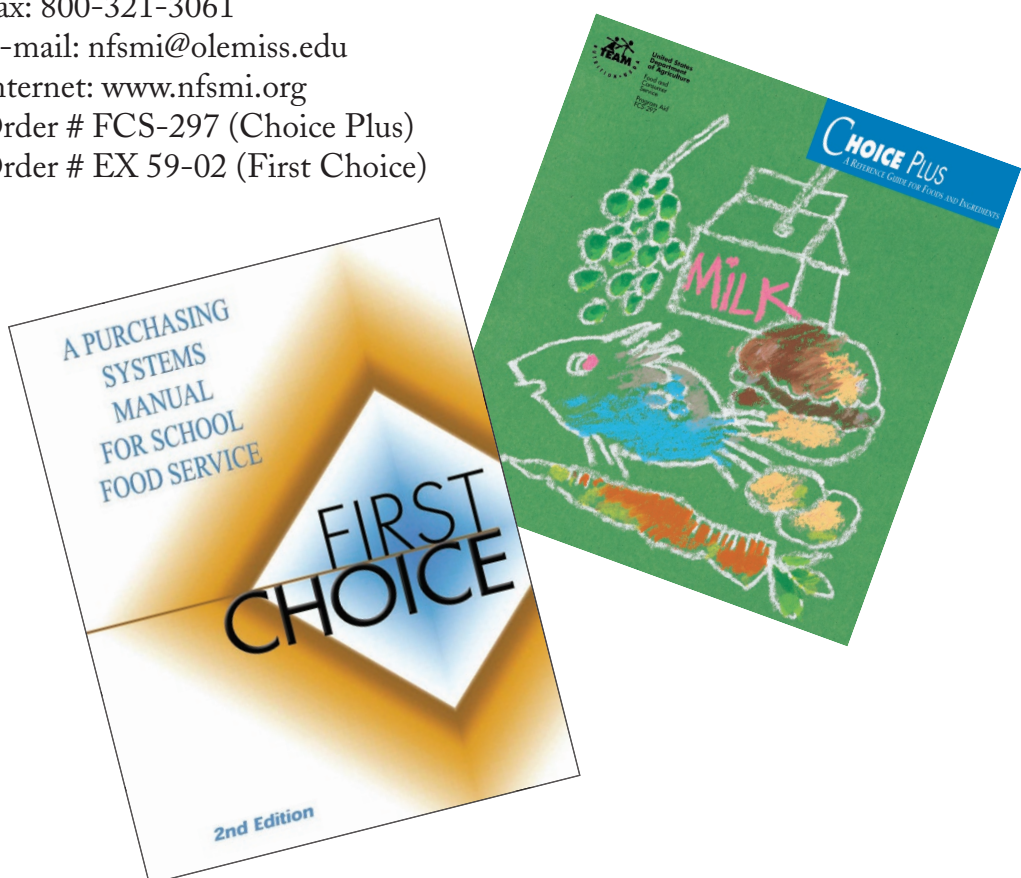
Fax: 800-321-3061

E-mail: nfsmi@olemiss.edu

Internet: www.nfsmi.org

Order # FCS-297 (Choice Plus)

Order # EX 59-02 (First Choice)



E

Resources

- E-1** Program and Technical Resources
- E-2** Nutrition Resources
- E-3** Food Safety Resources
- E-4** Food and Nutrition Service Regional Offices

E**Resources**

Information on program requirements, nutrition guidance, food labeling, food safety, and other food, nutrition, health issues, and educational resources are available from Federal Government Web sites.

**Program and
Technical
Resources****Child Nutrition Division/USDA**

3101 Park Center Drive, Room 638
Alexandria, VA 22302
(703) 305-2590
Web site: www.fns.usda.gov/cnd

Food Distribution Division/USDA

3101 Park Center Drive, 5th Floor
Alexandria, VA 22302
(703) 305-2888
Web site: www.fns.usda.gov/fdd

Agricultural Marketing Service (AMS)/USDA

1400 Independence Avenue, SW
Washington, DC 20250
(202) 720-8732
Web site: www.ams.usda.gov

Nutrient Database for Standard Reference

Nutrient Data Laboratory
Agricultural Research Service/USDA
10300 Baltimore Avenue
Building 005, Room 107, BARC-West
Beltsville, MD 20705
(301) 504-0630
Web site: www.ars.usda.gov/ba/bhnrc/ndl

Food and Drug Administration

Center for Food Safety and Applied Nutrition
5100 Paint Branch Road,
College Park, MD 20740-3835
For food labeling information:
Web site: www.cfsan.fda.gov

Nutrition Resources

MyPyramid

Web site: MyPyramid.gov

Nutrition.gov

Easy access to nutrition and health

Web sites from across the Federal government

Web site: www.nutrition.gov

Food and Nutrition Information Center

USDA/National Agricultural Library

Rm. 304, 10301 Baltimore Blvd.

Beltsville, MD 20705-2351

Tel: 301-504-5719 Fax: 301-504-6409

Educators can email information and
publication requests to fnic@nal.usda.gov

Web site: <http://fnic.nal.usda.gov>

Center for Nutrition Policy and Promotion/USDA

3101 Park Center Drive, Room 1034

Alexandria, VA 22302

(703) 305-7600

Web site: www.cnpp.usda.gov

Food and Nutrition Service/USDA Team Nutrition

3101 Park Center Drive, Rm. 632

Alexandria, VA 22302

(703) 305-1624

Web site: teamnutrition.usda.gov

Eat Smart. Play Hard.™

3101 Park Center Drive, Rm. 1020

Alexandria, VA 22302

(703) 305-2154

Web site: www.fns.usda.gov/eatsmartplayhard

Food Safety Resources

Centers for Disease Control and Prevention (CDC), Division of Bacterial and Mycotic Diseases, Food Safety Initiative

1600 Clifton Road
Atlanta, GA 30333
(404) 639-2213
Web site: www.cdc.gov/foodsafety

Food Safety and Inspection Service

1400 Independence Avenue, SW
Washington, DC 20250
(202) 720-8732
Web site: www.fsis.usda.gov

Fight BAC! Keep Foods Safe From Bacteria™

USDA's Meat and Poultry Hotline:
1-888-MPHotline or 1-888-674-6854
TTY: 1-800-256-7072
Email: mpholine.fsis@usda.gov
Web site: www.fightbac.org

Food and Drug Administration (FDA)

5600 Fishers Lane
Rockville, MD 20857
1-800-INFO-FDA or 1-888-463-6332
Web site: www.fda.gov
FDA's Food Safety Information Hotline
1-888-SAFEFOOD or 1-888-723-3366

Food Allergy & Anaphylaxis Network

10400 Eaton Place, Suite 107
Fairfax, VA 22030-2208
(800) 929-4040 or (703) 691-3179
Web site: www.foodallergy.org

**Food and
Nutrition
Service
Regional
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