

# Food Buying Guide for Child Nutrition Programs

## Section 3

### Fruits

#### Section 3 - 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
<b>APPLES</b>					
<b>Apples, fresh</b> <i>125-138 count Whole, Includes USDA Foods</i>	Pound	14.80	1/4 cup raw, unpeeled fruit	6.80	1 lb AP = 0.91 lb (3-2/3 cups) ready-to-serve or -cook raw, cored, unpeeled apples; 1/4 cup raw, unpeeled fruit = about 1/4 apple
	Pound	3.00	1 baked apple (about 1/2 cup cooked fruit)	33.40	
	Pound	11.40	1/4 cup raw, cored, peeled fruit	8.80	1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-serve or -cook raw, cored, peeled apples
	Pound	6.80	1/4 cup cored, peeled, cooked, unsweetened fruit	14.80	1 lb AP = 0.78 lb (about 1-3/4 cups) cored, peeled, cooked apples; 1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-serve or -cook raw, cored, peeled apples
	Pound	5.80	1/4 cup cooked, sieved, unsweetened fruit	17.30	
<b>Apples, fresh</b> <i>Whole, Includes USDA Foods</i>	Pound	14.56	1/4 cup raw, unpeeled, cored, sliced fruit	6.90	1 lb AP = 0.91 lb raw, unpeeled, cored apple
<b>Apples, fresh</b> <i>100 count Whole</i>	Pound	15.60	1/4 cup raw, unpeeled fruit	6.50	1 lb AP = 0.93 lb (about 3-7/8 cups) ready-to-serve or -cook raw, cored, unpeeled apples; 1/4 cup raw, unpeeled fruit = about 1/5 apple
<b>Apples, canned</b> <i>Slices, Solid pack, Includes USDA Foods</i>	No. 10 Can (100 oz)	50.40	1/4 cup fruit and liquid	2.00	
	No. 10 Can (100 oz)	47.50	1/4 cup drained fruit	2.11	1 No. 10 can = about 89.0 oz (11-7/8 cups) drained apples
	Pound	8.06	1/4 cup fruit and liquid	12.50	
<b>Apples, frozen</b> <i>Unsweetened, Sliced, IQF, Includes USDA Foods</i>	Pound	12.70	1/4 cup tempered fruit	7.90	1 lb AP = 0.99 lb (about 3-1/8 cups) tempered, ready-to-serve or -cook apples
	Pound	8.80	1/4 cup heated fruit	11.40	
<b>Apples, dried</b> <i>Slices or Rings, Regular moisture</i>	Pound	21.10	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	4.80	1 lb AP = about 5-1/4 cups dried apples
	Pound	28.70	1/4 cup cooked fruit	3.50	

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<b>APPLESAUCE</b>					
<b>Applesauce<sup>1</sup>, canned</b> <i>Smooth or Chunky, Includes USDA Foods</i>	No. 10 Can (108 oz)	47.60	1/4 cup fruit	2.20	1 No. 10 can = about 12 cups applesauce
	No. 2-1/2 Can (29 oz)	12.80	1/4 cup fruit	7.90	1 No. 2-1/2 can = about 3-1/8 cups applesauce
	23 oz Jar	10.10	1/4 cup fruit	10.00	
<b>APRICOTS</b>					
<b>Apricots, fresh</b> <i>Medium (approx. 1- 3/8 inch diameter), Whole</i>	Pound	11.90	1/4 cup fruit (about 1 whole, medium, raw apricot)	8.50	1 lb AP = 0.93 lb ready-to-serve, raw apricots
	Pound	10.80	1/4 cup raw, seeded, unpeeled fruit halves	9.30	
<b>Apricots, canned</b> <i>Diced, Includes USDA Foods</i>	No. 10 Can (108 oz)	48.00	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12 cups fruit and liquid
<b>Apricots, canned</b> <i>Halves, Unpeeled</i>	No. 10 Can (106 oz)	48.00	1/4 cup fruit and liquid	2.10	
	No. 10 Can (106 oz)	29.32	1/4 cup drained fruit	3.42	1 No. 10 can = about 62.0 oz (7-1/3 cups) drained apricots
	No. 2-1/2 Can (29 oz)	13.20	1/4 cup fruit and liquid	7.60	
	No. 2-1/2 Can (29 oz)	7.50	1/4 cup drained fruit	13.34	1 No. 2-1/2 can = about 16.0 oz (1-7/8 cups) drained apricots
	No. 300 Can (15-1/4 oz)	6.54	1/4 cup fruit and liquid	15.30	
	No. 300 Can (15-1/4 oz)	6.08	1/4 cup heated, drained fruit	16.50	
<b>Apricots, canned</b> <i>Slices, Peeled</i>	No. 10 Can (106 oz)	45.70	1/4 cup fruit and liquid	2.20	
	No. 10 Can (106 oz)	30.64	1/4 cup drained fruit	3.27	1 No. 10 can = about 62.0 oz (7-2/3 cups) drained apricots
	No. 2-1/2 Can (29 oz)	12.50	1/4 cup fruit and liquid	8.00	
	No. 2-1/2 Can (29 oz)	8.00	1/4 cup drained fruit	12.50	1 No. 2-1/2 can = about 17.2 oz (2 cups) drained apricots
	Pound	6.90	1/4 cup fruit and liquid	14.50	
	Pound	4.50	1/4 cup drained fruit	22.23	1 lb AP = about 8.9 oz (1-1/8 cups) drained apricots
<b>Apricots, canned</b> <i>Whole, With pits, Peeled</i>	No. 10 Can (106 oz)	44.20	1/4 cup pitted fruit and liquid	2.30	
	No. 10 Can (106 oz)	29.00	1/4 cup pitted, drained fruit	3.45	1 No. 10 can = about 52.0 oz (7-1/4 cups) drained, pitted apricots
	No. 2-1/2 Can (29 oz)	12.10	1/4 cup pitted fruit and liquid	8.30	

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<b>APRICOTS (continued)</b>					
<b>Apricots, canned</b> <i>Whole, With pits, Peeled</i>	No. 2-1/2 Can (29 oz)	7.00	1/4 cup pitted, drained fruit	14.29	1 No. 2-1/2 can = about 12.4 oz (1-3/4 cups) drained, pitted apricots
	Pound	6.67	1/4 cup pitted fruit and liquid	15.00	
	Pound	4.00	1/4 cup pitted, drained fruit	25.00	1 lb AP = about 6.9 oz (1 cup) drained, pitted apricots
<b>Apricots, canned</b> <i>Whole, With pits, Unpeeled</i>	No. 10 Can (106 oz)	43.60	1/4 cup pitted fruit and liquid	2.30	
	No. 10 Can (106 oz)	25.32	1/4 cup pitted, drained fruit	4.00	1 No. 10 can = about 53.0 oz (6-1/3 cups) drained, pitted apricots
	No. 2-1/2 Can (29 oz)	11.90	1/4 cup pitted fruit and liquid	8.50	
	No. 2-1/2 Can (29 oz)	7.00	1/4 cup pitted, drained fruit	14.29	1 No. 2-1/2 can = about 12.8 oz (1-3/4 cups) drained, pitted apricots
	Pound	6.58	1/4 cup pitted fruit and liquid	15.20	
	Pound	3.50	1/4 cup pitted, drained fruit	28.58	1 lb AP = about 7.0 oz (7/8 cup) drained, pitted apricots
<b>Apricots, frozen</b> <i>Unsweetened, Halves, Unpeeled</i>	Pound	6.70	1/4 cup cooked fruit and liquid	15.00	1 lb AP = 1-2/3 cups cooked fruit
	Pound	7.25	1/4 cup thawed fruit and liquid	13.80	1 lb AP = 1-3/4 cups thawed fruit and liquid
	Pound	4.90	1/4 cup thawed, drained fruit	20.50	1 lb AP = 1-1/8 cups thawed, drained fruit
<b>Apricots, frozen</b> <i>Unsweetened, Sliced, Unpeeled</i>	Pound	7.26	1/4 cup thawed fruit and liquid	13.80	1 lb AP = 0.98 lb (about 1-3/4 cups) ready-to-serve, thawed, apricots with juice
	Pound	4.91	1/4 cup thawed, drained fruit	20.40	1 lb AP = 0.63 lb (about 1-1/8 cups) ready-to-serve, thawed, drained apricots
	20 lb Bag	142.60	1/4 cup thawed fruit and liquid	0.71	20 lb Bag = about 35-2/3 cups thawed apricots and liquid
	20 lb Bag	96.40	1/4 cup thawed, drained fruit	1.10	20 lb Bag = about 24-1/8 cups thawed, drained apricots
<b>Apricots, dried</b> <i>Halves, Regular moisture</i>	Pound	11.30	1/4 cup fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	8.90	1 lb dry = about 2-7/8 cups or 100 apricot halves; 1/4 cup fruit = 9 medium dried halves
	Pound	23.40	1/4 cup cooked fruit	4.30	1 lb dry = about 2-7/8 cups or 100 apricot halves
<b>BANANAS</b>					
<b>Bananas, fresh</b> <i>150 count, 7 to 7-7/8 inch, Whole</i>	Pound	3.60	1 banana (1/2 cup fruit)	27.80	

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<b>BANANAS (continued)</b>					
<b>Bananas, fresh</b> <i>150 count, 7 to 7-7/8 inch, Whole</i>	Pound	7.20	1/4 cup sliced fruit	13.90	1 lb AP = 0.64 lb (about 1-5/8 cups) ready-to-serve banana slices
<b>Bananas, fresh</b> <i>100-120 count, Regular, Whole</i>	Pound	7.07	1/4 cup raw, 1/2-inch sliced fruit	14.20	1 lb AP = 0.64 lb (about 1-3/4 cups) peeled, 1/2-inch slices of bananas
	Pound	5.39	1/4 cup raw fruit, unpeeled (about 1/2 banana)	18.60	
	Pound	5.20	1/4 cup mashed fruit	19.30	
<b>Bananas, canned</b> <i>Mashed</i>	No. 10 Can (116 oz)	50.90	1/4 cup fruit	2.00	
	Pound	7.00	1/4 cup fruit	14.30	
<b>Bananas, dried<sup>2</sup></b> <i>Slices, 100% dried fruit only</i>	Pound	19.60	1/4 cup dried fruit slices (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	5.20	1 lb AP = 1 lb (about 4-7/8 cups) ready-to-serve dried bananas
<b>BLACKBERRIES (BOYSENBERRIES)</b>					
<b>Blackberries (Boysenberries), fresh, Whole</b>	Quart (20 oz)	14.90	1/4 cup raw fruit	6.80	1 qt AP = 1.2 lb (about 3-3/4 cups) ready-to-serve raw blackberries
<b>Blackberries (Boysenberries), fresh Whole</b>	Pound	11.90	1/4 cup raw fruit	8.50	1 lb AP = 0.96 lb (about 2-7/8 cups) ready-to-serve raw blackberries
<b>Blackberries (Boysenberries), canned Whole</b>	No. 10 Can (103 oz)	47.80	1/4 cup fruit and liquid	2.10	
	No. 10 Can (103 oz)	42.64	1/4 cup drained fruit	2.35	1 No. 10 can = about 66.0 oz (10-2/3 cups) drained blackberries
	Pound	7.42	1/4 cup fruit and liquid	13.50	
	Pound	6.00	1/4 cup drained	16.67	1 lb AP = about 9.2 oz (1-1/2 cups) drained blackberries
<b>Blackberries (Boysenberries), frozen Unsweetened, Whole</b>	Pound	8.00	1/4 cup cooked fruit (sugar added by SFA during cooking)	12.50	
	Pound	9.00	1/4 cup thawed fruit (sugar added by SFA)	11.20	
<b>Blackberries (Boysenberries), frozen Unsweetened, Puree<sup>1</sup></b>	Pound	7.70	1/4 cup thawed fruit	13.00	1 lb AP = about 1-7/8 cups thawed fruit juice
	5 lb 12 oz Container	44.20	1/4 cup thawed fruit	2.30	5 lb 12 oz container = about 11 cups thawed fruit juice

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<b>BLUEBERRIES</b>					
Blueberries, fresh <i>Whole</i>	Pint (14-1/4 oz)	10.70	1/4 cup raw fruit	9.40	1 pt AP = 0.87 lb (about 2-2/3 cups) ready-to-serve raw blueberries
	Pound	11.90	1/4 cup raw fruit	8.50	1 lb AP = 0.96 lb ready-to-serve raw blueberries
Blueberries, canned <i>Whole</i>	No. 10 Can (105 oz)	47.60	1/4 cup fruit and liquid	2.20	
	No. 10 Can (105 oz)	37.00	1/4 cup drained fruit	2.71	1 No. 10 can = about 55.0 oz (9-1/4 cups) drained blueberries
	No. 300 Can (15 oz)	6.80	1/4 cup fruit and liquid	14.80	
	No. 300 Can (15 oz)	5.50	1/4 cup drained fruit	18.20	1 No. 300 can = about 8.2 oz (1-3/8 cups) drained blueberries
	Pound	7.20	1/4 cup fruit and liquid	13.90	
Blueberries, frozen <i>Unsweetened, Whole</i>	Pound	7.80	1/4 cup cooked fruit (sugar added by SFA during cooking)	12.90	
Blueberries, frozen <i>Unsweetened, Whole, Individually- quick-frozen, Includes USDA Foods</i>	Pound	11.90	1/4 cup thawed, unsweetened fruit	8.50	1 lb AP = 0.91 lb (2-7/8 cups) ready-to-serve blueberries
Blueberries, wild <i>Frozen, Includes USDA Foods</i>	Pound	15.00	1/4 cup thawed fruit	6.70	
Blueberries, dried <i>Whole</i>	Pound	12.40	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	8.10	1 lb AP = 1 lb (about 3 cups) ready-to-serve dried blueberries
<b>CACTUS FRUIT (PRICKLY PEAR)</b>					
Cactus Fruit (Prickly Pear), fresh <i>Whole fruit</i>	Pound	4.99	1/4 cup peeled, diced fruit, with seeds	20.10	1 lb AP = 0.61 lb (about 1-1/8 cups) ready-to-serve raw, peeled, diced cactus with seeds
	Pound	3.74	1/4 cup peeled, juice and pulp, without seeds	26.80	1 lb = 0.48 lb (about 7/8 cup) ready-to-cook peeled cactus juice and pulp without seeds
<b>CANTALOUPE</b>					
Cantaloupe, fresh <sup>9</sup> <i>Whole, 18 Count (5-inch diameter, about 30 oz)</i>	Pound	5.73	1/4 cup cubed or diced fruit	17.50	1 lb AP = 0.47 lb (about 1-3/8 cups) ready-to-serve raw melon, 1 melon = about 14 oz EP; 1/4 cup cubed or diced fruit = about 1/10 medium melon

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<b>CANTALOUPE (continued)</b>					
<b>Cantaloupe, fresh<sup>3</sup></b> <i>Whole, 15 Count (5-3/4-inch diameter, about 40 oz)</i>	Pound	6.74	1/4 cup cubed or diced fruit	14.90	1 lb AP = 0.56 lb (about 1-2/3 cups) ready-to-serve, raw, peeled, diced melon, 1 melon = about 1.3 lb EP; 1/4 cup cubed or diced fruit = about 1/16 large melon
<b>Cantaloupe, frozen</b> <i>Melon balls, Unsweetened</i>	Pound	8.70	1/4 cup fruit	11.50	1 lb = 35 melon balls
<b>CHERRIES, MARASCHINO</b>					
<b>Cherries, Maraschino, canned</b> <i>Large</i>	Pound	6.20	1/4 cup drained fruit	16.20	
<b>Cherries, Maraschino, canned</b> <i>Small</i>	Pound	5.70	1/4 cup drained fruit	17.60	
<b>CHERRIES, RED TART</b>					
<b>Cherries, Red Tart, fresh,</b> <i>Whole</i>	Pound	6.40	1/4 cup cooked, pitted fruit, sugar added	15.70	1 lb AP = 0.87 lb pitted cherries
<b>Cherries, Red Tart, canned</b> <i>Pitted, Water packed</i>	No. 10 Can (102 oz)	46.80	1/4 cup fruit and liquid	2.20	1 No. 10 can = about 11-3/4 cups pitted cherries and liquid
	No. 10 Can (102 oz)	36.20	1/4 cup drained fruit	2.80	1 No. 10 can = about 70.0 oz (9 cups) drained, pitted cherries
	Pound	7.29	1/4 cup fruit and liquid	13.80	
	Pound	5.79	1/4 cup drained fruit	17.30	
<b>Cherries, Red Tart, frozen</b> <i>Unsweetened, Pitted, Includes USDA Foods</i>	Pound	11.40	1/4 cup thawed, fruit and liquid	8.80	1 lb AP = 0.98 lb (about 2-3/4 cups) thawed cherries and liquid
	Pound	7.00	1/4 cup drained fruit	14.30	1 lb AP = 0.70 lb (about 1-3/4 cups) thawed, drained cherries
	Pound	5.90	1/4 cup cooked fruit and liquid	17.00	
	40 lb Package	457.40	1/4 cup thawed, fruit and liquid	0.22	40 lb pkg = about 114-1/4 cups thawed cherries and liquid
	40 lb Package	280.80	1/4 cup thawed, drained fruit	0.36	40 lb pkg = about 70-1/8 cups thawed, drained cherries
<b>Cherries, Red Tart, dried</b> <i>Whole, Without pits, Includes USDA Foods</i>	40 lb Package	236.70	1/4 cup cooked fruit and liquid	0.43	
	Pound	11.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	8.50	

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<b>CHERRIES, RED TART (continued)</b>					
<b>Cherries, Red Tart, dried</b> <i>Whole, Without pits, Includes USDA Foods</i>	2 lb Package	23.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	4.30	
	4 lb Package	47.20	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	2.20	1 lb AP = 1 lb (about 2-7/8 cups) dried cherries
<b>CHERRIES, SWEET</b>					
<b>Cherries, Sweet, fresh</b> <i>Whole, With pits</i>	Pound	8.50	1/4 cup raw, pitted cherries	11.80	1 lb AP = 0.98 lb ready-to-serve with pits or 0.84 lb pitted cherries; 1/4 cup raw, pitted cherries = about 7 whole cherries
<b>Cherries, Sweet, canned</b> <i>Whole, With pits</i>	No. 10 Can (106 oz)	45.80	1/4 cup pitted, fruit and liquid	2.20	
	No. 10 Can (106 oz)	37.00	1/4 cup pitted, drained fruit	2.70	1 No. 10 can = about 59.0 oz (9-1/4 cups) drained, pitted cherries
	No. 2-1/2 Can (29 oz)	12.50	1/4 cup pitted, fruit and liquid	8.00	
	No. 2-1/2 Can (29 oz)	9.50	1/4 cup pitted, drained fruit	10.50	1 No. 2-1/2 can = about 17.6 oz (2-3/8 cups) drained, pitted cherries
	Pound	6.91	1/4 cup pitted, fruit and liquid	14.50	
	Pound	5.32	1/4 cup pitted, drained fruit	18.80	1 lb AP = about 8.4 oz (1-1/3 cups) drained, pitted cherries
<b>CLEMENTINES</b>					
<b>Clementines, fresh</b> <i>Whole</i>	Pound	6.00	1 whole, peeled clementine (about 3/8 cup fruit)	16.70	1 lb AP = 0.86 lb (about 2-1/4 cups) peeled clementine sections
<b>COCONUT</b>					
<b>Coconut, fresh or frozen</b> <i>Shredded</i>	Pound	23.20	1/4 cup fruit	4.40	1 lb in shell = about 0.48 lb (2-3/4 cups) shredded or grated ready-to-serve
<b>Coconut, dried</b> <i>Flakes</i>	Pound	20.40	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	5.00	
<b>Coconut, dried</b> <i>Shredded</i>	Pound	19.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	5.20	
<b>CRANBERRIES</b>					
<b>Cranberries, fresh</b> <i>Whole</i>	Pound	15.60	1/4 cup raw, chopped fruit	6.50	1 lb AP = 0.95 lb ready-to-serve or -cook raw cranberries
	Pound	11.10	1/4 cup cooked fruit, sugar added, whole berry	9.10	1 lb AP = 0.95 ready-to-serve or -cook raw cranberries

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<b>CRANBERRIES (continued)</b>					
<b>Cranberries, fresh</b> <i>Whole</i>	Pound	9.90	1/4 cup cooked fruit, sugar added, strained	10.20	1 lb AP = 0.95 lb ready-to-serve or -cook raw cranberries
<b>Cranberries, dried</b> <i>Sweetened, Whole, Includes USDA Foods</i>	Pound	13.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	7.30	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-serve or -cook cranberries
	5 lb Package	69.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	1.50	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-serve or -cook cranberries
	30 lb Package	414.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	0.25	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-serve or -cook cranberries
<b>CRANBERRY RELISH or SAUCE</b>					
<b>Cranberry Relish or Sauce, canned</b> <i>Whole</i>	No. 10 Can (117 oz)	48.00	1/4 cup fruit	2.10	
	No. 300 Can (16 oz)	6.70	1/4 cup fruit	15.00	
<b>Cranberry Relish or Sauce, canned</b> <i>Strained</i>	No. 10 Can (117 oz)	47.90	1/4 cup fruit	2.10	
	No. 300 Can (16 oz)	6.50	1/4 cup fruit	15.40	
<b>CURRANTS</b>					
<b>Currants, dried</b>	Pound	13.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	7.30	1 lb dry = about 3-3/8 cups dry currants
<b>DATES</b>					
<b>Dates, dried</b> <i>Moisturized, With pits, Whole</i>	Pound	10.00	1/4 cup pitted, dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	10.00	
<b>Dates, dried</b> <i>Pieces, Regular moisture</i>	Pound	12.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	7.90	1 lb dry = about 3-1/8 cups dried dates
	30 lb Package	383.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	0.27	30 lb pkg = about 95-7/8 cups dried dates
<b>Dates, dried</b> <i>Pitted, Regular moisture</i>	Pound	11.10	1/4 cup whole, dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	9.10	1 lb dry = about 2-3/4 cups dried dates

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<b>DATES (continued)</b>					
<b>Dates, dried</b> <i>Pitted, Regular moisture</i>	Pound	10.60	1/4 cup chopped, dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	9.50	1 lb dry = about 2-2/3 cups dried dates
<b>FIGS</b>					
<b>Figs, fresh</b> <i>Small, Whole</i>	Pound	8.00	1/4 cup small, raw fruit (about 2-1/2 figs)	12.50	1 lb AP = 1 lb (about 2 cups) ready-to-serve raw figs, 1 lb = about 20 small figs
<b>Figs, canned</b> <i>Puree<sup>1</sup></i>	2 Gallons	128.00	1/4 cup fruit	0.80	2 gallon container = 32 cups fruit juice
<b>Figs, canned</b> <i>Whole</i>	No. 10 Can (110 oz)	49.30	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 64.0 oz (8-3/4 cups) drained figs
	No. 10 Can (110 oz)	35.00	1/4 cup drained fruit	2.90	
	No. 2-1/2 Can (30 oz)	13.40	1/4 cup fruit and liquid	7.50	
	No. 2-1/2 Can (30 oz)	10.00	1/4 cup drained fruit	10.00	
	Pound	7.17	1/4 cup fruit and liquid	14.00	
<b>Figs, dried</b> <i>Whole</i>	Pound	10.40	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP), about 3 figs	9.70	1 lb dry = about 2-5/8 cups or 30 figs
	Pound	13.40	1/4 cup cooked fruit and liquid	7.50	1 lb dry = about 2-5/8 cups or 30 figs
<b>Figs, dried</b> <i>Diced and Sugared</i>	Pound	12.70	1/4 cup dried fruit pieces (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	7.90	1 lb dry = 3-1/8 cups dried, sugared figs; 1/4 cup dried fruit pieces = about 28 pieces
	25 lb Box	319.90	1/4 cup diced fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	0.32	25 lb Box = about 80 cups dried, sugared figs; 1/4 cup dried fruit = about 28 pieces
<b>FRUIT, MIXED</b>					
<b>Fruit, Mixed, chilled</b> <i>(may include: honeydew melon, cantaloupe, watermelon, grapes, etc.)</i>	Gallon (97.7 oz)	64.00	1/4 cup fruit and liquid	1.60	1 gallon container = 16 cups fruit and liquid
<b>Fruit, Mixed, canned</b> <i>Fruit Cocktail (peaches, pears, pineapple, grapes, cherries)</i>	No. 10 Can (106 oz)	46.90	1/4 cup fruit and liquid	2.20	1 No. 10 can = about 69.0 oz (9-1/4 cups) drained fruit
	No. 10 Can (106 oz)	37.00	1/4 cup drained fruit	2.71	
	No. 2-1/2 Can (29 oz)	12.80	1/4 cup fruit and liquid	7.90	

NOTE: For Footnotes please see the end of the section.

## Section 3 - 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
<b>FRUIT, MIXED (continued)</b>					
<b>Fruit, Mixed, canned</b> <i>Fruit Cocktail (peaches, pears, pineapple, grapes, cherries)</i>	No. 2-1/2 Can (29 oz)	9.50	1/4 cup drained fruit	10.53	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 liquid	15.90	
<b>Fruit, Mixed, canned</b> <i>(may include: apricots, peaches, pears, pineapple, cherries, grapes, etc.), Includes USDA Foods</i>	No. 10 Can (106 oz)	48.60	1/4 cup fruit and liquid	2.10	
	No. 10 Can (106 oz)	34.00	1/4 cup drained fruit	3.00	1 No. 10 can = about 62.0 oz (8-1/2 cups) drained fruit
	No. 2-1/2 Can (29 oz)	13.30	1/4 cup fruit and liquid	7.60	
	No. 2-1/2 Can (29 oz)	9.32	1/4 cup drained fruit	10.73	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 liquid	15.40	
<b>Fruit, Mixed, frozen</b> <i>Unsweetened (may include: peaches, grapes, apricots, pears, pineapple, cherries, etc.)</i>	136 oz Tub	58.20	1/4 cup thawed, fruit and liquid	1.80	136 oz tub = about 14-3/8 cups thawed fruit and liquid
	136 oz Tub	23.40	1/4 cup thawed, drained fruit	4.30	136 oz tub = about 49.4 oz (5-3/4 cups) thawed, drained fruit
<b>Fruit, Mixed, dried</b> <i>Regular moisture, Includes USDA Foods</i>	Pound	9.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	10.40	
<b>GRAPEFRUIT</b>					
<b>Grapefruit, fresh</b> <i>27-32 Count, (large), Whole</i>	Pound	6.48	1/4 cup fruit sections peeled (about 2 sections)	15.50	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)	22.10	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 liquid)	50.00	1 lb AP = 0.48 lb (7/8 cup) fruit and liquid
	Pound	3.50	1/4 cup fruit and liquid	28.60	1 lb AP = 0.48 lb (7/8 cup) fruit and liquid
<b>Grapefruit, canned</b> <i>Sections</i>	No. 3 Cylinder (50 oz)	23.30	1/4 cup fruit and liquid	4.30	
	No. 3 Cylinder (50 oz)	12.50	1/4 cup drained fruit	8.00	1 No. 3 Cyl = about 26.0 oz (3-1/8 cups) drained grapefruit
<b>Grapefruit, frozen</b> <i>Sections, Unsweetened</i>	Pound	7.50	1/4 cup fruit and liquid	13.40	

NOTE: For Footnotes please see the end of the section.

## Section 3 - 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
<b>GRAPEFRUIT (continued)</b>					
Grapefruit, frozen Sections, Unsweetened	Pound	4.50	1/4 cup drained fruit	22.23	1 lb AP = about 0.55 lb (1-1/8 cups) thawed, drained grapefruit
<b>GRAPEFRUIT and ORANGE SECTIONS</b>					
Grapefruit and Orange Sections, chilled	Gallon (136 oz)	63.90	1/4 cup fruit and liquid	1.60	
	Gallon (136 oz)	53.00	1/4 cup drained fruit	1.89	1 gallon = about 91.0 oz (13-1/4 cups) drained fruit
	Pound	7.51	1/4 cup fruit and liquid	13.40	
	No. 3 Cylinder	22.60	1/4 cup fruit and liquid	4.50	
	No. 3 Cylinder	14.00	1/4 cup drained fruit	7.15	1 No. 3 Cyl = about 26.0 oz (3-1/2 cups) drained fruit
Grapefruit and Orange Sections, canned	Pound	7.23	1/4 cup fruit and liquid	13.90	
	Pound	4.50	1/4 cup drained fruit	22.23	1 lb AP = about 8.5 oz (1-1/8 cups) drained fruit
<b>GRAPES</b>					
Grapes, fresh Seedless, Whole, With stem	Pound	10.50	1/4 cup whole fruit	9.60	1 lb AP = 0.97 lb (about 2-5/8 cups) ready-to-serve grapes; 1/4 cup whole fruit = about 7 large grapes
	Pound	9.27	1/4 cup fruit halves	10.80	1 lb AP = 0.97 lb (about 2-1/4 cups) ready-to-serve grape halves; 1/4 cup fruit halves = about 14 large grape halves
Grapes, fresh Seedless, Whole, Without stem	Pound	11.66	1/4 cup whole fruit	8.60	
Grapes, fresh Whole, With seeds and stem	Pound	10.10	1/4 cup seeded fruit halves	10.00	1 lb AP = 0.89 lb raw seeded grapes; 1/4 cup seeded fruit halves = about 12 grape halves
Grapes, canned Seedless, Whole	No. 10 Can (108 oz)	50.00	1/4 cup fruit and liquid	2.00	
	No. 10 Can (108 oz)	40.00	1/4 cup drained fruit	2.50	1 No. 10 can = about 67.0 oz (10 cups) drained grapes
	No. 2-1/2 Can (30 oz)	13.80	1/4 cup fruit and liquid	7.30	
	No. 2-1/2 Can (30 oz)	11.00	1/4 cup drained fruit	9.10	1 No. 2-1/2 can = about 18.6 oz (2-3/4 cups) drained grapes
	Pound	7.40	1/4 cup fruit and liquid	13.60	
	Pound	6.00	1/4 cup drained fruit	16.67	1 lb AP = about 9.9 oz (1-1/2 cups) drained grapes

NOTE: For Footnotes please see the end of the section.

## Section 3 - 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
<b>GUAVA</b>					
Guava, frozen <i>Puree<sup>1</sup>, Unsweetened</i>	30 oz Container	13.30	1/4 cup fruit	7.60	30 oz container = about 29.6 oz (3-1/3 cups) thawed fruit juice
	Pound	7.20	1/4 cup fruit	13.90	
<b>HONEYDEW MELONS</b>					
Honeydew Melon, fresh <sup>3</sup> <i>Whole</i>	Pound	4.90	1/4 cup fruit cubes	20.50	1 lb AP = 0.46 lb (about 1-1/8 cups) ready-to-serve melon cubes
Honeydew Melon, frozen <i>Unsweetened</i>	Pound	8.70	1/4 cup fruit balls	11.50	1 lb = about 35 melon balls
<b>JUICES</b>					
Juices, canned <sup>4,5</sup> <i>Single strength (100% fruit juice such as apple, grape, grapefruit, grapefruit-orange, lemon, lime, orange, pineapple, prune, tangerine)</i>	No. 10 Can (96 fl oz)	48.00	1/4 cup fruit juice	2.10	1 No. 10 can = 12 cups juice
	No. 3 Can (46 fl oz)	23.00	1/4 cup fruit juice	4.40	
	Quart (32 fl oz)	16.00	1/4 cup fruit juice	6.30	
	No. 2-1/2 Can (25-1/2 fl oz)	12.70	1/4 cup fruit juice	7.90	
Juices, frozen <sup>4,5</sup> <i>Concentrated, any fruit (such as apple, grape, grapefruit, grapefruit-orange, and orange) (1 part juice concentrate to 3 parts water)</i>	32 oz Can (about 38 oz)	64.00	1/4 cup 1 tablespoon concentrate (1/4 cup fruit juice)	1.60	32 fl oz can reconstituted = 16 cups (128 fl oz). Reconstitute 1 part juice concentrate with not more than 3 parts water.
	6 oz Can (about 7 oz)	12.00	1 tablespoon concentrate (1/4 cup fruit juice)	8.40	6 fl oz can reconstituted = 3 cups (24 fl oz)
<b>KIWI</b>					
Kiwi, fresh <i>33-39 Count, Whole</i>	Pound	8.38	1/4 cup peeled fruit chunks	12.00	1 lb AP = 0.87 lb (about 2 cups) ready-to-serve peeled kiwi chunks
	Pound	10.60	1/4 cup unpeeled fruit chunks	9.50	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	11.20	1 lb AP = 0.85 lb (about 2-1/4 cups) ready-to-serve peeled 1/4-inch kiwi slices; 1/4 cup peeled fruit slices = about six 1/4-inch slices
	Pound	11.60	1/4 cup unpeeled fruit slices	8.70	1 lb AP = 0.99 lb (about 2-7/8 cups) ready-to-serve unpeeled 1/4-inch kiwi slices; 1/4 cup unpeeled fruit slices = about six 1/4-inch slices

NOTE: For Footnotes please see the end of the section.

## Section 3 - 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
<b>KIWI (continued)</b>					
Kiwi, fresh 33-39 Count, Whole	Pound	10.80	1/4 cup unpeeled fruit halves	9.30	1 lb AP = 0.99 lb ready-to-serve unpeeled kiwi halves; 1/4 cup unpeeled fruit halves = about 2 halves or 3/4 of a whole kiwi
<b>LEMONS</b>					
Lemons, fresh Whole	Pound	3.10	1/4 cup fruit juice	32.30	1 lb AP = 0.43 lb (about 3/4 cup) juice
<b>LIMES</b>					
Limes, fresh Whole	Pound	3.50	1/4 cup fruit juice	28.60	1 lb AP = 0.47 lb (about 7/8 cup) juice
<b>MANGOES</b>					
Mangoes, fresh Whole	Pound	7.60	1/4 cup cubed or sliced fruit	13.20	1 lb AP = 0.69 lb ready-to-serve raw mangoes
<b>NECTARINES</b>					
Nectarines, fresh All sizes	Pound	10.70	1/4 cup unpeeled, diced fruit	9.40	1 lb AP = 0.88 lb ready-to-serve unpeeled 1/2-inch nectarine slices
Nectarines, fresh Size 88-96 (2-1/4 inch diameter), Whole	Pound	4.40	1 whole, raw nectarine (about 1/2 cup fruit)	22.80	
	Pound	8.80	1/4 cup fruit and liquid (about 1/2 nectarine)	11.40	
Nectarines, fresh Size 56-64 (2-3/4 inch diameter), Whole	Pound	3.05	1 whole, raw nectarine (about 3/4 cup fruit)	32.80	
	Pound	9.15	1/4 cup fruit and liquid	11.00	1/4 cup fruit and liquid = about 1/3 nectarine
<b>ORANGES</b>					
Oranges, fresh All sizes, Whole, Includes USDA Foods	Pound	3.50	1/4 cup fruit sections, membrane removed, drained	28.60	1 lb AP = 0.40 lb ready-to-serve oranges
	Pound	3.60	1/4 cup fruit juice	27.80	1 lb AP = 0.48 lb (7/8 cup) juice
Oranges, fresh 138 count, Arizona or California, Whole	Pound	3.40	1 orange (about 1/2 cup fruit and liquid)	29.50	
	Pound	6.80	1/4 cup fruit and liquid (about 1/2 peeled orange)	14.80	
Oranges, fresh 125 count, Florida or Texas, Whole	Pound	2.90	1 orange (about 5/8 cup fruit and liquid)	34.50	
Oranges, fresh 126 count, Florida or Texas, Whole	Pound	7.02	1/4 cup fruit and liquid (about 1/2 peeled orange)	14.30	1 lb AP = about 0.76 lb (1-3/4 cups) ready-to-serve peeled oranges

NOTE: For Footnotes please see the end of the section.

## Section 3 - 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
<b>ORANGES (continued)</b>					
Oranges, fresh <i>113 count, Arizona or California, Whole</i>	Pound	2.80	1 orange (about 5/8 cup fruit and liquid)	35.80	
	Pound	5.60	1/4 cup fruit and liquid (about 1/2 peeled orange)	17.90	
Oranges, canned <i>Mandarin</i>	Pound	7.30	1/4 cup fruit and liquid	13.70	
	Pound	6.00	1/4 cup drained fruit	16.70	1 lb AP = about 0.61 lb (about 1-1/2 cups) drained oranges
<b>PAPAYA</b>					
Papaya, fresh <i>Whole</i>	Pound	8.60	1/4 cup cubed fruit	11.70	1 lb AP = about 0.67 lb ready-to-serve papaya
	Pound	5.10	1/4 cup mashed fruit	19.70	1 lb AP = about 0.67 lb ready-to-serve papaya
Papaya, frozen <i>Puree<sup>1</sup>, Unsweetened</i>	30 oz Container	12.80	1/4 cup fruit	7.90	30 oz container = about 3-1/4 cups thawed papaya juice
	Pound	7.21	1/4 cup fruit	13.90	1 lb AP = about 1-3/4 cups thawed papaya juice
<b>PASSION FRUIT</b>					
Passion Fruit, fresh <i>Whole</i>	Pound	3.45	1/4 cup juice and pulp (no seeds)	29.00	1 lb AP = 0.45 lb (about 1-3/4 cups) ready-to-serve seedless, raw passion fruit juice and pulp
<b>PEACHES</b>					
Peaches, fresh <i>Size 88 and 84, (small), (2-1/8 inch diameter), Whole</i>	Pound	5.50	1 whole, raw small peach (about 3/8 cup fruit)	18.20	
	Pound	8.25	1/4 cup fruit (about 2/3 peach)	12.20	
Peaches, fresh <i>Size 80, Whole</i>	Pound	4.50	1 whole, raw peach (about 1/2 cup fruit)	22.30	
	Pound	9.00	1/4 cup fruit (about 1/2 peach)	11.20	
	Pound	10.70	1/4 cup raw, sliced fruit (about 3 slices, 1/2-inch slices)	9.40	1 lb AP = 0.93 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, sliced peaches
	Pound	10.20	1/4 cup raw, diced fruit	9.90	1 lb AP = 0.93 lb (about 2-1/2 cups) ready-to-serve unpeeled, pitted, diced peaches
Peaches, fresh <i>Size 64 &amp; 60, (medium), (2-1/2 inch diameter), Whole</i>	Pound	3.50	1 whole raw peach (about 2/3 cup fruit)	28.60	
	Pound	7.00	1/4 cup fruit (about 1/2 peach)	14.70	1 lb AP = 0.76 lb ready-to-serve or -cook unpeeled, pitted, raw peaches

NOTE: For Footnotes please see the end of the section.

## Section 3 - 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
<b>PEACHES (continued)</b>					
<b>Peaches, fresh</b> <i>Size 64 &amp; 60, (medium), (2-1/2 inch diameter), Whole</i>	Pound	5.10	1/4 cup raw, diced fruit	19.70	1 lb AP = 0.76 lb ready-to-serve or -cook unpeeled, pitted, raw peaches
	Pound	7.70	1/4 cup raw, sliced fruit	13.00	1 lb AP = 0.76 lb ready-to-serve or -cook unpeeled, pitted, raw peaches
	Pound	7.40	1/4 cup cooked, sliced fruit, sugar added	13.60	
<b>Peaches, fresh</b> <i>Size 56, Whole</i>	Pound	2.89	1 whole raw peach (about 3/4 cup fruit)	34.70	
	Pound	8.67	1/4 cup fruit	11.60	1/4 cup fruit = about 1/3 peach
	Pound	10.64	1/4 cup unpeeled, pitted, diced fruit	9.40	1 lb AP = 0.96 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, diced peaches
<b>Peaches, canned</b> <i>Clings, Diced, Light syrup pack, Includes USDA Foods</i>	No. 10 Can (106 oz)	48.60	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-1/8 cups fruit and liquid
	No. 10 Can (106 oz)	35.40	1/4 cup drained fruit	2.90	1 No. 10 can = about 79.0 oz (8-3/4 cups) drained peaches
	No. 2-1/2 Can (29 oz)	13.30	1/4 cup fruit and liquid	7.60	1 No. 2-1/2 can = about 3-1/3 cups peaches and liquid
	No. 2-1/2 Can (29 oz)	9.10	1/4 cup drained fruit	11.00	1 No. 2-1/2 can = about 17.5 oz (2-1/4 cups) drained peaches
	Pound	7.33	1/4 cup fruit and liquid	13.70	
	Pound	5.34	1/4 cup drained fruit	18.80	1 lb AP = about 9.8 oz (1-1/4 cups) drained peaches
<b>Peaches, canned</b> <i>Clings or Freestone, Halves</i>	No. 10 Can (106 oz)	47.10	1/4 cup fruit and liquid (about 1 peach half with juice)	2.20	
	No. 10 Can (106 oz)	32.50	1/4 cup drained fruit, clings	3.10	1 No. 10 can = about 64.0 oz (8-1/8 cups) drained clings
	No. 10 Can (106 oz)	26.60	1/4 cup drained fruit, Freestones	3.80	1 No. 10 can = about 60.0 oz (6-2/3 cups) drained Freestones
	No. 2-1/2 Can (29 oz)	12.90	1/4 cup fruit and liquid	7.80	
	No. 2-1/2 Can (29 oz)	8.50	1/4 cup drained fruit, clings	11.80	1 No. 2-1/2 can = about 17.0 oz (2-1/8 cups) drained clings
	No. 2-1/2 Can (29 oz)	8.00	1/4 cup drained fruit, Freestones	12.50	1 No. 2-1/2 can = about 15.7 oz (2 cups) drained Freestones
	No. 300 Can (15 oz)	6.36	1/4 cup fruit and liquid	15.80	

NOTE: For Footnotes please see the end of the section.

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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
<b>PEACHES (continued)</b>					
<b>Peaches, canned</b> <i>Clings, Sliced, Light syrup pack, Includes USDA Foods</i>	No. 10 Can (105 oz)	50.00	1/4 cup fruit and liquid	2.00	1 No. 10 can = about 105.0 oz (12-1/2 cups) fruit and liquid
	No. 10 Can (105 oz)	36.10	1/4 cup drained fruit	2.80	1 No. 10 can = about 72.0 oz (9 cups) drained peaches
<b>Peaches, canned</b> <i>Clings, Quarters</i>	No. 10 Can (106 oz)	48.50	1/4 cup fruit and liquid	2.10	
	No. 10 Can (106 oz)	39.50	1/4 cup drained fruit	2.60	1 No. 10 can = about 71.0 oz (9-7/8 cups) drained peaches
<b>Peaches, canned</b> <i>Freestone, Sliced, Includes USDA Foods</i>	No. 10 Can (106 oz)	47.50	1/4 cup fruit and liquid	2.20	
	No. 10 Can (106 oz)	27.00	1/4 cup drained fruit	3.80	1 No. 10 can = about 60.0 oz (6-3/4 cups) drained Freestones
	No. 2-1/2 Can (29 oz)	13.00	1/4 cup fruit and liquid	7.70	
	No. 2-1/2 Can (29 oz)	8.00	1/4 cup drained fruit	12.50	1 No. 2-1/2 can = about 15.7 oz (2 cups) drained Freestones
	No. 300 Can (16 oz)	6.40	1/4 cup fruit and liquid	15.70	
	No. 300 Can (16 oz)	3.00	1/4 cup drained fruit	33.40	1 No. 300 can = about 8.1 oz (3/4 cup) drained Freestones
<b>Peaches, canned</b> <i>Spiced, Whole</i>	Pound	2.70	2 small peaches (about 1/4 cup drained, pitted, fruit)	37.10	1 lb AP = 0.34 lb drained, pitted peaches
<b>Peaches, frozen</b> <i>Diced, Sweetened</i>	No. 12 Tub (136 oz)	64.00	1/4 cup thawed, fruit and liquid	1.60	1 No. 12 tub = about 136.0 oz (16 cups) thawed peaches and liquid
	No. 12 Tub (136 oz)	47.90	1/4 cup thawed, drained fruit	2.10	1 No. 12 tub = about 102.4 oz (12 cups) thawed drained fruit
	Pound	7.47	1/4 cup thawed, fruit and liquid	13.40	1 lb AP = 1 lb (about 1-3/4 cups) thawed fruit and liquid
	Pound	5.60	1/4 cup thawed, drained fruit	17.90	1 lb AP = 0.72 lb (about 1-3/8 cups) thawed, drained fruit
<b>Peaches, frozen</b> <i>Sliced, Sweetened or Unsweetened, Includes USDA Foods</i>	Pound	7.34	1/4 cup thawed, fruit and liquid	13.70	1 lb AP = about 1-3/4 cups thawed peaches and liquid
	Pound	5.46	1/4 cup thawed, drained fruit	18.40	1 lb AP = 0.97 lb (about 1-1/3 cups) thawed, drained peaches
	Pound	7.10	1/4 cup cooked fruit	14.10	
	20 lb Bag	147.40	1/4 cup thawed, fruit and liquid	0.68	20-lb Bag = about 36-7/8 cups thawed peaches and liquid
	20 lb Bag	109.30	1/4 cup thawed, drained fruit	0.92	20-lb Bag = about 27-1/3 cups thawed, drained peaches
	20 lb Bag	142.00	1/4 cup cooked fruit	0.71	

NOTE: For Footnotes please see the end of the section.

## Section 3 - 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
<b>PEACHES (continued)</b>					
Peaches, dried <i>Halves</i>	Pound	12.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	7.90	1 lb AP = about 3-1/8 cups ready-to-serve dried peach halves
	Pound	22.90	1/4 cup cooked fruit and liquid	4.40	
<b>PEARS</b>					
Pears, fresh <i>All sizes, Whole, Includes USDA Foods</i>	Pound	7.90	1/4 cup raw, pared, sliced fruit	12.70	
	Pound	5.70	1/4 cup cooked, pared, fruit halves, sugar added	17.60	
Pears, fresh <i>150 count, Whole</i>	Pound	4.10	1 whole, raw pear (about 1/2 cup fruit)	24.40	1 lb AP = 0.92 lb ready-to-serve or -cook raw, unpared pears
Pears, fresh <i>120 count, Whole</i>	Pound	3.30	1 whole, raw, medium pear (about 3/4 cup fruit)	30.40	
	Pound	7.10	1/4 cup raw, pared, cubed fruit	14.10	1 lb AP = 0.78 lb ready-to-serve or -cook raw, pared pears
Pears, fresh <i>100 count, D'Anjou or, Bosc or, Bartlett, Whole</i>	Pound	2.29	1 whole, raw pear (about 1-1/4 cups fruit)	43.70	1 lb AP = 0.94 lb (about 3 cups) ready-to-cook or -serve raw cored, wedged pears
Pears, canned <i>Diced, Packed in juice or light syrup, Includes USDA Foods</i>	No. 10 Can (106 oz)	47.60	1/4 cup fruit and liquid	2.20	
	No. 10 Can (106 oz)	38.00	1/4 cup drained fruit	2.70	1 No. 10 can = about 66.0 oz (9-1/2 cups) drained pears
	No. 2-1/2 Can (29 oz)	13.10	1/4 cup fruit and liquid	7.70	
	No. 2-1/2 Can (29 oz)	10.50	1/4 cup drained fruit	9.60	1 No. 2-1/2 can = about 18.4 oz (2-5/8 cups) drained pears
	Pound	7.20	1/4 cup fruit and liquid	13.90	
	Pound	6.00	1/4 cup drained fruit	16.70	1 lb AP = about 10.2 oz (1-1/2 cups) drained pears
Pears, canned <i>Halves, Packed in juice or light syrup, Includes USDA Foods</i>	No. 10 Can (105 oz)	52.00	1/4 cup fruit and liquid (about 1 pear half with juice)	2.00	
	No. 10 Can (105 oz)	31.00	1/4 cup drained fruit	3.30	1 No. 10 can = about 62.0 oz (7-3/4 cups) drained pears
	No. 2-1/2 Can (29 oz)	14.30	1/4 cup fruit and liquid (about 1 pear half with juice)	7.00	
	No. 2-1/2 Can (29 oz)	8.00	1/4 cup drained fruit	12.50	1 No. 2-1/2 can = about 15.8 oz (2 cups) drained pears

NOTE: For Footnotes please see the end of the section.

## Section 3 - 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
<b>PEARS (continued)</b>					
<b>Pears, canned</b> <i>Halves, Packed in juice or light syrup, Includes USDA Foods</i>	No. 300 Can (15 oz)	7.02	1/4 cup fruit and liquid (about 1 pear half with juice)	14.30	
	No. 300 Can (15 oz)	3.00	1/4 cup drained fruit	33.40	1 No. 300 can = about 7.3 oz (3/4 cup) drained pears
<b>Pears, canned</b> <i>Sliced, Packed in juice or light syrup, Includes USDA Foods</i>	No. 10 Can (105 oz)	49.70	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-3/8 cups pears and liquid
	No. 10 Can (105 oz)	29.50	1/4 cup drained fruit	3.40	1 No. 10 can = about 59.6 oz (7-3/8 cups) drained pears
<b>Pears, dried</b> <i>Regular moisture, Halves</i>	Pound	10.70	1/4 cup dried fruit (about 2-1/2 halves, credits as 1/2 cup fruit in NSLP/SBP and CACFP)	9.40	1 lb AP = about 2-2/3 cups or 22 dried pear halves
	Pound	20.30	1/4 cup cooked fruit and liquid	5.00	
<b>PERSIMMONS</b>					
<b>Persimmons, fresh</b> <i>Japanese, Fuyu, Whole</i>	Pound	11.70	1/4 cup unpeeled, diced, raw fruit	8.60	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve raw, 1/2-inch diced, unpeeled persimmons
	Pound	15.70	1/4 cup unpeeled, raw fruit wedges	6.40	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve raw, unpeeled persimmons wedges
<b>PINEAPPLE</b>					
<b>Pineapple, fresh</b> <i>Whole</i>	Pound	6.40	1/4 cup raw, cubed fruit	15.70	1 lb AP = 0.54 lb ready-to-serve raw pineapple
	Pound	4.61	1/4 cup raw sticks (about 3 sticks, 1/2-inch by 3-inch sticks)	21.70	1 lb AP = 0.57 lb (about 1-1/8 cups) ready-to-serve 1/2-inch by 3-inch pineapple sticks
	Pound	7.50	1/4 cup fruit and liquid	13.40	
<b>Pineapple, canned</b> <i>Chunks, Packed in juice or light syrup</i>	No. 10 Can (106 oz)	49.90	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-3/8 cups pineapple and liquid
	No. 10 Can (106 oz)	31.80	1/4 cup drained fruit	3.20	1 No. 10 can = about 64.6 oz (8 cups) drained pineapple
	No. 2 Can (20 oz)	9.40	1/4 cup fruit and liquid	10.70	
	No. 2 Can (20 oz)	7.50	1/4 cup drained fruit	13.40	1 No. 2 can = about 12.4 oz (1-7/8 cups) drained pineapple
	Pound	7.53	1/4 cup fruit and liquid	13.30	
<b>Pineapple, canned</b> <i>Crushed, Packed in juice or light syrup</i>	No. 10 Can (106 oz)	49.50	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-3/8 cups pineapple and liquid

NOTE: For Footnotes please see the end of the section.

## Section 3 - 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
<b>PINEAPPLE (continued)</b>					
<b>Pineapple, canned</b> <i>Crushed, Packed in juice or light syrup</i>	No. 10 Can (106 oz)	36.10	1/4 cup drained fruit	2.80	1 No. 10 can = about 75.6 oz (9 cups) drained pineapple
	No. 2 Can (20 oz)	9.20	1/4 cup fruit and liquid	10.90	
	No. 2 Can (20 oz)	8.00	1/4 cup drained fruit	12.50	1 No. 2 can = about 13.8 oz (2 cups) drained pineapple
	Pound	7.56	1/4 cup fruit and liquid	13.30	
<b>Pineapple, canned</b> <i>Slices, Packed in juice or light syrup</i>	No. 10 Can (107 oz)	47.50	1/4 cup fruit and liquid	2.20	
	No. 10 Can (107 oz)	37.70	1/4 cup drained fruit	2.70	1 No. 10 can = about 62.0 oz (9-1/3 cups or 60 slices) drained pineapple; 1/4 cup drained fruit = about 1-3/4 slices
	No. 2 Can (20 oz)	8.87	1/4 cup fruit and liquid	11.30	
	No. 2 Can (20 oz)	7.04	1/4 cup drained fruit	14.30	1 No. 2 can = about 13.0 oz (2 cups) drained pineapple
	Pound	7.10	1/4 cup fruit and liquid	14.10	
	Pound	5.63	1/4 cup drained fruit	17.80	
<b>Pineapple, canned</b> <i>Tidbits, Packed in juice or light syrup</i>	No. 10 Can (106 oz)	50.10	1/4 cup fruit and liquid	2.00	1 No. 10 can = about 12 cups pineapple and liquid
	No. 10 Can (106 oz)	33.40	1/4 cup drained fruit	3.00	1 No. 10 can = about 67.3 oz (8-1/4 cups) drained pineapple
<b>Pineapple, frozen</b> <i>Unsweetened, Chunks</i>	Pound	7.30	1/4 cup thawed, drained fruit	13.70	1 lb AP = 0.61 lb (about 1-1/3 cups) thawed, drained pineapple
<b>PLUMS</b>					
<b>Plums, fresh</b> <i>Italian, 1.5-inch by 2-inch, Whole</i>	Pound	9.32	1/4 cup quartered fruit (about 5 quarters)	10.80	1 lb AP = 0.93 lb (about 2-1/3 cups) ready-to-serve or -cook unpeeled, pitted, quartered raw plums
	Pound	6.81	1/4 cup fruit and liquid	14.70	
<b>Plums, fresh</b> <i>Purple, Red, or Black, 2-inch diameter, Whole</i>	Pound	4.99	1 whole, raw plum (about 1/2 cup fruit and liquid)	20.10	
	Pound	10.70	1/4 cup quartered fruit (about 2 quarters)	9.40	1 lb AP = 0.98 lb (about 2-2/3 cups) ready-to-serve or -cook unpeeled, pitted, raw plums
<b>Plums, fresh</b> <i>Purple, Red, or Black 2-1/2 inch diameter, Whole</i>	Pound	4.00	1 whole, pitted plum (about 5/8 cup fruit)	25.00	1 lb AP = 0.97 lb (about 2-7/8 cups) pitted plums

NOTE: For Footnotes please see the end of the section.

## Section 3 - 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
<b>PLUMS (continued)</b>					
<b>Plums, fresh</b> <i>Japanese or Hybrid, Whole, Size 60 &amp; 65</i>	Pound	6.40	1 whole, raw plum (about 3/8 cup fruit and liquid)	15.70	1 plum = about 1-1/2 inch diameter
<b>Plums, canned</b> <i>Purple or Red, Halves, Unpeeled, No pits</i>	No. 10 Can (105 oz)	49.20	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-1/8 cups plums and liquid without pits
	No. 10 Can (105 oz)	24.70	1/4 cup drained fruit	4.10	1 No. 10 can = about 54.4 oz (6-1/8 cups) drained plums without pits
<b>Plums, canned</b> <i>Purple or Red, Unpeeled, With pits, Whole</i>	No. 10 Can (106 oz)	48.50	1/4 cup pitted, fruit and liquid	2.10	1 No. 10 can = about 12 cups plums with pits and liquid
	No. 10 Can (106 oz)	27.80	1/4 cup pitted, drained, fruit	3.60	1 No. 10 can = about 58.2 oz (6-7/8 cups) drained plums with pits
	No. 2-1/2 Can (30 oz)	14.50	1/4 cup pitted, fruit and liquid	6.90	
	No. 2-1/2 Can (30 oz)	8.00	1/4 cup pitted, drained, fruit	12.50	1 No. 2-1/2 can = about 16.5 oz (2 cups) drained plums with pits
	Pound	7.32	1/4 cup pitted, fruit and liquid	13.70	
	Pound	4.19	1/4 cup pitted, drained, fruit	23.90	1 lb AP = 8.8 oz (1 cup) drained plums with pits
<b>Plums, dried (Prunes), canned</b> <i>With pits</i>	No. 10 Can (108 oz)	46.00	1/4 cup fruit and liquid (about 4 prunes with liquid)	2.20	
	No. 10 Can (108 oz)	28.50	1/4 cup pitted, drained, fruit	3.60	1 No. 10 can = about 57.0 oz (7-1/8 cups) drained, pitted prunes
	25 oz Jar	10.60	1/4 cup fruit and liquid	9.50	
	25 oz Jar	6.66	1/4 cup pitted, drained, fruit	15.10	25 oz jar = about 13.2 oz (1-2/3 cups) drained, pitted prunes
<b>Plums, dried (Prunes)</b> <i>Whole, Without pits</i>	Pound	10.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	9.50	1 lb dry = about 2-2/3 cups dried plums without pits; 1/4 cup dried fruit = about 6 medium prunes
<b>Plums, dried (Prunes), canned</b> <i>Paste or Puree<sup>1</sup></i>	Gallon (11 lb)	64.00	1/4 cup fruit	1.60	1 gallon (11 lb) = 16 cups dried plum juice
	Pound	6.38	1/4 cup fruit	15.70	1 lb AP = about 1-1/2 cups juice
<b>Plums, dried (Prunes)</b> <i>Whole, Regular moisture, With pits</i>	Pound	9.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	10.50	1 lb dry = about 2-3/8 cups dried plums with pits; 1/4 cup dried fruit = about 6 medium dried prunes
	Pound	12.90	1/4 cup cooked fruit and liquid	7.80	

NOTE: For Footnotes please see the end of the section.

## Section 3 - 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
<b>PLUMS (continued)</b>					
Plums, dried (Prunes) <i>Whole, Without pits</i>	Pound	14.70	1/4 cup cooked fruit and liquid	6.90	
<b>POMEGRANATE</b>					
Pomegranate, fresh <i>Whole</i>	Pound	2.70	1/4 cup juice and pulp (no seeds)	37.10	1 lb AP = 0.35 lb (about 2/3 cups) ready-to-serve, peeled, raw pomegranate juice and pulp without seeds
	Pound	6.34	1/4 cup fruit kernels	15.80	1 lb AP = about 1-1/2 cups peeled, pomegranate kernels
<b>RAISINS</b>					
Raisins <i>Regular moisture, Seedless, Includes USDA Foods</i>	Pound	12.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	8.00	1 lb AP = about 3-1/8 cups raisins
	Package (1.3 oz to 1.5 oz)	1.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	100.00	
	Pound	21.40	1/4 cup cooked fruit	4.70	
<b>RASPBERRIES</b>					
Raspberries, fresh <i>Whole</i>	Pint (11-1/2 oz)	8.70	1/4 cup raw, whole fruit	11.50	1 pt AP = 0.69 lb (about 2-1/8 cups) ready-to-serve raw raspberries
	Pound	12.10	1/4 cup raw, whole fruit	8.30	1 lb AP = 0.96 lb (about 3 cups) ready-to-serve raw raspberries
Raspberries, canned <i>Red, Whole</i>	No. 10 Can (103 oz)	48.00	1/4 cup fruit and liquid	2.10	1 No. 10 can = 53.0 oz drained raspberries
	Pound	7.45	1/4 cup fruit and liquid	13.50	1 lb AP = about 8.25 oz drained raspberries
Raspberries, frozen <i>Unsweetened, Fruit and liquid</i>	Pound	7.20	1/4 cup thawed, fruit and liquid	13.90	
Raspberries, frozen <i>Red, Unsweetened Puree<sup>1</sup></i>	Pound	7.69	1/4 cup thawed fruit puree	13.10	1 lb AP = about 1-7/8 cups thawed fruit puree
	5 lb 12 oz Container	44.20	1/4 cup thawed fruit puree	2.30	5 lb 12 oz container = about 11 cups thawed fruit puree
Raspberries, frozen <i>Red, Whole, Unsweetened, Grade A, Individually-quick frozen</i>	Pound	12.50	1/4 cup thawed, drained fruit	8.00	1 lb AP = 1 lb (about 3 cups) ready-to-serve, thawed, drained raspberries
<b>RHUBARB</b>					
Rhubarb, fresh <i>Without leaves</i>	Pound	6.20	1/4 cup cooked fruit, sugar added	16.20	1 lb AP = 0.86 lb ready-to-cook rhubarb
Rhubarb, frozen <i>Unsweetened</i>	Pound	10.00	1/4 cup cooked fruit, sugar added	10.00	

NOTE: For Footnotes please see the end of the section.

## Section 3 - 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
<b>STARFRUIT (CARAMBOLA)</b>					
Starfruit (Carambola), fresh <i>Whole</i>	Pound	13.50	1/4 cup sliced fruit	7.50	1 lb AP = 0.97 lb (about 3-7/8 cups) ready-to-serve 1/4-inch sliced (about 46 slices) Starfruit
	Pound	9.50	1/4 cup chopped fruit	10.30	1 lb AP = 0.97 lb (or about 2-7/8 cups) chopped Starfruit
<b>STRAWBERRIES</b>					
Strawberries, fresh <i>Whole</i>	Pint (11-1/2 oz)	7.90	1/4 cup raw, whole fruit	12.00	1 pt AP = about 0.66 lb ready-to-serve raw strawberries
	Pound	10.50	1/4 cup raw, whole fruit	9.60	1 lb AP = 0.88 lb ready-to-serve raw strawberries
Strawberries, frozen <i>Sliced, Unsweetened, Includes USDA Foods</i>	Pound	7.28	1/4 cup thawed, fruit and liquid	13.80	1 lb AP = 1 lb (about 1-3/4 cups) ready-to-serve thawed strawberries and liquid
Strawberries, frozen <i>Sliced, Sweetened, Includes USDA Foods</i>	Pound	7.10	1/4 cup thawed, fruit and liquid	14.10	
Strawberries, frozen <i>Whole, Grade A, Unsweetened, Individually- quick-frozen, Includes USDA Food</i>	Pound	11.90	1/4 cup thawed fruit	8.50	1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve, thawed strawberries
Strawberries, dried	Pound	10.90	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	9.20	1 lb AP (dried) = 1 lb (about 2-2/3 cups) ready-to-serve dried strawberries
<b>TANGELOS</b>					
Tangelos, fresh <i>Whole</i>	Pound	6.67	1/4 cup peeled fruit sections	15.00	1 lb AP = 0.74 lb (about 1-2/3 cups) ready-to-serve peeled, tangelos sections
<b>TANGERINES</b>					
Tangerines, fresh <i>120 count, Whole</i>	Pound	4.00	1 whole, raw tangerine (about 3/8 cup fruit and liquid)	25.00	
Tangerines, fresh <i>121 count, Whole</i>	Pound	7.78	1/4 cup peeled fruit sections	12.90	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve peeled, tangerine sections
Tangerines, fresh <i>150 count, Whole</i>	Pound	5.00	1 whole, peeled tangerine (about 1/2 cup fruit)	20.00	1 lb AP = 0.85 lb (about 2-1/2 cups) peeled, tangerine sections
Tangerines, canned <i>Mandarin Oranges</i>	Pound	7.30	1/4 cup fruit and liquid	13.70	
Tangerines, canned <i>Mandarin Oranges</i>	Pound	6.00	1/4 cup drained fruit	16.67	1 lb AP = about 0.61 lb (about 1-1/2 cups) drained tangerines

NOTE: For Footnotes please see the end of the section.

### Section 3 - 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
<b>UGLI FRUIT</b>					
Ugli Fruit, fresh <i>Whole</i>	Pound	6.33	1/4 cup peeled, chopped fruit	15.80	1 lb AP = 0.67 lb (about 1-1/2 cups) ready-to-serve, raw, peeled, chopped ugli fruit. One 32-count ugli fruit = about 14.6 oz
<b>WATERMELON</b>					
Watermelon, fresh <sup>3</sup> <i>Whole</i>	Melon (about 27 lb)	168.90	1/4 cup fruit	0.60	
	Pound	6.10	1/4 cup diced fruit without rind	16.40	1 lb AP = 0.61 lb (about 1-1/2 cups) ready-to-serve raw, 1/2-inch diced watermelon without rind

NOTE: For Footnotes please see the end of the section.

## Footnotes: Fruits

<sup>1</sup> Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as juice if included in a beverage.

<sup>2</sup> Note: Fried banana chips are not creditable towards meal pattern requirements.

<sup>3</sup> In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.

<sup>4</sup> 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.

<sup>5</sup> The canned and frozen juices listed in Column 1 are usually available in the can size listed in Column 2.

# Food Buying Guide for Child Nutrition Programs

## Section 1 Meats/Meat Alternates<sup>1</sup>

### Section 1 - Meats/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
<b>BEANS, BLACK (TURTLE BEANS)</b>					
<b>Beans, Black, (Turtle), dry, canned</b> <i>Whole, Includes USDA Foods</i>	No. 10 Can (110 oz)	27.80	1/4 cup heated, drained beans	3.60	1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans; 1 No. 10 can = about 71 oz (11-1/4 cups) drained, unheated beans
	No. 10 Can (110 oz)	18.50	3/8 cup heated, drained beans	5.50	1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans; 1 No. 10 can = about 71 oz (11-1/4 cups) drained, unheated beans
	No. 10 Can (110 oz)	45.00	1/4 cup drained, unheated beans	2.30	1 No. 10 can = about 71 oz (11-1/4 cups) drained, unheated beans
	No. 300 Can (15-1/2 oz)	5.91	1/4 cup heated, drained beans	17.00	1 No. 300 can = about 10.5 oz (1-3/8 cups) heated, drained beans
	No. 300 Can (15-1/2 oz)	3.94	3/8 cup heated, drained beans	25.40	1 No. 300 can = about 10.5 oz (1-3/8 cups) heated, drained beans
	Pound	10.14	1/4 cup drained, unheated beans	9.90	
<b>Beans, Black, (Turtle), dry</b> <i>Whole</i>	Pound	18.30	1/4 cup cooked beans	5.50	1 lb dry = 2-1/4 cups dry beans
	Pound	12.20	3/8 cup cooked beans	8.20	1 lb dry = 2-1/4 cups dry beans
<b>BEANS, BLACK-EYED (or PEAS)</b>					
<b>Beans, Black-eyed (or Peas), dry, canned</b> <i>Whole, Includes USDA Foods</i>	No. 10 Can (108 oz)	37.70	1/4 cup heated, drained beans	2.70	1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans; 1 No. 10 can = about 78.5 oz (11-1/2 cups) drained, unheated beans
	No. 10 Can (108 oz)	25.10	3/8 cup heated, drained beans	4.00	1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans; 1 No. 10 can = about 78.5 oz (11-1/2 cups) drained, unheated beans
	No. 10 Can (108 oz)	46.00	1/4 cup drained, unheated beans	2.20	1 No.10 can = about 78.5 oz (11-1/2 cups) drained, unheated beans
	No. 300 Can (15 oz)	4.91	1/4 cup heated, drained beans	20.40	
	No. 300 Can (15 oz)	3.27	3/8 cup heated, drained beans	30.60	
	Pound	9.37	1/4 cup drained, unheated beans	10.70	

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>BEANS, BLACK-EYED (or PEAS) (continued)</b>					
Beans, Black-eyed (or Peas), dry <i>Whole</i>	Pound	28.30	1/4 cup cooked beans	3.60	1 lb dry = 2-3/4 cups dry beans
	Pound	18.80	3/8 cup cooked beans	5.40	1 lb dry = 2-3/4 cups dry beans
<b>BEANS, GARBANZO or CHICKPEAS</b>					
Beans, Garbanzo or Chickpeas, dry, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (105 oz)	42.00	1/4 cup drained beans	2.40	1 No. 10 can = about 68.4 oz (about 10-1/2 cups) drained, unheated beans
	No. 10 Can (105 oz)	28.00	3/8 cup drained beans	3.60	1 No. 10 can = about 68.4 oz (about 10-1/2 cups) drained, unheated beans
	No. 300 Can (15 oz)	6.70	1/4 cup drained beans	15.00	1 No. 300 can = about 9.6 oz (1-2/3 cups) drained, unheated beans
	No. 300 Can (15 oz)	4.46	3/8 cup drained beans	22.50	1 No. 300 can = about 9.6 oz (1-2/3 cups) drained, unheated beans
	Pound	10.11	1/4 cup heated, drained beans	9.90	
	Pound	6.31	1/4 cup drained beans	15.90	
	Pound	4.20	3/8 cup drained beans	23.90	
Beans, Garbanzo or Chickpeas, dry <i>Whole</i>	Pound	24.60	1/4 cup cooked beans	4.10	1 lb dry = about 2-1/2 cups dry beans
	Pound	16.40	3/8 cup cooked beans	6.10	1 lb dry = about 2-1/2 cups dry beans
<b>BEANS, GREAT NORTHERN</b>					
Beans, Great Northern, dry, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (110 oz)	32.40	1/4 cup heated, drained beans	3.10	1 No. 10 can = about 68.5 oz (about 8-1/8 cups) heated, drained beans
	No. 10 Can (110 oz)	21.60	3/8 cup heated, drained beans	4.70	1 No. 10 can = about 68.5 oz (about 8-1/8 cups) heated, drained beans
	No. 300 Can (14 oz)	4.37	1/4 cup heated, drained beans	22.90	
	No. 300 Can (14 oz)	2.91	3/8 cup heated, drained beans	34.40	
Beans, Great Northern, dry <i>Whole</i>	Pound	25.50	1/4 cup cooked beans	4.00	1 lb dry = about 2-1/2 cups dry beans
	Pound	17.00	3/8 cup cooked beans	5.90	1 lb dry = about 2-1/2 cups dry beans

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>BEANS, KIDNEY</b>					
<b>Beans, Kidney, dry, canned</b> <i>Whole, Includes USDA Foods</i>	No. 10 Can (108 oz)	38.90	1/4 cup heated, drained beans	2.60	1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans
	No. 10 Can (108 oz)	25.90	3/8 cup heated, drained beans	3.90	1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans
	No. 10 Can (108 oz)	44.00	1/4 cup drained, unheated beans	2.30	1 No. 10 can = about 72 oz (11 cups) drained, unheated beans
	No. 10 Can (108 oz)	28.90	3/8 cup drained beans	3.50	1 No. 10 can = about 71.0 oz (10-3/4 cups) drained, unheated beans
	No. 2-1/2 Can (30 oz)	11.60	1/4 cup heated, drained beans	8.70	
	No. 2-1/2 Can (30 oz)	7.73	3/8 cup heated, drained beans	13.00	
	No. 2-1/2 Can (30 oz)	12.60	1/4 cup drained beans	8.00	
	No. 2-1/2 Can (30 oz)	8.40	3/8 cup drained beans	12.00	
	No. 300 Can (15-1/2 oz)	5.61	1/4 cup heated, drained beans	17.90	1 No. 300 can = about 9.5 oz (1-3/8 cups) heated, drained beans
	No. 300 Can (15-1/2 oz)	3.74	3/8 cup heated, drained beans	26.80	1 No. 300 can = about 9.5 oz (1-3/8 cups) heated, drained beans
	No. 300 Can (15-1/2 oz)	5.88	1/4 cup drained beans	17.10	1 No. 300 can = about 10.0 oz (1-3/8 cups) drained, unheated beans
	No. 300 Can (15-1/2 oz)	3.92	3/8 cup drained beans	25.60	1 No. 300 can = about 10.0 oz (1-3/8 cups) drained, unheated beans
	Pound	9.77	1/4 cup drained, unheated beans	10.30	
<b>Beans, Kidney, dry</b> <i>Whole</i>	Pound	24.80	1/4 cup cooked beans	4.10	1 lb dry = about 2-1/2 cups dry beans
	Pound	16.50	3/8 cup cooked beans	6.10	1 lb dry = about 2-1/2 cups dry beans
<b>BEANS, LIMA</b>					
<b>Beans, Lima, dry, canned</b> <i>Green, Whole, Includes USDA Foods</i>	No. 10 Can (105 oz)	42.40	1/4 cup heated, drained beans	2.40	1 No. 10 can = about 70.9 oz (11-3/4 cups) drained, unheated beans
	No. 10 Can (105 oz)	28.20	3/8 cup heated, drained beans	3.60	1 No. 10 can = about 70.9 oz (11-3/4 cups) drained, unheated beans
	No. 2-1/2 Can (40 oz)	15.70	1/4 cup heated, drained beans	6.40	1 No. 2-1/2 can = about 27.0 oz (4-1/2 cups) drained, unheated beans

NOTE: For Footnotes please see the end of the section.

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<b>BEANS, LIMA (continued)</b>					
<b>Beans, Lima, dry, canned</b> <i>Green, Whole, Includes USDA Foods</i>	No. 2-1/2 Can (40 oz)	10.40	3/8 cup heated, drained beans	9.70	1 No. 2-1/2 can = about 27.0 oz (4-1/2 cups) drained, unheated beans
	Pound	6.46	1/4 cup heated, drained beans	15.50	1 lb AP = about 11.0 oz (1-3/4 cups) drained, unheated beans
	Pound	4.30	3/8 cup heated, drained beans	23.30	1 lb AP = about 11.0 oz (1-3/4 cups) drained, unheated beans
<b>Beans, Lima, dry</b> <i>Baby, Whole</i>	Pound	23.40	1/4 cup cooked beans	4.30	1 lb dry = about 2-3/8 cups dry beans
	Pound	15.60	3/8 cup cooked beans	6.50	1 lb dry = about 2-3/8 cups dry beans
<b>Beans, Lima, dry</b> <i>Fordhook (large), Whole</i>	Pound	27.00	1/4 cup cooked beans	3.80	1 lb dry = about 2-5/8 cups dry beans
	Pound	18.00	3/8 cup cooked beans	5.60	1 lb dry = about 2-5/8 cups dry beans
<b>BEANS, MUNG</b>					
<b>Beans, Mung, dry</b> <i>Whole</i>	Pound	28.10	1/4 cup cooked beans	3.60	1 lb dry = about 2-1/4 cups dry beans
	Pound	18.70	3/8 cup cooked beans	5.40	1 lb dry = about 2-1/4 cups dry beans
<b>BEANS, NAVY or PEA</b>					
<b>Beans, Navy or Pea, dry</b> <i>Whole</i>	Pound	23.90	1/4 cup cooked beans	4.20	1 lb dry = about 2-1/4 cups dry beans
	Pound	15.90	3/8 cup cooked beans	6.30	1 lb dry = about 2-1/4 cups dry beans
<b>Beans, Navy or Pea, dry, canned</b> <i>Whole</i>	No. 10 Can (108 oz)	39.00	1/4 cup heated, drained beans	2.60	1 No. 10 can = about 72 oz (9-3/4 cups) heated, drained beans; 1 No. 10 can = about 76 oz (11 cups) drained, unheated beans
	No. 10 Can (108 oz)	44.00	1/4 cup drained, unheated beans	2.30	1 No. 10 can = about 76 oz (11 cups) drained, unheated beans
	Pound	8.66	1/4 cup heated, drained beans	11.60	
	Pound	9.26	1/4 cup drained, unheated beans	10.80	
<b>BEANS, PINK</b>					
<b>Beans, Pink, dry, canned</b> <i>Includes USDA Foods</i>	No. 10 Can (110 oz)	34.00	1/4 cup heated, drained beans	3.00	1 No. 10 can = about 12-1/4 cups drained, unheated beans or about 8-1/2 cups heated, drained beans
	No. 10 Can (110 oz)	22.60	3/8 cup heated, drained beans	4.50	1 No. 10 can = about 12-1/4 cups drained, unheated beans or about 8-1/2 cups heated, drained beans
<b>Beans, Pink, dry</b>	Pound	19.30	1/4 cup cooked, drained beans	5.20	1 lb dry = 2-1/4 cups dry beans

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<b>BEANS, PINK (continued)</b>					
Beans, Pink, dry	Pound	12.80	3/8 cup cooked, drained beans	7.90	1 lb dry = 2-1/4 cups dry beans
<b>BEANS, PINTO</b>					
Beans, Pinto, dry, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (108 oz)	37.20	1/4 cup heated, drained beans	2.70	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans; 1 No. 10 can = about 73 oz (10-1/8 cups) drained, unheated beans
	No. 10 Can (108 oz)	24.80	3/8 cup heated, drained beans	4.10	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans; 1 No. 10 can = about 73 oz (10-1/8 cups) drained, unheated beans
	No. 10 Can (108 oz)	40.50	1/4 cup drained, unheated beans	2.50	1 No. 10 can = about 73 oz (10-1/8 cups) drained, unheated beans
	Pound	5.51	1/4 cup heated, drained beans	18.20	
	Pound	3.67	3/8 cup heated, drained beans	27.30	
	Pound	8.87	1/4 cup drained, unheated beans	11.30	
Beans, Pinto, dry <i>Whole, Includes USDA Foods</i>	Pound	21.00	1/4 cup cooked, drained beans	4.80	1 lb dry = 2-3/8 cups dry beans
	Pound	14.00	3/8 cup cooked, drained beans	7.20	1 lb dry = 2-3/8 cups dry beans
Beans, Pinto, dehydrated <sup>2</sup>	Pound	21.70	1/4 cup cooked beans	4.70	1 lb AP = 3-3/4 cups dehydrated beans
	Pound	14.40	3/8 cup cooked beans	7.00	1 lb AP = about 5-1/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1
<b>BEANS, RED, SMALL</b>					
Beans, Red, Small, dry, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (111 oz)	31.90	1/4 cup heated, drained beans	3.20	1 No. 10 can = about 71.2 oz (8 cups) heated, drained beans
	No. 10 Can (111 oz)	21.20	3/8 cup heated, drained beans	4.80	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 beans	20.30	1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans
	No. 300 Can (15-1/2 oz)	3.29	3/8 cup heated, drained beans	30.40	1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans
Beans, Red, Small, dry <i>Whole</i>	Pound	20.40	1/4 cup cooked, drained beans	5.00	1 lb dry = about 2-1/8 cups dry beans
	Pound	13.60	3/8 cup cooked, drained beans	7.40	1 lb dry = about 2-1/8 cups dry beans

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<b>BEANS, SOY</b>					
Beans, Soy, dry, canned	Pound	7.30	1/4 cup heated, drained beans	13.70	
	Pound	4.86	3/8 cup heated, drained beans	20.60	
Beans, Soy, dry	Pound	25.90	1/4 cup cooked, drained beans	3.90	1 lb dry = about 2-1/2 cups dry beans
	Pound	17.20	3/8 cup cooked, drained beans	5.90	1 lb dry = about 2-1/2 cups dry beans
Beans, Soy, fresh (Edamame) <i>Shelled</i>	Pound	10.70	1/4 cup cooked, drained edamame	9.40	
	Pound	7.13	3/8 cup cooked, drained edamame	14.10	
Beans, Soy, fresh (Edamame) <i>Whole, In shell</i>	Pound	6.90	1/4 cup cooked, drained, shelled edamame	14.50	1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans
	Pound	4.60	3/8 cup cooked, drained edamame	21.75	1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans
<b>BEAN PRODUCTS</b>					
Bean Products, dry beans, canned, Beans Baked or in Sauce with Pork	No. 10 Can (110 oz)	48.90	1/4 cup heated beans	2.10	
	No. 10 Can (110 oz)	32.60	3/8 cup heated beans	3.10	
	No. 2-1/2 Can (30 oz)	13.30	1/4 cup heated beans	7.60	
	No. 2-1/2 Can (30 oz)	8.86	3/8 cup heated beans	11.30	
	No. 300 Can (16 oz)	7.10	1/4 cup heated beans	14.10	
	No. 300 Can (16 oz)	4.73	3/8 cup heated beans	21.20	
Bean Products, dry beans, canned, Beans Baked in Sauce, Vegetarian <i>Includes USDA Foods</i>	No. 10 Can (108 oz)	47.10	1/4 cup heated beans with sauce	2.20	1 No. 10 can = about 11-3/4 cups heated beans with sauce
	No. 10 Can (108 oz)	31.40	3/8 cup heated beans with sauce	3.20	1 No. 10 can = about 11-3/4 cups heated beans with sauce
	No. 300 Can (16 oz)	6.94	1/4 cup heated beans with sauce	14.50	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	21.70	1 No. 300 can = about 1-3/4 cups heated beans with sauce

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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
<b>BEAN PRODUCTS (continued)</b>					
Bean Products, dry beans, canned, Beans with Bacon in Sauce	Pound	4.70	3/8 cup serving (provides about 1/4 cup heated beans)	21.30	
	Pound	3.13	1/2 cup plus 1 Tbsp. serving (provides about 3/8 cup heated beans)	32.00	
Bean Products, dry beans, canned, Beans with Frankfurters in Sauce	Pound	5.30	1/3 cup serving (about 1 oz meat/meat alternate)	18.90	
	Pound	3.53	1/2 cup serving (about 1-1/2 oz meat/meat alternate)	28.40	
Bean Products, dry beans, canned, Refried Beans <i>Includes USDA Foods</i>	No. 10 Can (115 oz)	49.60	1/4 cup heated beans	2.10	1 No. 10 can = about 12-1/4 cups heated refried beans
	No. 10 Can (115 oz)	33.00	3/8 cup heated beans	3.10	1 No. 10 can = about 12-1/4 cups heated refried beans
	No. 300 Can (16 oz)	7.08	1/4 cup heated beans	14.20	1 No. 300 can = about 1-3/4 cups heated refried beans
	No. 300 Can (16 oz)	4.72	3/8 cup heated beans	21.20	1 No. 300 can = about 1-3/4 cups heated refried beans
Bean Products, dehydrated, Refried Beans <sup>3</sup>	Pound	20.50	1/4 cup cooked beans	4.90	1 lb AP = about 3-1/2 cups dehydrated beans
	Pound	13.60	3/8 cup cooked beans	7.40	1 lb AP = about 5-1/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1
<b>BEANS, PUREE</b>					
Beans, puree <sup>4,5</sup> <i>(Includes: Black, Black-Eyed, Garbanzo, Navy, Pinto Beans)</i>	No. 10 Can (110 oz)	46.50	1/4 cup pureed beans	2.20	1 No.10 can pureed with liquid = 110 oz (about 11-5/8 cups) pureed beans
	Pound	6.76	1/4 cup pureed beans	14.80	
<b>BEAN SOUP, CANNED</b>					
Bean Soup, dry beans, canned <i>Condensed, (1 part soup to 1 part water)</i>	No. 3 Can (54 oz)	23.00	1/2 cup reconstituted (1/4 cup heated beans)	4.40	Reconstitute 1 part soup with not more than 1 part water
	No. 3 Can (54 oz)	15.30	3/4 cup reconstituted (3/8 cup heated beans)	6.60	Reconstitute 1 part soup with not more than 1 part water
	Pound	6.80	1/2 cup reconstituted (1/4 cup heated beans)	14.80	Reconstitute 1 part soup with not more than 1 part water

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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
<b>BEAN SOUP, CANNED (continued)</b>					
<b>Bean Soup, dry beans, canned</b> <i>Condensed, (1 part soup to 1 part water)</i>	Pound	4.53	3/4 cup reconstituted (3/8 cup heated beans)	22.10	Reconstitute 1 part soup with not more than 1 part water
<b>Bean Soup, dry beans, canned</b> <i>Ready-to-Serve</i>	8 oz Can	1.00	1 cup serving (1/2 cup heated beans)	100.00	
	8 oz Can	0.66	3/4 cup serving (3/8 cup heated beans)	151.60	
<b>BEEF BRISKET, fresh or frozen</b>					
<b>Beef Brisket, fresh or frozen</b> <i>Without bone, 1/4-inch trim</i>	Pound	7.36	1 oz cooked lean meat	13.60	1 lb AP = 0.46 lb cooked, lean meat
	Pound	4.90	1-1/2 oz cooked lean meat	20.50	1 lb AP = 0.46 lb cooked, lean meat
<b>Beef Brisket, fresh or frozen</b> <i>Without bone, Practically-free-of-fat</i>	Pound	11.00	1 oz cooked lean meat	9.10	1 lb AP = 0.69 lb cooked, sliced lean meat
	Pound	7.36	1-1/2 oz cooked lean meat	13.60	1 lb AP = 0.69 lb cooked, sliced lean meat
<b>BEEF BRISKET, CORNED, chilled</b>					
<b>Beef Brisket, Corned, chilled</b> <i>Without bone, 1/4-inch trim</i>	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked, sliced lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.50	1 lb AP = 0.70 lb cooked, sliced lean meat
<b>BEEF CHEEK MEAT, fresh or frozen</b>					
<b>Beef Cheek Meat, fresh or frozen</b> <i>no more than 25% fat</i>	Pound	12.30	1 oz cooked lean meat	8.20	1 lb AP = 0.77 lb cooked, drained, lean meat
	Pound	8.21	1-1/2 oz cooked lean meat	12.20	1 lb AP = 0.77 lb cooked, drained, lean meat
<b>BEEF CHUCK ROAST, fresh or frozen</b>					
<b>Beef Chuck Roast, fresh or frozen<sup>6</sup></b> <i>With bone, Practically-free-of-fat</i>	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooked lean meat
	Pound	5.76	1-1/2 oz cooked lean meat	17.40	1 lb AP = 0.54 lb cooked lean meat
<b>Beef Chuck Roast, fresh or frozen<sup>7</sup></b> <i>Without bone, Practically-free-of-fat</i>	Pound	10.00	1 oz lean cooked meat	10.00	1 lb AP = 0.63 lb cooked lean meat
	Pound	6.72	1-1/2 oz lean cooked meat	14.90	1 lb AP = 0.63 lb cooked lean meat

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<b>BEEF CHUCK ROAST, fresh or frozen (continued)</b>					
<b>Beef Chuck Roast, fresh or frozen<sup>7</sup></b> <i>Eye roll, Without bone, Practically-free-of-fat (Like IMPS #116D)</i>	Pound	7.20	1 oz cooked lean meat	13.90	1 lb AP = 0.45 lb cooked, trimmed, sliced, lean meat
	Pound	4.80	1-1/2 oz cooked lean meat	20.90	1 lb AP = 0.45 lb cooked, trimmed, sliced, lean meat
<b>Beef Chuck Roast, fresh or frozen<sup>7</sup></b> <i>Pectoral meat, Without bone, Practically-free-of-fat</i>	Pound	7.84	1 oz cooked lean meat	12.80	1 lb AP = 0.49 lb cooked, drained, lean meat
	Pound	5.22	1-1/2 oz cooked lean meat	19.20	1 lb AP = 0.49 lb cooked, drained, lean meat
<b>Beef Chuck Roast, fresh or frozen<sup>7</sup></b> <i>Roll, Without bone, Practically-free-of-fat, (Like IMPS #116A)</i>	Pound	6.56	1 oz cooked lean meat	15.30	1 lb AP = 0.41 lb cooked, trimmed, sliced, lean meat
	Pound	4.37	1-1/2 oz cooked lean meat	22.90	1 lb AP = 0.41 lb cooked, trimmed, sliced, lean meat
<b>Beef Chuck Roast, fresh or frozen<sup>7</sup></b> <i>Shoulder clod, Without bone, 1/4-inch trim, (Like IMPS #114)</i>	Pound	9.76	1 oz cooked lean meat	10.30	1 lb AP = 0.61 lb cooked, trimmed, sliced, lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.40	1 lb AP = 0.61 lb cooked, trimmed, sliced, lean meat
<b>Beef Chuck Roast, fresh or frozen<sup>7</sup></b> <i>Shoulder clod, Arm, Without bone, 1/4-inch trim, (Like IMPS #114E)</i>	Pound	9.60	1 oz cooked lean meat	10.50	1 lb AP = 0.60 lb cooked, trimmed, sliced, lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.70	1 lb AP = 0.60 lb cooked, trimmed, sliced, lean meat
<b>Beef Chuck Roast, fresh or frozen<sup>7</sup></b> <i>Shoulder clod, Arm, Without bone, Practically-free-of-fat, (Like IMPS #114E)</i>	Pound	9.12	1 oz cooked lean meat	11.00	1 lb AP = 0.57 lb cooked, trimmed, sliced, lean meat
	Pound	6.08	1-1/2 oz cooked lean meat	16.50	1 lb AP = 0.57 lb cooked, trimmed, sliced, lean meat
<b>Beef Chuck Roast, fresh or frozen<sup>7</sup></b> <i>Square cut, Divided, Blade, Without bone, 1/4-inch trim, (Like IMPS #113A)</i>	Pound	8.48	1 oz cooked lean meat	11.80	1 lb AP = 0.53 lb cooked, trimmed, sliced, lean meat
	Pound	5.65	1-1/2 oz cooked lean meat	17.70	1 lb AP = 0.53 lb cooked, trimmed, sliced, lean meat

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<b>BEEF CHUCK ROAST, fresh or frozen (continued)</b>					
<b>Beef Chuck Roast, fresh or frozen<sup>7</sup></b> <i>Under blade, Without bone, 1/4-inch trim, (Like IMPS #116E)</i>	Pound	10.20	1 oz cooked lean meat	9.90	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
	Pound	6.82	1-1/2 oz cooked lean meat	14.70	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
<b>Beef Chuck Roast, fresh or frozen<sup>7</sup></b> <i>Under blade, Without bone, Practically-free-of-fat, (Like IMPS #116E)</i>	Pound	10.40	1 oz cooked lean meat	9.70	1 lb AP = 0.65 lb cooked, trimmed, sliced, lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.50	1 lb AP = 0.65 lb cooked, trimmed, sliced, lean meat
<b>BEEF CHUCK STEAK, fresh or frozen</b>					
<b>Beef Chuck Steak, fresh or frozen</b> <i>Eye roll, Without bone, Practically-free-of-fat, (Like IMPS #1116D)</i>	Pound	11.80	1 oz cooked lean meat	8.50	1 lb AP = 0.74 lb cooked lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.70	1 lb AP = 0.74 lb cooked lean meat
<b>BEEF FLANK STEAK, fresh or frozen</b>					
<b>Beef Flank Steak, fresh or frozen</b> <i>1/4-inch Trim</i>	Pound	10.70	1 oz cooked lean meat	9.40	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.10	1 lb AP = 0.67 lb cooked lean meat
<b>Beef Flank Steak, fresh or frozen</b> <i>Practically-free-of-fat</i>	Pound	11.60	1 oz cooked lean meat	8.70	1 lb AP (and sliced) = 0.73 lb cooked lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.90	1 lb AP (and sliced) = 0.73 lb cooked lean meat
<b>BEEF, GROUND, fresh or frozen</b>					
<b>Beef, Ground, fresh or frozen</b> <i>Market Style<sup>8,9</sup>, no more than 30% fat, (Like IMPS #136)</i>	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked, drained, lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.50	1 lb AP = 0.70 lb cooked, drained, lean meat
<b>Beef, Ground, fresh or frozen<sup>9,10</sup></b> <i>no more than 26% fat, (Like IMPS #136)</i>	Pound	11.50	1 oz cooked lean meat	8.70	1 lb AP = 0.72 lb cooked, drained, lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.10	1 lb AP = 0.72 lb cooked, drained, lean meat

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<b>BEEF, GROUND, fresh or frozen (continued)</b>					
Beef, Ground, fresh or frozen <sup>9,10</sup> <i>no more than 24% fat, (Like IMPS #136)</i>	Pound	11.60	1 oz cooked lean meat	8.70	1 lb AP = 0.73 lb cooked, drained, lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.90	1 lb AP = 0.73 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen <sup>9,10</sup> <i>no more than 20% fat, Includes USDA Foods, (Like IMPS #136)</i>	Pound	11.80	1 oz cooked lean meat	8.50	1 lb AP = 0.74 lb cooked, drained, lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.70	1 lb AP = 0.74 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen <sup>9,10</sup> <i>no more than 15% fat, (Like IMPS #136)</i>	Pound	12.00	1 oz cooked lean meat	8.40	1 lb AP = 0.75 lb cooked, drained, lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.50	1 lb AP = 0.75 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen <sup>9,10</sup> <i>no more than 10% fat, (Like IMPS #136)</i>	Pound	12.10	1 oz cooked lean meat	8.30	1 lb AP = 0.76 lb cooked, drained, lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.40	1 lb AP = 0.76 lb cooked, drained, lean meat
<b>BEEF HEART, fresh or frozen</b>					
Beef Heart, fresh or frozen <i>Trimmed</i>	Pound	8.96	1 oz cooked lean meat	11.20	1 lb AP = 0.56 lb cooked, trimmed, lean heart
	Pound	5.97	1-1/2 oz cooked lean meat	16.80	1 lb AP = 0.56 lb cooked, trimmed, lean heart
<b>BEEF KIDNEY, fresh or frozen</b>					
Beef Kidney, fresh or frozen <i>Trimmed</i>	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooked kidney
	Pound	5.76	1-1/2 oz cooked lean meat	17.40	1 lb AP = 0.54 lb cooked kidney
<b>BEEF LIVER, fresh or frozen</b>					
Beef Liver, fresh or frozen <i>Trimmed</i>	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked liver
	Pound	7.46	1-1/2 oz cooked lean meat	13.50	1 lb AP = 0.70 lb cooked liver

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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
<b>BEEF LOIN STEAK, fresh or frozen</b>					
<b>Beef Loin Steak, fresh or frozen</b> <i>Bottom sirloin butt, Tri-tip steak, Defatted, Without bone, Practically-free-of-fat, (Like IMPS #1185D)</i>	Pound	10.80	1 oz cooked lean meat	9.30	1 lb AP = 0.68 lb cooked, trimmed, sliced, lean meat
	Pound	7.25	1-1/2 oz cooked lean meat	13.80	1 lb AP = 0.68 lb cooked, trimmed, sliced, lean meat
<b>Beef Loin Steak, fresh or frozen</b> <i>Tenderloin steak, Side muscle on, Defatted, 1/4-inch trim, (Like IMPS #1189A)</i>	Pound	12.00	1 oz cooked lean meat	8.40	1 lb AP = 0.75 lb cooked lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.50	1 lb AP = 0.75 lb cooked lean meat
<b>BEEF OXTAIL, fresh or frozen</b>					
<b>Beef Oxtail, fresh or frozen</b> <i>Trimmed, With bone, (Like IMPS #721)</i>	Pound	4.96	1 oz cooked lean meat	20.20	1 lb AP = 0.31 lb cooked, defatted, boned, lean meat
	Pound	3.30	1-1/2 oz cooked lean meat	30.40	1 lb AP = 0.31 lb cooked, defatted, boned, lean meat
<b>BEEF PLATE, fresh or frozen</b>					
<b>Beef Plate, fresh or frozen</b> <i>Inside skirt steak, (Like IMPS #1121D)</i>	Pound	10.20	1 oz cooked lean meat	9.90	1 lb AP = 0.64 lb sliced, cooked, lean meat
	Pound	6.82	1-1/2 oz cooked lean meat	14.70	1 lb AP = 0.64 lb sliced, cooked, lean meat
<b>Beef Plate, fresh or frozen</b> <i>Outside skirt steak, Skinned, Practically-free-of-fat, (Like IMPS #1121E)</i>	Pound	11.30	1 oz cooked lean meat	8.90	1 lb AP = 0.71 lb sliced, cooked, lean meat
	Pound	7.57	1-1/2 oz cooked lean meat	13.30	1 lb AP = 0.71 lb sliced, cooked, lean meat
<b>BEEF RIB, RIBEYE, fresh or frozen</b>					
<b>Beef Rib, Ribeye, fresh or frozen</b> <i>Roll roast or steak, Without bone, Practically-free-of-fat, (Like IMPS #112)</i>	Pound	10.00	1 oz cooked lean meat	10.00	1 lb AP = 0.63 lb cooked, trimmed, sliced, lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.90	1 lb AP = 0.63 lb cooked, trimmed, sliced, lean meat

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>BEEF RIB ROAST, fresh or frozen</b>					
<b>Beef Rib Roast, fresh or frozen</b> <i>Blade meat, Without bone, Practically-free-of-fat, (Like IMPS #109B)</i>	Pound	8.96	1 oz cooked lean meat	11.20	1 lb AP = 0.56 lb cooked, trimmed, sliced, lean meat
	Pound	5.97	1-1/2 oz cooked lean meat	16.80	1 lb AP = 0.56 lb cooked, trimmed, sliced, lean meat
<b>BEEF ROUND ROAST, fresh or frozen</b>					
<b>Beef Round Roast, fresh or frozen<sup>11</sup></b> <i>Without bone, 1/4-inch trim</i>	Pound	9.76	1 oz cooked lean meat	10.30	1 lb AP = 0.61 lb cooked lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.40	1 lb AP = 0.61 lb cooked lean meat
<b>Beef Round Roast, fresh or frozen<sup>11</sup></b> <i>Bottom (Gooseneck), Heel out, Without bone, 1/4-inch trim, (Like IMPS #170A)</i>	Pound	9.28	1 oz cooked lean meat	10.80	1 lb AP = 0.58 lb cooked, trimmed, sliced, lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.20	1 lb AP = 0.58 lb cooked, trimmed, sliced, lean meat
<b>Beef Round Roast, fresh or frozen<sup>11</sup></b> <i>Eye of round, Without bone, Practically-free-of-fat, (Like IMPS #171C)</i>	Pound	9.44	1 oz cooked lean meat	10.60	1 lb AP = 0.59 lb cooked, sliced, lean meat
	Pound	6.29	1-1/2 oz cooked lean meat	15.90	1 lb AP = 0.59 lb cooked, sliced, lean meat
<b>Beef Round Roast, fresh or frozen<sup>11</sup></b> <i>Knuckle, Peeled, Without bone, Practically-free-of-fat, (Like IMPS #167A)</i>	Pound	9.60	1 oz cooked lean meat	10.50	1 lb AP = 0.60 lb cooked, trimmed, sliced, lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.70	1 lb AP = 0.60 lb cooked, trimmed, sliced, lean meat
<b>Beef Round Roast, fresh or frozen<sup>11</sup></b> <i>Outside, Without bone, 1/4-inch trim, (Like IMPS #171B)</i>	Pound	10.40	1 oz cooked lean meat	9.70	1 lb AP = 0.65 lb cooked, trimmed, sliced, lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.50	1 lb AP = 0.65 lb cooked, trimmed, sliced, lean meat
<b>Beef Round Roast, fresh or frozen<sup>11</sup></b> <i>Outside, Without bone, Practically-free-of-fat, (Like IMPS #171B)</i>	Pound	10.00	1 oz cooked lean meat	10.00	1 lb AP = 0.63 lb cooked, sliced, lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.90	1 lb AP = 0.63 lb cooked, sliced, lean meat

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## Section 1 - Meats/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
<b>BEEF ROUND ROAST, fresh or frozen (continued)</b>					
<b>Beef Round Roast, fresh or frozen<sup>11</sup></b> <i>Top, (Inside), Without bone, (Like IMPS #169)</i>	Pound	10.00	1 oz cooked lean meat	10.00	1 lb AP = 0.63 lb cooked, trimmed, sliced, lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.90	1 lb AP = 0.63 lb cooked, trimmed, sliced, lean meat
<b>Beef Round Roast, fresh or frozen<sup>11</sup></b> <i>Top, (Inside, Cap off), Without bone (Like IMPS #169A)</i>	Pound	10.70	1 oz cooked lean meat	9.40	1 lb AP = 0.67 lb cooked, sliced, lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.10	1 lb AP = 0.67 lb cooked, sliced, lean meat
<b>BEEF ROUND STEAK, fresh or frozen</b>					
<b>Beef Round Steak, fresh or frozen</b> <i>Bottom, (Gooseneck), Without bone, (Like IMPS #1170A)</i>	Pound	11.00	1 oz cooked lean meat	9.10	1 lb AP = 0.69 lb cooked lean meat
	Pound	7.36	1-1/2 oz cooked lean meat	13.60	1 lb AP = 0.69 lb cooked lean meat
<b>Beef Round Steak, fresh or frozen</b> <i>Knuckle, Peeled, Without bone, (Like IMPS #1167A)</i>	Pound	10.40	1 oz cooked lean meat	9.70	1 lb AP = 0.65 lb cooked lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.50	1 lb AP = 0.65 lb cooked lean meat
<b>Beef Round Steak, fresh or frozen</b> <i>Top, (Inside), Without bone, (Like IMPS #1169)</i>	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked, trimmed, sliced, lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.50	1 lb AP = 0.70 lb cooked, trimmed, sliced, lean meat
<b>Beef Round Steak, fresh or frozen</b> <i>Whole, With bone, Practically-free-of-fat</i>	Pound	10.00	1 oz cooked lean meat	10.00	1 lb AP = 0.63 lb cooked lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.90	1 lb AP = 0.63 lb cooked lean meat
<b>BEEF RUMP ROAST, fresh or frozen</b>					
<b>Beef Rump Roast, fresh or frozen</b> <i>With bone</i>	Pound	9.92	1 oz cooked lean meat	10.10	1 lb AP = 0.62 lb cooked lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.20	1 lb AP = 0.62 lb cooked lean meat
<b>Beef Rump Roast, fresh or frozen</b> <i>Without bone</i>	Pound	10.80	1 oz cooked lean meat	9.30	1 lb AP = 0.68 lb cooked lean meat

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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
<b>BEEF RUMP ROAST, fresh or frozen (continued)</b>					
<b>Beef Rump Roast, fresh or frozen</b> <i>Without bone</i>	Pound	7.25	1-1/2 oz cooked lean meat	13.80	1 lb AP = 0.68 lb cooked lean meat
<b>BEEF SPECIAL TRIM, fresh or frozen</b>					
<b>Beef Special Trim, fresh or frozen<sup>12</sup></b> <i>Without bone, Practically-free-of-fat, (Like IMPS #139)</i>	Pound	9.12	1 oz cooked lean meat	11.00	1 lb AP = 0.57 lb cooked, sliced, lean meat
	Pound	6.08	1-1/2 oz cooked lean meat	16.50	1 lb AP = 0.57 lb cooked, sliced, lean meat
<b>BEEF STEAK, frozen</b>					
<b>Beef Steak, frozen</b> <i>Cubed Steak, (Like IMPS #1100)</i>	Pound	3.55	4-1/2 oz raw steak when cooked provides 3 oz cooked lean meat	28.20	1 lb AP = 0.67 lb cooked lean meat
	Pound	5.33	3 oz raw steak when cooked provides 2 oz cooked lean meat	18.80	1 lb AP = 0.67 lb cooked lean meat
	Pound	10.70	1 oz cooked lean meat	9.40	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.10	1 lb AP = 0.67 lb cooked lean meat
<b>Beef Steak, frozen</b> <i>Sandwich Steak, Flaked, Chopped, Formed and Wafer sliced, (Like IMPS #1138A)</i>	Pound	9.92	1 oz cooked lean meat	10.10	1 lb AP = 0.62 lb cooked lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.20	1 lb AP = 0.62 lb cooked lean meat
<b>Beef Steak, frozen</b> <i>Flaked and Formed, Sliced, (Like IMPS #1138)</i>	Pound	12.60	1 oz cooked lean meat	8.00	1 lb AP = 0.79 lb cooked lean meat
	Pound	8.42	1-1/2 oz cooked lean meat	11.90	1 lb AP = 0.79 lb cooked lean meat
<b>Beef Steak, frozen</b> <i>Sliced and Formed, (Like IMPS #1138B)</i>	Pound	10.70	1 oz cooked lean meat	9.40	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.10	1 lb AP = 0.67 lb cooked lean meat
<b>BEEF STEW MEAT, fresh or frozen</b>					
<b>Beef, Stew Meat, fresh or frozen</b> <i>Composite of trimmed retail cuts, Without bone, Practically-free-of-fat</i>	Pound	9.76	1 oz cooked lean meat	10.30	1 lb AP = 0.61 lb cooked lean meat

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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
<b>BEEF STEW MEAT, fresh or frozen (continued)</b>					
<b>Beef, Stew Meat, fresh or frozen</b> <i>Composite of trimmed retail cuts, Without bone, Practically-free-of-fat</i>	Pound	6.50	1-1/2 oz cooked lean meat	15.40	1 lb AP = 0.61 lb cooked lean meat
<b>BEEF TONGUE, fresh or frozen</b>					
<b>Beef Tongue, fresh or frozen</b>	Pound	9.28	1 oz cooked lean meat	10.80	1 lb AP = 0.58 lb cooked tongue
	Pound	6.18	1-1/2 oz cooked lean meat	16.20	1 lb AP = 0.58 lb cooked tongue
<b>BEEF TRIPE, fresh or frozen</b>					
<b>Beef Tripe, fresh or frozen</b> <i>Scalded, Bleached, (Denuded), Honeycomb, (Like IMPS #726)</i>	Pound	12.30	1 oz cooked lean meat	8.20	1 lb AP thawed = 0.77 lb cooked lean meat
	Pound	8.21	1-1/2 oz cooked lean meat	12.20	1 lb AP thawed = 0.77 lb cooked lean meat
<b>BEEF, canned</b>					
<b>Beef, canned</b> <i>Beef with Natural Juices, USDA Foods<sup>13</sup></i>	No. 2-1/2 Can (29 oz)	14.70	1 oz heated lean meat	6.90	1 lb AP thawed = 0.51 lb heated meat
	No. 2-1/2 Can (29 oz)	9.86	1-1/2 oz heated lean meat	10.20	1 lb AP = 0.51 lb heated meat
	Pound	8.16	1 oz heated lean meat	12.30	1 lb AP = 0.51 lb heated meat
	Pound	5.44	1-1/2 oz heated lean meat	18.40	1 lb AP = 0.51 lb heated meat
<b>BEEF PRODUCTS, canned or frozen</b>					
<b>Beef Products, Barbecue Sauce with Beef<sup>14, 15</sup></b>	Pound	3.50	1/2 cup serving provides about 1 oz cooked lean meat	28.60	1 lb AP = 0.25 lb cooked lean meat
<b>Beef Products, Beef and Dumplings with Gravy<sup>14, 15</sup></b>	Pound	2.33	3/4 cup serving provides about 1 oz cooked lean meat	43.00	1 lb AP = 0.18 lb cooked lean meat
<b>Beef Products, Beef Goulash<sup>14, 15</sup></b>	Pound	2.33	3/4 cup serving provides about 1 oz cooked lean meat	43.00	1 lb AP = 0.18 lb cooked lean meat
<b>Beef Products, Beef Hash<sup>14, 15</sup></b>	Pound	4.66	3/8 cup serving provides about 1 oz cooked lean meat	21.50	1 lb AP = 0.35 lb cooked lean meat
<b>Beef Products, Beef Salad<sup>14, 15</sup></b>	Pound	4.66	3/8 cup serving provides about 1 oz cooked lean meat	21.50	1 lb AP = 0.35 lb cooked lean meat
<b>Beef Products, Beef Stew<sup>14, 15</sup></b>	Pound	2.33	3/4 cup serving provides about 1 oz cooked lean meat	43.00	1 lb AP = 0.18 lb cooked lean meat

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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
<b>BEEF PRODUCTS, canned or frozen (continued)</b>					
Beef Products, Beef Taco Filling <sup>14, 15</sup>	Pound	3.50	1/2 cup serving provides about 1 oz cooked lean meat	28.60	1 lb AP = 0.28 lb cooked lean meat
Beef Products, Beef with Barbecue Sauce <sup>14, 15</sup>	Pound	7.00	1/4 cup serving provides about 1 oz cooked lean meat	14.30	1 lb AP = 0.50 lb cooked lean meat
Beef Products, Beef and Gravy <sup>14, 15</sup>	Pound	7.00	1/4 cup serving provides about 1 oz cooked lean meat	14.30	1 lb AP = 0.50 lb cooked lean meat
Beef Products, Chili con Carne <sup>14, 15</sup>	Pound	3.50	1/2 cup serving provides about 1 oz cooked lean meat	28.60	1 lb AP = 0.28 lb cooked lean meat
Beef Products, Chili con Carne with Beans <sup>14, 15</sup>	Pound	2.33	3/4 cup serving provides about 1 oz cooked lean meat	43.00	1 lb AP = 0.18 lb cooked lean meat
Beef Products, Corned Beef and Cabbage <sup>14, 15</sup>	Pound	3.50	1/2 cup serving provides about 1 oz cooked lean meat	28.60	1 lb AP = 0.25 lb cooked lean meat
Beef Products, Corned Beef Hash <sup>14, 15</sup>	Pound	4.66	3/8 cup serving provides about 1 oz cooked lean meat	21.50	1 lb AP = 0.35 lb cooked lean meat
Beef Products, Gravy and Beef <sup>14, 15</sup>	Pound	3.50	1/2 cup serving provides about 1 oz cooked lean meat	28.60	1 lb AP = 0.25 lb cooked lean meat
Beef Products, Gravy and Swiss Steak <sup>14, 15</sup>	Pound	4.66	3/8 cup serving provides about 1 oz cooked lean meat	21.50	1 lb AP = 0.35 lb cooked meat
Beef Products, Swiss Steak and Gravy <sup>14, 15</sup>	Pound	7.00	1/4 cup serving provides about 1 oz cooked lean meat	14.30	1 lb AP = 0.50 lb cooked meat
<b>CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)</b>					
Cheese, American, Cheddar, Mozzarella, or Swiss <sup>16</sup> <i>Natural or Process, Includes USDA Foods</i>	Pound	16.00	1 oz Cheese	6.30	1 lb AP = about 4 cups shredded cheese; 1 lb AP = about 2 cups cubed cheese
	Pound	10.60	1-1/2 oz Cheese	9.50	1 lb AP = about 4 cups shredded cheese; 1 lb AP = about 2 cups cubed cheese
Cheese, Feta, Brie, Camembert <sup>16, 17</sup> <i>Natural</i>	Pound	16.00	1 oz Cheese	6.30	
	Pound	10.60	1-1/2 oz Cheese	9.50	
Cheese, Cottage or Ricotta <sup>16</sup>	Pound	8.00	2 oz serving -about 1/4 cup provides 1 oz meat alternate	12.50	1 lb AP = about 2 cups cheese
	Pound	5.33	3 oz serving -about 3/8 cup provides 1-1/2 oz meat alternate	18.80	1 lb AP = about 2 cups cheese

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## Section 1 - Meats/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
<b>CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread) (continued)</b>					
Cheese, Parmesan or Romano <sup>16</sup> <i>Grated</i>	Pound	16.00	1 oz serving (about 3/8 cup) provides 1 oz meat alternate	6.30	1 lb AP = about 5-2/3 cups grated cheese
	Pound	10.60	1.5 oz serving (about 5/8 cup) provides 1-1/2 oz meat alternate	9.50	1 lb AP = about 5-2/3 cups grated cheese
Cheese, Cheese food <sup>16</sup> <i>Process</i>	Pound	8.00	2 oz serving provides 1 oz meat alternate	12.50	
	Pound	5.33	3 oz serving provides 1-1/2 oz meat alternate	18.80	
Cheese, Cheese spread <sup>16</sup> <i>Process</i>	Pound	8.00	2 oz serving provides 1 oz meat alternate	12.50	
	Pound	5.33	3 oz serving provides 1-1/2 oz meat alternate	18.80	
<b>CHEESE SUBSTITUTES (includes reduced fat, lowfat, nonfat, and lite versions of cheese substitute, cheese food substitute, and cheese spread substitute)</b>					
Cheese Substitutes, American, Cheddar, Mozzarella, or Swiss Cheese Substitute <sup>16, 18</sup> <i>Natural or Process</i>	Pound	16.00	1 oz cheese substitute	6.30	1 lb AP = about 4 cups shredded cheese
	Pound	10.60	1-1/2 oz cheese substitute	9.50	1 lb AP = about 2 cups cubed cheese
Cheese Substitutes, Parmesan or Romano Cheese Substitute. <i>Grated</i>	Pound	16.00	1 oz serving (about 3/8 cup) provides 1 oz meat alternate	6.30	1 lb AP = about 5-2/3 cup grated cheese
	Pound	10.60	1.5 oz serving (about 5/8 cup) provides 1-1/2 oz meat alternate	9.50	1 lb AP = about 5-2/3 cups cheese
Cheese Substitutes, Cheese food Substitute <sup>16, 18</sup> <i>Process</i>	Pound	8.00	2 oz serving provides 1 oz meat alternate	12.50	1 lb AP = about 5-2/3 cups cheese
	Pound	5.33	3 oz serving provides 1-1/2 oz meat alternate	18.80	1 lb AP = about 5-2/3 cups cheese
	Pound	8.00	2 oz serving provides 1 oz meat alternate	12.50	1 lb AP = about 5-2/3 cups cheese
Cheese Substitutes, Cheese food Substitute. <i>Process</i>	Pound	5.33	3 oz serving provides 1-1/2 oz meat alternate	18.80	1 lb AP = about 5-2/3 cups cheese

NOTE: For Footnotes please see the end of the section.

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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
<b>CHICKEN, BONELESS, fresh or frozen</b>					
<b>Chicken, Boneless, fresh or frozen</b> <i>With skin in natural proportions</i>	Pound	11.20	1 oz cooked poultry with skin	9.00	1 lb AP = 0.70 lb cooked chicken meat with skin
	Pound	7.46	1-1/2 oz cooked poultry with skin	13.50	1 lb AP = 0.70 lb cooked chicken meat with skin
<b>Chicken, Boneless, fresh or frozen, Tenderloins, (boneless chicken breast pieces without skin)</b>	Pound	11.60	1 oz cooked poultry	8.70	1 lb AP = 0.73 lb cooked chicken meat
	Pound	7.78	1-1/2 oz cooked poultry	12.90	1 lb AP = 0.73 lb cooked chicken meat
<b>CHICKEN GIBLETS, fresh or frozen</b>					
<b>Chicken Giblets, fresh or frozen, Gizzards</b>	Pound	9.28	1 oz cooked poultry	10.80	1 lb AP = 0.58 lb cooked gizzards
	Pound	6.18	1-1/2 oz cooked poultry	16.20	1 lb AP = 0.58 lb cooked gizzards
<b>Chicken Giblets, fresh or frozen, Hearts</b>	Pound	9.28	1 oz cooked poultry	10.80	1 lb AP = 0.58 lb cooked hearts
	Pound	6.18	1-1/2 oz cooked poultry	16.20	1 lb AP = 0.58 lb cooked hearts
<b>Chicken Giblets, fresh or frozen, Livers</b>	Pound	9.92	1 oz cooked poultry	10.10	1 lb AP = 0.62 lb cooked livers
	Pound	6.61	1-1/2 oz cooked poultry	15.20	1 lb AP = 0.62 lb cooked livers
<b>CHICKEN, GROUND, frozen</b>					
<b>Chicken, Ground, frozen</b> <i>With skin in natural proportions</i>	Pound	11.20	1 oz cooked poultry	9.00	1 lb = 0.70 lb cooked chicken meat with skin
	Pound	7.46	1-1/2 oz cooked poultry	13.50	1 lb = 0.70 lb cooked chicken meat with skin
<b>CHICKEN PARTS, fresh or frozen</b>					
<b>Chicken Parts, fresh or frozen, Back<sup>19</sup></b> <i>Pieces, With skin, (about 6.0 oz each)</i>	Pound	2.66	1 back piece (about 1.9 oz cooked poultry with skin)	37.60	1 lb AP = 0.32 lb cooked, boned, chicken meat with skin
	Pound	2.66	1 back piece (about 1.4 oz cooked poultry without skin)	37.60	1 lb AP = 0.24 lb cooked, boned, chicken meat without skin
	Pound	5.12	1 oz cooked poultry with skin	19.60	1 lb AP = 0.32 lb cooked, boned, chicken meat with skin
	Pound	3.84	1 oz cooked poultry without skin	26.10	1 lb AP = 0.24 lb cooked, boned, chicken meat without skin

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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
<b>CHICKEN PARTS, fresh or frozen (continued)</b>					
<b>Chicken Parts, fresh or frozen, Back<sup>1</sup></b> <i>Pieces, With skin, (about 6.0 oz each)</i>	Pound	3.41	1-1/2 oz cooked poultry with skin	29.40	1 lb AP = 0.32 lb cooked, boned, chicken meat with skin
	Pound	2.56	1-1/2 oz cooked poultry without skin	39.10	1 lb AP = 0.24 lb cooked, boned, chicken meat without skin
<b>Chicken Parts, fresh or frozen, Breast<sup>19</sup></b> <i>Halves with Backs, With skin, (about 7.5 oz each), from 8 piece cut</i>	Pound	2.13	1 breast half with back (about 4.1 oz cooked poultry with skin)	47.00	1 lb AP = 0.55 lb cooked, boned, chicken meat with skin
	Pound	2.13	1 breast half with back (about 3-1/2 oz cooked poultry without skin)	47.00	1 lb AP = 0.47 lb cooked, boned, chicken meat without skin
	Pound	8.80	1 oz cooked poultry with skin	11.40	1 lb AP = 0.55 lb cooked, boned, chicken meat with skin
	Pound	7.52	1 oz cooked poultry without skin	13.30	1 lb AP = 0.47 lb cooked, boned, chicken meat without skin
	Pound	5.86	1-1/2 oz cooked poultry with skin	17.10	1 lb AP = 0.55 lb cooked, boned, chicken meat with skin
	Pound	5.01	1-1/2 oz cooked poultry without skin	20.00	1 lb AP = 0.47 lb cooked, boned, chicken meat without skin
<b>Chicken Parts, fresh or frozen, Breast<sup>19</sup></b> <i>Halves with Ribs, With skin, (about 6.1 oz each)</i>	Pound	2.62	1 breast half (about 4 oz cooked poultry with skin)	38.20	1 lb AP = 0.66 lb cooked, boned, chicken meat with skin
	Pound	2.62	1 breast half (about 3.4 oz cooked poultry without skin)	38.20	1 lb AP = 0.56 lb cooked, boned, chicken meat without skin
	Pound	10.50	1 oz cooked poultry with skin	9.60	1 lb AP = 0.66 lb cooked, boned, chicken meat with skin
	Pound	8.96	1 oz cooked poultry without skin	11.20	1 lb AP = 0.56 lb cooked, boned, chicken meat without skin
	Pound	7.04	1-1/2 oz cooked poultry with skin	14.30	1 lb AP = 0.66 lb cooked, boned, chicken meat with skin
	Pound	5.97	1-1/2 oz cooked poultry without skin	16.80	1 lb AP = 0.56 lb cooked, boned, chicken meat without skin
<b>Chicken Parts, fresh or frozen, Breast<sup>19</sup></b> <i>Portions without Backs, With skin, about 3.9 oz each, (from 9 piece cut)</i>	Pound	4.10	1 breast portion without back (about 2.4 oz cooked poultry with skin)	24.40	1 lb AP = 0.64 lb cooked, boned, chicken meat with skin
	Pound	4.10	1 breast portion without back (about 2 oz cooked poultry without skin)	24.40	1 lb AP = 0.52 lb cooked, boned, chicken meat without skin

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>CHICKEN PARTS, fresh or frozen (continued)</b>					
	Pound	10.20	1 oz cooked poultry with skin	9.90	1 lb AP = 0.64 lb cooked, boned, chicken meat with skin
	Pound	8.32	1 oz cooked poultry without skin	12.10	1 lb AP = 0.52 lb cooked, boned, chicken meat without skin
	Pound	6.82	1-1/2 oz cooked poultry with skin	14.70	1 lb AP = 0.64 lb cooked, boned, chicken meat with skin
	Pound	5.54	1-1/2 oz cooked poultry without skin	18.10	1 lb AP = 0.52 lb cooked, boned, chicken meat without skin
<b>Chicken Parts, fresh or frozen, Breast<sup>19</sup></b> <i>Portions, with Backs, With skin, about 5.9 oz each, (from 9 piece cut)</i>	Pound	2.71	1 breast portion with back (about 2.8 oz cooked poultry with skin)	37.00	1 lb AP = 0.48 lb cooked, boned, chicken meat with skin
	Pound	2.71	1 breast portion with back (about 2.3 oz cooked poultry without skin)	37.00	1 lb AP = 0.40 lb cooked, boned, chicken meat without skin
	Pound	7.68	1 oz cooked poultry with skin	13.10	1 lb AP = 0.48 lb cooked, boned, chicken meat with skin
	Pound	6.40	1 oz cooked poultry without skin	15.70	1 lb AP = 0.40 lb cooked, boned, chicken meat without skin
	Pound	5.12	1-1/2 oz cooked poultry with skin	19.60	1 lb AP = 0.48 lb cooked, boned, chicken meat with skin
	Pound	4.26	1-1/2 oz cooked poultry without skin	23.50	1 lb AP = 0.40 lb cooked, boned, chicken meat without skin
<b>Chicken Parts, fresh or frozen, Drumsticks<sup>19</sup></b> <i>With bone, With skin, (about 3.7 oz each)</i>	Pound	4.32	1 drumstick (about 1.8 oz cooked chicken with skin)	23.20	1 lb AP = 0.49 lb cooked, boned, chicken meat with skin
	Pound	4.32	1 drumstick (about 1-1/2 oz cooked chicken without skin)	23.20	1 lb AP = 0.41 lb cooked, boned, chicken meat without skin
	Pound	7.84	1 oz cooked poultry with skin	12.80	1 lb AP = 0.49 lb cooked, boned, chicken meat with skin
	Pound	6.56	1 oz cooked poultry without skin	15.30	1 lb AP = 0.41 lb cooked, boned, chicken meat without skin
	Pound	5.22	1-1/2 oz cooked poultry with skin	19.20	1 lb AP = 0.49 lb cooked, boned, chicken meat with skin
	Pound	4.37	1-1/2 oz cooked poultry without skin	22.90	1 lb AP = 0.41 lb cooked, boned, chicken meat without skin
<b>Chicken Parts, fresh or frozen, Drumsticks<sup>19</sup></b> <i>With bone, Without skin, (about 2.5 oz each)</i>	Pound	6.40	1 drumstick (1.1 oz cooked poultry meat)	15.70	1 lb AP = 0.47 lb cooked, boned, chicken meat

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>CHICKEN PARTS, fresh or frozen (continued)</b>					
<b>Chicken Parts, fresh or frozen, Drumsticks<sup>19</sup></b> <i>With bone, Without skin, (about 2.5 oz each)</i>	Pound	7.52	1 oz cooked poultry meat	13.30	1 lb AP = 0.47 lb cooked, boned, chicken meat
	Pound	5.01	1-1/2 oz cooked poultry meat	20.00	1 lb AP = 0.47 lb cooked, boned, chicken meat
<b>Chicken Parts, fresh or frozen, Leg Quarters<sup>19</sup></b> <i>With bone, Without skin, (about 7.0 oz each)</i>	Pound	2.28	1 leg quarter (3.1 oz cooked poultry meat)	43.90	1 lb AP = 0.45 lb cooked, boned, chicken meat
	Pound	7.20	1 oz cooked poultry meat	13.90	1 lb AP = 0.45 lb cooked, boned, chicken meat
	Pound	4.80	1-1/2 oz cooked poultry meat	20.90	1 lb AP = 0.45 lb cooked, boned, chicken meat
<b>Chicken Parts, fresh or frozen, Leg Quarters<sup>19</sup></b> <i>With bone, With Skin, (9.5 oz each)</i>	Pound	1.68	1 leg quarter (3.9 oz cooked poultry with skin)	59.60	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
	Pound	6.72	1 oz cooked poultry with skin	14.90	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
	Pound	4.48	1-1/2 oz cooked poultry with skin	22.40	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
<b>Chicken Parts, fresh or frozen, Leg Quarters<sup>19</sup></b> <i>With bone, With Skin, (10.2 oz each)</i>	Pound	1.57	1 leg quarter (4.8 oz cooked poultry with skin)	63.70	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
	Pound	6.72	1 oz cooked poultry with skin	14.90	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
	Pound	4.48	1-1/2 oz cooked poultry with skin	22.40	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
<b>Chicken Parts, fresh or frozen, Thighs<sup>19</sup></b> <i>With backs, With bone, With skin, (about 8.7 oz each)</i>	Pound	1.83	1 thigh with back (about 3.6 oz cooked poultry with skin)	54.70	1 lb AP = 0.42 lb cooked, boned, chicken with skin
	Pound	1.83	1 thigh with back (about 2.8 oz cooked poultry without skin)	54.70	1 lb AP = 0.33 lb cooked, boned, chicken without skin
	Pound	6.72	1 oz cooked poultry with skin	14.90	1 lb AP = 0.42 lb cooked, boned, chicken with skin
	Pound	5.28	1 oz cooked poultry without skin	19.00	1 lb AP = 0.33 lb cooked, boned, chicken without skin
	Pound	4.48	1-1/2 oz cooked poultry with skin	22.40	1 lb AP = 0.42 lb cooked, boned, chicken with skin
	Pound	3.52	1-1/2 oz cooked poultry without skin	28.50	1 lb AP = 0.33 lb cooked, boned, chicken without skin
<b>Chicken Parts, fresh or frozen, Thighs<sup>19</sup></b> <i>With bone, With skin, (about 4.0 oz each)</i>	Pound	4.00	1 thigh (about 2 oz cooked poultry with skin)	25.00	1 lb AP = 0.52 lb cooked, boned, chicken meat with skin

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>CHICKEN PARTS, fresh or frozen (continued)</b>					
	Pound	4.00	1 thigh (about 1.7 oz cooked poultry without skin)	25.00	1 lb AP = 0.43 lb cooked, boned, chicken meat without skin
	Pound	8.32	1 oz cooked poultry with skin	12.10	1 lb AP = 0.52 lb cooked, boned, chicken meat with skin
	Pound	6.88	1 oz cooked poultry without skin	14.60	1 lb AP = 0.43 lb cooked, boned, chicken meat without skin
	Pound	5.54	1-1/2 oz cooked poultry with skin	18.10	1 lb AP = 0.52 lb cooked, boned, chicken meat with skin
	Pound	4.58	1-1/2 oz cooked poultry without skin	21.90	1 lb AP = 0.43 lb cooked, boned, chicken meat without skin
<b>Chicken Parts, fresh or frozen, Thighs<sup>19</sup></b> <i>With bone, Without skin, (about 2.8 oz each)</i>	Pound	5.71	1 thigh (about 1.4 oz cooked poultry meat)	17.60	1 lb AP thawed = 0.53 lb cooked, boned, chicken meat
	Pound	8.48	1 oz cooked poultry meat	11.80	1 lb AP thawed = 0.53 lb cooked, boned, chicken meat
	Pound	5.65	1-1/2 oz cooked poultry meat	17.70	1 lb AP thawed = 0.53 lb cooked, boned, chicken meat
<b>Chicken Parts, fresh or frozen, Wings<sup>19</sup></b> <i>Whole, With bone, With skin, (about 3.1 oz each)</i>	Pound	5.16	1 wing (about 1 oz cooked poultry with skin)	19.40	1 lb AP = 0.34 lb cooked, boned, chicken meat with skin
	Pound	5.16	1 wing (about 0.8 oz cooked poultry without skin)	19.40	1 lb AP = 0.26 lb cooked, boned, chicken meat without skin
	Pound	5.44	1 oz cooked poultry with skin	18.40	1 lb AP = 0.34 lb cooked, boned, chicken meat with skin
	Pound	4.16	1 oz cooked poultry without skin	24.10	1 lb AP = 0.26 lb cooked, boned, chicken meat without skin
	Pound	3.62	1-1/2 oz cooked poultry with skin	27.70	1 lb AP = 0.34 lb cooked, boned, chicken meat with skin
	Pound	2.77	1-1/2 oz cooked poultry without skin	36.20	1 lb AP = 0.26 lb cooked, boned, chicken meat without skin
<b>Chicken Parts, fresh or frozen, Wing Drumettes<sup>19</sup></b> <i>(First section of wing), With bone, With skin</i>	Pound	5.76	1 oz cooked poultry with skin	17.40	1 lb AP = 0.36 lb cooked, boned, chicken meat with skin
	Pound	3.84	1-1/2 oz cooked poultry with skin	26.10	1 lb AP = 0.36 lb cooked, boned, chicken meat with skin
<b>Chicken Parts, fresh or frozen, Wing Portions<sup>19</sup></b> <i>(Two sections of wing without tip), With bone, With skin</i>	Pound	3.84	1 oz cooked poultry without skin	26.10	1 lb AP = 0.24 lb cooked, boned, chicken meat without skin

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>CHICKEN PARTS, fresh or frozen (continued)</b>					
<b>Chicken Parts, fresh or frozen, Wing Portions<sup>1</sup></b> <i>(Two sections of wing without tip), With bone, With skin</i>	Pound	2.56	1-1/2 oz cooked poultry without skin	39.10	1 lb AP = 0.24 lb cooked, boned, chicken meat without skin
<b>CHICKEN, WHOLE, fresh or frozen</b>					
<b>Chicken, Whole, fresh or frozen</b> <i>With Neck and Giblets</i>	Pound	5.76	1 oz cooked poultry excluding neck meat and giblets	17.40	1 lb AP = 0.36 lb cooked, boned, chicken meat without skin, excluding neck meat and giblets
	Pound	3.84	1-1/2 oz cooked poultry excluding neck meat and giblets	26.10	1 lb AP = 0.36 lb cooked, boned, chicken meat without skin, excluding neck meat and giblets
	Pound	6.56	1 oz cooked poultry with neck meat and giblets	15.30	1 lb AP = 0.41 lb cooked, boned, chicken meat without skin, with neck meat and giblets
	Pound	4.37	1-1/2 oz cooked poultry with neck meat and giblets	22.90	1 lb AP = 0.41 lb cooked, boned, chicken meat without skin, with neck meat and giblets
<b>Chicken, Whole, fresh or frozen</b> <i>Without neck and giblets</i>	Pound	7.04	1 oz cooked poultry with skin	14.30	1 lb AP = 0.44 lb cooked, boned, chicken meat with skin
	Pound	4.69	1-1/2 oz cooked poultry with skin	21.40	1 lb AP = 0.44 lb cooked, boned, chicken meat with skin
	Pound	5.76	1 oz cooked poultry without skin	17.40	1 lb AP = 0.36 lb cooked, boned, chicken meat without skin
	Pound	3.84	1-1/2 oz cooked poultry without skin	26.10	1 lb AP = 0.36 lb cooked, boned, chicken meat without skin
<b>Chicken, Whole, fresh or frozen</b> <i>Cut up 8 Pieces, (about 2-3/4 lb without neck and giblets), (Chicken pieces: 2 breast pieces, 2 drumsticks, 2 thighs with back, 2 wings), One 40 lb box = about 83 servings</i>	40 lb Box (frying chicken)	83.00	2 oz OR more cooked poultry with skin (1 serving = 1 breast piece, OR 1 drumstick and 1 wing, OR 1 thigh with back)	1.30	1 box contains about 14 chickens weighing 2-1/2 to 3-1/4 lb
<b>Chicken, Whole, fresh or frozen</b> <i>Cut up 8 Pieces, (about 3-3/4 lb without neck and giblets), (Chicken pieces: 2 breast pieces, 2 drumsticks, 2 thighs with back, 2 wings), One 40 lb box = about 83 servings</i>	40 lb Box (frying chicken)	83.00	1 serving = 1 wing (about 1.2 oz) OR 1 drumstick (about 2 oz) OR 1 thigh (about 3.2 oz) OR 1 half breast (about 5.45 oz) cooked meat with skin	1.30	1 box contains about 14 chickens weighing about 3-3/4 lb

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>CHICKEN, canned</b>					
<b>Chicken, canned</b> <i>Boned poultry with broth</i>	No. 2-1/2 Can (29 oz)	20.80	1 oz heated, drained poultry	4.90	1 No. 2-1/2 can = about 20.8 oz heated, drained chicken meat and skin
	No. 2-1/2 Can (29 oz)	13.80	1-1/2 oz heated, drained poultry	7.30	1 No. 2-1/2 can = about 20.8 oz heated, drained chicken meat and skin
	No. 2-1/2 Can (29 oz)	20.80	1.2 oz unheated, drained chicken provides 1 oz cooked poultry	4.90	
	No. 2-1/2 Can (29 oz)	13.80	1.8 oz unheated, drained chicken provides 1-1/2 oz cooked poultry	7.30	
<b>Chicken, canned</b> <i>Boned poultry with broth, Includes USDA Foods</i>	Pound	11.50	1 oz heated, drained poultry	8.70	
	Pound	7.66	1-1/2 oz heated, drained poultry	13.10	
	Pound	11.50	1.2 oz unheated, drained chicken provides 1 oz cooked poultry	8.70	
	Pound	7.66	1.8 oz unheated, drained chicken provides 1-1/2 oz cooked poultry	13.10	
<b>Chicken, canned</b> <i>Boned, Solid pack</i>	Pound	14.80	1/8 cup serving provides about 1 oz cooked, drained poultry with skin	6.80	1 lb AP = 0.93 lb cooked chicken meat with skin
<b>Chicken, canned</b> <i>Boned, Includes USDA Foods</i>	50 oz Can	46.50	1 oz heated, drained poultry	2.20	50 oz can = about 46.5 oz heated, drained chicken meat with skin
	50 oz Can	31.00	1-1/2 oz heated, drained poultry	3.30	50 oz can = about 46.5 oz heated, drained chicken meat with skin
<b>Chicken, canned</b> <i>Boned</i>	No. 2-1/2 Can (29 oz)	26.30	1 oz heated poultry	3.90	1 No. 2-1/2 can = about 26.3 oz heated, drained chicken meat with skin
	No. 2-1/2 Can (29 oz)	17.50	1-1/2 oz heated poultry	5.80	1 No. 2-1/2 can = about 26.3 oz heated, drained chicken meat with skin
	Pound	14.70	1 oz heated poultry	6.90	1 lb AP = 0.92 lb heated, drained chicken meat with skin
	Pound	9.81	1-1/2 oz heated poultry	10.20	1 lb AP = 0.92 lb heated, drained chicken meat with skin

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>CHICKEN, COOKED, frozen</b>					
Chicken, cooked, frozen, Diced or Pulled no skin, wing meat, neck meat, gible, or kidneys, Includes USDA Foods	Pound	16.00	1 oz cooked poultry	6.30	1 lb AP = 1.0 lb cooked chicken meat
	Pound	10.60	1-1/2 oz cooked poultry	9.50	1 lb AP = 1.0 lb cooked chicken meat
	40 lb Package	640.00	1 oz cooked poultry	0.16	1 lb AP = 1.0 lb cooked chicken meat
	40 lb Package	426.60	1-1/2 oz cooked poultry	0.24	1 lb AP = 1.0 lb cooked chicken meat
Chicken, cooked, frozen, Whole, Cut up, Breaded 8 Pieces, Breaded, (about 2-3/4 lb without neck and giblets), (Chicken pieces: 2 breast pieces, 2 drumsticks, 2 thighs with back, 2 wings), One 30 lb box = about 66 servings	30 lb Box (pre-cooked breaded)	66.00	2 oz OR more cooked poultry with skin (1 serving= 1 breast piece, OR 1 drumstick and 1 wing, OR 1 thigh with back)	1.60	1 box contains about 10 chickens weighing 2-1/2 to 3-3/4 lb
<b>CHICKEN PRODUCTS, canned or frozen</b>					
Chicken Products, Chicken a La King <sup>20, 21</sup>	Pound	2.30	3/4 cup serving provides about 1.3 oz cooked poultry	43.50	1 lb AP = 0.20 lb cooked chicken meat with skin
Chicken Products, Chicken Barbeque, Minced <sup>20, 21</sup>	Pound	3.50	1/2 cup serving provides about 1.8 oz cooked poultry	28.60	1 lb AP = 0.40 lb cooked chicken meat with skin
Chicken Products, Chicken Chili <sup>20, 21</sup>	Pound	2.30	3/4 cup serving provides about 1.9 oz cooked poultry	43.50	1 lb AP = 0.28 lb cooked chicken meat with skin
Chicken Products, Chicken Chili with Beans <sup>20, 21</sup>	Pound	2.62	2/3 cup serving provides about 1 oz cooked meat	38.20	1 lb AP = 0.17 lb cooked chicken meat with skin
Chicken Products, Chicken Hash <sup>20, 21</sup>	Pound	2.60	2/3 cup serving provides about 1.8 oz cooked poultry	38.50	1 lb AP = 0.30 lb cooked chicken meat with skin
Chicken Products, Chicken Salad <sup>20, 21</sup>	Pound	3.46	1/2 cup serving provides about 1.1 oz cooked poultry with skin	29.00	1 lb AP = 0.25 lb cooked chicken meat with skin
Chicken Products, Chicken with Gravy <sup>20, 21</sup>	Pound	5.30	1/3 cup serving provides about 1.0 oz cooked poultry	18.90	1 lb AP = 0.35 lb cooked chicken meat with skin
Chicken Products, Chicken with Noodles or Dumplings <sup>20, 21</sup>	Pound	1.70	1 cup serving provides about 1.4 oz cooked poultry	58.90	1 lb AP = 0.15 lb cooked chicken meat with skin
Chicken Products, Creamed Chicken <sup>20, 21</sup>	Pound	2.30	3/4 cup serving provides about 1.3 oz cooked poultry	43.50	1 lb AP = 0.20 lb cooked chicken meat with skin

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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
<b>EGGS</b>					
Eggs, Shell Eggs, fresh <sup>22, 23</sup> <i>Large, Whole</i>	Dozen (24 oz)	12.00	1 large egg provides 2 oz meat alternate	8.40	1 qt (34 oz) = about 19 large whole eggs, or 29 whites, or 57 yolks
	Dozen (24 oz)	24.00	1/2 large egg provides 1 oz meat alternate	4.20	1 qt (34 oz) = about 19 large whole eggs, or 29 whites, or 57 yolks
Eggs, Frozen Whole Eggs <i>Pasteurized, Includes USDA Foods</i>	5 lb Package	45.00	1 large egg provides 2 oz meat alternate	2.30	1 lb frozen = about 1-7/8 cups (9 large eggs)
	5 lb Package	90.00	1/2 large egg provides 1 oz meat alternate	1.20	1 lb frozen = about 1-7/8 cups (9 large eggs)
	Pound	9.00	1 large egg provides 2 oz meat alternate	11.20	1 lb frozen = about 1-7/8 cups (9 large eggs)
	Pound	18.00	1/2 large egg provides 1 oz meat alternate	5.60	1 lb frozen = about 1-7/8 cups (9 large eggs)
Eggs, Dried Whole Eggs <sup>24</sup>	No. 10 Can (48 oz)	96.00	1 large egg provides 2 oz meat alternate	1.10	1 lb AP = about 5-1/3 cups dried eggs; 2 cups (6 oz) dried eggs and 2 cups water = 1 dozen large eggs
	No. 10 Can (48 oz)	192.00	1/2 large egg provides 1 oz meat alternate	0.60	1 lb AP = about 5-1/3 cups dried eggs; 2 cups (6 oz) dried eggs and 2 cups water = 1 dozen large eggs
	Pound	32.00	1 large egg provides 2 oz meat alternate	3.20	1 lb AP = about 5-1/3 cups dried eggs; 2 cups (6 oz) dried eggs and 2 cups water = 1 dozen large eggs
	Pound	64.00	1/2 large egg provides 1 oz meat alternate	1.60	1 lb AP = about 5-1/3 cups dried eggs; 2 cups (6 oz) dried eggs and 2 cups water = 1 dozen large eggs
<b>FRANKFURTERS, BOLOGNA</b>					
Bologna <sup>25, 26</sup>	Pound	16.00	1 oz serving	6.30	
Frankfurters <sup>25, 26</sup> <i>8 per Pound</i>	Pound	8.00	2 oz frankfurter	12.50	
Frankfurters <sup>25, 26</sup> <i>10 per Pound</i>	Pound	10.00	1.6 oz frankfurter	10.00	
Knockwurst <sup>25, 26</sup>	Pound	16.00	1 oz serving	6.30	
Vienna Sausage <sup>25, 26</sup>	Pound (drained weight)	16.00	1 oz serving	6.30	
<b>GAME, fresh or frozen</b>					
Game, Buffalo <sup>27</sup> <i>Ground</i>	Pound	11.50	1 oz cooked lean meat	8.70	1 lb AP = 0.72 lb cooked, drained lean buffalo
	Pound	7.68	1-1/2 oz cooked lean meat	13.10	1 lb AP = 0.72 lb cooked, drained lean buffalo

NOTE: For Footnotes please see the end of the section.

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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
<b>GAME, fresh or frozen (continued)</b>					
Game, Goat <sup>27</sup> <i>Roast</i>	Pound	8.00	1 oz cooked lean meat	12.50	1 lb AP = 0.50 lb cooked, trimmed, sliced lean goat
	Pound	5.33	1-1/2 oz cooked lean meat	18.80	1 lb AP = 0.50 lb cooked, trimmed, sliced lean goat
Game, Ostrich <sup>27</sup> <i>Medallions</i>	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked lean ostrich
	Pound	7.46	1-1/2 oz cooked lean meat	13.50	1 lb AP = 0.70 lb cooked lean ostrich
Game, Venison (Deer) <sup>27</sup> <i>Ground, (Like IMPS #996)</i>	Pound	11.50	1 oz cooked lean meat	8.70	1 lb AP = 0.72 lb cooked, drained lean venison
	Pound	7.68	1-1/2 oz cooked lean meat	13.10	1 lb AP = 0.72 lb cooked, drained lean venison
<b>LAMB, CHOPS, fresh or frozen</b>					
Lamb, Chops, fresh or frozen <i>Shoulder chops, With bone</i>	Pound	7.36	1 oz cooked lean meat	13.60	1 lb AP = 0.46 lb cooked, lean lamb
	Pound	4.90	1-1/2 oz cooked lean meat	20.50	1 lb AP = 0.46 lb cooked, lean lamb
<b>LAMB, GROUND, frozen</b>					
Lamb, Ground, frozen	Pound	10.20	1 oz cooked lean meat	9.90	1 lb AP = 0.64 lb cooked, drained lean lamb
	Pound	6.82	1-1/2 oz cooked lean meat	14.70	1 lb AP = 0.64 lb cooked, drained lean lamb
<b>LAMB, LEG ROAST, fresh or frozen</b>					
Lamb, Leg Roast, fresh or frozen <i>Without bone</i>	Pound	9.76	1 oz cooked lean meat	10.30	1 lb AP = 0.61 lb cooked lean lamb
	Pound	6.50	1-1/2 oz cooked lean meat	15.40	1 lb AP = 0.61 lb cooked lean lamb
<b>LAMB, SHOULDER ROAST, fresh or frozen</b>					
Lamb, Shoulder Roast, fresh or frozen <i>Without bone</i>	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooked lean lamb
	Pound	5.76	1-1/2 oz cooked lean meat	17.40	1 lb AP = 0.54 lb cooked lean lamb
<b>LAMB, STEW MEAT, fresh or frozen</b>					
Lamb, Stew Meat, fresh or frozen <i>Without bone</i>	Pound	10.40	1 oz cooked lean meat	9.70	1 lb AP = 0.65 lb cooked lean lamb
	Pound	6.93	1-1/2 oz cooked lean meat	14.50	1 lb AP = 0.65 lb cooked lean lamb
<b>LENTILS</b>					
Lentils, dry	Pound	29.60	1/4 cup cooked lentils	3.40	1 lb = about 2-3/8 cups dry

NOTE: For Footnotes please see the end of the section.

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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
<b>LENTILS (continued)</b>					
Lentils, dry	Pound	19.70	3/8 cup cooked lentils	5.10	1 lb = about 2-3/8 cups dry
<b>NUTS: TREE NUTS and OTHER NUTS, shelled</b>					
Tree Nuts, Almonds <sup>28, 29</sup>	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-1/2 cups chopped almonds
	2 lb Package	32.00	1 oz nuts	3.20	1 lb = about 3-1/2 cups chopped almonds
	25 lb Package	400.00	1 oz nuts	0.25	1 lb = about 3-1/2 cups chopped almonds
Tree Nuts, Brazil nuts <sup>28, 29</sup>	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-1/4 cups whole Brazil nuts
Tree Nuts, Cashew nuts <sup>28, 29</sup>	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-1/3 cups cashews nuts, whole or halves
Tree Nuts, Filberts (Hazelnuts) <sup>28, 29</sup>	Pound	16.00	1 oz nuts	6.30	1 lb = about 4 cups chopped filberts
Tree Nuts, Macadamia nuts <sup>28, 29</sup>	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-1/3 cups whole macadamia nuts
Tree Nuts, Pecans <sup>28, 29</sup>	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-3/4 cups chopped pecans
Tree Nuts, Pine nuts (Pinyons) <sup>28, 29</sup>	Pound	16.00	1 oz nuts	6.30	1 lb = about 2-7/8 cups whole pine nuts
Tree Nuts, Pistachio nuts <sup>28, 29</sup>	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-1/2 cups pistachio nuts
Tree Nuts, Walnuts <sup>28, 29</sup> <i>Black</i>	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-5/8 cups chopped black walnuts
Tree Nuts, Walnuts <sup>28, 29</sup> <i>English</i>	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-3/4 cups pieces English walnuts
	30 lb Package	480.00	1 oz nuts	0.21	1 lb = about 3-3/4 cups pieces English walnuts
Other Nuts, Peanut granules <sup>28, 29</sup>	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-1/4 cups peanut granules
Other Nuts, Peanuts <sup>28, 29</sup>	No. 10 Can (64 oz)	64.00	1 oz nuts	1.60	1 No. 10 can = about 12 cups roasted peanuts
	Pound	16.00	1 oz nuts	6.30	1 lb = about 3 cups whole peanuts
	12 oz Can	12.00	1 oz nuts	8.40	
	Pound	16.00	1 oz nuts	6.30	1 lb = about 4-1/4 cups whole soy nuts

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>PEANUT BUTTER and OTHER NUT or SEED BUTTERS</b>					
Almond butter, Cashew nut butter, Peanut butter, Reduced fat peanut butter, Sesame seed butter, Soy nut butter, Sunflower seed butter <i>Includes USDA Foods, peanut butter and Sunflower seed butter</i>	No. 10 Can (108 oz)	97.50	2 tablespoons nut/seed butter provides 1 oz meat alternate	1.10	2 Tbsp = about 1.1 oz nut/seed butter
	No. 10 Can (108 oz)	65.00	3 tablespoons nut/seed butter provides 1-1/2 oz meat alternate	1.60	2 Tbsp = about 1.1 oz nut/seed butter
	32 oz Container	28.80	2 tablespoons nut/seed butter provides 1 oz meat alternate	3.50	2 Tbsp = about 1.1 oz nut/seed butter
	32 oz Container	19.20	3 tablespoons nut/seed butter provides 1-1/2 oz meat alternate	5.30	2 Tbsp = about 1.1 oz nut/seed butter
	Pound	14.40	2 tablespoons nut/seed butter provides 1 oz meat alternate	7.00	2 Tbsp = about 1.1 oz nut/seed butter
	Pound	9.62	3 tablespoons nut/seed butter provides 1-1/2 oz meat alternate	10.40	2 Tbsp = about 1.1 oz nut/seed butter
<b>PEAS</b>					
Peas, dry <i>Split</i>	Pound	23.10	1/4 cup cooked peas	4.40	1 lb dry = about 2-1/4 cups dry peas
	Pound	15.40	3/8 cup cooked peas	6.50	1 lb dry = about 2-1/4 cups dry peas
Peas, dry <i>Whole</i>	Pound	25.60	1/4 cup cooked peas	4.00	1 lb dry = about 2-1/3 cups dry peas
	Pound	17.00	3/8 cup cooked peas	5.90	1 lb dry = about 2-1/3 cups dry peas
<b>PEA SOUP</b>					
Pea Soup, dry peas, canned <i>Condensed, (1 part soup to 1 part water), Includes Cream of pea soup</i>	No. 3 Cylinder (50 oz)	23.00	1/2 cup reconstituted provides 1/4 cup cooked peas	4.40	Reconstitute 1 part soup with not more than 1 part water
	Pound	7.30	1/2 cup reconstituted provides 1/4 cup cooked peas	13.70	Reconstitute 1 part soup with not more than 1 part water
Pea Soup, dry peas, canned <i>Ready-to-serve</i>	8 oz Can	1.00	1 cup serving provides 1/2 cup cooked peas	100.00	

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>PORK, GROUND, fresh or frozen</b>					
Pork, Ground, fresh or frozen <i>no more than 30% fat, Market Style<sup>30</sup>, (Like IMPS #496)</i>	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.50	1 lb AP = 0.70 lb cooked lean meat
Pork, Ground, fresh or frozen <sup>31</sup> <i>no more than 26% fat, (Like IMPS #496)</i>	Pound	11.50	1 oz cooked lean meat	8.70	1 lb AP = 0.72 lb cooked lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.10	1 lb AP = 0.72 lb cooked lean meat
Pork, Ground, fresh or frozen <sup>31</sup> <i>no more than 24% fat, (Like IMPS #496)</i>	Pound	11.60	1 oz cooked lean meat	8.70	1 lb AP = 0.73 lb cooked lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.90	1 lb AP = 0.73 lb cooked lean meat
Pork, Ground, fresh or frozen <sup>31</sup> <i>no more than 20% fat, (Like IMPS #496)</i>	Pound	11.80	1 oz cooked lean meat	8.50	1 lb AP = 0.74 lb cooked lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.70	1 lb AP = 0.74 lb cooked lean meat
Pork, Ground, fresh or frozen <sup>31</sup> <i>no more than 15% fat, (Like IMPS #496)</i>	Pound	12.00	1 oz cooked lean meat	8.40	1 lb AP = 0.75 lb cooked lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.50	1 lb AP = 0.75 lb cooked lean meat
Pork, Ground, fresh or frozen <sup>31</sup> <i>no more than 10% fat, (Like IMPS #496)</i>	Pound	12.10	1 oz cooked lean meat	8.30	1 lb AP = 0.76 lb cooked lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.40	1 lb AP = 0.76 lb cooked lean meat
<b>PORK, HEART, fresh or frozen</b>					
Pork, Heart, fresh or frozen <i>Trimmed</i>	Pound	9.12	1 oz cooked lean meat	11.00	1 lb AP = 0.57 lb cooked pork heart
	Pound	6.08	1-1/2 oz cooked lean meat	16.50	1 lb AP = 0.57 lb cooked pork heart
Pork, Heart, fresh or frozen <i>Untrimmed</i>	Pound	8.16	1 oz cooked lean meat	12.30	1 lb AP = 0.51 lb cooked, trimmed pork heart
	Pound	5.44	1-1/2 oz cooked lean meat	18.40	1 lb AP = 0.51 lb cooked, trimmed pork heart

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>PORK LEG (FRESH HAM), fresh or frozen</b>					
Pork Leg (Fresh Ham), fresh or frozen <i>Short shank, With bone, (Like IMPS #401A)</i>	Pound	7.20	1 oz cooked lean meat	13.90	1 lb AP = 0.45 lb cooked, trimmed, boned, sliced lean meat
	Pound	4.80	1-1/2 oz cooked lean meat	20.90	1 lb AP = 0.45 lb cooked, trimmed, boned, sliced lean meat
Pork Leg (Fresh Ham), fresh or frozen <i>Outside, Roast, Without bone, Practically-free-of-fat, (Like IMPS #402E), Includes USDA Foods</i>	Pound	9.28	1 oz cooked lean meat	10.80	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.20	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat
Pork Leg (Fresh Ham), fresh or frozen <i>Inside roast, Without bone, Practically-free-of-fat, (Like IMPS #402F), Includes USDA Foods</i>	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooked, trimmed, sliced lean meat
	Pound	5.76	1-1/2 oz cooked lean meat	17.40	1 lb AP = 0.54 lb cooked, trimmed, sliced lean meat
Pork Leg (Fresh Ham), fresh or frozen <i>Pork leg tip, Without bone, Practically-free-of-fat, (Like IMPS #402H)</i>	Pound	9.92	1 oz cooked lean meat	10.10	1 lb AP = 0.62 lb cooked lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.20	1 lb AP = 0.62 lb cooked lean meat
<b>PORK LIVER, fresh or frozen</b>					
Pork Liver, fresh or frozen <i>Whole, Untrimmed, (Like IMPS #710)</i>	Pound	12.40	1 oz cooked lean meat	8.10	1 lb AP = 0.78 lb cooked, trimmed, sliced pork liver
	Pound	8.32	1-1/2 oz cooked lean meat	12.10	1 lb AP = 0.78 lb cooked, trimmed, sliced pork liver
<b>PORK LOIN CHOPS, fresh or frozen</b>					
Pork Loin Chops, fresh or frozen <i>With bone, 1/4-inch trim</i>	Pound	7.20	1 oz cooked lean meat	13.90	1 lb AP = 0.45 lb cooked lean meat
	Pound	4.80	1-1/2 oz cooked lean meat	20.90	1 lb AP = 0.45 lb cooked lean meat
Pork Loin Chops, fresh or frozen <i>Without bone, 1/4-inch trim, (Like IMPS #1413)</i>	Pound	9.44	1 oz cooked lean meat	10.60	1 lb AP = 0.59 lb cooked, trimmed, sliced lean meat
	Pound	6.29	1-1/2 oz cooked lean meat	15.90	1 lb AP = 0.59 lb cooked, trimmed, sliced lean meat

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>PORK LOIN CHOPS, fresh or frozen (continued)</b>					
Pork Loin Chops, fresh or frozen <i>Without bone, Practically-free-of-fat, (Like IMPS #1413)</i>	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.50	1 lb AP = 0.70 lb cooked lean meat
<b>PORK LOIN END CHOPS, fresh or frozen</b>					
Pork Loin End Chops, fresh or frozen <i>With bone, 1/4-inch trim, (Like IMPS #1410B)</i>	Pound	5.60	1 oz cooked lean meat	17.90	1 lb AP = 0.35 lb cooked, trimmed, boned sliced lean meat
	Pound	3.73	1-1/2 oz cooked lean meat	26.90	1 lb AP = 0.35 lb cooked, trimmed, boned sliced lean meat
Pork Loin End Chops, fresh or frozen <i>With bone, Practically-free-of-fat, (Like IMPS #1410B)</i>	Pound	6.56	1 oz cooked lean meat	15.30	1 lb AP = 0.41 lb cooked, boned, trimmed, sliced lean meat
	Pound	4.37	1-1/2 oz cooked lean meat	22.90	1 lb AP = 0.41 lb cooked, boned, trimmed, sliced lean meat
Pork Loin End Chops, fresh or frozen <i>Without bone, 1/4-inch trim, (Like IMPS #1413B)</i>	Pound	8.48	1 oz cooked lean meat	11.80	1 lb AP = 0.53 lb cooked, trimmed, sliced lean meat
	Pound	5.65	1-1/2 oz cooked lean meat	17.70	1 lb AP = 0.53 lb cooked, trimmed, sliced lean meat
Pork Loin End Chops, fresh or frozen <i>Without bone, Practically-free-of-fat, (Like IMPS #1413B)</i>	Pound	10.70	1 oz cooked lean meat	9.40	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.10	1 lb AP = 0.67 lb cooked lean meat
<b>PORK LOIN ROAST, fresh or frozen</b>					
Pork Loin Roast, fresh or frozen <i>With bone, 1/4-inch trim, (Like IMPS #410)</i>	Pound	7.68	1 oz cooked lean meat	13.10	1 lb AP = 0.48 lb cooked, trimmed, boned, sliced lean meat
	Pound	5.12	1-1/2 oz cooked lean meat	19.60	1 lb AP = 0.48 lb cooked, trimmed, boned, sliced lean meat
Pork Loin Roast, fresh or frozen <i>Without bone, 1/4-inch trim, (Like IMPS #413)</i>	Pound	9.28	1 oz cooked lean meat	10.80	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.20	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>PORK LOIN ROAST, fresh or frozen (continued)</b>					
Pork Loin Roast, fresh or frozen <i>Without bone, Practically-free-of-fat, (Like IMPS #413)</i>	Pound	10.20	1 oz cooked lean meat	9.90	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
	Pound	6.82	1-1/2 oz cooked lean meat	14.70	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
Pork Loin Roast, fresh or frozen <i>Center cut, 11 Ribs, With bone, 1/4-inch trim, (Like IMPS #412C)</i>	Pound	5.28	1 oz cooked lean meat	19.00	1 lb AP = 0.33 lb cooked, boned, trimmed, sliced lean meat
Pork Loin Roast, fresh or frozen <i>Center cut, 11 Ribs, With bone, 1/4-inch trim, (Like IMPS #412C)</i>	Pound	3.52	1-1/2 oz cooked lean meat	28.50	1 lb AP = 0.33 lb cooked, boned, trimmed, sliced lean meat
Pork Loin Roast, fresh or frozen <i>Center cut, 11 Ribs, With bone, Practically-free-of-fat, (Like IMPS #412C)</i>	Pound	8.16	1 oz cooked lean meat	12.30	1 lb AP = 0.51 lb cooked, boned, trimmed, sliced lean meat
	Pound	5.44	1-1/2 oz cooked lean meat	18.40	1 lb AP = 0.51 lb cooked, boned, trimmed, sliced lean meat
Pork Loin Roast, fresh or frozen <i>Center cut, 11 Ribs, Without bone, 1/4-inch trim, (Like IMPS #412E)</i>	Pound	9.92	1 oz cooked lean meat	10.10	1 lb AP = 0.62 lb cooked, trimmed, sliced lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.20	1 lb AP = 0.62 lb cooked, trimmed, sliced lean meat
<b>PORK SAUSAGE, fresh or frozen</b>					
Pork Sausage, fresh or frozen <i>Bulk, Link, or Patty, Market Style<sup>32</sup>, Raw</i>	Pound	7.52	1 oz cooked lean meat	13.30	1 lb AP = 0.47 lb cooked lean meat
	Pound	5.01	1-1/2 oz cooked lean meat	20.00	1 lb AP = 0.47 lb cooked lean meat
Pork Sausage, fresh or frozen <i>Italian style<sup>33</sup>, no more than 35% fat, (3% water maximum), Raw, (Like IMPS #818)</i>	Pound	9.92	1 oz cooked lean meat	10.10	1 lb AP = 0.62 lb cooked, drained Italian sausage
	Pound	6.61	1-1/2 oz cooked lean meat	15.20	1 lb AP = 0.62 lb cooked, drained Italian sausage

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>PORK SHOULDER, BOSTON BUTT, fresh or frozen</b>					
<b>Pork Shoulder, Boston Butt, fresh or frozen</b> <i>With bone, 1/4-inch trim, (Like IMPS #406)</i>	Pound	8.32	1 oz cooked lean meat	12.10	1 lb AP = 0.52 lb cooked, boned, trimmed, sliced lean meat
	Pound	5.54	1-1/2 oz cooked lean meat	18.10	1 lb AP = 0.52 lb cooked, boned, trimmed, sliced lean meat
<b>Pork Shoulder, Boston Butt, fresh or frozen</b> <i>Without bone, 1/4-inch trim, (Like IMPS #406A)</i>	Pound	9.60	1 oz cooked lean meat	10.50	1 lb AP = 0.60 lb cooked lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.70	1 lb AP = 0.60 lb cooked lean meat
<b>PORK SHOULDER, PICNIC, fresh or frozen</b>					
<b>Pork Shoulder, Picnic, fresh or frozen</b> <i>With Bone, 1/4-inch trim, (Like IMPS #405)</i>	Pound	6.88	1 oz cooked lean meat	14.60	1 lb AP = 0.43 lb cooked, boned, trimmed, sliced lean meat
	Pound	4.58	1-1/2 oz cooked lean meat	21.90	1 lb AP = 0.43 lb cooked, boned, trimmed, sliced lean meat
<b>Pork Shoulder, Picnic, fresh or frozen</b> <i>Without bone, 1/4-inch trim, (Like IMPS #405A), Includes USDA Foods</i>	Pound	9.12	1 oz cooked lean meat	11.00	1 lb AP = 0.57 lb cooked, trimmed, sliced lean meat
	Pound	6.08	1-1/2 oz cooked lean meat	16.50	1 lb AP = 0.57 lb cooked, trimmed, sliced lean meat
<b>Pork Shoulder, Picnic, fresh or frozen</b> <i>Cushion, Without bone, Practically-free-of-fat, (Like IMPS #405B)</i>	Pound	10.40	1 oz cooked lean meat	9.70	1 lb AP = 0.65 lb cooked, sliced lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.50	1 lb AP = 0.65 lb cooked, sliced lean meat
<b>PORK SIRLOIN, ROAST, fresh or frozen</b>					
<b>Pork Sirloin Roast, fresh or frozen</b> <i>Without bone, 1/4-inch trim, (Like IMPS #414A)</i>	Pound	9.92	1 oz cooked lean meat	10.10	1 lb AP = 0.62 lb cooked, sliced lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.20	1 lb AP = 0.62 lb cooked, sliced lean meat
<b>Pork Sirloin Roast, fresh or frozen</b> <i>Without bone, Practically-free-of-fat, (Like IMPS #414A)</i>	Pound	9.12	1 oz cooked lean meat	11.00	1 lb AP = 0.57 lb cooked, sliced lean meat
	Pound	6.08	1-1/2 oz cooked lean meat	16.50	1 lb AP = 0.57 lb cooked, sliced lean meat

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>PORK SPARERIBS, fresh or frozen</b>					
Pork Spareribs, fresh or frozen	Pound	6.24	1 oz cooked lean meat	16.10	1 lb AP = 0.39 lb cooked lean meat
	Pound	4.16	1-1/2 oz cooked lean meat	24.10	1 lb AP = 0.39 lb cooked lean meat
<b>PORK STEAK, fresh or frozen</b>					
Pork Steak, fresh or frozen <i>Cubed, (Like IMPS #1400)</i>	Pound	5.16	3.1 oz raw steak when cooked provides 2 oz cooked lean meat	19.40	1 lb AP = 0.65 lb cooked lean meat
	Pound	3.40	4.7 oz raw steak when cooked provides 3 oz cooked lean meat	29.50	1 lb AP = 0.65 lb cooked lean meat
	Pound	10.40	1 oz cooked lean meat	9.70	1 lb AP = 0.65 lb cooked lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.50	1 lb AP = 0.65 lb cooked lean meat
Pork Steak, fresh or frozen <i>Flaked and Formed, 4 oz raw steaks, (Like IMPS #1438)</i>	Pound	4.00	4 oz raw steak when cooked provides 2.7 oz cooked lean meat	25.00	1 lb AP = 0.68 lb cooked lean meat
<b>PORK STEW MEAT, fresh or frozen</b>					
Pork Stew Meat, fresh or frozen <i>Composite of trimmed retail cuts, Without bone, 1/4-inch trim, (Like IMPS #435A)</i>	Pound	9.28	1 oz cooked lean meat	10.80	1 lb AP = 0.58 lb cooked, trimmed, drained lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.20	1 lb AP = 0.58 lb cooked, trimmed, drained lean meat
<b>PORK STOMACH (MAWS), fresh or frozen</b>					
Pork Stomach (Maws), fresh or frozen <i>Scalded, (Like IMPS #729)</i>	Pound	11.30	1 oz cooked lean meat	8.90	1 lb AP = 0.71 lb cooked, drained pork stomach
	Pound	7.57	1-1/2 oz cooked lean meat	13.30	1 lb AP = 0.71 lb cooked, drained pork stomach
<b>PORK, MILD CURED, Ready-to-cook, chilled or frozen</b>					
Pork, Mild Cured, Ready-to-cook, chilled or frozen, Canadian bacon <sup>34</sup>	Pound	11.00	1 oz cooked lean meat	9.10	1 lb AP = 0.69 lb cooked lean meat
	Pound	7.36	1-1/2 oz cooked lean meat	13.60	1 lb AP = 0.69 lb cooked lean meat

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>PORK, MILD CURED, Ready-to-cook, chilled or frozen (continued)</b>					
Pork, Mild Cured, Ready-to-cook, chilled or frozen, Pork shoulder, Boston butt <sup>34</sup> <i>With bone</i>	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooked lean meat
	Pound	5.76	1-1/2 oz cooked lean meat	17.40	1 lb AP = 0.54 lb cooked lean meat
Pork, Mild Cured, Ready-to-cook, chilled or frozen, Pork shoulder, Boston butt <sup>34</sup> <i>Without bone</i>	Pound	9.60	1 oz cooked lean meat	10.50	1 lb AP = 0.60 lb cooked lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.70	1 lb AP = 0.60 lb cooked lean meat
Pork, Mild Cured, Ready-to-cook, chilled or frozen, Pork shoulder, Picnic <sup>34</sup> <i>With bone</i>	Pound	6.72	1 oz cooked lean meat	14.90	1 lb AP = 0.42 lb cooked lean meat
	Pound	4.48	1-1/2 oz cooked lean meat	22.40	1 lb AP = 0.42 lb cooked lean meat
Pork, Mild Cured, Ready-to-cook, chilled or frozen, Pork shoulder, Picnic <sup>34</sup> <i>Without bone</i>	Pound	8.48	1 oz cooked lean meat	11.80	1 lb AP = 0.53 lb cooked lean meat
	Pound	5.65	1-1/2 oz cooked lean meat	17.70	1 lb AP = 0.53 lb cooked lean meat
Pork, Mild Cured, Ready-to-cook, chilled or frozen, Ham <sup>34</sup> <i>Without bone</i>	Pound	10.00	1 oz cooked lean meat	10.00	1 lb AP = 0.63 lb cooked lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.90	1 lb AP = 0.63 lb cooked lean meat
<b>PORK, MILD CURED, Fully Cooked, chilled or frozen</b>					
Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices <sup>34</sup> <i>Boiled, Without bone, (Like IMPS #508 Style B)</i>	Pound	14.20	1.12 oz ham with natural juices provides 1 oz cooked lean meat	7.00	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	10.50	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)
Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices <sup>34</sup> <i>Smoked, Without bone, (Like IMPS #509 Style B)</i>	Pound	14.20	1.12 oz ham with natural juices provides 1 oz cooked lean meat	7.00	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)

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## Section 1 - Meats/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
<b>PORK, MILD CURED, Fully Cooked, chilled or frozen (continued)</b>					
<b>Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices<sup>3</sup></b> <i>Smoked, Without bone, (Like IMPS #509 Style B)</i>	Pound	9.58	1.67 oz ham with natural juices provides 1-1/2 oz cooked lean meat	10.50	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)
	Pound	13.10	1.22 oz ham water added provides 1 oz cooked lean meat	7.70	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)
<b>Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, Water added<sup>34, 35</sup></b> <i>Smoked, Rolled Fully cooked, (Like IMPS #505 Style C), Includes USDA Foods</i>	Pound	8.74	1.83 oz ham water added provides 1-1/2 oz cooked lean meat	11.50	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)
	Pound	13.10	1.22 oz ham water added provides 1 oz cooked lean meat	7.70	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)
<b>Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, Water added<sup>34, 35</sup></b> <i>Boiled, Without bone, (Like IMPS #508 Style C)</i>	Pound	8.74	1.83 oz ham water added provides 1-1/2 oz cooked lean meat	11.50	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)
	Pound	11.50	1.39 oz cooked pork water added provides 1 oz cooked lean meat	8.70	1 lb AP = 0.72 lb cooked pork shoulder water added (Protein Fat Free Value of 16.5)
<b>Pork, Mild Cured, Fully Cooked, chilled or frozen, Pork Shoulder Boston butt, Water added<sup>34, 35</sup></b> <i>Without bone, Smoked, Special, (Like IMPS #531 Style C)</i>	Pound	7.61	2.1 oz cooked pork water added provides 1-1/2 oz cooked lean meat	13.20	1 lb AP = 0.72 lb cooked pork shoulder water added (Protein Fat Free Value of 16.5)
	<b>PORK, MILD CURED, canned</b>				
<b>Pork, Mild Cured, canned, Ham<sup>34</sup></b>	Pound	10.20	1 oz heated lean meat	9.90	1 lb AP = 0.64 lb cooked lean meat
	Pound	6.82	1-1/2 oz heated lean meat	14.70	1 lb AP = 0.64 lb cooked lean meat
	Pound	10.20	1.2 oz unheated meat provides 1 oz lean meat	9.90	
	Pound	6.82	1.8 oz unheated meat provides 1-1/2 oz lean meat	14.70	

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>PORK, CANNED</b>					
Pork, canned <i>Pork with Natural Juices, Includes USDA Foods</i>	No. 2-1/2 Can (29 oz)	14.70	1 oz heated, drained lean meat	6.90	1 lb AP = 0.51 lb heated, drained pork
	No. 2-1/2 Can (29 oz)	9.86	1-1/2 oz heated, drained lean meat	10.20	1 lb AP = 0.51 lb heated, drained pork
	Pound	8.16	1 oz heated, drained lean meat	12.30	1 lb AP = 0.51 lb heated, drained pork
	Pound	5.44	1-1/2 oz heated, drained lean meat	18.40	1 lb AP = 0.51 lb heated, drained pork
<b>Seafood, CLAMS, fresh, frozen or canned</b>					
Seafood, fresh or frozen Clams <i>Shucked, Drained</i>	Pound	8.00	1 oz cooked clams	12.50	1 lb AP = 0.50 lb cooked clams
Seafood, fresh or frozen, Clams <i>Shucked, Drained</i>	Pound	5.33	1-1/2 oz cooked clams	18.80	1 lb AP = 0.50 lb cooked clams
Seafood, fresh or frozen, Clams <i>Minced</i>	Pound	10.50	1 oz cooked clams	9.60	1 lb AP = 0.66 lb cooked clams
	Pound	7.04	1-1/2 oz cooked clams	14.30	1 lb AP = 0.66 lb cooked clams
Seafood, canned, Clams <i>Minced</i>	51 oz Can	19.30	1 oz heated, drained clams	5.20	51 oz can = about 22.0 oz drained, unheated clams
Seafood, canned, Clams <i>Minced</i>	51 oz Can	12.80	1-1/2 oz heated, drained clams	7.90	51 oz can = about 22.0 oz drained, unheated clams
Seafood, canned, Clams <i>Minced</i>	7-1/2 oz Can	2.83	1 oz heated, drained clams	35.40	
	7-1/2 oz Can	1.89	1-1/2 oz heated, drained clams	53.00	
<b>Seafood, CRAB, fresh or frozen</b>					
Seafood, fresh or frozen, Crab <i>Meat, Cooked</i>	Pound	15.50	1 oz heated crab	6.50	1 lb AP = 0.97 lb heated crab meat
	Pound	10.30	1-1/2 oz heated crab	9.80	1 lb AP = 0.97 lb heated crab meat
<b>Seafood, CRAWFISH, fresh or frozen</b>					
Seafood, fresh, Crawfish <i>Whole, In shell, Live</i>	Pound	1.28	1 oz cooked crawfish	78.20	1 lb AP = 0.08 lb cooked, shelled crawfish tail meat
	Pound	0.85	1-1/2 oz cooked crawfish	117.70	1 lb AP = 0.08 lb cooked, shelled crawfish tail meat
Seafood, fresh or frozen, Crawfish <i>Tail meat, Peeled and Deveined, Cooked</i>	Pound	14.40	1 oz heated crawfish	7.00	1 lb AP = 0.90 lb heated crawfish tail meat
Seafood, fresh, Crawfish <i>Tail meat, Peeled and Deveined, Cooked</i>	Pound	9.60	1-1/2 oz heated crawfish	10.50	1 lb AP = 0.90 lb heated crawfish tail meat

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>Seafood, FISH FILLETS and STEAKS, fresh or frozen</b>					
Seafood, fresh or frozen, Fish Fillets	Pound	11.20	1 oz cooked fish	9.00	1 lb AP = 0.70 lb cooked fish
	Pound	7.46	1-1/2 oz cooked fish	13.50	1 lb AP = 0.70 lb cooked fish
Seafood, fresh or frozen, Fish Steaks <i>Cross cut, With bone</i>	Pound	10.50	1 oz cooked fish	9.60	1 lb AP = 0.66 lb cooked fish
	Pound	7.04	1-1/2 oz cooked fish	14.30	1 lb AP = 0.66 lb cooked fish
<b>Seafood, FISH PORTIONS, frozen</b>					
Seafood, frozen, Fish Portions <sup>36</sup> <i>Fried, battered, (45 percent fish)<sup>37</sup>, (Not from minced fish), 3 oz portion</i>	Pound	5.33	3 oz portion provides about 1.1 oz cooked fish	18.80	1 lb AP = 0.37 lb cooked fish
Seafood, frozen, Fish Portions <sup>36</sup> <i>Fried, battered, (45 percent fish)<sup>37</sup>, (Not from minced fish), 2 oz portion</i>	Pound	8.00	2 oz portion provides about 0.7 oz cooked fish	12.50	1 lb AP = 0.37 lb cooked fish
Seafood, frozen, Fish Portions <sup>36</sup> <i>Fried, breaded, (65 percent fish)<sup>38</sup>, (Not from minced fish), 4 oz portion</i>	Pound	4.00	4 oz portion provides about 2.2 oz cooked fish	25.00	1 lb AP = 0.54 lb cooked fish
Seafood, frozen, Fish Portions <sup>36</sup> <i>Fried, breaded, (65 percent fish)<sup>38</sup>, (Not from minced fish), 3 oz portion</i>	Pound	5.33	3 oz portion provides about 1.6 oz cooked fish	18.80	1 lb AP = 0.54 lb cooked fish
Seafood, frozen, Fish Portions <sup>36</sup> <i>Fried, breaded, (65 percent fish)<sup>38</sup>, (Not from minced fish), 2 oz portion</i>	Pound	8.00	2 oz portion provides about 1.1 oz cooked fish	12.50	1 lb AP = 0.54 lb cooked fish
Seafood, frozen, Fish Portions <sup>36</sup> <i>Raw, breaded, (75 percent fish)<sup>39</sup>, (Not from minced fish), 4 oz portion</i>	Pound	4.00	4 oz portion provides about 2.3 oz cooked fish	25.00	1 lb AP = 0.58 lb cooked fish
Seafood, frozen, Fish Portions <sup>36</sup> <i>Raw, breaded, (75 percent fish)<sup>39</sup>, (Not from minced fish), 3 oz portion</i>	Pound	5.33	3 oz portion provides about 1.7 oz cooked fish	18.80	1 lb AP = 0.58 lb cooked fish

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>Seafood, FISH PORTIONS, frozen (continued)</b>					
<b>Seafood, frozen, Fish Portions<sup>36</sup></b> <i>Raw, breaded, (75 percent fish)<sup>39</sup>, (Not from minced fish), 2 oz portion</i>	Pound	8.00	2 oz portion provides about 1.2 oz cooked fish	12.50	1 lb AP = 0.58 lb cooked fish
<b>Seafood, frozen, Fish Portions<sup>36</sup></b> <i>Raw, unbreaded, (not from minced fish), 4 oz portion</i>	Pound	4.00	4 oz portion provides about 3.1 oz cooked fish	25.00	1 lb AP = 0.78 lb cooked fish
<b>Seafood, frozen, Fish Portions<sup>36</sup></b> <i>Raw, unbreaded, (not from minced fish), 3 oz portion</i>	Pound	5.33	3 oz portion provides about 2.3 oz cooked fish	18.80	1 lb AP = 0.78 lb cooked fish
<b>Seafood, frozen, Fish Portions<sup>36</sup></b> <i>Raw, unbreaded, (not from minced fish), 2 oz portion</i>	Pound	8.00	2 oz portion provides about 1.6 oz cooked fish	12.50	1 lb AP = 0.78 lb cooked fish
<b>Seafood, FISH STICKS, frozen</b>					
<b>Seafood, frozen, Fish Sticks<sup>36</sup></b> <i>Fried, breaded, (60 percent fish)<sup>40</sup>, (Not from minced fish), 1 oz stick</i>	Pound	16.00	1 stick provides about 1/2 oz cooked fish	6.30	1 lb AP = 0.49 lb cooked fish
	Pound	8.00	2 sticks provide about 1 oz cooked fish	12.50	1 lb AP = 0.49 lb cooked fish
	Pound	5.33	3 sticks provide about 1-1/2 oz cooked fish	18.80	1 lb AP = 0.49 lb cooked fish
<b>Seafood, frozen, Fish Sticks<sup>36</sup></b> <i>Fried, breaded, (60 percent fish)<sup>40</sup>, (Not from minced fish), 1 oz stick</i>	Pound	4.00	4 sticks provide about 2 oz cooked fish	25.00	1 lb AP = 0.49 lb cooked fish
<b>Seafood, frozen, Fish Sticks<sup>36</sup></b> <i>Raw, breaded, (72 percent fish), (Not from minced fish), 1 oz stick</i>	Pound	16.00	1 stick provides about 0.6 oz cooked fish	6.30	1 lb AP = 0.56 lb cooked fish
	Pound	8.00	2 sticks provide about 1.1 oz cooked fish	12.50	1 lb AP = 0.56 lb cooked fish
	Pound	5.33	3 sticks provide about 1.7 oz cooked fish	18.80	1 lb AP = 0.56 lb cooked fish
	Pound	4.00	4 sticks provide about 2.2 oz cooked fish	25.00	1 lb AP = 0.56 lb cooked fish

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>Seafood, MACKEREL, chilled, frozen, or canned</b>					
<b>Seafood, chilled or frozen, Mackerel</b> <i>Smoked, Cooked, Whole, Split, With Bone, With Skin</i>	Pound	9.76	1 oz fish without bone or skin	10.30	1 lb AP = 0.61 lb deheaded, skinned, boned, mackerel
	Pound	6.50	1-1/2 oz fish without bone or skin	15.40	1 lb AP = 0.61 lb deheaded, skinned, boned, mackerel
<b>Seafood, canned, Mackerel</b>	No. 300 Can (15 oz)	8.87	1 oz drained fish	11.30	1 No. 300 can = about 8-7/8 oz drained, unheated mackerel
	No. 300 Can (15 oz)	5.91	1-1/2 oz drained fish	17.00	1 No. 300 can = about 8-7/8 oz drained, unheated mackerel
	No. 300 Can (15 oz)	7.95	1 oz heated, drained fish	12.60	1 No. 300 can = about 8-7/8 oz drained, unheated mackerel
	No. 300 Can (15 oz)	5.30	1-1/2 oz heated, drained fish	18.90	1 No. 300 can = about 8-7/8 oz drained, unheated mackerel
<b>Seafood, OYSTERS, fresh or frozen</b>					
<b>Seafood, fresh or frozen, Oysters</b> <i>Shucked, Drained</i>	Pound	8.00	1 oz cooked oysters	12.50	1 lb AP = 0.50 lb cooked oysters
	Pound	5.33	1-1/2 oz cooked oysters	18.80	1 lb AP = 0.50 lb cooked oysters
<b>Seafood, SALMON, pouch pack or canned</b>					
<b>Seafood, pouch pack, Salmon</b> <i>Without bone, Without skin, Water-packed</i>	Pound	13.70	1 oz drained fish	7.30	1 lb AP = 0.86 lb drained salmon
	Pound	9.17	1-1/2 oz drained fish	11.00	1 lb AP = 0.86 lb drained salmon
	4 lb Pouch	55.00	1 oz drained fish	1.90	1 lb AP = 0.86 lb drained salmon
	4 lb Pouch	36.60	1-1/2 oz drained fish	2.80	1 lb AP = 0.86 lb drained salmon
<b>Seafood, canned, Salmon</b> <i>Pink</i>	64 oz Can	48.00	1 oz heated fish	2.10	64 oz can = about 52.0 oz drained, unheated pink salmon
	64 oz Can	32.00	1-1/2 oz heated fish	3.20	64 oz can = about 52.0 oz drained, unheated pink salmon
<b>Seafood, canned, Salmon</b> <i>Water-packed</i>	15-1/2 oz Can	11.60	1 oz heated fish	8.70	15-1/2 oz can = about 12-3/4 oz drained, unheated salmon with bones and skin
	15-1/2 oz Can	7.73	1-1/2 oz heated fish	13.00	15-1/2 oz can = about 12-3/4 oz drained, unheated salmon with bones and skin
	14-3/4 oz Can	9.09	1 oz heated fish	11.10	14-3/4 oz can = 10.0 oz drained, unheated salmon with bones and skin

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>Seafood, SALMON, pouch pack or canned (continued)</b>					
<b>Seafood, canned, Salmon</b> <i>Water-packed</i>	14-3/4 oz Can	6.06	1-1/2 oz heated fish	16.60	14-3/4 oz can = 10.0 oz drained, unheated salmon with bones and skin
<b>Seafood, SARDINES, canned</b>					
<b>Seafood, canned, Sardines</b> <i>Whole</i>	15 oz Can	13.20	1 oz sardines	7.60	15 oz can = about 13-1/4 oz drained sardines
	15 oz Can	8.80	1-1/2 oz sardines	11.40	15 oz can = about 13-1/4 oz drained sardines
<b>Seafood, SCALLOPS, frozen</b>					
<b>Seafood, frozen, Scallops</b>	Pound	8.48	1 oz cooked scallops	11.80	1 lb AP = 0.53 lb cooked scallops
	Pound	5.65	1-1/2 oz cooked scallops	17.70	1 lb AP = 0.53 lb cooked scallops
<b>Seafood, SHRIMP, fresh or frozen</b>					
<b>Seafood, fresh or frozen, Shrimp</b> <i>In shell, Deheaded, Undeveined</i>	Pound	8.64	1 oz cooked shrimp	11.60	1 lb AP = 0.54 lb cooked shrimp
	Pound	5.76	1-1/2 oz cooked shrimp	17.40	1 lb AP = 0.54 lb cooked shrimp
<b>Seafood, fresh or frozen, Shrimp</b> <i>Peeled, Undeveined, 60/70 count/lb, (medium)</i>	Pound	11.50	1 oz cooked shrimp	8.70	1 lb AP = 0.72 lb cooked shrimp
	Pound	7.68	1-1/2 oz cooked shrimp	13.10	1 lb AP = 0.72 lb cooked shrimp
<b>Seafood, fresh or frozen, Shrimp</b> <i>Peeled, Deveined</i>	Pound	9.92	1 oz cooked shrimp	10.10	1 lb AP = 0.62 lb cooked shrimp
	Pound	6.61	1-1/2 oz cooked shrimp	15.20	1 lb AP = 0.62 lb cooked shrimp
<b>Seafood, SHRIMP, COOKED, frozen</b>					
<b>Seafood, cooked, frozen, Shrimp</b> <i>Peeled, Deveined, All sizes except for salad size</i>	Pound (frozen)	13.20	1 oz heated shrimp	7.60	1 lb AP = 0.83 lb thawed, ready-to-eat shrimp
	Pound (frozen)	8.85	1-1/2 oz heated shrimp	11.30	1 lb AP = 0.83 lb thawed, ready-to-eat shrimp
	Pound (thawed)	16.00	1 oz heated shrimp	6.30	1 lb thawed = 1.00 lb ready-to-eat shrimp
	Pound (thawed)	10.60	1-1/2 oz heated shrimp	9.50	1 lb thawed = 1.00 lb ready-to-eat shrimp

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>Seafood, SHRIMP, COOKED, frozen (continued)</b>					
Seafood, cooked, frozen, Shrimp <i>Peeled, Deveined, or Undeveined, Salad size, (150-200 count/lb)</i>	Pound (frozen)	12.80	1 oz heated shrimp	7.90	1 lb AP = 0.80 lb thawed shrimp
	Pound (frozen)	8.53	1-1/2 oz heated shrimp	11.80	1 lb AP = 0.80 lb thawed shrimp
Seafood, cooked, frozen, Shrimp <i>Peeled, Deveined or Undeveined, Salad size, (150-200 count/lb)</i>	Pound (thawed)	16.00	1 oz heated shrimp	6.30	
	Pound (thawed)	10.60	1-1/2 oz heated shrimp	9.50	
<b>Seafood, SHRIMP, canned</b>					
Seafood, canned, Shrimp	13-1/4 oz Can (drained weight)	13.20	1 oz shrimp	7.60	1 can = 13-1/4 oz drained shrimp
	13-1/4 oz Can (drained weight)	8.80	1-1/2 oz shrimp	11.40	1 can = 13-1/4 oz drained shrimp
<b>Seafood, SQUID, CALAMARI, frozen</b>					
Seafood, frozen, Squid, Calamari <i>Rings only</i>	Pound	10.70	1 oz cooked squid	9.40	1 lb AP = 0.67 lb cooked squid
	Pound	7.14	1-1/2 oz cooked squid	14.10	1 lb AP = 0.67 lb cooked squid
<b>Seafood, TUNA, canned</b>					
Seafood, canned, Tuna <i>Chunk style, Water packed, Includes USDA Foods</i>	66-1/2 oz Can	51.20	1 oz drained tuna	2.00	66-1/2 oz can = about 51.2 oz drained tuna
	66-1/2 oz Can	34.10	1-1/2 oz drained tuna	3.00	66-1/2 oz can = about 51.2 oz drained tuna
	12 oz Can	10.50	1 oz drained tuna	9.60	12 oz can = about 10.5 oz drained tuna
	12 oz Can	7.00	1-1/2 oz drained tuna	14.30	12 oz can = about 10.5 oz drained tuna
	6 oz Can	5.26	1 oz drained tuna	19.20	6 oz can = about 5.2 oz drained tuna
	6 oz Can	3.50	1-1/2 oz drained tuna	28.80	6 oz can = about 5.2 oz drained tuna
Seafood, canned, Tuna <i>Solid, Water packed</i>	66-1/2 oz Can	50.50	1 oz drained tuna	2.00	66-1/2 oz can = about 50.5 oz drained tuna
	66-1/2 oz Can	33.60	1-1/2 oz drained tuna	3.00	66-1/2 oz can = about 50.5 oz drained tuna
	12 oz Can	10.40	1 oz drained tuna	9.70	12 oz can = about 10.4 oz drained tuna

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>Seafood, TUNA, canned (continued)</b>					
<b>Seafood, canned, Tuna</b> <i>Solid, Water packed</i>	12 oz Can	6.95	1-1/2 oz drained tuna	14.40	12 oz can = about 10.4 oz drained tuna
	6 oz Can	5.40	1 oz drained tuna	18.60	6 oz can = about 5.4 oz drained tuna
	6 oz Can	3.60	1-1/2 oz drained tuna	27.80	6 oz can = about 5.4 oz drained tuna
<b>Seafood, canned, Tuna</b> <i>Grated or Flake</i>	60 oz Can	55.00	1 oz drained tuna	1.90	60 oz can = about 55.0 oz drained tuna
	60 oz Can	36.60	1-1/2 oz drained tuna	2.80	60 oz can = about 55.0 oz drained tuna
	6 oz Can	5.40	1 oz drained tuna	18.60	6 oz can = about 5.4 oz drained tuna
	6 oz Can	3.60	1-1/2 oz drained tuna	27.80	6 oz can = about 5.4 oz drained tuna
<b>SEEDS</b>					
<b>Seeds<sup>29,41</sup>, Pumpkin and Squash</b> <i>Shelled</i>	Pound	16.00	1 oz seeds	6.30	1 lb = about 2 cups pumpkin or squash seeds
<b>Seeds<sup>29,41</sup>, Sesame</b>	Pound	16.00	1 oz seeds	6.30	1 lb = about 3-1/8 cups sesame seeds
<b>Seeds<sup>29,41</sup>, Sunflower</b> <i>Shelled</i>	Pound	16.00	1 oz seeds	6.30	1 lb = about 3-1/2 cups sunflower seeds
<b>SURIMI SEAFOOD</b>					
<b>Surimi Seafood, commercially-prepared</b>	Pound	16.00	1 oz provides 0.25 oz meat	6.30	
	Pound	5.33	3 oz provides 1.0 oz meat	18.80	
	Pound	3.63	4.4 oz provides 1.5 oz meat	27.60	
<b>TEMPEH</b>					
<b>Tempeh, commercially-prepared</b>	Pound	16.00	1 oz provides 1.0 oz meat alternate	6.30	
<b>TOFU</b>					
<b>Tofu</b> <i>Commercially-prepared</i>	Pound	7.28	2.2 oz or 1/4 cup provides 1 oz meat alternate	13.80	
<b>TURKEY, WHOLE, fresh or frozen</b>					
<b>Turkey, Whole, fresh or frozen</b> <i>Without Neck and Giblets</i>	Pound	8.48	1 oz cooked turkey with skin	11.80	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	5.65	1-1/2 oz cooked turkey with skin	17.70	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	7.52	1 oz cooked turkey without skin	13.30	1 lb AP = 0.47 lb cooked turkey without skin
	Pound	5.01	1-1/2 oz cooked turkey without skin	20.00	1 lb AP = 0.47 lb cooked turkey without skin

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>TURKEY, WHOLE, fresh or frozen (continued)</b>					
Turkey, Whole, fresh or frozen <i>With Neck and Giblets</i>	Pound	7.68	1 oz cooked turkey with skin without meat from neck and giblets	13.10	1 lb AP = 0.48 lb cooked turkey with skin without meat from neck and giblets
	Pound	5.12	1-1/2 oz cooked turkey with skin without meat from neck and giblets	19.60	1 lb AP = 0.48 lb cooked turkey with skin without meat from neck and giblets
	Pound	6.72	1 oz cooked turkey without skin, giblets, and meat from neck	14.90	1 lb AP = 0.42 lb cooked turkey without skin, giblets and meat from neck
	Pound	4.48	1-1/2 oz cooked turkey without skin, giblets and meat from neck	22.40	1 lb AP = 0.42 lb cooked turkey without skin, giblets and meat from neck
<b>TURKEY PARTS, fresh or frozen</b>					
Turkey parts, fresh or frozen, Turkey Backs <i>With bone, Ready-to-cook</i>	Pound	6.88	1 oz cooked turkey with skin	14.60	1 lb AP = 0.43 lb cooked turkey with skin
	Pound	4.58	1-1/2 oz cooked turkey with skin	21.90	1 lb AP = 0.43 lb cooked turkey with skin
	Pound	5.44	1 oz cooked turkey without skin	18.40	1 lb AP = 0.34 lb cooked turkey without skin
	Pound	3.62	1-1/2 oz cooked turkey without skin	27.70	1 lb AP = 0.34 lb cooked turkey without skin
Turkey parts, fresh or frozen, Turkey Breasts <i>Whole or Halves, With bone</i>	Pound	10.20	1 oz cooked turkey with skin	9.90	1 lb AP = 0.64 lb cooked turkey with skin
	Pound	6.82	1-1/2 oz cooked turkey with skin	14.70	1 lb AP = 0.64 lb cooked turkey with skin
	Pound	9.12	1 oz cooked turkey without skin	11.00	1 lb AP = 0.57 lb cooked turkey without skin
	Pound	6.08	1-1/2 oz cooked turkey without skin	16.50	1 lb AP = 0.57 lb cooked turkey without skin
Turkey parts, fresh or frozen, Turkey Drumsticks <i>With bone</i>	Pound	7.68	1 oz cooked turkey with skin	13.10	1 lb AP = 0.48 lb cooked turkey with skin
	Pound	5.12	1-1/2 oz cooked turkey with skin	19.60	1 lb AP = 0.48 lb cooked turkey with skin
	Pound	7.04	1 oz cooked turkey without skin	14.30	1 lb AP = 0.44 lb cooked turkey without skin
	Pound	4.69	1-1/2 oz cooked turkey without skin	21.40	1 lb AP = 0.44 lb cooked turkey without skin
Turkey parts, fresh or frozen, Turkey Halves <i>With bone</i>	Pound	8.48	1 oz cooked turkey with skin	11.80	1 lb AP = 0.53 lb cooked turkey with skin

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>TURKEY PARTS, fresh or frozen (continued)</b>					
Turkey parts, fresh or frozen, Turkey Halves <i>With bone</i>	Pound	5.65	1-1/2 oz cooked turkey with skin	17.70	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	7.36	1 oz cooked turkey without skin	13.60	1 lb AP = 0.46 lb cooked turkey without skin
	Pound	4.90	1-1/2 oz cooked turkey without skin	20.50	1 lb AP = 0.46 lb cooked turkey without skin
Turkey parts, fresh or frozen, Turkey Leg Quarters <i>With bone</i>	Pound	8.48	1 oz cooked turkey with skin	11.80	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	5.65	1-1/2 oz cooked turkey with skin	17.70	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	7.68	1 oz cooked turkey without skin	13.10	1 lb AP = 0.48 lb cooked turkey without skin
	Pound	5.12	1-1/2 oz cooked turkey without skin	19.60	1 lb AP = 0.48 lb cooked turkey without skin
Turkey parts, fresh or frozen, Turkey Necks <i>With bone</i>	Pound	7.68	1 oz cooked turkey	13.10	1 lb AP = 0.48 lb cooked turkey
	Pound	5.12	1-1/2 oz cooked turkey	19.60	1 lb AP = 0.48 lb cooked turkey
Turkey parts, fresh or frozen, Turkey Thighs <i>With bone</i>	Pound	8.64	1 oz cooked turkey with skin	11.60	1 lb AP = 0.54 lb cooked turkey with skin
	Pound	5.76	1-1/2 oz cooked turkey with skin	17.40	1 lb AP = 0.54 lb cooked turkey with skin
	Pound	8.00	1 oz cooked turkey without skin	12.50	1 lb AP = 0.50 lb cooked turkey without skin
	Pound	5.33	1-1/2 oz cooked turkey without skin	18.80	1 lb AP = 0.50 lb cooked turkey without skin
Turkey parts, fresh or frozen, Turkey Wings <i>With bone, Whole</i>	Pound	5.28	1 oz cooked turkey without skin	19.00	1 lb AP = 0.33 lb cooked turkey without skin
	Pound	3.52	1-1/2 oz cooked turkey without skin	28.50	1 lb AP = 0.33 lb cooked turkey without skin
<b>TURKEY ROAST, frozen</b>					
Turkey Roast, fresh or frozen <sup>42</sup> <i>Without bone, USDA Foods only</i>	Pound	10.50	1 oz cooked turkey with skin	9.60	1 lb AP = 0.66 lb cooked turkey with skin
	Pound	7.04	1-1/2 oz cooked turkey with skin	14.30	1 lb AP = 0.66 lb cooked turkey with skin
<b>TURKEY, BONELESS, fresh or frozen</b>					
Turkey, Boneless, fresh or frozen <i>With skin in natural proportions</i>	Pound	11.20	1 oz cooked turkey with skin	9.00	1 lb AP = 0.70 lb cooked turkey with skin

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>TURKEY, BONELESS, fresh or frozen (continued)</b>					
<b>Turkey, Boneless, fresh or frozen</b> <i>With skin in natural proportions</i>	Pound	7.46	1-1/2 oz cooked turkey with skin	13.50	1 lb AP = 0.70 lb cooked turkey with skin
<b>TURKEY BURGERS, frozen</b>					
<b>Turkey Burgers, frozen</b> <i>100% ground turkey, 3 oz raw weight</i>	Pound	5.33	3 oz raw turkey burger when cooked provides 2 oz cooked turkey	18.80	
	6 lb Package	32.00	3 oz raw turkey burger when cooked provides 2 oz cooked turkey	3.20	
<b>TURKEY GIBLETS, fresh or frozen</b>					
<b>Turkey giblets, fresh or frozen, Gizzards</b>	Pound	9.12	1 oz cooked gizzards	11.00	1 lb AP = 0.57 lb cooked whole gizzards
	Pound	6.08	1-1/2 oz cooked gizzards	16.50	1 lb AP = 0.57 lb cooked whole gizzards
<b>Turkey giblets, fresh or frozen, Hearts</b>	Pound	9.12	1 oz cooked hearts	11.00	1 lb AP = 0.57 lb cooked hearts
	Pound	6.08	1-1/2 oz cooked hearts	16.50	1 lb AP = 0.57 lb cooked hearts
<b>Turkey giblets, fresh or frozen, Livers</b>	Pound	11.50	1 oz cooked livers	8.70	1 lb AP = 0.72 lb cooked livers
	Pound	7.68	1-1/2 oz cooked livers	13.10	1 lb AP = 0.72 lb cooked livers
<b>TURKEY, GROUND, fresh or frozen</b>					
<b>Turkey, Ground, fresh or frozen</b> <i>With skin in natural proportions</i>	Pound	11.20	1 oz cooked turkey	9.00	1 lb AP = 0.70 lb cooked, drained turkey
	Pound	7.46	1-1/2 oz cooked turkey	13.50	1 lb AP = 0.70 lb cooked, drained turkey
	10 lb Package	112.00	1 oz cooked turkey	0.90	1 lb AP = 0.70 lb cooked, drained turkey
	10 lb Package	74.60	1-1/2 oz cooked turkey	1.40	1 lb AP = 0.70 lb cooked, drained turkey
<b>TURKEY, canned</b>					
<b>Turkey, Canned, Boned Turkey</b>	Pound	14.00	1 oz cooked turkey with skin	7.20	1 lb AP = 0.88 lb cooked turkey with skin
	Pound	9.38	1-1/2 oz cooked turkey with skin	10.70	1 lb AP = 0.88 lb cooked turkey with skin
<b>Turkey, Canned, Boned Turkey</b> <i>Solid Pack</i>	Pound	14.80	1 oz cooked turkey with skin	6.80	1 lb AP = 0.93 lb cooked turkey with skin

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>TURKEY, canned (continued)</b>					
Turkey, Canned, Boned Turkey <i>Solid Pack</i>	Pound	9.92	1-1/2 oz cooked turkey with skin	10.10	1 lb AP = 0.93 lb cooked turkey with skin
Turkey, Canned, Boned Turkey <i>With Broth</i>	Pound	12.40	1 oz cooked turkey with skin	8.10	1 lb AP = 0.78 lb cooked turkey with skin
	Pound	8.32	1-1/2 oz cooked turkey with skin	12.10	1 lb AP = 0.78 lb cooked turkey with skin
<b>TURKEY, COOKED, frozen</b>					
Turkey, cooked, frozen, Diced or Pulled <i>Light and dark meat in natural proportions, (no skin, wing meat, neck meat, giblets or kidney)</i>	Pound	16.00	1 oz cooked turkey	6.30	1 lb AP = 1.00 lb (about 2-3/4 cups) cooked turkey
	Pound	10.60	1-1/2 oz cooked turkey	9.50	1 lb AP = 1.00 lb (about 2-3/4 cups) cooked turkey
<b>TURKEY HAM, Fully cooked, chilled or frozen</b>					
Turkey Ham, fully cooked, chilled or frozen <sup>43</sup>	Pound	11.20	1.4 oz serving provides 1 oz cooked turkey	9.00	1 lb AP = 0.70 lb cooked turkey
	Pound	7.46	2.1 oz serving provides 1-1/2 oz cooked turkey	13.50	1 lb AP = 0.70 lb cooked turkey
Turkey Ham, fully cooked, chilled or frozen <sup>43</sup> <i>15% added ingredients</i>	Pound	9.41	1.7 oz serving provides 1 oz cooked turkey	10.60	1 lb AP = 0.59 lb cooked turkey
	Pound	6.27	2.6 oz serving provides 1-1/2 oz cooked turkey	15.90	1 lb AP = 0.59 lb cooked turkey
<b>TURKEY PRODUCTS, canned or frozen</b>					
Turkey Products, Creamed Turkey <sup>44, 45</sup>	Pound	2.30	3/4 cup serving provides about 1.3 oz cooked turkey	43.50	1 lb AP = 0.20 lb cooked turkey
Turkey Products, Turkey A La King <sup>44, 45</sup>	Pound	2.30	3/4 cup serving provides about 1.3 oz cooked turkey	43.50	1 lb AP = 0.20 lb cooked turkey
Turkey Products, Barbecue, minced <sup>44, 45</sup>	Pound	3.50	1/2 cup serving provides about 1.8 oz cooked turkey	28.60	1 lb AP = 0.40 lb cooked turkey
Turkey Products, Turkey Chili <sup>44, 45</sup>	Pound	2.30	3/4 cup serving provides about 1.9 oz cooked turkey	43.50	1 lb AP = 0.28 lb cooked turkey
Turkey Products, Turkey Chili with Beans <sup>44, 45</sup>	Pound	2.62	2/3 cup serving provides about 1 oz cooked turkey	38.20	1 lb AP = 0.17 lb cooked turkey
Turkey Products, Turkey Hash <sup>44, 45</sup>	Pound	2.60	2/3 cup serving provides about 1.8 oz cooked turkey	38.50	1 lb AP = 0.30 lb cooked turkey

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>TURKEY PRODUCTS, canned or frozen (continued)</b>					
Turkey Products, Turkey Salad <sup>44, 45</sup>	Pound	3.46	1/2 cup serving provides about 1.1 oz cooked turkey	29.00	1 lb AP = 0.25 lb cooked turkey
Turkey Products, Turkey with Gravy <sup>44, 45</sup>	Pound	5.30	1/3 cup serving provides about 1 oz cooked turkey	18.90	1 lb AP = 0.35 lb cooked turkey
Turkey Products, Turkey with Noodles or Dumplings <sup>44, 45</sup>	Pound	1.70	1 cup serving provides about 1.4 oz cooked turkey	58.90	1 lb AP = 0.15 lb cooked turkey
<b>VEAL, CUTLETS, fresh or frozen</b>					
Veal, Cutlets, fresh or frozen <i>Cutlets from leg, Without bone</i>	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooked lean meat
	Pound	5.76	1-1/2 oz cooked lean meat	17.40	1 lb AP = 0.54 lb cooked lean meat
<b>VEAL, GROUND, fresh or frozen</b>					
Veal, Ground, fresh or frozen <i>No more than 16% fat</i>	Pound	12.60	1 oz cooked lean meat	8.00	1 lb AP = 0.79 lb cooked lean meat
	Pound	8.42	1-1/2 oz cooked lean meat	11.90	1 lb AP = 0.79 lb cooked lean meat
<b>VEAL, HEART, fresh or frozen</b>					
Veal, Heart, fresh or frozen <i>Trimmed</i>	Pound	9.44	1 oz cooked lean meat	10.60	1 lb AP = 0.59 lb cooked heart
	Pound	6.29	1-1/2 oz cooked lean meat	15.90	1 lb AP = 0.59 lb cooked heart
<b>VEAL, LIVER, fresh or frozen</b>					
Veal, Liver, fresh or frozen <i>Trimmed</i>	Pound	10.80	1 oz cooked lean meat	9.30	1 lb AP = 0.68 lb cooked liver
	Pound	7.25	1-1/2 oz cooked lean meat	13.80	1 lb AP = 0.68 lb cooked liver
<b>VEAL, ROAST, fresh or frozen</b>					
Veal, Roast, fresh or frozen, Chuck Roast <i>Without bone</i>	Pound	9.44	1 oz cooked lean meat	10.60	1 lb AP = 0.59 lb cooked lean meat
	Pound	6.29	1-1/2 oz cooked lean meat	15.90	1 lb AP = 0.59 lb cooked lean meat
Veal, Roast, fresh or frozen, Leg Roast <i>Without bone</i>	Pound	9.76	1 oz cooked lean meat	10.30	1 lb AP = 0.61 lb cooked lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.40	1 lb AP = 0.61 lb cooked lean meat

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>VEAL, STEAK, fresh or frozen</b>					
Veal, Steak, fresh or frozen, Flaked and formed <i>4 oz raw weight, (Like IMPS #1338)</i>	Pound	4.00	4 oz raw steak when cooked provides 2.7 oz cooked lean meat	25.00	1 lb AP = 0.69 lb cooked lean meat
	Pound	11.00	1 oz cooked meat	9.10	1 lb AP = 0.69 lb cooked lean meat
	Pound	7.36	1-1/2 oz cooked meat	13.60	1 lb AP = 0.69 lb cooked lean meat
<b>VEAL, STEW MEAT, fresh or frozen</b>					
Veal, Stew Meat, fresh or frozen <i>Without bone</i>	Pound	10.40	1 oz cooked lean meat	9.70	1 lb AP = 0.65 lb cooked lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.50	1 lb AP = 0.65 lb cooked lean meat
<b>YOGURT</b>					
Yogurt, fresh <sup>46</sup> <i>Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared, (includes Greek yogurt), Includes USDA Foods</i>	32 oz Container	8.00	1/2 cup or 4 oz yogurt provides 1 oz meat alternate	12.50	
	32 oz Container	5.33	3/4 cup or 6 oz yogurt provides 1-1/2 oz meat alternate	18.80	
Yogurt, fresh <sup>46</sup> <i>Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared, (Includes Greek yogurt), Includes USDA Foods</i>	32 oz Container	4.00	1 cup or 8 oz provides 2 oz meat alternate	25.00	
	4 oz Container	1.00	4 oz yogurt provides 1 oz meat alternate	100.00	
Yogurt, fresh <sup>46</sup> <i>Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared, (Includes Greek yogurt)</i>	6 oz Container	1.00	6 oz yogurt provides 1-1/2 oz meat alternate	100.00	
	8 oz Container	1.00	8 oz yogurt provides 2 oz meat alternate	100.00	
Yogurt, soy <sup>46</sup> <i>Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared</i>	32 oz Container	8.00	1/2 cup or 4 oz yogurt provides 1 oz meat alternate	12.50	
	32 oz Container	5.33	3/4 cup or 6 oz yogurt provides 1-1/2 oz meat alternate	18.80	

NOTE: For Footnotes please see the end of the section.

## Section 1 - Meats/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
<b>YOGURT (continued)</b>					
<b>Yogurt, soy</b> <i>Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared</i>	32 oz Container	4.00	1 cup or 8 oz yogurt provides 2 oz meat alternate	25.00	
	24 oz Container	6.00	1/2 cup or 4 oz yogurt provides 1 oz meat alternate	16.70	
	24 oz Container	4.00	3/4 cup or 6 oz yogurt provides 1-1/2 oz meat alternate	25.00	
	24 oz Container	3.00	1 cup or 8 oz yogurt provides 2 oz meat alternate	33.30	
	4 oz Container	1.00	4 oz yogurt provides 1 oz meat alternate	100.00	
	6 oz Container	1.00	6 oz yogurt provides 1-1/2 oz meat alternate	100.00	
	8 oz Container	1.00	8 oz yogurt provides 2 oz meat alternate	100.00	

NOTE: For Footnotes please see the end of the section.

## Footnotes: Meats/Meat Alternates

<sup>1</sup> Information about Alternate Protein Products (APP) can be found in 7 CFR Parts 210, 215, 220, 225, and 226.

<sup>2</sup> Dehydrated pinto beans are whole dry beans that have been cooked and then dehydrated.

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

<sup>4</sup> Liquid from canned beans used to puree beans no additional liquid added.

<sup>5</sup> Pureed foods such as fruits and vegetables may contribute to meal pattern requirements, provided that the dish that contains the pureed food also provides an adequate amount of recognizable, creditable fruits or vegetables. Additional information regarding crediting pureed foods is available in Memo SP 10-2012 v.9.

<sup>6</sup> If 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.

<sup>7</sup> If 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.

<sup>8</sup> Ground 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.

<sup>9</sup> USDA 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.

<sup>10</sup> Ground 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.

<sup>11</sup> If you do not know the specific cut of beef round roast without bone you will purchase or have purchased, use the yield data given for “beef round roast, fresh or frozen, without bone, 1/4-inch trim” 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.

<sup>12</sup> “Beef Special Trim” is beef trimmings where each piece has a surface area on one side not less than 8 square inches and no less than 1/2-inch thick at any point.

<sup>13</sup> Based on USDA specification for beef with natural juices, canned.

<sup>14</sup> Yield data is based on the Food Buying Guide yield for raw beef stew meat, practically-free-of-fat.

<sup>15</sup> 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.

<sup>16</sup> 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 toward meal pattern.

<sup>17</sup> 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.”

<sup>18</sup> “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.

<sup>19</sup> If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

<sup>20</sup> Yield data is based on minimum percent meat as required by FSIS Standard of Identity regulations found in 9 CFR.

<sup>21</sup> 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.

<sup>22</sup> 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.

- <sup>23</sup> 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.
- <sup>24</sup> Quantities are for dried whole eggs. For blends and specialty egg products, use CN-labeled product or manufacturer's documentation.
- <sup>25</sup> 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.
- <sup>26</sup> 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.
- <sup>27</sup> All game meat must be purchased from USDA inspected establishments, or State Meat and Poultry Inspection Programs. Uninspected game meat is not allowed to be served in FNS Child Nutrition Programs except when facilities, including schools, and sites operated by Indian tribes and tribal organizations, that primarily serve Indians accept donations of game meat (See SP 42-2015, CACFP 19-2015, SFSP 21-2015: Service of Traditional Foods in Public Facilities).
- <sup>28</sup> 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.
- <sup>29</sup> Nuts and seeds may be used to meet no more than one-half of the meat/meat alternate component to fulfill the lunch or supper requirement in Child Nutrition Programs.
- <sup>30</sup> Ground Pork, Market Style (no more than 30 percent fat) is based on USDA standard as referenced in FSIS Policy Book. Must comply with Code of Federal Regulations, Title 9, Part 319.15(a).
- <sup>31</sup> Ground Pork is based on USDA standard as referenced in FSIS Policy Book. Must comply with Code of Federal Regulations, Title 9, Part 319.15(a), but with maximum fat content as is listed here.
- <sup>32</sup> Fresh Pork Sausage, Market Style (no more than 50 percent trimmable fat) is based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 319.141 Fresh Pork Sausage.
- <sup>33</sup> Sausage, Italian, products (total fat content no more than 35 percent). May be made with Pork, Beef, and/or Veal, based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 319.145.
- <sup>34</sup> 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.
- <sup>35</sup> 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 the Food Buying Guide yield for the specific cut of pork used to process the product.
- <sup>36</sup> The fish portions and fish sticks provided in this guide are made using compressed fish fillet block (labeled as fish) which provides 0.78 lb cooked fish from 1 lb frozen fish block whereas compressed minced fish (labeled as minced fish) obtains 0.75 lb cooked fish from 1 lb frozen minced fish block.
- <sup>37</sup> There is no standard for this product. It is recommended that you use products with CN labels or specify "FISH PORTIONS, FROZEN, FRIED, BATTERED (45 PERCENT) FISH" and request a Certificate of Inspection from the processor.
- <sup>38</sup> Fish Portions, Frozen, Fried, breaded is based on the National Oceanic and Atmospheric Administration's (NOAA) Fishery Products Inspection Manual 25 Part II Chapter 4, section 07 which specifies the product must contain a minimum of 65 percent fish.
- <sup>39</sup> Fish Portions, Frozen, Raw, Breaded is based on the NOAA's Fishery Products Inspection Manual 25 Part II Chapter 4, section 05 which specifies the product must contain a minimum of 75 percent fish.
- <sup>40</sup> Fish Sticks, Frozen, Fried, Breaded is based on the National Oceanic and Atmospheric Administration's (NOAA) Fishery Products Inspection Manual 25 Part II Chapter 4, section 06 which specifies that the product must contain a minimum of 60 percent fish.
- <sup>41</sup> 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.
- <sup>42</sup> Turkey Roast, USDA Foods, frozen, is based on USDA Specification for Frozen Turkey Roast which contains a minimum of 92.5 percent turkey.

<sup>43</sup> Turkey ham is based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 381.171.

<sup>44</sup> Yield data is based on minimum percent meat as required by FSIS Standard of Identity regulations found in 9 CFR.

<sup>45</sup> Purchasers 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.

<sup>46</sup> Creditable yogurt is defined in the Child Nutrition regulations under 7 CFR parts 210.2, 220.2(bb), 225.2, and 226.2.

# Food Buying Guide for Child Nutrition Programs

## Section 2 Vegetables

### Section 2 - Vegetables

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
<b>Other Vegetables<sup>1</sup> - ARTICHOKEs</b>					
Artichokes, fresh <i>36 count (large), Untrimmed, Whole</i>	Pound	1.49	1/4 cup cooked, drained vegetable from leaves	67.20	1 lb AP = 0.23 lb (about 1/3 cup) cooked, drained artichoke
	Pound	1.38	1/4 cup cooked, drained vegetable (bottoms only)	72.50	1 lb AP = about 1/3 cup cooked artichoke from bottoms only
	Pound	2.84	1/4 cup cooked, drained vegetable (bottoms and leaves)	35.30	1 lb AP = about 2/3 cup cooked, drained artichoke bottoms and leaves
Artichokes, canned <i>Bottoms</i>	No. 300 Can (14 oz)	5.97	1/4 cup drained vegetable	16.80	1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated artichoke
Artichokes, canned <i>Hearts</i>	No. 300 Can (14 oz)	4.67	1/4 cup drained vegetable	21.50	1 No. 300 can = about 8.0 oz (1-1/8 cups) drained, unheated artichoke
Artichokes, frozen <i>Hearts</i>	Pound	10.00	1/4 cup cooked, drained vegetable	10.00	1 lb AP = 0.99 lb (about 2-1/2 cups) cooked, drained artichoke
<b>Other Vegetables<sup>1</sup> - ASPARAGUS</b>					
Asparagus, fresh <i>Whole</i>	Pound	4.80	1/4 cup cooked vegetable	20.90	1 lb AP = 0.53 lb ready-to-cook trimmed, raw asparagus; 1 lb AP = 0.50 lb cooked asparagus
	Pound	4.80	1/4 cup cooked cuts and tips (1/4 cup vegetable)	20.90	1 lb AP = 0.50 lb cooked asparagus; 1 lb AP = 0.50 lb cooked asparagus
Asparagus, canned <i>Cuts and Tips</i>	No. 10 Can (103 oz)	27.80	1/4 cup heated, drained vegetable	3.60	1 No. 10 can = about 57.3 oz (6-7/8 cups) heated, drained asparagus; 1 No. 10 can = about 57.1 oz (8 cups) drained, unheated asparagus
	No. 10 Can (103 oz)	32.40	1/4 cup drained vegetable	3.10	1 No. 10 can = about 57.1 oz (8 cups) drained, unheated asparagus
	No. 300 Can (14-1/2 oz)	3.45	1/4 cup heated, drained vegetable	29.00	1 No. 300 can = about 6.8 oz (3/4 cup) heated, drained asparagus; 1 No. 300 can = about 8.7 oz (1-1/8 cups) drained, unheated asparagus
	No. 300 Can (14-1/2 oz)	4.83	1/4 cup drained vegetable	20.80	1 No. 300 can = about 8.7 oz (1-1/8 cups) drained, unheated asparagus
	Pound	4.31	1/4 cup heated, drained vegetable	23.30	
	Pound	5.03	1/4 cup drained vegetable	19.90	

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Other Vegetables<sup>1</sup> - ASPARAGUS (continued)</b>					
<b>Asparagus, canned Spears</b>	No. 5 Squat Can (64 oz)	26.40	1/4 cup drained vegetable	3.80	1 No. 5 can = about 38.0 oz (6-2/3 cups) drained, unheated asparagus
	No. 300 Can (15 oz)	3.87	1/4 cup heated, drained vegetable	25.90	1 No. 300 can = about 7.3 oz (7/8 cup) heated, drained asparagus; 1 No. 300 can = about 8.5 oz (1-1/8 cups) drained, unheated asparagus
	No. 300 Can (15 oz)	4.59	1/4 cup drained vegetable	21.80	1 No. 300 can = about 8.5 oz (1-1/8 cups) drained, unheated asparagus
	Pound	6.60	1/4 cup drained vegetable	15.20	
<b>Asparagus, frozen Cuts and Tips</b>	Pound	8.10	1/4 cup cooked vegetable	12.40	
<b>Asparagus, frozen Spears</b>	Pound	10.70	1/4 cup cooked vegetable	9.40	
<b>Other Vegetables<sup>1</sup> - AVOCADOS</b>					
<b>Avocados, fresh All sizes, Whole</b>	Pound	8.20	1/4 cup raw, diced vegetable	12.20	1 lb AP = 0.67 lb ready-to-serve raw avocado
	Pound	5.10	1/4 cup raw, mashed vegetable	19.70	1 lb AP = 0.67 lb ready-to-serve raw avocado
<b>Avocados, fresh California, 48 count (approx. 2.5-inch width by 3.5-inch length), Whole</b>	Pound	5.52	1/4 cup peeled, sliced, raw vegetable (about 3 slices, 3/8 inch by 3-1/2 inch slices)	18.20	1 lb AP = 0.69 lb ready-to-serve, raw, peeled avocado [about 2-2/3 portions (1/4 cup each portion) per avocado]
<b>Avocados, fresh Florida, (approx. 3.5-inch width by 4.75-inch length), Whole</b>	Pound	7.07	1/4 cup peeled, sliced, raw vegetable (about 2 slices, 1/2 inch by 4-1/2 inch slices)	14.20	1 lb AP = 0.59 lb ready-to-serve, raw, peeled, sliced [about 7-1/2 portions (1/4 cup each portion) per avocado]
<b>Other Vegetables<sup>1</sup> - BAMBOO SHOOTS</b>					
<b>Bamboo Shoots, canned Sliced</b>	No. 10 Can (104 oz)	47.40	1/4 cup drained vegetable	2.20	1 No. 10 can = about 72.7 oz (11-3/4 cups) drained, unheated bamboo shoots
<b>Beans and Peas (Legumes) - BEAN PRODUCTS</b>					
<b>Bean Products, dry beans, canned, Beans Baked or In Sauce, Vegetarian Includes USDA Foods</b>	No. 10 Can (108 oz)	47.10	1/4 cup heated vegetable with sauce	2.20	1 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	14.40	1 No. 300 can = about 1-3/4 cups heated beans with sauce
<b>Bean Products, dry beans, canned, Beans Baked or In Sauce with Pork</b>	No. 10 Can (110 oz)	48.90	1/4 cup heated vegetable	2.10	
	No. 2-1/2 Can (30 oz)	13.30	1/4 cup heated vegetable	7.60	

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Beans and Peas (Legumes) - BEAN PRODUCTS (continued)</b>					
Bean Products, dry beans, canned, Beans Baked or In Sauce with Pork	No. 300 Can (16 oz)	7.10	1/4 cup heated vegetable	14.10	
Bean Products, dry beans, canned, Beans with Bacon In Sauce	Pound	4.70	3/8 cup serving (about 1/4 cup heated beans)	21.30	
	Pound	3.13	1/2 cup plus 1 Tbsp serving (about 3/8 cup heated beans)	32.00	
<b>Other Vegetables<sup>1</sup> - BEAN SPROUTS</b>					
Bean Sprouts, Fresh <sup>2</sup> <i>Mung</i>	Pound	14.60	1/4 cup parboiled, drained vegetable	6.90	1 lb AP = 0.89 lb parboiled bean sprouts
Bean Sprouts, Fresh <sup>2</sup> <i>Soybean</i>	Pound	17.20	1/4 cup parboiled, drained vegetable	5.90	1 lb AP = 0.95 lb parboiled
Bean Sprouts, Canned	No. 10 Can (102 oz)	29.10	1/4 cup heated, drained vegetable	3.50	1 No. 10 can = about 48.4 oz (7-1/4 cups) heated, drained bean sprouts; 1 No. 10 can = about 59.0 oz (10-1/2 cups) drained, unheated bean sprouts
	No. 10 Can (102 oz)	42.20	1/4 cup drained vegetable	2.40	1 No. 10 can = about 59.0 oz (10-1/2 cups) drained, unheated bean sprouts
	No. 300 Can (14 oz)	3.99	1/4 cup heated, drained vegetable	25.10	1 No. 300 can = about 6.5 oz (1 cup) heated, drained bean sprouts; 1 No. 300 can = about 8.0 oz (1-1/3 cups) drained, unheated bean sprouts
	No. 300 Can (14 oz)	5.34	1/4 cup drained vegetable	18.80	1 No. 300 can = about 8.0 oz (1-1/3 cups) drained, unheated bean sprouts
<b>Beans and Peas (Legumes) - BEANS, BLACK (TURTLE BEANS)</b>					
Beans, Black (Turtle beans), dry, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (110 oz)	27.80	1/4 cup heated, drained vegetable	3.60	1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans; 1 No. 10 can = about 71.0 oz (11-3/4 cups) drained, unheated beans
	No. 10 Can (110 oz)	45.00	1/4 cup drained, unheated vegetable	2.30	1 No. 10 can = about 71.0 oz (11-1/4 cups) drained, unheated beans
	No. 300 Can (15-1/2 oz)	5.91	1/4 cup heated, drained vegetable	17.00	1 No. 300 can = about 10.5 oz (1-3/8 cups) heated, drained beans
	Pound	10.14	1/4 cup drained, unheated vegetable	9.90	
Beans, Black (Turtle beans), dry <i>Whole</i>	Pound	18.30	1/4 cup cooked vegetable	5.50	1 lb dry = 2-1/4 cups dry beans

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Beans and Peas (Legumes) - BEANS, BLACK-EYED (or PEAS)</b>					
Beans, Black-eyed (or Peas), dry <i>Whole</i>	Pound	28.30	1/4 cup cooked vegetable	3.60	1 lb dry = about 2-3/4 cups dry beans
Beans, Black-eyed (or Peas), dry, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (108 oz)	37.70	1/4 cup heated, drained vegetable	2.70	1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans; 1 No. 10 can = about 78.5 oz (11-1/2 cups) drained, unheated beans
	No. 10 Can (108 oz)	46.00	1/4 cup drained, unheated vegetable	2.20	1 No. 10 can = about 78.5 oz (11-1/2 cups) drained, unheated beans
	No. 300 Can (15 oz)	4.91	1/4 cup heated, drained vegetable	20.40	
	Pound	9.37	1/4 cup drained, unheated vegetable	10.70	
<b>Starchy Vegetables - BEANS, BLACK-EYED (or PEAS)</b>					
Beans, Black-eyed (or Peas), fresh <i>Shelled</i>	Pound	10.30	1/4 cup cooked, drained vegetable	9.80	1 lb in pod = 0.51 lb ready-to-cook beans
Beans, Black-eyed (or Peas), frozen <i>Whole</i>	Pound	11.20	1/4 cup cooked, drained vegetable	9.00	
<b>Beans and Peas (Legumes) - BEANS, GARBANZO or CHICKPEAS</b>					
Beans, Garbanzo or Chickpeas, dry, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (110 oz)	45.50	1/4 cup heated, drained vegetable	2.20	1 No. 10 can (110 oz) = about 72 oz (11-3/8 cups) heated, drained beans
	No. 300 Can (15 oz)	6.70	1/4 cup drained, unheated vegetable	15.00	1 No. 300 can = about 9.6 oz (1-2/3 cups) unheated, drained beans
	Pound	10.11	1/4 cup heated, drained vegetable	9.90	
Beans, Garbanzo or Chickpeas, dry <i>Whole</i>	Pound	24.60	1/4 cup cooked vegetable	4.10	1 lb dry = about 2-1/2 cups dry beans
<b>Beans and Peas (Legumes) - BEANS, GREAT NORTHERN</b>					
Beans, Great Northern, dry, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (110 oz)	32.40	1/4 cup heated, drained vegetable	3.10	1 No. 10 can = about 68.5 oz (about 8-1/8 cups) heated, drained beans
	No. 300 Can (14 oz)	4.37	1/4 cup heated, drained vegetable	22.90	
Beans, Great Northern, dry <i>Whole</i>	Pound	25.50	1/4 cup cooked vegetable	4.00	1 lb dry = about 2-1/2 cups dry beans
<b>Other Vegetables<sup>1</sup> - BEANS, GREEN</b>					
Beans, Green, fresh <i>Trimmed, Whole Ready-to-use</i>	Pound	22.00	1/4 cup whole, raw vegetable	4.60	1 lb AP = 1 lb (about 5-3/8 cups) ready-to-cook beans

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Other Vegetables<sup>1</sup> - BEANS, GREEN (continued)</b>					
<b>Beans, Green, fresh</b> <i>Trimmed, Whole Ready-to-use</i>	Pound	12.40	1/4 cup whole, cooked, drained vegetable	8.10	1 lb AP = 1 lb (about 5-3/8 cups) ready-to-cook beans; 1 lb AP = 0.86 lb (about 3 cups) cooked, drained beans
	Pound	16.40	1/4 cup cut, raw vegetable	6.10	1 lb AP = 1 lb (about 4 cups) ready-to-cook beans
	Pound	11.20	1/4 cup cut, cooked, drained vegetable	9.00	1 lb AP = 1 lb (about 4 cups) ready-to-cook beans; 1 lb AP = 0.89 lb (about 2-3/4 cups) cooked, drained, cut beans
<b>Beans, Green, fresh</b> <i>Untrimmed, Whole</i>	Pound	11.10	1/4 cup whole, cooked vegetable	9.10	1 lb AP = 0.88 lb ready-to-cook beans
<b>Beans, Green, canned</b> <i>Cut, Includes USDA Foods</i>	No. 10 Can (101 oz)	45.30	1/4 cup heated, drained vegetable	2.30	1 No. 10 can = about 60.0 oz (12-7/8 cups) drained, unheated beans
	No. 10 Can (101 oz)	51.10	1/4 cup drained vegetable	2.00	1 No. 10 can = about 60.0 oz (12-7/8 cups) drained, unheated beans
	No. 2-1/2 Can (28 oz)	12.50	1/4 cup heated, drained vegetable	8.00	1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 2-1/2 Can (28 oz)	14.10	1/4 cup drained vegetable	7.10	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	20.00	1 No. 300 can = about 7.4 oz (1-1/4 cups) heated, drained beans; 1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated beans
	No. 300 Can (15 oz)	5.77	1/4 cup drained vegetable	17.40	1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated beans
	Pound	7.17	1/4 cup heated, drained vegetable	14.00	
	Pound	8.10	1/4 cup drained vegetable	12.40	
<b>Beans, Green, canned</b> <i>French style</i>	No. 10 Can (101 oz)	36.50	1/4 cup heated, drained vegetable	2.80	1 No. 10 can = about 59.0 oz (12 cups) drained, unheated beans
	No. 2-1/2 Can (28 oz)	10.10	1/4 cup heated, drained vegetable	10.00	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	27.80	1 No. 300 can = about 5.70 oz (7/8 cups) heated, drained beans; No. 300 can = about 10.1 oz (1-1/8 cups) drained, unheated beans
	No. 300 Can (14-1/2 oz)	4.50	1/4 cup drained vegetable	22.30	1 No. 300 can = about 10.1 oz (1-1/8 cups) drained, unheated beans
	Pound	5.80	1/4 cup heated vegetable	17.30	

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Other Vegetables<sup>1</sup> - BEANS, GREEN (continued)</b>					
<b>Beans, Green, canned</b> <i>Whole</i>	No. 10 Can (101 oz)	39.50	1/4 cup heated, drained vegetable	2.60	1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans
	No. 10 Can (101 oz)	52.20	1/4 cup drained vegetable	2.00	1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans
	No. 2-1/2 Can (28 oz)	14.40	1/4 cup heated, drained vegetable	7.00	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	21.90	1 No. 300 can = about 7.3 oz (1-1/8 cups) heated, drained beans; 1 No. 300 can = about 7.6 oz (1-5/8 cups) drained, unheated beans
	No. 300 Can (14-1/2 oz)	6.95	1/4 cup drained vegetable	14.40	1 No. 300 can = about 7.6 oz (1-5/8 cups) drained, unheated beans
	Pound	8.20	1/4 cup drained vegetable	12.20	
<b>Beans, Green, Flat Italian, canned</b> <i>Whole</i>	No. 10 Can (103 oz)	35.10	1/4 cup heated, drained vegetable	2.90	1 No. 10 can = about 56.6 oz (8-3/4 cups) heated, drained beans; 1 No. 10 can = about 63.3 oz (10-5/8 cups) drained, unheated beans
	No. 10 Can (103 oz)	42.70	1/4 cup drained vegetable	2.40	1 No. 10 can = about 63.3 oz (10-5/8 cups) drained, unheated beans
<b>Beans, Green, Flat Italian, frozen</b> <i>Whole</i>	Pound	9.30	1/4 cup cooked, drained vegetable	10.80	1 lb AP = 0.91 lb (about 2-1/4 cups) cooked, drained beans
<b>Beans, Green, frozen</b> <i>Cut, Includes USDA Foods</i>	Pound	11.60	1/4 cup cooked, drained vegetable	8.70	
<b>Beans, Green, frozen</b> <i>French style</i>	Pound	12.00	1/4 cup cooked, drained vegetable	8.40	
<b>Beans, Green, frozen</b> <i>Whole</i>	Pound	10.70	1/4 cup cooked, drained vegetable	9.40	1 lb AP = 0.88 lb (about 2-5/8 cups) cooked vegetable
<b>Beans and Peas (Legumes) - BEANS, KIDNEY</b>					
<b>Beans, Kidney, dry, canned</b> <i>Whole, Includes USDA Foods</i>	No. 10 Can (108 oz)	38.90	1/4 cup heated, drained vegetable	2.60	1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans
	No. 10 Can (108 oz)	44.00	1/4 cup drained, unheated vegetable	2.30	1 No. 10 can = about 72.0 oz (11 cups) drained, unheated beans
	No. 2-1/2 Can (30 oz)	11.60	1/4 cup heated, drained vegetable	8.70	
	No. 2-1/2 Can (30 oz)	12.60	1/4 cup drained vegetable	8.00	

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Beans and Peas (Legumes) - BEANS, KIDNEY (continued)</b>					
<b>Beans, Kidney, dry, canned</b> <i>Whole, Includes USDA Foods</i>	No. 300 Can (15-1/2 oz)	5.61	1/4 cup heated, drained vegetable	17.90	1 No. 300 can = about 9.5 oz (1-3/8 cups) heated, drained beans
	No. 300 Can (15-1/2 oz)	5.88	1/4 cup drained, unheated vegetable	17.10	1 No. 300 can = about 10.0 oz (1-3/8 cups) drained, unheated beans
	Pound	9.77	1/4 cup drained, unheated vegetable	10.30	
<b>Beans, Kidney, dry</b> <i>Whole</i>	Pound	24.80	1/4 cup cooked vegetable	4.10	1 lb dry = about 2-1/2 cups dry beans
<b>Beans and Peas (Legumes) - BEANS, LIMA</b>					
<b>Beans, Lima, dry</b> <i>Baby, Whole</i>	Pound	23.40	1/4 cup cooked vegetable	4.30	1 lb dry = about 2-3/8 cups dry beans
<b>Beans, Lima, dry</b> <i>Fordhook, Whole</i>	Pound	27.00	1/4 cup cooked vegetable	3.80	1 lb dry = about 2-5/8 cups dry beans
<b>Starchy Vegetables - BEANS, LIMA</b>					
<b>Beans, Lima, canned</b> <i>Green, Whole</i>	No. 10 Can (105 oz)	42.40	1/4 cup heated, drained vegetable	2.40	1 No. 10 can = about 70.9 oz (11-3/4 cups) drained, unheated beans
	No. 2-1/2 Can (40 oz)	15.70	1/4 cup heated, drained vegetable	6.40	1 No. 2-1/2 can = about 27.0 oz (4-1/2 cups) drained, unheated beans
	Pound	6.46	1/4 cup heated, drained vegetable	15.50	1 lb AP = about 11.0 oz (1-3/4 cups) drained, unheated beans
<b>Beans, Lima, fresh</b> <i>Shelled, Whole</i>	Pound	10.80	1/4 cup cooked, drained vegetable	9.30	1 lb in pod = 0.44 lb ready-to-cook beans
<b>Beans, Lima, frozen</b> <i>Baby, Whole</i>	Pound	10.90	1/4 cup cooked, drained vegetable	9.20	
<b>Beans, Lima, frozen</b> <i>Fordhook, Whole</i>	Pound	11.10	1/4 cup cooked, drained vegetable	9.10	
<b>Beans and Peas (Legumes) - BEANS, MUNG</b>					
<b>Beans, Mung, dry</b> <i>Whole</i>	Pound	28.10	1/4 cup cooked vegetable	3.60	1 lb dry = about 2-1/4 cups dry beans
<b>Beans and Peas (Legumes) - BEANS, NAVY or PEA</b>					
<b>Beans, Navy or Pea, dry</b> <i>Whole</i>	Pound	23.90	1/4 cup cooked vegetable	4.20	1 lb dry = about 2-1/4 cups dry beans
	No. 10 Can (108 oz)	39.00	1/4 cup heated, drained vegetable	2.60	1 No. 10 can = about 72.0 oz (9-3/4 cups) heated, drained beans; 1 No. 10 can = about 76.0 oz (11 cups) drained, unheated beans
	No. 10 Can (108 oz)	44.00	1/4 cup drained, unheated vegetable	2.30	1 No. 10 can = about 76.0 oz (11 cups) drained, unheated beans
	Pound	8.66	1/4 cup heated, drained vegetable	11.60	

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Beans and Peas (Legumes) - BEANS, NAVY or PEA (continued)</b>					
<b>Beans, Navy or Pea, dry</b> <i>Whole</i>	Pound	9.26	1/4 cup drained, unheated vegetable	10.80	
<b>Beans and Peas (Legumes) - BEANS, PINK</b>					
<b>Beans, Pink, dry, canned</b> <i>Whole, Includes USDA Foods</i>	No. 10 Can (110 oz)	34.00	1/4 cup heated, drained vegetable	3.00	1 No. 10 can = about 12-1/4 cups drained, unheated beans or 8-1/2 cups heated, drained beans
<b>Beans, Pink, dry</b> <i>Whole</i>	Pound	19.30	1/4 cup cooked vegetable	5.20	1 lb dry = about 2-1/4 cups dry beans
<b>Beans and Peas (Legumes) - BEANS, PINTO</b>					
<b>Beans, Pinto, dry, canned</b> <i>Whole, Includes USDA Foods</i>	No. 10 Can (108 oz)	37.20	1/4 cup heated, drained vegetable	2.70	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans; 1 No. 10 can = about 73.0 oz (10-1/8 cups) drained, unheated beans
	No. 10 Can (108 oz)	40.50	1/4 cup drained, unheated vegetable	2.50	1 No. 10 can = about 73.0 oz (10-1/8 cups) drained, unheated beans
	Pound	5.51	1/4 cup heated, drained vegetable	18.20	
	Pound	8.87	1/4 cup drained, unheated vegetable	11.30	
<b>Beans, Pinto, dry</b> <i>Whole, Includes USDA Foods</i>	Pound	21.00	1/4 cup cooked vegetable	4.80	1 lb dry = about 2-3/8 cups dry beans
<b>Beans, Pinto, dehydrated<sup>3</sup></b>	Pound	21.70	1/4 cup cooked vegetable	4.70	1 lb AP = about 3-3/4 cups dehydrated beans; 1 lb AP = about 5-3/8 cups rehydrated, cooked beans when water to dry beans = 2:1 ratio
<b>Beans and Peas (Legumes) - BEANS, PUREE</b>					
<b>Beans, puree<sup>4,5</sup></b> <i>(Includes: black, black-eyed, garbanzo, navy, pinto beans)</i>	No. 10 Can (110 oz)	46.50	1/4 cup pureed vegetable	2.20	1 No. 10 can pureed with liquid = 110.0 oz (about 11-5/8 cups) pureed beans
	Pound	6.76	1/4 cup pureed vegetable	14.80	
<b>Beans and Peas (Legumes) - BEANS, RED, SMALL</b>					
<b>Beans, Red, Small, dry, canned</b> <i>Whole, Includes USDA Foods</i>	No. 10 Can (111 oz)	31.90	1/4 cup heated, drained vegetable	3.20	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	20.30	1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans
<b>Beans, Red, Small, dry</b> <i>Whole</i>	Pound	20.40	1/4 cup cooked, drained vegetable	5.00	1 lb dry = about 2-1/8 cups dry beans

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Beans and Peas (Legumes) - BEANS, REFRIED</b>					
<b>Beans, Refried, canned</b> <i>Includes USDA Foods</i>	No. 10 Can (115 oz)	49.60	1/4 cup heated vegetable	2.10	1 No. 10 can = about 12-1/4 cups heated, refried beans
	No. 300 Can (16 oz)	7.08	1/4 cup heated vegetable	14.20	1 No. 300 can = about 1-3/4 cups heated refried beans
<b>Beans, Refried, dehydrated</b>	Pound	20.50	1/4 cup cooked vegetable	4.90	1 lb AP = about 3-1/2 cups dehydrated; 1 lb AP = about 5-1/8 cups rehydrated, cooked beans when water to dry beans = 2:1 ratio
<b>Beans and Peas (Legumes) - BEANS, SOY</b>					
<b>Beans, Soy, fresh (Edamame)</b> <i>Shelled</i>	Pound	10.70	1/4 cup cooked, drained vegetable	9.40	
<b>Beans, Soy, fresh (Edamame)</b> <i>Whole, in shell</i>	Pound	6.90	1/4 cup cooked, drained, shelled vegetable	14.50	1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans
<b>Beans, Soy, dry, canned</b> <i>Shelled</i>	Pound	7.30	1/4 cup heated, drained vegetable	13.70	
<b>Beans, Soy, dry</b> <i>Shelled</i>	Pound	25.90	1/4 cup cooked vegetable	3.90	1 lb dry = about 2-1/2 cups dry beans
<b>Other Vegetables<sup>1</sup> - BEANS, WAX</b>					
<b>Beans, Wax, fresh</b> <i>Whole, untrimmed</i>	Pound	10.50	1/4 cup whole, cooked, drained vegetable	9.60	1 lb AP = 0.95 lb (about 4-1/3 cups) ready-to-cook cut beans
<b>Beans, Wax, canned</b>	No. 10 Can (101 oz)	34.30	1/4 cup heated, drained vegetable	3.00	1 No. 10 can = about 53.7 oz (8-1/2 cups) heated, drained beans; 1 No. 10 can = about 59.3 oz (10-3/4 cups) drained, unheated beans
	No. 10 Can (101 oz)	43.20	1/4 cup drained vegetable	2.40	1 No. 10 can = about 59.3 oz (10-3/4 cups) drained, unheated beans
	No. 2-1/2 Can (28 oz)	12.90	1/4 cup heated, drained vegetable	7.80	1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 2-1/2 Can (28 oz)	14.00	1/4 cup drained vegetable	7.20	1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 300 Can (14.5 oz)	4.58	1/4 cup heated, drained vegetable	21.90	1 No. 300 can = about 7.1 oz (1-1/8 cups) heated, drained vegetable; 1 No. 300 can = about 7.0 oz (1-1/2 cups) drained, unheated beans
	No. 300 Can (14.5 oz)	6.17	1/4 cup drained vegetable	16.30	1 No. 300 can = about 7.0 oz (1-1/2 cups) drained, unheated beans
	Pound	5.43	1/4 cup heated, drained vegetable	18.50	
	Pound	6.84	1/4 cup drained vegetable	14.70	

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Dark Green Vegetables - BEET GREENS</b>					
<b>Beet Greens, fresh</b> <i>Untrimmed</i>	Pound	3.50	1/4 cup cooked vegetable	28.60	1 lb AP = 0.48 lb ready-to-cook beet greens
<b>Other Vegetables<sup>1</sup> - BEETS</b>					
<b>Beets, canned</b> <i>baby whole</i>	No. 10 Can (103 oz)	36.70	1/4 cup heated, drained vegetable	2.80	1 No. 10 can = about 60.2 oz (9-1/8 cups) heated, drained beets; 1 No. 10 can = about 64.0 oz (10 cups) drained, unheated beets
	No. 10 Can (103 oz)	40.20	1/4 cup drained vegetable	2.50	1 No. 10 can = about 64.0 oz (10 cups) drained, unheated beets
	Pound	5.70	1/4 cup heated, drained vegetable	17.60	
	Pound	6.24	1/4 cup drained vegetable	16.10	
<b>Beets, canned</b> <i>Diced</i>	No. 10 Can (104 oz)	37.60	1/4 cup heated, drained vegetable	2.70	1 No. 10 can = about 63.3 oz (9-3/8 cups) heated, drained beets; 1 No. 10 can = about 66.4 oz (10-1/8 cups) drained, unheated beets
	No. 10 Can (104 oz)	40.90	1/4 cup drained vegetable	2.50	1 No. 10 can = about 66.4 oz (10-1/8 cups) drained, unheated beets
	Pound	5.78	1/4 cup heated, drained vegetable	17.40	
	Pound	6.29	1/4 cup drained vegetable	15.90	
<b>Beets, canned</b> <i>Sliced</i>	No. 10 Can (104 oz)	36.40	1/4 cup heated, drained vegetable	2.80	1 No. 10 can = about 60.1 oz (9 cups) heated, drained beets; 1 No. 10 can = about 64.9 oz (9-2/3 cups) drained, unheated beets
	No. 10 Can (104 oz)	38.80	1/4 cup drained vegetable	2.60	1 No. 10 can = about 64.9 oz (9-2/3 cups) drained, unheated beets
	No. 300 Can (15 oz)	5.16	1/4 cup heated, drained vegetable	19.40	1 No. 300 can = about 7.9 oz (1-1/4 cups) heated, drained beets; 1 No. 300 can = about 8.9 oz (1-1/3 cups) drained, unheated beets
	No. 300 Can (15 oz)	5.33	1/4 cup drained vegetable	18.80	1 No. 300 can = about 8.9 oz (1-1/3 cups) drained, unheated beets
<b>Beets, fresh</b> <i>without tops</i>	Pound	11.60	1/4 cup raw, pared vegetable sticks	8.70	1 lb AP = 0.77 lb pared beets
	Pound	7.60	1/4 cup diced, cooked vegetable	13.20	1 lb AP = 0.77 lb pared beets
	Pound	7.70	1/4 cup sliced, cooked vegetable	13.00	1 lb AP = 0.73 lb cooked sliced beets; 1 lb AP = 0.77 lb pared beets

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Dark Green Vegetables - BOKCHOY</b>					
Bok Choy, Fresh <i>Whole</i>	Pound	14.40	1/4 cup raw, shredded vegetable (credits as 1/8 cup in NSLP/SBP and CACFP)	7.00	1 lb AP = 0.77 lb (about 3-1/2 cups) ready-to-serve bok choy
<b>Other Vegetables<sup>1</sup> - BREADFRUIT</b>					
Breadfruit, fresh <i>Guatemalan</i>	Pound	5.69	1/4 cup baked, mashed vegetable	17.60	1 lb AP = 0.60 lb (about 1-3/8 cups) cooked, mashed vegetable; 1 breadfruit = about 2.6 lb
<b>Dark Green Vegetables - BROCCOLI</b>					
Broccoli, fresh <i>Untrimmed</i>	Pound	9.80	1/4 cup raw vegetable spears	10.30	1 lb AP = 0.81 lb ready-to-cook broccoli
	Pound	9.40	1/4 cup cooked, drained vegetable spears	10.70	1 lb AP = 0.81 lb ready-to-cook broccoli; 1 medium spear = about 1/4 cup broccoli
	Pound	10.20	1/4 cup cut, cooked, drained vegetable	9.90	1 lb AP = 0.81 lb ready-to-cook broccoli
Broccoli, fresh <i>Florets</i>	Pound	11.50	1/4 cup trimmed cooked vegetable	8.70	1 lb AP = 0.63 lb (about 2-7/8 cups) trimmed cooked, broccoli florets
Broccoli, fresh <i>Florets, Trimmed, Ready-to-use</i>	Pound	28.80	1/4 cup cut raw vegetable	3.50	1 lb AP = 1.00 lb (about 7-1/8 cups) ready-to-cook broccoli
Broccoli, fresh <i>Spears, Trimmed, Ready-to-use</i>	Pound	17.10	1/4 cup raw vegetable spears	5.90	1 lb AP = 1.00 lb (about 4-1/4 cups) ready-to-cook broccoli
	Pound	13.00	1/4 cup cooked, drained vegetable spears	7.70	1 lb AP = 1.00 lb (about 3-1/4 cups) cooked broccoli; 1 lb AP = 1.00 lb (about 4-1/4 cups) ready-to-cook broccoli
Broccoli, fresh <i>Slaw, Ready-to-use</i>	Pound	21.10	1/4 cup raw vegetable	4.80	1 lb AP = 1.00 lb (about 5-1/4 cups) ready-to-serve or -cook broccoli slaw
Broccoli, frozen <i>Spears</i>	Pound	10.90	1/4 cup cooked, drained vegetable	9.20	1 lb AP = 0.90 lb (about 2-5/8 cups) cooked broccoli
Broccoli, frozen <i>Cut or chopped</i>	Pound	9.60	1/4 cup cooked, drained vegetable	10.50	
Broccoli, frozen <i>Florets, Trimmed Includes USDA Foods</i>	Pound	14.00	1/4 cup cooked vegetable	7.20	1 lb AP = 0.99 lb (about 3-1/2 cups) trimmed, cooked broccoli florets
<b>Dark Green Vegetables - BROCCOLINI</b>					
Broccolini <i>Fresh</i>	Pound	16.00	1/4 cup trimmed, cooked vegetable	6.30	1 lb AP = 0.88 lb (about 4 cups) trimmed, cooked broccolini
<b>Other Vegetables<sup>1</sup> - BRUSSELS SPROUTS</b>					
Brussels Sprouts, Fresh <i>Whole</i>	Pound	8.50	1/4 cup cooked, drained vegetable	11.80	1 lb AP = 0.76 lb ready-to-cook

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## Section 2 - Vegetables

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
<b>Other Vegetables<sup>1</sup> - BRUSSELS SPROUTS (continued)</b>					
<b>Brussels Sprouts, Fresh</b> <i>Trimmed ready-to-use</i>	Pound	16.10	1/4 cup raw vegetable	6.30	1 lb AP = 1 lb (about 4 cups) ready-to-serve Brussels sprouts
	Pound	13.40	1/4 cup cooked, drained vegetable	7.50	1 lb AP = 1 lb (about 4 cups) ready-to-serve Brussels sprouts; 1 lb AP = 1 lb (about 3-1/3 cups) steamed Brussels sprouts
<b>Brussels Sprouts, frozen</b> <i>Ready-to-use</i>	Pound	10.40	1/4 cup cooked, drained vegetable	9.70	
<b>Other Vegetables<sup>1</sup> - CABBAGE, CELERY OR NAPA</b>					
<b>Cabbage, Celery, or Napa fresh</b> <i>Untrimmed</i>	Pound	20.40	1/4 cup raw vegetable strips	5.00	1 lb AP = 0.93 lb (about 5 cups) ready-to-serve, raw cabbage
	Pound	10.60	1/4 cup cooked, drained vegetable strips	9.50	1 lb AP = 0.93 lb (about 5 cups) ready-to-serve, raw cabbage
<b>Other Vegetables<sup>1</sup> - CABBAGE, GREEN</b>					
<b>Cabbage, fresh</b> <i>Green, Untrimmed, Whole</i>	Pound	17.70	1/4 cup raw, chopped vegetable	5.70	1 lb AP = 0.87 lb ready-to-cook or -serve raw cabbage
	Pound	11.20	1/4 cup raw, chopped vegetable with dressing	9.00	1 lb AP = 0.87 lb ready-to-cook or -serve raw cabbage
	Pound	26.40	1/4 cup raw, shredded vegetable	3.80	1 lb AP = 0.87 lb ready-to-cook or -serve raw cabbage
	Pound	13.80	1/4 cup cooked, drained shredded vegetable	7.30	1 lb AP = 0.87 lb ready-to-cook or -serve raw cabbage
	Pound	9.86	1/4 cup cooked, drained vegetable wedges	10.20	1 lb AP = 0.87 lb ready-to-cook or -serve raw cabbage; 1 lb AP = 0.82 lb (about 2-3/8 cups) cooked cabbage wedges
	Head	9.00	1 large cooked leaf (3/4 cup vegetable)	11.20	1 large leaf = 10 to 12 inches in diameter
	Head	7.00	1 medium cooked leaf (3/8 cup vegetable)	14.30	1 medium leaf = 6 to 8 inches in diameter
<b>Cabbage, fresh</b> <i>Green, Shredded, Ready-to-use</i>	Pound	27.00	1/4 cup raw vegetable	3.80	1 lb AP = 1 lb (about 6-3/4 cups) ready-to-serve raw, shredded cabbage
<b>Other Vegetables<sup>1</sup> - CABBAGE, RED</b>					
<b>Cabbage, red, fresh</b> <i>Whole Untrimmed</i>	Pound	13.00	1/4 cup raw, chopped, vegetable	7.70	1 lb AP = 0.64 lb (about 3-1/4 cups) ready-to-cook or serve raw chopped cabbage
	Pound	24.60	1/4 cup raw, shredded vegetable	4.10	1 lb AP = 0.83 lb (about 6 cups) ready-to-cook or serve raw, shredded cabbage
	Pound	13.30	1/4 cup cooked, shredded vegetable	7.60	1 lb AP = 0.83 lb (about 6 cups) ready-to-cook or serve raw, shredded cabbage

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Other Vegetables<sup>1</sup> - CABBAGE, RED (continued)</b>					
<b>Cabbage, red, fresh</b> <i>Shredded Ready-to-use</i>	Pound	22.80	1/4 cup raw vegetable	4.40	1 lb AP = 1 lb (about 5-2/3 cups) ready-to-serve raw, shredded cabbage
<b>Other Vegetables<sup>1</sup> - CACTUS (NOPALES)</b>					
<b>Cactus (Nopales), fresh</b> <i>Leaves (or petals), Unpeeled, With thorns</i>	Pound	6.80	1/4 cup unpeeled, diced, cooked, drained vegetable (thorns removed)	14.80	1 lb AP = 0.96 lb (about 1-2/3 cups) unpeeled, thorns removed, diced, cooked, drained cactus
<b>Cactus (Nopales), fresh</b> <i>Leaves (or petals), Unpeeled, Without thorns</i>	Pound	6.96	1/4 cup unpeeled, diced, cooked, drained vegetable	14.40	1 lb AP = 0.99 lb ready-to-cook diced cactus; 1 lb AP = about 1-2/3 cups diced, cooked, drained cactus
<b>Cactus (Nopalitos), canned</b> <i>Leaves (or petals), Cut</i>	14 oz Jar	3.04	1/4 cup heated, drained vegetable	32.90	14 oz jar = about 5.7 oz (about 3/4 cup) cooked, drained cactus; 14 oz jar = about 6.3 oz (7/8 cup) drained, unheated cactus
	14 oz Jar	3.56	1/4 cup drained vegetable	27.40	14 oz jar = about 6.3 oz (7/8 cup) drained, unheated cactus
<b>Red/Orange Vegetables - CARROTS</b>					
<b>Carrots, fresh</b> <i>Without tops</i>	Pound	10.30	1/4 cup raw vegetable strips (about 3 strips, 4 inch by 1/2 inch)	9.80	1 lb AP = 0.70 lb ready-to-cook, or serve raw carrot sticks
	Pound	10.60	1/4 cup raw, chopped vegetable	9.50	1 lb AP = 0.83 lb trimmed, peeled carrots
	Pound	15.40	1/4 cup raw, shredded vegetable	6.50	1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot
	Pound	8.10	1/4 cup raw, shredded vegetable with dressing	12.40	1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot
	Pound	8.63	1/4 cup cooked, drained, shredded vegetable	11.60	1 lb AP = 0.79 lb (about 2-1/8 cups) trimmed, peeled, shredded, cooked carrot; 1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot
	Pound	10.90	1/4 cup raw, sliced vegetable (5/16 inch slices)	9.20	1 lb AP = 0.83 lb (about 2-2/3 cups) trimmed, peeled, sliced carrots
	Pound	8.16	1/4 cup cooked, drained, sliced vegetable (5/16 inch slices)	12.30	1 lb AP = 0.76 lb (about 2 cups) cooked, sliced carrots; 1 lb AP = 0.83 lb (about 2-2/3 cups) trimmed, peeled, sliced carrots
<b>Carrots, fresh</b> <i>Shredded, Ready-to-use</i>	Pound	19.90	1/4 cup raw vegetable	5.10	1 lb AP = 1 lb shredded carrots ready-to-use (about 4-7/8 cups)
	Pound	11.20	1/4 cup cooked, drained vegetable	9.00	1 lb AP = 0.92 lb (about 2-3/4 cups) cooked carrots; 1 lb AP = 1 lb shredded carrots ready-to-use (about 4-7/8 cups)

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## Section 2 - Vegetables

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
<b>Red/Orange Vegetables - CARROTS (continued)</b>					
<b>Carrots, fresh</b> <i>Sliced, Peeled, Ready-to-use</i>	Pound	12.60	1/4 cup raw vegetable slices (5/16 inch slices)	8.00	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or-cook carrot
<b>Carrots, fresh</b> <i>Sticks, Ready-to-use (1/2-inch by 4-inch)</i>	Pound	15.40	1/4 cup raw vegetable (about 3 sticks)	6.50	1 lb AP = 1 lb (about 3-3/4 cups) carrot sticks
<b>Carrots, fresh</b> <i>Baby, Ready-to-use</i>	Pound	12.90	1/4 cup raw vegetable	7.80	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve raw carrots
	Pound	11.40	1/4 cup cooked, drained vegetable	8.80	1 lb AP = 0.97 lb (about 2-3/4 cups) cooked carrots; 1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve raw carrots
<b>Carrots, canned</b> <i>Diced</i>	No. 10 Can (105 oz)	34.30	1/4 cup heated, drained vegetable	3.00	1 No. 10 can = about 62.0 oz (8-1/2 cups) heated, drained carrots; 1 No. 10 can = about 67.0 oz (10 cups) drained, unheated carrots
	No. 10 Can (105 oz)	40.00	1/4 cup drained vegetable	2.50	1 No. 10 can = about 67.0 oz (10 cups) drained, unheated carrots
	Pound	5.22	1/4 cup heated, drained vegetable	19.20	
	Pound	6.09	1/4 cup drained vegetable	16.50	
<b>Carrots, canned</b> <i>Sliced, Includes USDA Foods</i>	No. 10 Can (105 oz)	37.20	1/4 cup heated, drained vegetable	2.70	1 No. 10 can = about 65.0 oz (9-1/4 cups) heated, drained carrot; 1 No. 10 can = about 70.0 oz (10-3/4 cups) drained, unheated carrots
	No. 10 Can (105 oz)	43.40	1/4 cup drained vegetable	2.40	1 No. 10 can = about 70.0 oz (10-3/4 cups) drained, unheated carrots
	No. 300 Can (15 oz)	5.20	1/4 cup heated, drained vegetable	19.30	1 No. 300 can = about 8.6 oz (1-1/4 cups) heated, drained carrots; 1 No. 300 can = about 8.5 oz (1-3/8 cups) drained, unheated carrots
	No. 300 Can (15 oz)	5.88	1/4 cup drained vegetable	17.10	1 No. 300 can = about 8.5 oz (1-3/8 cups) drained, unheated carrots
<b>Carrots, frozen</b> <i>Sliced, Includes USDA Foods</i>	Pound	9.87	1/4 cup cooked, drained vegetable	10.20	1 lb AP = 0.95 lb (about 2-3/8 cups) cooked, drained carrots
<b>Carrots, frozen</b> <i>Baby</i>	Pound	10.90	1/4 cup cooked, drained vegetable	9.20	
<b>Carrots, puree<sup>5</sup></b>	Pound	7.00	1/4 cup vegetable	14.30	1 lb AP = 1 lb (about 1-3/4 cups) carrot puree
<b>Starchy Vegetables - CASSAVA (YUCA)</b>					
<b>Cassava (Yuca), fresh</b> <i>Whole</i>	Pound	8.01	1/4 cup peeled, cooked chunks	12.50	1 lb AP = 0.76 lb peeled, cooked, 4 to 5-inch chunks

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Other Vegetables<sup>1</sup> - CAULIFLOWER</b>					
<b>Cauliflower, fresh</b> <i>Whole, Trimmed</i>	Pound	12.50	1/4 cup raw, sliced vegetable	8.00	1 lb AP = 0.62 lb ready-to-cook or -serve raw cauliflower
	Pound	12.30	1/4 cup raw vegetable florets	8.20	1 medium head = about 6 cups cauliflower florets; 1 lb AP = 0.62 lb ready-to-cook or -serve raw cauliflower
	Pound	8.80	1/4 cup cooked, drained vegetable florets	11.40	1 lb AP = 0.61 lb cooked cauliflower; 1 lb AP = 0.62 lb ready-to-cook or -serve raw cauliflower
<b>Cauliflower, fresh</b> <i>Florets, Ready-to-Use</i>	Pound	18.30	1/4 cup raw vegetable florets	5.50	1 lb AP = 1 lb (about 4-1/2 cups) ready-to-cook or -serve cauliflower
	Pound	14.10	1/4 cup cooked, drained vegetable florets	7.10	1 lb AP = 1 lb (about 4-1/2 cups) ready-to-cook or -serve cauliflower
<b>Cauliflower, frozen</b>	Pound	9.20	1/4 cup cooked, drained vegetable	10.90	
<b>Other Vegetables<sup>1</sup> - CELERY</b>					
<b>Celery, fresh</b> <i>Trimmed</i>	Pound	12.20	1/4 cup raw vegetable sticks or strips (about 3 sticks, 1/2 inch by 4 inch sticks)	8.20	1 lb AP = 0.83 lb (about 3-1/8 cups ) ready-to-cook or -serve raw celery
	Pound	12.50	1/4 cup raw, chopped vegetable	8.00	1 lb AP = 0.83 lb (about 3-1/8 cups ) ready-to-cook or -serve raw celery
	Pound	12.30	1/4 cup raw, diced vegetable	8.20	1 lb AP = 0.83 lb (about 3-1/8 cups ) ready-to-cook or -serve raw celery
	Pound	8.70	1/4 cup diced, cooked, drained vegetable	11.50	1 lb AP = 0.83 lb (about 3-1/8 cups ) ready-to-cook or -serve raw celery
	Pound	8.10	1/4 cup sliced, cooked, drained vegetable	12.40	1 lb AP = 0.74 lb (about 2-1/8 cups) cooked celery; 1 lb AP = 0.83 lb (about 3-1/8 cups ) ready-to-cook or -serve raw celery
<b>Celery, fresh</b> <i>Sticks, Read-to-use (1/2-inch by 4-inch)</i>	Pound	14.00	1/4 cup raw vegetables (about 3 sticks)	7.20	1 lb AP = 1 lb (about 3-1/2 cups) ready-to-serve raw celery
<b>Celery, fresh</b> <i>Diced, Ready-to-use</i>	Pound	12.90	1/4 cup raw vegetable	7.80	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery
<b>Celery, canned</b> <i>Diced</i>	No. 10 Can (102 oz)	38.40	1/4 cup heated, drained vegetable	2.70	1 No. 10 can = about 64 oz (9-1/2 cups) heated, drained celery; 1 No. 10 can = about 74 oz (12-3/8 cups) drained celery
	No. 10 Can (102 oz)	49.00	1/4 cup drained vegetable	2.10	1 No. 10 can = about 74 oz (12-3/8 cups) drained celery

NOTE: For Footnotes please see the end of the section.

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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
<b>Other Vegetables<sup>1</sup> - CELERY (continued)</b>					
<b>Celery, canned</b> <i>Diced</i>	Pound (drained weight)	8.27	1/4 cup heated, drained vegetable	12.10	
	Pound (drained weight)	10.50	1/4 cup drained vegetable	9.60	
<b>Celery, canned</b> <i>Diced, In Sauce</i>	No. 10 Can (104 oz)	49.70	1/4 cup heated, drained vegetable	2.10	1 No. 10 can = about 100.0 oz (12-3/8 cups) heated, drained celery
<b>Other Vegetables<sup>1</sup> - CHAYOTE (MIRLITON)</b>					
<b>Chayote, Mirliton, fresh</b> <i>Whole, Unpeeled</i>	Pound	12.60	1/4 cup unpeeled, pitted, sliced, raw vegetable	8.00	1 lb AP = 0.96 lb (about 3-1/8 cups) ready-to-serve, raw, pitted, sliced chayote
	Pound	9.46	1/4 cup unpeeled, pitted, sliced, cooked, drained vegetable	10.60	1 lb AP = 0.88 lb (about 2-1/3 cups) unpeeled, pitted, sliced, cooked chayote; 1 lb AP = 0.96 lb (about 3-1/8 cups) ready-to-serve, raw pitted, sliced chayote
<b>Dark Green Vegetables - CHICORY</b>					
<b>Chicory, fresh</b>	Pound	47.40	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP)	2.20	1 lb AP = 0.89 lb ready-to-serve raw chicory
	Pound	31.60	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP and CACFP)	3.20	1 lb AP = 0.89 lb ready-to-serve raw chicory
<b>Dark Green Vegetables - CILANTRO</b>					
<b>Cilantro, fresh</b> <i>Coriander</i>	Pound	73.00	1/4 cup trimmed chopped vegetable (credits as 1/8 cup in NSLP/SBP and CACFP)	1.40	1 lb AP = 0.84 lb (about 18-1/4 cups) trimmed, chopped, ready-to-serve cilantro
<b>Dark Green Vegetables - COLLARD GREENS</b>					
<b>Collard Greens, fresh</b> <i>Untrimmed</i>	Pound	6.20	1/4 cup cooked, drained vegetable leaves	16.20	1 lb AP = 0.57 lb ready-to-cook collard leaves
	Pound	10.50	1/4 cup cooked, drained vegetable leaves and stems	9.60	1 lb AP = 0.74 lb ready-to-cook collard leaves and stems
<b>Collard Greens, canned</b>	No. 10 Can (101 oz)	27.20	1/4 cup heated, drained vegetable	3.70	1 No. 10 can = about 54.0 oz (6-3/4 cups) heated, drained collards; 1 No. 10 can = about 66.4 oz (9 cups) drained, unheated collards
	No. 10 Can (101 oz)	35.90	1/4 cup drained vegetable	2.80	1 No. 10 can = about 66.4 oz (9 cups) drained, unheated collards
	No. 2-1/2 Can (27 oz)	6.80	1/4 cup heated, drained vegetable	14.70	1 No. 2-1/2 can = about 17.6 oz (3 cups) drained collards

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Dark Green Vegetables - COLLARD GREENS (continued)</b>					
<b>Collard Greens, canned</b>	No. 300 Can (14-1/2 oz)	3.67	1/4 cup heated, drained vegetable	27.30	
<b>Collard Greens, frozen</b> <i>Chopped or Whole leaf</i>	Pound	9.20	1/4 cup cooked, drained vegetable	10.90	
<b>Starchy Vegetables - CORN</b>					
<b>Corn, fresh</b> <i>With husks (5 to 6-inch length), Medium</i>	Pound	1.67	1 medium ear (about 1/2 cup cooked vegetable)	59.90	1 lb AP = 0.34 lb raw cut corn
	Pound	3.35	1/4 cup cooked vegetable (about 1/2 cob)	29.90	1 lb AP = 0.34 lb raw cut corn
<b>Corn, fresh</b> <i>Without husks (5 to 6-inch length), Medium</i>	Pound	2.33	1 medium ear (about 1/2 cup cooked vegetable)	43.00	1 lb AP = 0.54 lb raw cut corn
	Pound	5.27	1/4 cup cooked vegetable (about 1/2 cob)	19.00	1 lb AP = 0.54 lb raw cut corn
<b>Corn, canned</b> <i>Cream style</i>	No. 10 Can (106 oz)	46.40	1/4 cup heated vegetable	2.20	1 No. 10 can = about 100.7 oz (11-1/2 cups) heated corn
	No. 300 Can (15 oz)	6.35	1/4 cup heated vegetable	15.80	1 No. 300 can = about 13.0 oz (1-1/2 cups) heated corn
<b>Corn, canned</b> <i>Whole kernel, Vacuum packed</i>	No. 10 Can (75 oz)	34.10	1/4 cup heated, drained vegetable	3.00	1 No. 10 can = about 60.5 oz (8-1/2 cups) heated, drained corn; 1 No. 10 can = about 63.0 oz (9 cups) drained, unheated corn
	No. 10 Can (75 oz)	36.80	1/4 cup drained vegetable	2.80	1 No. 10 can = about 63.0 oz (9 cups) drained, unheated corn
	No. 2 Can (12 oz)	6.60	1/4 cup heated, drained vegetable	15.20	1 No. 2 can = about 10.0 oz (1-2/3 cups) drained, heated corn
<b>Corn, canned</b> <i>Whole kernel, Liquid pack, Includes USDA Foods</i>	No. 10 Can (106 oz)	39.60	1/4 cup heated, drained vegetable	2.60	1 No. 10 can = about 66.0 oz (9-7/8 cups) heated, drained corn; 1 No. 10 can = about 73.3 oz (10-2/3 cups) drained, unheated corn
	No. 10 Can (106 oz)	40.70	1/4 cup drained vegetable	2.50	1 No. 10 can = about 73.3 oz (10-2/3 cups) drained, unheated corn
	No. 300 Can (15-1/4 oz)	5.68	1/4 cup heated, drained vegetable	17.70	1 No. 300 can = about 9.3 oz (1-3/8 cups) heated, drained corn; 1 No. 300 can = about 9.6 oz (1-3/8 cups) drained, unheated corn
	No. 300 Can (15-1/4 oz)	5.86	1/4 cup drained vegetable	17.10	1 No. 300 can = about 9.6 oz (1-3/8 cups) drained, unheated corn
<b>Corn, frozen</b> <i>Whole Kernel, Includes USDA Foods</i>	Pound	11.10	1/4 cup tempered vegetable (unheated for salads)	9.10	1 lb AP = 0.99 lb (about 2-3/4 cups) ready-to-serve raw tempered corn

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Starchy Vegetables - CORN (continued)</b>					
<b>Corn, frozen</b> <i>Whole Kernel, Includes USDA Foods</i>	Pound	11.00	1/4 cup cooked vegetable	9.10	
<b>Corn, frozen</b> <i>Corn on the cob, 3-inch ear (cobbette)</i>	Pound	4.25	1/4 cup cooked vegetable (about 1 cobbette)	23.60	1 lb AP = 0.53 lb (about 1 cup) edible portion cooked corn
<b>Corn, frozen</b> <i>Corn on the cob, 5-1/4-inch ear (medium)</i>	Pound	2.44	1 medium cooked ear (about 1/2 cup cooked vegetable)	41.00	1 lb AP = 0.52 lb (about 1-1/8 cups) edible portion cooked corn
<b>Other Vegetables<sup>1</sup> - CUCUMBERS</b>					
<b>Cucumbers, fresh</b> <i>Whole, Unpared</i>	Pound	11.10	1/4 cup unpared, diced vegetable	9.10	1 lb AP = 0.98 lb (about 2-3/4 cups) ready-to-serve raw, unpared, diced cucumber
	Pound	12.40	1/4 cup unpared, sliced vegetable	8.10	
	Pound	10.50	1/4 cup pared, diced or sliced vegetable	9.60	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)	10.30	1 lb AP = 0.81 lb (about 2-3/8 cups) ready-to-serve raw, pared cucumber sticks
	Pound	11.80	1/4 cup unpared vegetable sticks (about 3 sticks, 3 inch by 3/4 inch sticks)	8.50	1 lb AP = 0.98 lb (about 3 cups) ready-to-serve raw, unpared cucumber sticks
<b>Other Vegetables<sup>1</sup> - EGGPLANT</b>					
<b>Eggplant, fresh</b> <i>Whole</i>	Pound	6.70	1/4 cup pared, cubed, cooked vegetable	15.00	1 lb AP = 0.81 lb ready-to-cook eggplant
<b>Dark Green Vegetables - ENDIVE, ESCAROLE</b>					
<b>Endive or Escarole, fresh</b> <i>Whole</i>	Pound	19.90	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP)	5.10	1 lb AP = 0.78 lb ready-to-serve raw endive (escarole)
<b>Dark Green Vegetables - GRAPE LEAVES</b>					
<b>Grape Leaves, fresh</b> <i>Whole with stem</i>	Pound	27.40	1/4 cup cooked, drained vegetable (about 3 leaves)	3.70	1 lb AP = 0.80 lb (about 6-3/4 cups) cooked, steamed grape leaves without stem
<b>Grape Leaves, canned</b> <i>Pickled</i>	14 oz Jar	17.00	1/4 cup drained vegetable (about 3 leaves)	5.90	14 oz jar = about 8.0 oz (4-1/4 cups) drained leaves
<b>Starchy Vegetables - HOMINY</b>					
<b>Hominy, canned</b>	No 2-1/2 Can (29 oz)	12.90	1/4 cup vegetable	7.80	
	No. 10 Can (105 oz)	46.90	1/4 cup vegetable	2.20	

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Starchy Vegetables - HOMINY (continued)</b>					
Hominy, canned	No. 300 Can (15-1/2 oz)	6.30	1/4 cup vegetable	15.90	
<b>Starchy Vegetables - JICAMA (YAM BEAN)</b>					
Jicama (Yam Bean), fresh <i>Whole</i>	Pound	11.90	1/4 cup raw peeled, julienned vegetable strips	8.50	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	10.50	1 lb AP = 0.87 lb (about 2-3/8 cups) cooked jicama strips; 1 lb AP = 0.89 lb (about 2-7/8 cups) ready-to-serve or -cook raw peeled, julienned jicama strips
<b>Dark Green Vegetables - KALE</b>					
Kale, fresh <i>Trimmed, With stem, Ready-to-use</i>	Pound	35.70	1/4 cup raw, chopped vegetable (no stem) (credits as 1/8 cup in NSLP/SBP and CACFP)	2.90	1 lb AP = 0.73 lb ready-to-cook, stemmed kale leaves
	Pound	10.00	1/4 cup cooked, drained vegetable (no stem)	10.00	1 lb AP = 0.73 lb ready-to-cook, stemmed kale leaves; 1 lb AP = 0.77 lb (about 2-1/2 cups) stemmed, chopped, cooked kale
Kale, fresh <i>Trimmed, Without stem</i>	Pound	48.80	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP and CACFP)	2.10	1 lb AP = 1 lb ready-to-cook
	Pound	13.70	1/4 cup cooked, drained vegetable	7.30	1 lb AP = 1 lb ready-to-cook; 1 lb AP = 1.15 lb (about 3-3/8 cups) cooked, drained kale
Kale, fresh <i>Untrimmed</i>	Pound	11.80	1/4 cup cooked, drained vegetable	8.50	1 lb AP = 0.67 lb ready-to-cook
Kale, canned	No. 10 Can (98 oz)	26.70	1/4 cup heated, drained vegetable	3.80	1 No. 10 can = about 49.6 oz (6-2/3 cups) heated, drained kale; 1 No. 10 can = about 58.0 oz (10 cups) drained kale
	No. 10 Can (98 oz)	40.20	1/4 cup drained vegetable	2.50	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	13.70	1 No. 2-1/2 can = about 1-3/4 cups heated, drained kale; 1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained, unheated kale
	No. 2-1/2 Can (27 oz)	11.00	1/4 cup drained vegetable	9.10	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	23.00	
	Pound	6.56	1/4 cup drained vegetable	15.30	
Kale, frozen <i>Chopped</i>	Pound	12.10	1/4 cup cooked, drained vegetable	8.30	

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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
<b>Dark Green Vegetables - KALE (continued)</b>					
<b>Kale, frozen</b> <i>Whole leaf</i>	Pound	9.50	1/4 cup cooked, drained vegetable	10.60	
<b>Other Vegetables<sup>1</sup> - KOHLRABI</b>					
<b>Kohlrabi, fresh</b> <i>Untrimmed</i>	Pound	5.10	1/4 cup cooked, drained vegetable	19.70	1 lb AP = 0.45 lb ready-to-cook, pared kohlrabi
<b>Kohlrabi, fresh</b> <i>Whole, With leaves and stems</i>	Pound	9.30	1/4 cup raw, peeled vegetable sticks	10.80	1 lb AP = 0.73 lb ready-to-serve or cook, pared kohlrabi
	Pound	10.10	1/4 cup raw, peeled vegetable chunks	10.00	1 lb AP = 0.82 lb (about 2-1/2 cups) ready-to-serve or -cook, pared kohlrabi chunks
<b>Beans and Peas (Legumes) - LENTILS</b>					
<b>Lentils, dry</b>	Pound	29.60	1/4 cup cooked vegetable	3.40	1 lb dry = about 2-3/8 cups dry lentils
	Pound	19.70	3/8 cup cooked vegetable	5.10	
<b>Dark Green Vegetables - LETTUCE</b>					
<b>Lettuce, fresh</b> <i>Dark Green Leafy (loose lettuce), Untrimmed</i>	Pound	21.70	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP)	4.70	1 lb = 0.66 lb ready-to-serve raw lettuce
	Pound	14.50	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP and CACFP)	6.90	1 lb = 0.66 lb ready-to-serve raw lettuce
<b>Lettuce, fresh</b> <i>Romaine, Untrimmed</i>	Pound	31.30	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP)	3.20	1 lb AP = 0.64 lb ready-to-serve raw lettuce
	Pound	20.90	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP and CACFP)	4.80	1 lb AP = 0.64 lb ready-to-serve raw lettuce
<b>Other Vegetables<sup>1</sup> - LETTUCE</b>					
<b>Lettuce, fresh</b> <i>Iceberg, Head, Untrimmed</i>	Pound	22.20	1/4 cup raw, shredded vegetable (credits as 1/8 cup in NSLP/SBP and CACFP)	4.60	1 lb AP = 0.76 lb (about 5-1/2 cups) ready-to-serve shredded lettuce
	Pound	20.80	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP)	4.90	

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## Section 2 - Vegetables

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
<b>Other Vegetables<sup>1</sup> - LETTUCE (continued)</b>					
<b>Lettuce, fresh</b> <i>Iceberg, Head, Untrimmed</i>	Pound	13.90	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP and CACFP)	7.20	
<b>Lettuce, fresh</b> <i>Iceberg, Head, Cleaned and Cored, Ready-to-Use</i>	Pound	29.20	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP)	3.50	1 lb AP = 1 lb (about 7-1/3 cups) ready-to-serve lettuce
<b>Lettuce, fresh</b> <i>Salad mix (mostly iceberg, some romaine with shredded carrot and red cabbage)</i>	Pound	26.40	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP)	3.80	1 lb AP = 1 lb (about 6-1/2 cups) ready-to-serve lettuce
<b>Lettuce, fresh</b> <i>Mixed greens (equal amounts of iceberg and romaine with shredded carrots and red cabbage)</i>	Pound	25.70	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP)	3.90	1 lb AP = 1 lb (about 6-3/8 cups) ready-to-serve lettuce
<b>Starchy Vegetables - MALANGA (TARO)</b>					
<b>Malanga (Taro), fresh</b> <i>Whole</i>	Pound	11.20	1/4 cup raw, peeled, diced vegetable	9.00	1 lb AP = 0.89 lb (about 2-3/4 cups) ready-to-serve or-cook, peeled diced taro
	Pound	7.95	1/4 cup peeled, diced, cooked vegetable	12.60	1 lb AP = 1.07 lb (about 1-7/8 cups) cooked, peeled, diced vegetable; 1 lb AP = 0.89 lb (about 2-3/4 cups) ready-to-cook, peeled diced taro
<b>Other Vegetables<sup>1</sup> - MUSHROOMS</b>					
<b>Mushrooms, fresh</b> <i>Whole</i>	Pound	18.70	1/4 cup raw, sliced vegetable	5.40	1 lb AP = 0.98 lb ready-to-cook mushrooms
	Pound	8.30	1/4 cup sliced, cooked, drained vegetable	12.10	1 lb AP = 0.43 lb cooked, sliced mushrooms; 1 lb AP = 0.98 lb ready-to-cook mushrooms
	Pound	22.50	1/4 cup trimmed, chopped vegetable	4.50	1 lb AP = 0.97 lb (about 5-5/8 cups) trimmed, chopped, ready-to-cook mushrooms
	Pound	12.00	1/4 cup trimmed, chopped, cooked vegetable	8.40	1 lb AP = 0.93 lb (about 3 cups) trimmed, chopped, cooked mushrooms; 1 lb AP = 0.97 lb (about 5-5/8 cups) trimmed, chopped, ready-to-cook mushrooms
<b>Mushrooms, fresh</b> <i>Slices, Ready-to-use</i>	Pound	18.50	1/4 cup sliced vegetable	5.50	1 lb AP = 1 lb (about 4-5/8 cups) ready-to-serve mushrooms; 1/4 cup sliced vegetable = about 7 slices
<b>Mushrooms, canned</b>	No. 10 Can (68 oz drained weight)	49.40	1/4 cup drained vegetable	2.10	1 No. 10 can = about 12-1/3 cups drained mushrooms

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Other Vegetables<sup>1</sup> - MUSHROOMS (continued)</b>					
<b>Mushrooms, canned</b>	Pound (drained weight)	11.60	1/4 cup drained vegetable	8.70	
	No. 300 Can (8 oz drained weight)	5.80	1/4 cup drained vegetable	17.30	1 No. 300 can = about (1-1/2 cups) drained mushrooms
<b>Mushrooms, frozen Slices</b>	Pound	12.20	1/4 cup vegetable tempered	8.20	1 lb AP = 0.90 lb (about 3 cups) ready-to-serve, tempered mushrooms
<b>Mushrooms, IQF</b>	Pound	6.00	1/4 cup cooked, drained vegetable	16.77	1 lb AP = 0.57 lb (1-1/2 cups) IQF mushrooms, cooked
<b>Dark Green Vegetables - MUSTARD GREENS OR MUSTARD CABBAGE GREENS</b>					
<b>Mustard Greens, fresh Trimmed, Without Stems</b>	Pound	49.20	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP)	2.10	1 lb AP = 0.99 lb (about 12-1/8 cups) ready-to-serve or -cook greens
	Pound	14.10	1/4 cup cooked, drained vegetable	7.10	1 lb AP = 0.99 lb (about 12-1/8 cups) ready-to-serve or -cook greens
<b>Mustard Greens, fresh Untrimmed</b>	Pound	13.20	1/4 cup cooked, drained vegetable	7.60	1 lb AP = 0.93 lb ready-to-cook greens
<b>Mustard Greens, canned</b>	No. 10 Can (101 oz)	31.00	1/4 cup drained vegetable	3.30	1 No. 10 can = about 61.0 oz (7-3/4 cups) drained greens
	No. 10 Can (101 oz)	20.30	1/4 cup heated, drained vegetable	5.00	1 No. 10 can = about 40.1 oz (5 cups) heated, drained greens; 1 No. 10 can = about 61.0 oz (7-3/4 cups) drained greens
	No. 2-1/2 Can (27 oz)	11.80	1/4 cup drained vegetable	8.50	1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained greens
	No. 300 Can (14-1/2 oz)	3.81	1/4 cup drained vegetable	26.30	
	No. 300 Can (14-1/2 oz)	2.74	1/4 cup heated, drained vegetable	36.50	
<b>Mustard Greens, frozen Chopped</b>	Pound	11.60	1/4 cup cooked, drained vegetable	8.70	
<b>Mustard Greens, frozen Leaf</b>	Pound	12.30	1/4 cup cooked, drained vegetable	8.20	
<b>Other Vegetables<sup>1</sup> - OKRA</b>					
<b>Okra, fresh Whole</b>	Pound	9.70	1/4 cup cooked, drained whole vegetable	10.40	1 lb AP = 0.87 lb ready-to-cook okra
	Pound	9.00	1/4 cup cooked, drained sliced vegetable	11.20	1 lb AP = 0.87 lb ready-to-cook okra
<b>Okra, canned Cut</b>	No. 10 Can (99 oz)	38.80	1/4 cup heated, drained vegetable	2.60	1 No. 10 can = about 60.0 oz (10-1/8 cups) drained okra

NOTE: For Footnotes please see the end of the section.

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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
<b>Other Vegetables<sup>1</sup> - OKRA (continued)</b>					
Okra, canned <i>Cut</i>	Pound	6.20	1/4 cup heated, drained vegetable	16.20	
	No. 300 Can (14 oz)	4.58	1/4 cup heated, drained vegetable	21.90	1 No. 300 can = about 7.1 oz (1-1/8 cups) drained okra
Okra, frozen <i>Cut</i>	Pound	9.10	1/4 cup cooked, drained vegetable	11.00	
Okra, frozen <i>Whole</i>	Pound	11.80	1/4 cup cooked, drained vegetable	8.50	
<b>Other Vegetables<sup>1</sup> - OLIVES</b>					
Olives, canned <i>Green, Stuffed</i>	No. 10 Can (72 oz drained weight)	55.50	1/4 cup drained vegetable	1.90	
	Pound (drained weight)	12.30	1/4 cup drained vegetable	8.20	
Olives, canned <i>Green, Whole, With pits</i>	Gallon (65 oz drained weight)	60.40	1/4 cup whole, pitted vegetable	1.70	1 gallon = about 848 olives; 1/4 cup whole, pitted vegetable = about 14 small olives
	Pound (drained weight)	14.80	1/4 cup pitted vegetable	6.80	
Olives, canned <i>Green, Whole, Pitted</i>	Gallon (69 oz drained weight)	63.90	1/4 cup whole vegetable	1.60	1 gallon container = about 16 cups drained or 847 olives; 1/4 cup whole vegetable = about 14 small olives
Olives, canned <i>Ripe, Pitted, Large, Whole</i>	No. 10 Can (50 oz drained weight)	48.00	1/4 cup whole vegetable	2.10	1 No. 10 can = about 380 olives; 1/4 cup whole vegetable = about 8 large olives
	No. 10 Can (50 oz drained weight)	42.00	1/4 cup chopped vegetable	2.40	
	Pound (drained weight)	15.30	1/4 cup whole vegetable	6.60	
	Pound (drained weight)	12.90	1/4 cup chopped vegetable	7.80	
Olives, frozen <i>Ripe, 1/4-inch slices</i>	Pound	14.90	1/4 cup tempered vegetable slices	6.80	1 lb AP = 0.99 lb (about 3-2/3 cups) ready-to-serve tempered olives
<b>Other Vegetables<sup>1</sup> - ONIONS, GREEN</b>					
Onions, green, fresh <i>Whole</i>	Pound	15.00	1/4 cup raw vegetable, with tops	6.70	1 lb AP = 0.83 lb ready-to-serve, raw onions with tops
	Pound	13.80	1/4 cup cooked with tops	7.30	1 lb AP = 0.83 lb ready-to-serve, raw onions with tops
	Pound	6.70	1/4 cup raw chopped or sliced vegetable without tops	15.00	1 lb AP = 0.37 lb ready-to-serve raw onions without tops

NOTE: For Footnotes please see the end of the section.

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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
<b>Other Vegetables<sup>1</sup> - ONIONS, MATURE</b>					
<b>Onions, Mature, fresh</b> <i>All sizes, Whole</i>	Pound	9.30	1/4 cup raw, chopped vegetable	10.80	1 lb AP = 0.88 lb ready-to-serve or -cook raw onion
	Pound	14.20	1/4 cup raw, sliced vegetable	7.10	1 lb AP = 0.88 lb ready-to-serve or -cook raw onion
	Pound	7.90	1/4 cup cooked vegetable pieces	12.70	1 lb AP = 0.78 lb cooked onion; 1 lb AP = 0.88 lb ready-to-serve or -cook raw onion
	Pound	7.10	1/4 cup cooked, whole vegetable	14.10	1 lb AP = 0.78 lb cooked onion; 1 lb AP = 0.88 lb ready-to-serve or -cook raw onion
<b>Onions, Mature, fresh</b> <i>Yellow, Jumbo, Whole</i>	Pound	5.70	1/4 cup sliced, grilled vegetable	17.60	1 lb AP = 0.65 lb (about 1-3/8 cups) peeled, sliced, cooked onion; Jumbo = 3 inch diameter and over
<b>Onions, Mature, fresh</b> <i>Diced, Ready-to-use</i>	Pound	12.60	1/4 cup diced, raw vegetable	8.00	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or -cook, raw, 1/4-inch diced onion
<b>Onions, Mature, fresh</b> <i>Sliced, Ready-to-use</i>	Pound	12.70	1/4 cup sliced, raw vegetable	7.90	1 lb AP = 1 lb ready-to-serve or -cook onion
<b>Onions, Mature, canned</b> <i>Whole</i>	No. 10 Can (105 oz)	26.60	1/4 cup heated, drained vegetable	3.80	1 No. 10 can = about 55.8 oz (6-2/3 cups) heated, drained onion
	Pound	4.90	1/4 cup heated, drained vegetable	20.50	
	15 oz Jar	5.10	1/4 cup drained vegetable (about 5 onions)	19.70	15 oz jar = about 9 oz (1-1/4 cups) drained or about 23 onions
<b>Onions, Mature, frozen</b> <i>Chopped</i>	Pound	7.92	1/4 cup thawed vegetable	12.70	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-cook, thawed onion
	Pound	5.94	1/4 cup cooked vegetable	16.90	1 lb AP = 0.67 lb (about 1-3/8 cups) cooked onion
<b>Onions, Mature, dehydrated</b> <i>Chopped</i>	Pound	49.90	1/4 cup rehydrated, cooked vegetable	2.10	1 lb dry = about 4-2/3 cups dehydrated onion
	Pound	18.70	1/4 cup uncooked, vegetable	5.40	1 lb dry = about 4-2/3 cups dehydrated onion
<b>Dark Green Vegetables - PARSLEY</b>					
<b>Parsley, fresh</b> <i>Curly</i>	Pound	83.40	1/4 cup chopped, raw vegetable (credits as 1/8 cup in NSLP/SBP and CACFP)	1.20	1 lb AP = 0.92 lb ready-to-serve raw parsley
<b>Starchy Vegetables - PARSNIPS</b>					
<b>Parsnips, fresh</b> <i>Whole</i>	Pound	8.10	1/4 cup cooked, drained vegetable pieces	12.40	1 lb AP = 0.83 lb ready-to-cook parsnips
	Pound	7.20	1/4 cup cooked, drained, mashed vegetable	13.90	1 lb AP = 0.83 lb ready-to-cook parsnips

NOTE: For Footnotes please see the end of the section.

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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
<b>Additional Vegetables - PEAS AND CARROTS</b>					
Peas and Carrots <sup>6</sup> , canned	No. 10 Can (105 oz)	41.30	1/4 cup heated, drained vegetable	2.50	1 No. 10 can = about 66.0 oz (11-1/2 cups) drained, unheated peas and carrots
	Pound	6.30	1/4 cup heated, drained vegetable	15.90	
Peas and Carrots <sup>6</sup> , frozen	Pound	10.90	1/4 cup cooked, drained vegetable	9.20	
<b>Other Vegetables<sup>1</sup> - PEAS, CHINESE SNOW</b>					
Peas, Chinese, Snow, frozen <i>Edible podded, Whole</i>	Pound	11.40	1/4 cup cooked, drained vegetable	8.80	
<b>Starchy Vegetables - PEAS, FIELD</b>					
Peas, Field, canned <i>With snaps</i>	No. 10 Can (111 oz)	37.60	1/4 cup heated, drained vegetable	2.70	1 No. 10 can = about 72.3 oz (9-3/8 cups) heated, drained field peas with snaps; 1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps
	No. 10 Can (111 oz)	46.30	1/4 cup drained vegetable	2.20	1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps
	No. 300 Can (15 oz)	5.12	1/4 cup heated, drained vegetable	19.60	1 No. 300 can = about 7.95 oz (1-1/4 cups) heated, drained field peas with snaps; 1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps
	No. 300 Can (15 oz)	5.59	1/4 cup drained vegetable	17.90	1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps
<b>Beans and Peas (Legumes) - PEAS, GREEN</b>					
Peas, Green, dry <i>Whole</i>	Pound	25.60	1/4 cup cooked vegetable	4.00	1 lb dry = about 2-1/3 cups dry peas
Peas, Green, dry <i>Split</i>	Pound	23.10	1/4 cup cooked vegetable	4.40	1 lb dry = about 2-1/4 cups dry split peas
<b>Starchy Vegetables - PEAS, GREEN</b>					
Peas, Green, fresh <i>Shelled</i>	Pound	10.60	1/4 cup cooked, drained vegetable	9.50	1 lb in pod = 0.38 lb ready-to-cook peas
Peas, Green, canned <i>Includes USDA Foods</i>	No. 10 Can (106 oz)	36.70	1/4 cup heated, drained vegetable	2.80	1 No. 10 can = about 68.0 oz (9-1/8 cups) heated, drained peas; 1 No. 10 can = about 10-1/5 cups drained, unheated peas
	No. 10 Can (106 oz)	42.00	1/4 cup drained vegetable (unheated for salads)	2.40	1 No. 10 can = about 10-1/5 cups drained, unheated peas
	No. 300 Can (15-1/4 oz)	4.95	1/4 cup heated, drained vegetable	20.30	
	No. 300 Can (15-1/4 oz)	5.67	1/4 cup drained vegetable (unheated for salads)	17.70	

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Starchy Vegetables - PEAS, GREEN (continued)</b>					
Peas, Green, frozen <i>Includes USDA Foods</i>	Pound	9.59	1/4 cup cooked, drained vegetable	10.50	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked, drained peas
<b>Starchy Vegetables - PEAS, PIGEON, GREEN</b>					
Peas, Pigeon, Green, frozen <i>Immature</i>	Pound	10.60	1/4 cup cooked, drained vegetable	9.50	1 lb AP = 0.96 lb (about 2-2/3 cups) cooked, drained peas
<b>Other Vegetables<sup>1</sup> - PEAS, SUGAR SNAP</b>					
Peas, Sugar Snap, frozen <i>Whole</i>	Pound	9.78	1/4 cup cooked, drained vegetable	10.30	1 lb AP = 1 lb (about 2-3/8 cups) cooked, drained peas
<b>Other Vegetables<sup>1</sup> - PEPPEROCINI</b>					
Pepperocini, canned <i>Whole</i>	Gallon (72 oz drained weight)	64.00	1/4 cup drained vegetable	1.60	1 gallon container = about 207 pepperocini
<b>Other Vegetables<sup>1</sup> - PEPPERS, BELL</b>					
Peppers, Bell, fresh <i>Green or Yellow, Medium or Large, Whole</i>	Pound	9.70	1/4 cup chopped or diced raw vegetable	10.40	1 lb AP = 0.80 lb ready-to-serve or -cook raw peppers
	Pound	14.70	1/4 cup raw vegetable strips	6.90	1 lb AP = 0.80 lb ready-to-serve or -cook raw peppers
	Pound	9.80	1/4 cup cooked, drained vegetable strips	10.30	1 lb AP = 0.73 lb cooked peppers; 1 lb AP = 0.80 lb ready-to-serve or -cook raw peppers
Peppers, Bell, dehydrated <i>Green or Yellow, Diced</i>	Pound	99.20	1/4 cup rehydrated, cooked vegetable	1.10	1 lb dry = about 9-1/4 cups dehydrated pepper
	Pound	38.60	1/4 cup dehydrated vegetable	2.60	1 lb dry = about 9-1/4 cups dehydrated pepper
Peppers, Bell, frozen <i>Green or Yellow, Diced</i>	Pound	12.10	1/4 cup thawed vegetable	8.30	1 lb AP = 1 lb (about 3 cups) thawed peppers
	Pound	7.30	1/4 cup cooked, drained vegetable	13.70	
<b>Red/Orange Vegetables - PEPPERS, BELL, ORANGE OR RED</b>					
Peppers, Bell, fresh <i>Orange or Red, Medium or Large, Whole</i>	Pound	9.70	1/4 cup chopped or diced raw vegetable	10.40	1 lb AP = 0.80 lb ready-to-serve or -cook raw peppers
	Pound	14.70	1/4 cup raw vegetable strips	6.90	1 lb AP = 0.80 lb ready-to-serve or -cook raw peppers
	Pound	9.80	1/4 cup cooked, drained vegetable strips	10.30	1 lb AP = 0.73 lb cooked peppers
Peppers, Bell, frozen <i>Orange or Red, Diced</i>	Pound	12.10	1/4 cup thawed vegetable	8.30	1 lb AP = 1 lb (about 3 cups) thawed peppers
	Pound	7.30	1/4 cup cooked, drained vegetable	13.70	

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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
<b>Red/Orange Vegetables - PEPPERS, BELL, ORANGE OR RED (continued)</b>					
Peppers, Bell, dehydrated <i>Orange or Red, Diced</i>	Pound	99.20	1/4 cup rehydrated, cooked vegetable	1.10	1 lb dry = about 9-1/4 cups dehydrated peppers
	Pound	38.60	1/4 cup dehydrated vegetable	2.60	1 lb dry = about 9-1/4 cups dehydrated pepper
<b>Red/Orange Vegetables - PEPPERS, CHERRY</b>					
Peppers, fresh <i>Cherry, Whole with stem</i>	Pound	14.40	1/4 cup raw vegetable (about 3 peppers)	7.00	1 lb AP = 0.95 lb (about 3-1/2 cups) ready-to-serve or -cook raw pepper
<b>Other Vegetables<sup>1</sup> - PEPPERS, GREEN CHILIES</b>					
Peppers, Green Chilies, fresh <i>Anaheim Whole with stem</i>	Pound	11.40	1/4 cup chopped, seeded raw vegetable	8.80	1 lb AP = 0.80 lb (about 2-3/4 cups) ready-to-serve, raw, stemmed, seeded, chopped chili peppers
Peppers, Green Chilies, fresh <i>Jalapeno, Whole with stem</i>	Pound	15.60	1/4 cup raw vegetable (about 2 peppers)	6.50	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve raw whole peppers
Peppers, Green Chilies, canned <i>Chopped</i>	No. 10 Can (103 oz)	51.40	1/4 cup heated, drained vegetable	2.00	1 No. 10 can (103 oz) = about 12-7/8 cups heated, drained peppers 1 No. 10 can (99 oz) = about 11-3/4 cups unheated peppers
	No. 10 Can (99 oz)	47.10	1/4 cup unheated vegetable	2.20	1 No. 10 can (99 oz) = about 11-3/4 cups unheated peppers
	Pound	7.98	1/4 cup heated vegetable	12.60	
Peppers, Green Chilies, canned <i>Jalapeno Slices</i>	No. 10 Can (106 oz)	46.20	1/4 cup drained vegetable slices	2.00	1 No. 10 can = about 64.4 oz (11-1/2 cups) drained peppers
Peppers, Green Chilies, canned <i>Jalapeno Whole</i>	No. 10 Can (96 oz)	35.00	1/4 cup drained, whole vegetable	2.90	1 No. 10 can = about 60 oz (8-3/4 cups) drained peppers
<b>Other Vegetables<sup>1</sup> - PICKLES</b>					
Gherkins, canned <i>Whole</i>	Gallon (about 87 oz drained weight)	55.20	1/4 cup whole vegetable	1.90	Length of gherkins = 2 to 2-3/4 inch; 1/4 cup whole vegetable = about 3-3/4 small gherkins, 1-1/4 large gherkins
Pickles, canned <i>Chips</i>	Quart (about 20 oz drained weight)	13.90	1/4 cup drained vegetable	7.20	1 quart container = 3-1/2 cups drained or 52 pickle chips
	Gallon (about 87 oz drained weight)	60.30	1/4 cup drained vegetable	1.70	
	Pound	11.10	1/4 cup drained vegetable	9.10	
Pickles, canned <i>Spears, Medium size 4.75 x 0.75 x 1.5-inches</i>	24 oz Jar (about 15.4 oz drained weight)	8.80	1/4 cup drained vegetable	11.40	24 oz container = about 2-1/4 cups chopped, drained or 11 whole pickle spears; 1/4 cup drained vegetable = about 1-1/4 spears

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<b>Other Vegetables<sup>1</sup> - PICKLES (continued)</b>					
Pickles, canned <i>Whole</i>	Gallon (about 87 oz drained weight)	55.20	1/4 cup whole vegetable	1.90	Length of pickles: small = 2-3/4 to 3-1/2 inch, medium = 3-1/2 to 4 inch, large = 4 to 4-3/4 inch, extra-large = 4-3/4 to 5-1/4 inch; 1/4 cup whole vegetable = 1 small pickle, 1/2 medium pickle, 1/3 large pickle, 1/4 extra large pickle
	Gallon (about 87 oz drained weight)	84.40	1/8 cup length-wise sliced vegetable	1.20	
	Gallon (about 87 oz drained weight)	108.00	1/8 cup chopped vegetable	1.00	
<b>Red/Orange Vegetables - PIMIENTOS (PIMENTOS)</b>					
Pimientos, canned <i>Chopped or Diced</i>	No. 10 Can (102 oz)	40.70	1/4 cup drained vegetable	2.50	1 No. 10 can = about 74.0 oz (10-1/8 cups) drained pimientos
	No. 2-1/2 Can (27-1/2 oz)	8.39	1/4 cup drained vegetable	12.00	1 No. 2-1/2 can = about 17.6 oz (2 cups) drained pimientos
	Pound	6.40	1/4 cup drained vegetable	15.70	
Pimientos, canned <i>Whole</i>	No. 10 Can (102 oz)	38.50	1/4 cup drained, chopped vegetable	2.60	1 No. 10 can = about 71 oz (9-3/4 cups) drained pimientos
	No. 2-1/2 Can (28 oz)	11.00	1/4 cup drained, chopped vegetable	9.10	1 No. 2-1/2 can = about 20.2 oz (2-3/4 cups) drained pimientos
	No. 300 Can (13-3/4 oz)	4.97	1/4 cup drained vegetable	20.20	1 No. 300 can = about 9.2 oz (1-1/8 cups) drained pimientos
	7 oz Can	2.80	1/4 cup drained, chopped vegetable	35.80	7 oz can = about 5.2 oz (2/3 cup) drained pimientos
	Pound	6.03	1/4 cup drained, chopped vegetable	16.60	
<b>Starchy Vegetables - PLANTAIN</b>					
Plantain, fresh <i>Green</i>	Pound	7.50	1/4 cup peeled, sliced, cooked vegetable	13.40	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 vegetable	17.90	1 lb = 0.65 lb ready-to-cook peeled, sliced plantains
<b>Starchy Vegetables - POI</b>					
Poi <i>Undiluted</i>	Pound	5.67	1/2 cup diluted	17.70	Add 1 cup water to each 1 lb bag undiluted poi; 1 lb AP = 1.52 lb (about 2-3/4 cups) diluted ready-to-serve poi
	Pound	2.83	1 cup diluted	35.40	Add 1 cup water to each 1 lb bag undiluted poi; 1 lb AP = 1.52 lb (about 2-3/4 cups) diluted ready-to-serve poi

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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
<b>Starchy Vegetables - POTATO PRODUCTS</b>					
Potato Products, fresh <i>Raw, Shredded, Pre-portioned, 3.0 oz</i>	Pound	5.33	3/8 cup cooked vegetable (about 1 portion)	18.80	1 lb AP = 0.94 lb cooked vegetable
	Pound	8.28	1/4 cup cooked vegetable (about 2/3 portion)	12.10	1 lb AP = 0.94 lb cooked vegetable
	Pound	10.60	1/8 cup cooked vegetable (about 1/2 portion)	9.50	1 lb AP = 0.94 lb cooked vegetable
Potato Products, frozen <i>Hashed patty, Pre-browned, 2.25 oz each</i>	Pound	7.11	1 cooked patty (about 1/4 cup cooked vegetable)	14.10	
Potato Products, frozen <i>Hash browns, Diced</i>	Pound	7.70	1/4 cup cooked vegetable	13.00	
Potato Products, frozen <i>Mashed</i>	Pound	7.37	1/4 cup heated vegetable	13.60	1 lb AP = 1 lb (about 1-3/4 cups) mashed potatoes
Potato Products, frozen <i>Skins or Pieces or Wedges, etc., With skin, Cooked</i>	Pound	10.60	1/4 cup heated vegetable	9.50	
Potato Products, frozen <i>Rounds<sup>7</sup> (approx. 3/4 to 1 inch diameter by 1 to 1-1/4 inch length), Regular Size</i>	Pound	12.70	1/4 cup cooked vegetable (about 4 pieces)	7.90	
	5 lb Package	61.00	1/4 cup baked vegetable (about 4 pieces)	1.70	5 lb bag = about 15-1/4 cups baked potato rounds (about 8.0 grams per piece)
Potato Products, frozen <i>Rounds<sup>7</sup>, Mini Size</i>	Pound	12.20	1/4 cup baked vegetable	8.20	1 lb AP = 0.85 lb (about 3 cups) baked potato rounds (about 4.0 grams per piece); 1/4 cup baked vegetable = about 8 pieces
Potato Products, frozen <i>Circles (about 1-1/4-inch diameter by 9/16-inch height)</i>	Pound	12.60	1/4 cup baked vegetable (about 5 circles)	8.00	1 lb AP = 0.75 lb (about 3-1/8 cups) cooked
Potato Products, dehydrated <i>Hashed, Browns</i>	Pound	24.10	1/4 cup reconstituted, cooked vegetable	4.20	1 lb dry = 6 cups reconstituted, cooked potato; 1 lb dry = about 4-3/4 cups dry hash browns
<b>Starchy Vegetables - POTATOES</b>					
Potatoes, fresh <i>Red, Whole</i>	Pound	9.88	1/4 cup diced, cooked vegetable with skin	10.20	1 lb AP = 0.97 lb (about 2-3/8 cups) cooked potatoes
Potatoes, fresh <i>White or Russet, All sizes, Whole, Includes USDA Foods</i>	Pound	8.90	1/4 cup pared, cooked, diced vegetable	11.30	1 lb AP = 0.81 lb ready-to-cook pared potatoes; 1 lb AP = 0.74 lb baked potato without skin
	Pound	8.40	1/4 cup pared, cooked, mashed vegetable	12.00	1 lb AP = 0.81 lb ready-to-cook pared potatoes

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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
<b>Starchy Vegetables - POTATOES (continued)</b>					
<b>Potatoes, fresh</b> <i>White or Russet, All sizes, Whole, Includes USDA Foods</i>	Pound	9.90	1/4 cup pared, cooked, sliced vegetable	10.20	1 lb AP = 0.81 lb ready-to-cook pared potatoes
	Pound	5.30	1/4 cup pared, cooked hash browns (1/4 cup vegetable)	18.90	1 lb AP = 0.81 lb ready-to-cook pared potatoes
	Pound	9.70	1/4 cup diced, cooked vegetable with skin	10.30	1 lb AP = 0.99 lb (about 2-3/8 cups) cooked, unpeeled, diced potatoes
<b>Potatoes, fresh</b> <i>White or Russet, 120 Count (approx. 6 oz each), Whole</i>	Pound	2.66	1 whole, baked potato (about 1/2 cup vegetable)	37.60	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
	Pound	6.53	1/4 cup baked vegetable with skin	15.40	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
<b>Potatoes, fresh</b> <i>White or Russet, 100 Count (approx. 8 oz each), Whole</i>	Pound	2.00	1 whole, baked potato (about 3/4 cup vegetable)	50.00	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
	Pound	6.76	1/4 cup baked vegetable with skin	14.80	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
<b>Potatoes, fresh</b> <i>White or Russet, 80 Count (approx. 10 oz each), Whole</i>	Pound	1.60	1 whole baked potato (about 1 cup vegetable)	62.50	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
	Pound	7.01	1/4 cup baked vegetable with skin	14.30	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
<b>Potatoes, canned</b> <i>Diced</i>	No. 10 Can (102 oz)	39.90	1/4 cup drained, unheated vegetable	2.60	1 No. 10 can = about 73.7 oz (9-7/8 cups) drained, unheated potatoes
<b>Potatoes, canned</b> <i>Sliced</i>	No. 10 Can (102 oz)	44.20	1/4 cup drained, unheated vegetable	2.30	1 No. 10 can = about 74.6 oz (11 cups) drained, unheated potatoes
	No. 300 Can (14-1/2 oz)	5.73	1/4 cup drained, unheated vegetable	17.50	1 No. 300 can = about 9.9 oz (1-3/8 cups) drained, unheated potatoes
<b>Potatoes, canned</b> <i>Whole, Small</i>	No. 10 Can (102 oz)	43.70	1/4 cup heated, drained vegetable	2.30	1 No. 10 can = about 10-7/8 cups heated, drained potatoes; 1 No. 10 can = about 74.0 oz (10-3/4 cups) drained, unheated potatoes
	No. 10 Can (102 oz)	43.40	1/4 cup drained, unheated vegetable	2.40	1 No. 10 can = about 74.0 oz (10-3/4 cups) drained, unheated potatoes
	No. 2-1/2 Can (29 oz)	10.90	1/4 cup heated, drained vegetable	9.20	1 No. 2-1/2 can = about 17.7 oz (2-3/4 cups) drained potatoes
	No. 300 Can (14-1/2 oz)	5.90	1/4 cup heated, drained vegetable	17.00	

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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
<b>Starchy Vegetables - POTATOES (continued)</b>					
Potatoes, frozen <i>Diced, Precooked</i>	Pound	10.10	1/4 cup tempered, unheated vegetable	10.00	1 lb AP = 1 lb (about 2-1/2 cups) tempered potatoes
	Pound	8.97	1/4 cup cooked vegetable	11.20	1 lb AP = 0.83 lb (about 2-1/8 cups) cooked potatoes
Potatoes, frozen <i>Shells</i>	Pound	11.10	1/4 cup baked vegetable	9.10	1 lb AP = 0.90 lb baked potato shell
Potatoes, frozen <i>Wedges, USDA Foods</i>	Pound	11.90	1/4 cup baked vegetable	8.50	1 lb AP = 0.71 lb (about 2-7/8 cups) baked potato
	5 lb Package	59.50	1/4 cup baked vegetable	1.70	5 lb bag = about 14-7/8 cups baked potato
Potatoes, frozen <i>Whole, Small</i>	Pound	10.10	1/4 cup cooked vegetable	10.00	
Potatoes, dehydrated <i>Diced, Low moisture</i>	Pound	45.10	1/4 cup reconstituted, heated vegetable	2.30	1 lb dry = about 5-1/8 cups dehydrated diced potatoes
Potatoes, dehydrated <i>Flake, Low moisture</i>	Pound	50.50	1/4 cup reconstituted, heated vegetable	2.00	1 lb dry = about 2-1/4 cups dehydrated potato granules
Potatoes, dehydrated <i>Granules, Low moisture</i>	Pound	50.50	1/4 cup reconstituted, heated vegetable	2.00	1 lb dry = about 2-1/4 cups dehydrated potato granules
Potatoes, dehydrated <i>Slices, Low moisture</i>	Pound	43.50	1/4 cup reconstituted, heated vegetable	2.30	1 lb dry = about 9-2/3 cups dehydrated potato slices
<b>Starchy Vegetables - POTATOES, FRENCH FRIES</b>					
Potatoes, French Fries, frozen <i>Crinkle cut, Low moisture, Ovenable</i>	Pound	16.20	1/4 cup cooked vegetable	6.20	1 lb AP = 0.92 lb (about 4 cups) baked French fries
	4 lb Package	64.90	1/4 cup cooked vegetable	1.60	1 lb AP = 0.92 lb (about 4 cups) baked French fries
Potatoes, French Fries, frozen <i>Crinkle cut, Regular moisture, Includes USDA Foods</i>	Pound	12.60	1/4 cup cooked vegetable	8.00	1 lb AP = 0.81 lb (about 3-1/8 cups) baked French fries
	4-1/2 lb Package	56.70	1/4 cup cooked vegetable	1.80	1 lb AP = 0.81 lb (about 3-1/8 cups) baked French fries
Potatoes, French Fries, frozen <i>Curly (1/3-inch width)</i>	Pound	16.20	1/4 cup cooked vegetable	6.20	1 lb AP = 0.66 lb (about 4 cups) baked French fries
	4-1/2 lb Package	72.90	1/4 cup cooked vegetable	1.40	1 lb AP = 0.66 lb (about 4 cups) baked French fries
Potatoes, French Fries, frozen <i>Shoestring, Straight cut, Low moisture</i>	Pound	14.20	1/4 cup cooked vegetable	7.10	1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries
	4-1/2 lb Package	63.90	1/4 cup cooked vegetable	1.60	1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries

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<b>Starchy Vegetables - POTATOES, FRENCH FRIES (continued)</b>					
Potatoes, French Fries, frozen <i>Shoestring, Straight cut, Regular moisture</i>	Pound	17.50	1/4 cup cooked vegetable	5.80	
	4-1/2 lb Package	79.00	1/4 cup cooked vegetable	1.30	
Potatoes, French Fries, frozen <i>Straight cut, Regular moisture, Ovenable, Includes USDA Foods</i>	Pound	14.00	1/4 cup cooked vegetable	7.20	1 lb AP = 0.63 lb (about 3-1/2 cups) baked French fries
	5 lb Package	70.00	1/4 cup cooked vegetable	1.50	5 lb pkg = about 17-1/2 cups baked French fries
<b>Red/Orange Vegetables - PUMPKIN</b>					
Pumpkin, fresh <i>Whole</i>	Pound	4.70	1/4 cup cooked, mashed vegetable	21.30	1 lb AP = 0.70 lb ready-to-cook pumpkin
Pumpkin, Fresh <i>Whole</i>	Pound	4.00	1/4 cup diced, cooked vegetable	25.00	1 lb peeled, diced pumpkin (without seeds) = 0.28 lb (about 1 cup) cooked pumpkin
Pumpkin, canned	No. 10 Can (106 oz)	51.50	1/4 cup heated vegetable	2.00	
	No. 2-1/2 Can (29 oz)	14.10	1/4 cup heated vegetable	7.10	
	No. 300 Can (15 oz)	7.04	1/4 cup heated vegetable	14.30	1 No. 300 can = about 15.1 oz (1-3/4 cups) ready-to-serve or -cook pumpkin
	Pound	7.77	1/4 cup heated vegetable	12.90	
<b>Other Vegetables<sup>1</sup> - RADISHES</b>					
Radishes, Fresh <i>Without Tops</i>	Pound	12.80	1/4 cup whole vegetable	7.90	1 lb without tops = 0.94 lb ready-to-serve raw radishes; 1/4 cup whole vegetable = about 7 small radishes
	Pound	15.30	1/4 cup raw, sliced vegetable	6.60	1 lb without tops = 0.94 lb ready-to-serve raw radishes
<b>Other Vegetables<sup>1</sup> - RUTABAGAS</b>					
Rutabagas, fresh <i>Whole</i>	Pound	8.30	1/4 cup pared, cubed, cooked vegetable	12.10	1 lb AP = 0.85 lb ready-to-cook rutabaga
	Pound	5.70	1/4 cup pared, cooked, drained, mashed vegetable	17.60	1 lb AP = 0.85 lb ready-to-cook rutabaga
<b>Red/Orange Vegetables - SALSA</b>					
Salsa, canned <sup>®</sup> <i>USDA Foods (all vegetable ingredients plus a minor amount of spices)</i>	No. 10 Can (106 oz)	49.30	1/4 cup vegetable	2.10	1 No. 10 can = about 12-1/3 cups salsa

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<b>Red/Orange Vegetables - SALSA (continued)</b>					
<b>Salsa, canned<sup>8</sup></b> <i>Chunky Commercial (all vegetable ingredients plus a minor amount of spices)</i>	Gallon (8 lb 10 oz)	63.90	1/4 cup vegetable	1.60	1 gallon container = 16 cups salsa
<b>Other Vegetables<sup>1</sup> - SAUERKRAUT</b>					
<b>Sauerkraut, canned</b>	No. 10 Can (99 oz)	36.50	1/4 cup heated, drained vegetable	2.80	1 No. 10 can = about 11-7/8 cups drained, unheated vegetable
	No. 2-1/2 Can (27 oz)	15.00	1/4 cup cup heated, drained vegetable	6.70	1 No. 2-1/2 can = about 23.0 oz (4-1/2 cups) drained, unheated vegetable
	No. 300 Can (14.5 oz)	4.93	1/4 cup heated, drained vegetable	20.30	
<b>Other Vegetables<sup>1</sup> - SEAWEED</b>					
<b>Seaweed, dehydrated wakame</b>	Pound	91.00	1/4 cup trimmed, rehydrated vegetable	1.10	1 lb dry = 4.3 lb (about 22-2/3 cups) rehydrated, ready-to-serve or -cook seaweed
<b>Additional Vegetables - SOUPS, CANNED</b>					
<b>Soups, canned</b> <i>Condensed (1 part soup to 1 part water) minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such as meat or poultry</i>	No. 3 Can (50 oz or about 46 fl oz)	11.50	1 cup reconstituted (about 1/4 cup vegetable)	8.70	Reconstitute 1 part soup with not more than 1 part water
	Pound	3.68	1 cup reconstituted (about 1/4 cup vegetable)	27.20	Reconstitute 1 part soup with not more than 1 part water
	Picnic (about 10-3/4 oz)	2.40	1 cup reconstituted (about 1/4 cup vegetable)	41.70	Reconstitute 1 part soup with not more than 1 part water
<b>Soups, canned</b> <i>Ready-to-serve minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such as meat or poultry</i>	8 oz Can	1.00	1 cup serving (about 1/4 cup vegetable)	100.00	
<b>Beans and Peas (Legumes) - SOUPS, CANNED</b>					
<b>Soups, canned</b> <i>Bean Soup, Condensed (1 part soup to 1 part water)</i>	No. 3 Cylinder (54 oz)	23.00	1/2 cup reconstituted (1/4 cup heated vegetable)	4.40	Reconstitute 1 part soup with not more than 1 part water

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Beans and Peas (Legumes) - SOUPS, CANNED (continued)</b>					
<b>Soups, canned</b> <i>Bean Soup Condensed (1 part soup to 1 part water)</i>	Pound	6.80	1/2 cup reconstituted (1/4 cup heated vegetable)	14.80	Reconstitute 1 part soup with not more than 1 part water
<b>Soups, canned</b> <i>Bean Soup, Ready-to-serve</i>	8 oz Can	1.00	1 cup serving (1/2 cup heated vegetable)	100.00	
<b>Dark Green Vegetables - SPINACH</b>					
<b>Spinach, fresh</b> <i>Partly trimmed</i>	Pound	30.70	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP and CACFP)	3.30	1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach
	Pound	20.40	1/4 cup vegetable with dressing (credits as 1/8 cup in NSLP/SBP and CACFP)	5.00	1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach
	Pound	7.60	1/4 cup cooked, drained vegetable	13.20	1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach
<b>Spinach, fresh</b> <i>Leaves (4-inch by 9-inch), Ready-to-use</i>	Pound	25.60	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP and CACFP)	4.00	1 lb AP = 1.00 lb (about 6-3/8 cups) ready-to-cook or -serve raw spinach
	Pound	12.60	1/4 cup wilted vegetable	8.00	1 lb AP = 1.03 lb (about 3-1/8 cups) wilted (lightly steamed for one minute) spinach; 1 lb AP = 1.00 lb (about 6-3/8 cups) ready-to-cook or -serve raw spinach
<b>Spinach, canned</b>	No. 10 Can (98 oz)	25.20	1/4 cup heated, drained vegetable	4.00	1 No. 10 can = about 55.0 oz drained spinach
	No. 2-1/2 Can (27 oz)	6.90	1/4 cup heated, drained vegetable	14.50	1 No. 2-1/2 can = about 17.6 oz (2-1/4 cups) drained spinach
	No. 300 Can (13-1/2 oz)	3.91	1/4 cup heated, drained vegetable	25.60	1 No. 300 can = (about 1 cup) drained, unheated spinach
	Pound	4.11	1/4 cup heated, drained vegetable	24.40	
<b>Spinach, frozen</b> <i>Chopped, Includes USDA Foods</i>	Pound	5.60	1/4 cup cooked, drained vegetable	17.90	
<b>Spinach, frozen</b> <i>Leaf, Whole</i>	Pound	6.50	1/4 cup cooked, drained vegetable	15.40	
<b>Dark Green Vegetables - SPINACH, PUREE</b>					
<b>Spinach, puree</b>	Pound	8.00	1/4 cup pureed vegetable	12.50	1 lb AP = 1.00 lb (about 2 cups) spinach puree
<b>Other Vegetables<sup>1</sup> - SQUASH, SUMMER</b>					
<b>Squash, summer, fresh</b> <i>Yellow</i>	Pound	7.30	1/4 cup cubed, cooked, drained vegetable	13.70	1 lb AP = 0.95 lb ready-to-cook squash

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Other Vegetables<sup>1</sup> - SQUASH, SUMMER (continued)</b>					
<b>Squash, summer, fresh</b> <i>Yellow</i>	Pound	6.30	1/4 cup cooked, drained, mashed vegetable	15.90	1 lb AP = 0.95 lb ready-to-cook squash
	Pound	15.50	1/4 cup raw, sliced vegetable	6.50	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve or -cook squash
	Pound	8.42	1/4 cup sliced, cooked, drained vegetable	11.90	1 lb AP = 0.83 lb (about 2 cups) cooked, sliced squash; 1 lb AP = 0.98 lb (about 3-7/8) ready-to-serve or -cook squash
<b>Squash, summer, fresh</b> <i>Zucchini, Whole</i>	Pound	11.90	1/4 cup raw vegetable sticks (about 3 sticks, 1/2 inch by 3 inch sticks)	8.50	1 lb AP = 0.95 lb (about 2-7/8 cups) ready-to-serve or -cook raw (1/2 inch by 3 inch) squash sticks
	Pound	12.70	1/4 cup raw, cubed vegetable	7.90	1 lb AP = 0.95 lb (about 3-1/8 cups) ready-to-serve or -cook raw 3/4 inch cubed zucchini
	Pound	7.60	1/4 cup cubed, cooked, drained vegetable	13.20	1 lb AP = 0.86 lb cooked, 3/4 inch zucchini cubes; 1 lb AP = 0.95 lb (about 3-1/8 cups) ready-to-serve or -cook raw 3/4 inch cubed zucchini
	Pound	13.10	1/4 cup raw, sliced vegetable	7.70	1 lb AP = 0.96 lb (about 3-1/4 cups) ready-to-serve or -cook raw 1/4 inch zucchini slices
	Pound	10.20	1/4 cup sliced, cooked, drained vegetable	9.90	1 lb AP = 0.96 lb (about 3-1/4 cups) ready-to-serve or -cook raw 1/4 inch zucchini slices
<b>Squash, summer, canned</b> <i>Sliced</i>	No. 10 Can (105 oz)	26.50	1/4 cup heated, drained vegetable	3.00	1 No. 10 can = about 61.0 oz (8-3/8 cups) drained, unheated squash
	Pound	4.03	1/4 cup heated, drained vegetable	24.90	1 lb AP = about 9.2 oz (1-1/2 cups) drained squash
<b>Squash, summer, frozen</b> <i>Yellow, Sliced</i>	Pound	7.90	1/4 cup cooked, drained vegetable	12.70	
<b>Squash, summer, frozen</b> <i>Zucchini, Sliced</i>	Pound	7.00	1/4 cup cooked, drained vegetable	14.30	
<b>Red/Orange Vegetables - SQUASH, WINTER</b>					
<b>Squash, Winter, fresh</b> <i>Acorn, Whole</i>	Squash (~0.5 lb)	2.00	1/4 cup vegetable; 1/2 small squash baked in skin	50.00	1 lb AP = 0.87 lb ready-to-cook squash in skin
	Whole Squash (~2.10 lb)	8.50	1/4 cup vegetable; baked squash flesh	11.80	1 lb. AP = 0.90 lb. without seed, ready-to-cook squash; 1 lb AP = 0.54 lb (about 2-1/8 cups) baked acorn squash flesh
	Pound	7.49	1/4 cup baked squash flesh (1/4 cup vegetable)	13.40	1 lb AP = 0.90 lb without seeds, ready-to-cook squash in skin
	Pound	4.70	1/4 cup cooked, drained, pared, mashed vegetable	21.30	1 lb AP = 0.70 lb ready-to-cook pared squash

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Red/Orange Vegetables - SQUASH, WINTER (continued)</b>					
Squash, Winter, fresh <i>Butternut, Whole</i>	Pound	7.50	1/4 cup cooked, drained, pared, cubed vegetable	13.40	1 lb AP = 0.84 lb ready-to-cook pared squash
	Pound	5.40	1/4 cup cooked, pared, drained, mashed vegetable	18.60	1 lb AP = 0.84 lb ready-to-cook pared squash
Squash, Winter, puree <sup>5</sup> <i>Butternut</i>	Pound	8.00	1/4 cup vegetable	12.50	1 lb AP = 1 lb (about 2 cups) butternut squash puree
Squash, Winter, fresh <i>Hubbard, Whole</i>	Pound	4.40	1/4 cup cooked, drained, pared, cubed vegetable	22.80	1 lb AP = 0.64 lb ready-to-cook pared squash
	Pound	4.30	1/4 cup cooked, drained, pared, mashed vegetable	23.30	1 lb AP = 0.64 lb ready-to-cook pared squash
Squash, Winter, fresh <i>Spaghetti, Whole</i>	Squash	10.00	1/4 cup vegetable; baked squash flesh	10.00	1 lb AP = 0.89 lb without seeds, ready-to-cook squash; 1 lb AP = 0.51 lb (about 2-1/2 cups) baked squash flesh
	Pound	7.00	1/4 cup baked squash flesh	14.30	1 lb AP = 0.89 lb without seeds, ready-to-cook squash; 1 lb AP = 0.51 lb (about 2-1/2 cups) baked squash flesh
Squash, Winter, frozen <i>Mashed, All Varieties</i>	Pound	7.00	1/4 cup cooked vegetable	14.30	
<b>Additional Vegetables - SUCCOTASH</b>					
Succotash, canned <i>Corn and Green Beans</i>	No. 10 Can (103 oz)	34.10	1/4 cup heated, drained vegetable	3.00	1 No. 10 can = about 65.4 oz (8-1/2 cups) heated, drained succotash; 1 No. 10 can = about 62.0 oz (9-3/8 cups) drained, unheated succotash
	No. 10 Can (103 oz)	37.80	1/4 cup drained vegetable (unheated for salads)	2.70	1 No. 10 can = about 62.0 oz (9-3/8 cups) drained, unheated succotash
	Pound	5.29	1/4 cup heated, drained vegetable	19.00	
	Pound	5.87	1/4 cup drained vegetable (unheated for salads)	17.10	
Succotash, frozen <i>Corn and Green Beans</i>	Pound	8.76	1/4 cup cooked, drained vegetable	11.50	1 lb AP = 0.95 lb (about 2-1/8 cups) cooked, drained succotash or about 2-7/8 cups thawed
	Pound	11.60	1/4 cup thawed vegetable (unheated for salads)	8.70	1 lb AP = about 2-7/8 cups thawed
<b>Starchy Vegetables - SUCCOTASH</b>					
Succotash, canned <i>Corn and Lima Beans</i>	No. 10 Can (105 oz)	36.70	1/4 cup heated, drained vegetable	2.80	1 No. 10 can = about 75.0 oz (9-1/8 cups) heated, drained succotash; 1 No. 10 can = about 71.0 oz (about 10-1/8 cups) drained, unheated succotash

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Starchy Vegetables - SUCCOTASH (continued)</b>					
<b>Succotash, canned</b> <i>Corn and Lima Beans</i>	No. 10 Can (105 oz)	40.90	1/4 cup drained vegetable (unheated, for salads)	2.50	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	17.90	
	Pound	6.24	1/4 cup drained vegetable (unheated, for salads)	16.10	
<b>Succotash, frozen</b> <i>Corn and Lima Beans</i>	Pound	9.25	1/4 cup cooked, drained vegetable	10.90	1 lb AP = 0.95 lb (about 2-1/4 cups) cooked, drained succotash
	Pound	11.60	1/4 cup thawed vegetable (unheated for salads)	8.70	1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve thawed, unheated succotash
<b>Red/Orange Vegetables - SWEET POTATOES</b>					
<b>Sweet Potatoes, fresh</b> <i>Whole, Includes USDA Foods</i>	Pound	6.60	1/4 cup baked vegetable	15.20	1 lb AP = 0.61 lb baked sweet potato without skin; 1 lb AP = 0.80 lb peeled ready-to-cook sweet potatoes
	Pound	5.50	1/4 cup cooked, mashed vegetable	18.20	1 lb AP = 0.80 lb peeled ready-to-cook sweet potatoes
	Pound	9.10	1/4 cup cooked, sliced vegetable	11.00	1 lb AP = 0.80 lb peeled ready-to-cook sweet potatoes
<b>Sweet Potatoes, canned</b> <i>Cut, Packed in light syrup, Includes USDA Foods</i>	No. 10 Can (108 oz)	33.80	1/4 cup heated, drained vegetable	3.00	1 No. 10 can = about 60.9 oz (8-3/8 cups) heated, drained sweet potatoes
	No. 2-1/2 Can (29 oz)	12.20	1/4 cup heated, drained vegetable	8.20	1 No. 2-1/2 can = about 18.0 oz (3-1/8 cups) heated, drained sweet potatoes
	No. 300 Can (15-3/4 oz)	5.16	1/4 cup heated, drained vegetable	19.40	1 No. 300 can = about 9.0 oz (1-1/4 cups) heated, drained sweet potatoes
<b>Sweet Potatoes, canned</b> <i>Mashed</i>	No. 10 Can (109 oz)	49.10	1/4 cup heated vegetable	2.10	1 No. 10 can = about 12-1/4 cups heated, mashed sweet potatoes
<b>Sweet Potatoes, canned</b> <i>Whole</i>	No. 10 Can (112 oz)	39.10	1/4 cup heated, drained vegetable	2.60	1 No. 10 can = about 78.6 oz (9-3/4 cups) heated, drained sweet potatoes
	No. 2-1/2 Can (29 oz)	12.30	1/4 cup heated, drained vegetable	8.20	1 No. 2-1/2 can = about 18.0 oz (3-1/4 cups) heated, drained sweet potatoes
	No. 300 Can (15-3/4 oz)	5.16	1/4 cup heated, drained vegetable	19.40	1 No. 300 can = about 9.6 oz (1-1/4 cups) heated, drained sweet potatoes
<b>Sweet Potatoes, frozen</b> <i>Mashed</i>	Pound	7.55	1/4 cup cooked vegetable	13.30	1 lb AP = 0.99 lb (about 1-3/4 cups) cooked sweet potatoes

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Red/Orange Vegetables - SWEET POTATOES (continued)</b>					
Sweet Potatoes, frozen <i>Center cuts, approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter</i>	Pound	9.70	1/4 cup cooked vegetable	10.40	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked sweet potatoes
Sweet Potatoes, frozen <i>Center cuts, approx. 1-inch thick by 1-3/4 to 2-inch diameter</i>	Pound	9.25	1/4 cup cooked vegetable	10.90	1 lb AP = 0.93 lb (about 2-1/4 cups) cooked sweet potatoes
Sweet Potatoes, frozen <i>Random cut chunks</i>	Pound	9.24	1/4 cup cooked vegetable	10.90	1 lb AP = 0.95 lb (about 2-1/4 cups) cooked sweet potatoes
Sweet Potatoes, frozen <i>Packed in syrup</i>	Pound	7.60	1/4 cup cooked, drained, vegetable	13.20	
Sweet Potatoes, dehydrated <i>Flakes, Low moisture</i>	Pound	18.50	1/4 cup reconstituted vegetable	5.50	1 lb dry = about 3-3/4 cups dehydrated sweet potato flakes
Sweet Potatoes, Fries, frozen <i>Crinkle Cut, Includes USDA Foods</i>	Pound	11.00	1/4 cup cooked vegetable	9.10	1 lb AP = 0.70 lb (about 2-3/4 cups) baked sweet potato crinkle cut fries
Sweet Potatoes, Fries, frozen, Puff <i>Puff</i>	Pound	10.00	1/4 cup cooked vegetable	10.00	1 lb AP = 0.76 lb (about 2-1/2 cups) baked sweet potato puff fries
Sweet Potatoes, Fries, frozen <i>Straight Cut</i>	Pound	11.50	1/4 cup cooked vegetable	8.70	1 lb AP = 0.70 lb (about 2-7/8 cups) baked sweet potato straight cut fries
Sweet Potatoes, Fries, frozen <i>Waffle Cut</i>	Pound	12.00	1/4 cup cooked vegetable	8.40	1 lb AP = 0.67 lb (about 3 cups) baked sweet potato waffle cut fries
Sweet Potatoes, Fries, frozen <i>Wedge Cut</i>	Pound	9.50	1/4 cup cooked vegetable	10.60	1 lb AP = 0.67 lb (about 2-3/8 cups) baked sweet potato wedge cut fries
<b>Dark Green Vegetables - SWISS CHARD</b>					
Swiss Chard, fresh <i>Trimmed</i>	Pound	21.10	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP and CACFP)	4.80	1 lb AP = 0.96 lb (about 5-1/4 cups) ready-to-serve raw, chopped Swiss chard
Swiss Chard, fresh <i>Untrimmed</i>	Pound	6.30	1/4 cup cooked, drained vegetable	15.90	1 lb AP = 0.92 lb ready-to-cook trimmed Swiss chard
<b>Other Vegetables<sup>1</sup> - TOMATILLOS</b>					
Tomatillos, fresh <i>Whole with stem</i>	Pound	11.90	1/4 cup raw, diced vegetable	8.50	1 lb AP = 0.98 lb (2-7/8 cups) ready-to-serve, stemmed, 1/2 inch diced tomatillos
	Pound	6.38	1/4 cup cooked, diced vegetable	15.70	1 lb AP = 0.82 lb (about 1-1/2 cups) diced, cooked tomatillos; 1 lb AP = 0.98 lb (2-7/8 cups) ready-to-serve, stemmed, 1/2 inch diced tomatillos

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Red/Orange Vegetables - TOMATO PRODUCTS</b>					
<b>Tomato Products, Canned Tomato Paste</b> <i>24%-28% Natural Tomato Soluble Solids (NTSS), Includes USDA Foods</i>	No. 10 Can (111 oz)	192.00	1 tablespoon paste (1/4 cup vegetable)	0.53	1 No. 10 can = about 12 cups tomato paste; 1 No. 10 can paste plus 3 cans water = 48 cups single strength tomato juice
	No. 2-1/2 Can (30 oz)	52.00	1 tablespoon paste (1/4 cup vegetable)	2.00	1 No. 2-1/2 can = about 3-1/4 cups tomato paste
<b>Tomato Products, Canned Tomato Paste</b> <i>Canned, 24%-28%, Natural Tomato Soluble Solids (NTSS)</i>	Picnic (12 oz)	20.70	1 tablespoon paste (1/4 cup vegetable)	4.90	12 oz can = about 1-1/4 cups tomato paste
<b>Tomato Products, Canned Tomato Paste</b> <i>24%-28% Natural Tomato Soluble Solids (NTSS), Includes USDA Foods</i>	Pound	27.60	1 tablespoon paste (1/4 cup vegetable)	3.70	
<b>Tomato Products canned, Tomato Puree</b> <i>Not less than 8% but less than 24% Natural Tomato Soluble Solids (NTSS)</i>	No. 10 Can (106 oz)	96.00	2 tablespoons puree (1/4 cup vegetable)	1.10	1 No. 10 can = 12 cups puree, 1 No. 10 can tomato puree plus one can water = 24 cups single strength tomato juice
	No. 2-1/2 Can (29 oz)	26.20	2 tablespoons puree (1/4 cup vegetable)	3.90	
	Pound	14.40	2 tablespoons puree (1/4 cup vegetable)	7.00	
<b>Tomato Products canned, Tomato Sauce</b> <i>Includes USDA Foods</i>	No. 10 Can (106 oz)	50.70	1/4 cup vegetable	2.00	
	No. 300 Can (15 oz)	6.85	1/4 cup vegetable	14.60	
	Pound	7.65	1/4 cup vegetable	13.10	
<b>Tomato Products canned, Spaghetti Sauce, Meatless</b> <i>Includes USDA Foods</i>	No. 10 Can (106 oz)	47.90	1/4 cup heated vegetable	2.10	1 No. 10 can = about 12 cups heated spaghetti sauce
<b>Red/Orange Vegetables - TOMATOES</b>					
<b>Tomatoes, fresh</b> <i>Cherry, Whole with stem</i>	Pound	12.10	1/4 cup whole vegetable (about 3 whole cherry tomatoes)	8.30	1 lb AP = 0.99 lb (about 3 cups) stemmed, whole, ready-to-serve cherry tomatoes
	Pound	10.60	1/4 cup vegetable halves (about 5 cherry tomato halves)	9.50	1 lb AP = 0.99 lb (about 2-2/3 cups) stemmed, halved, ready-to-serve cherry tomatoes
<b>Tomatoes, fresh</b> <i>Cherry, Whole without stem</i>	Pound	12.10	1/4 cup whole vegetable	8.30	1 lb AP = 1 lb (about 3 cups) whole, ready- to serve cherry tomatoes)

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Red/Orange Vegetables - TOMATOES (continued)</b>					
<b>Tomatoes, fresh</b> <i>Cherry, Whole without stem</i>	Pound	11.00	1/4 cup halved vegetable	9.10	1 lb AP = 0.95 lb (about 2-3/4 cups) halved, ready-to-serve cherry tomatoes
	Pound	10.00	1/4 cup halved, cooked vegetable	10.00	1 lb AP = 0.95 lb (about 2-3/4 cups) halved, ready-to-serve or -cook cherry tomatoes; 1 lb AP = 0.94 lb (about 2-1/2 cups) halved, cooked cherry tomatoes
<b>Tomatoes, fresh</b> <i>Whole, All sizes</i>	Pound	7.60	1/4 cup diced vegetable	13.20	1 lb AP = 0.87 lb ready-to-serve raw diced tomatoes
	Pound	10.40	1/4 cup vegetable wedges	9.70	1 lb AP = 0.98 lb (about 2-1/2 cups) ready-to-serve 1/2 inch tomato wedges
<b>Tomatoes, fresh</b> <i>Small or Medium, Approx. 2-1/8-inch to 2-1/4-inch diameter, Whole</i>	Pound	8.53	1/4 cup sliced vegetable (about 5 slices, 1/8 inch thick)	11.80	1 lb AP = 0.87 lb (about 2-1/8 cups) 1/8 inch sliced tomatoes
<b>Tomatoes, fresh</b> <i>Large or Extra large, Approx. 2-1/2-inch to 2-3/4-inch diameter, Whole</i>	Pound	8.70	1/4 cup sliced vegetable (about 4 slices, 1/8 inch thick)	11.50	1 lb AP = 0.86 lb sliced tomatoes (1/8 inch thick slices)
<b>Tomatoes, fresh</b> <i>Diced, Ready-to-use</i>	Pound	8.74	1/4 cup raw vegetable	11.50	1 lb AP = 1 lb (about 2-1/8 cups) ready-to-serve or -cook tomatoes
	Pound	6.67	1/4 cup cooked vegetable	15.00	1 lb AP = 0.85 lb (about 1-2/3 cups) cooked tomatoes; 1 lb AP = 1 lb (about 2-1/8 cups) ready-to-serve or -cook tomatoes
<b>Tomatoes, canned</b> <i>Whole or Stewed</i>	No. 10 Can (102 oz)	45.50	1/4 cup heated vegetable and juice	2.20	
	No. 10 Can (102 oz)	48.80	1/4 cup vegetable and juice	2.10	
	No. 10 Can (102 oz)	29.40	1/4 cup drained vegetable	3.50	1 No. 10 can = about 66.0 oz drained tomatoes
	No. 2-1/2 Can (28 oz)	12.50	1/4 cup heated vegetable and juice	8.00	
	No. 2-1/2 Can (28 oz)	13.40	1/4 cup vegetable and juice	7.50	
	No. 2-1/2 Can (28 oz)	8.25	1/4 cup drained vegetable	12.20	1 No. 2-1/2 can = about 18.5 oz drained tomatoes
	No. 300 Can (14-1/2 oz)	6.14	1/4 cup heated vegetable and juice	16.30	
	No. 300 Can (14-1/2 oz)	6.59	1/4 cup vegetable and juice	15.20	
Pound	7.13	1/4 cup heated vegetable and juice	14.10		

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Red/Orange Vegetables - TOMATOES (continued)</b>					
<b>Tomatoes, canned</b> <i>Crushed</i>	No. 10 Can (102 oz)	46.60	1/4 cup heated vegetable and juice	2.20	1 No. 10 can = about 12 cups tomato and juice
	No. 2-1/2 Can (28 oz)	12.70	1/4 cup heated vegetable and juice	7.90	
	No. 2-1/2 Can (28 oz)	8.39	1/4 cup drained vegetable	12.00	1 No. 2-1/2 can = about 18.5 oz drained tomato
	Pound	7.30	1/4 cup heated vegetable and juice	13.70	
<b>Tomatoes, canned</b> <i>Diced, Includes USDA Foods</i>	No. 10 Can (102 oz)	49.20	1/4 cup heated vegetable and juice	2.10	1 No. 10 can = about 12-1/4 cups heated, tomatoes and juice
	No. 2-1/2 Can (28 oz)	13.50	1/4 cup heated vegetable and juice	7.50	
	No. 2-1/2 Can (28 oz)	8.91	1/4 cup drained vegetable	11.30	1 No. 2-1/2 can = about 18.5 oz drained, unheated tomatoes
	No. 300 Can (14-1/2 oz)	6.99	1/4 cup heated vegetable and juice	14.40	
	Pound	7.71	1/4 cup heated vegetable and juice	13.00	
<b>Dark Green Vegetables - TURNIP GREENS</b>					
<b>Turnip Greens, fresh</b> <i>Untrimmed</i>	Pound	6.50	1/4 cup cooked, drained vegetable	15.40	1 lb AP = 0.70 lb ready-to-cook turnip greens
<b>Turnip Greens, canned</b>	No. 10 Can (98 oz)	27.60	1/4 cup heated, drained vegetable	3.70	1 No. 10 can = 58.0 oz drained turnip greens
	No. 2-1/2 Can (27 oz)	7.60	1/4 cup heated, drained vegetable	13.20	
	No. 300 Can (14-1/2 oz)	3.72	1/4 cup heated, drained vegetable	26.90	
	Pound	4.50	1/4 cup heated, drained vegetable	22.30	
<b>Turnip Greens, frozen</b> <i>Chopped or Whole Leaf</i>	Pound	9.60	1/4 cup cooked, drained vegetable	10.50	
<b>Other Vegetables<sup>1</sup> - TURNIPS</b>					
<b>Turnips, fresh</b> <i>Whole</i>	Pound	10.80	1/4 cup raw, pared vegetable sticks	9.30	1 lb AP = 0.83 lb (about 2-2/3 cups) ready-to-serve raw, pared turnip sticks; 1/4 cup raw, pared vegetable sticks = about 7 sticks, 1/2 inch by 2 inch sticks
<b>Turnips, fresh</b> <i>Without tops</i>	Pound	11.20	1/4 cup raw, pared, cubed or diced vegetable	9.00	1 lb AP = 0.79 lb ready-to-serve or -cook raw, pared turnip
	Pound	8.70	1/4 cup pared, cubed, cooked, drained vegetable	11.50	1 lb AP = 0.78 lb (about 2-1/8 cups) pared, cubed, cooked turnip; 1 lb AP = 0.79 lb ready-to-serve or -cook raw, pared turnip

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Other Vegetables<sup>1</sup> - TURNIPS (continued)</b>					
<b>Turnips, fresh</b> <i>Without tops</i>	Pound	5.60	1/4 cup cooked, drained, pared, mashed vegetable	17.90	1 lb AP = 0.79 lb ready-to-serve or -cook raw, pared turnip
<b>Additional Vegetables - VEGETABLES, MIXED</b>					
<b>Vegetables, Mixed<sup>6</sup>, canned</b> <i>Seven vegetables (celery, carrots, corn, green beans, green peas, lima beans and potatoes)</i>	No. 10 Can (106 oz)	36.10	1/4 cup heated, drained vegetable	2.80	1 No. 10 can = about 66.5 oz (9-1/4 cups) drained vegetable
	No. 2-1/2 Can (29 oz)	11.50	1/4 cup heated, drained vegetable	8.70	1 No. 2-1/2 can = about 19.4 oz (3-3/8 cups) drained vegetable
	No. 300 Can (15 oz)	4.64	1/4 cup heated, drained vegetable	21.60	1 No. 300 can = about 8.6 oz (1-1/2 cups) drained, unheated vegetable
<b>Vegetables, Mixed<sup>6</sup>, frozen</b> <i>Seven vegetables (celery, carrots, corn, green beans, green peas, lima beans and potatoes)</i>	Pound	8.10	1/4 cup cooked, drained vegetable	12.40	
<b>Vegetables, Mixed<sup>6</sup>, frozen</b> <i>Country/Midwest blend (carrots, corn, green beans)</i>	Pound	9.20	1/4 cup cooked, drained vegetable	10.90	1 lb AP = 0.96 lb (about 2-1/4 cups) cooked, drained mixed vegetables; 1 lb AP = 0.99 lb (about 2-3/8 cups) ready-to-serve thawed, mixed vegetables
	Pound	9.84	1/4 cup thawed vegetable (unheated for salads)	10.20	1 lb AP = 0.99 lb (about 2-3/8 cups) ready-to-serve thawed, mixed vegetables
<b>Other Vegetables<sup>1</sup> - VEGETABLES, MIXED</b>					
<b>Vegetables, Mixed, frozen</b> <i>Broccoli and cauliflower blend</i>	Pound	11.90	1/4 cup thawed vegetable (unheated for salads)	8.50	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve thawed mixed vegetables
	Pound	10.70	1/4 cup cooked, drained vegetable	9.40	1 lb AP = 0.95 lb (about 2-2/3 cups) cooked, drained mixed vegetables
<b>Vegetables, Mixed, frozen</b> <i>California blend (broccoli, carrots, cauliflower)</i>	Pound	11.90	1/4 cup thawed vegetable (unheated for salads)	8.50	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve thawed mixed vegetables
	Pound	10.60	1/4 cup cooked, drained vegetable	9.50	1 lb AP = 0.94 lb (about 2-2/3 cups) cooked, drained mixed vegetables
<b>Vegetables, Mixed, frozen</b> <i>Peppers and Onions, Includes USDA Foods</i>	Pound	7.71	1/4 cup cooked, drained vegetable	13.00	1 lb AP = 0.86 lb (about 1-7/8 cups) cooked, drained mixed vegetables

NOTE: For Footnotes please see the end of the section.

## Section 2 - Vegetables

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
<b>Starchy Vegetables - WATER CHESTNUTS</b>					
Water Chestnuts, canned	Pound	6.70	1/4 cup drained vegetable	15.00	
<b>Dark Green Vegetables - WATERCRESS</b>					
Watercress, fresh	Pound	50.50	1/4 cup raw vegetable sprigs or pieces (credits as 1/8 cup in NSLP/ SBP and CACFP)	2.00	1 lb AP = 0.92 lb ready-to-serve raw watercress
<b>Starchy Vegetables - YAUTIA (TANNIER)</b>					
Yautia (Tannier), fresh <i>Whole</i>	Pound	8.84	1/4 cup peeled, diced, raw vegetable	11.40	1 lb AP = 0.74 lb (about 2-1/8 cups) ready-to-serve, peeled, 1 inch, diced yautia (tannier)
	Pound	8.84	1/4 cup diced, cooked vegetable	11.40	1 lb AP = 0.80 lb peeled, diced, cooked yautia (tannier) (absorbs water during cooking); 1 lb AP = 0.74 lb (about 2-1/8 cups) ready-to-serve, peeled, 1 inch, diced yautia (tannier)

NOTE: For Footnotes please see the end of the section.

## Footnotes: Vegetables

<sup>1</sup> For the purposes of the NSLP, the “Other Vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in § 210.10(c)(2)(iii). Additional documentation from the vendor would be necessary to determine crediting.

<sup>2</sup> Due to the increasing number of illnesses associated with consumption of raw sprouts, the Food and Drug Administration has advised all consumers – especially children, pregnant women, the elderly, and persons with weakened immune systems – to not eat raw sprouts as a way to reduce the risk of foodborne illness. Therefore, raw sprout data served in the raw state has been intentionally omitted.

<sup>3</sup> Dehydrated pinto beans are whole dry beans that have been cooked and then dehydrated.

<sup>4</sup> Liquid from canned beans used to puree beans no additional liquid added.

<sup>5</sup> Pureed foods such as fruits and vegetables may contribute to meal pattern requirements, provided that the dish that contains the pureed food also provides an adequate amount of recognizable, creditable fruits or vegetables. Additional information regarding crediting pureed foods is available in Memo SP 10-2012 v.9.

<sup>6</sup> For the purposes of the NSLP, the “Additional Vegetables” requirement will be used for any vegetable mixture in which the ratio of the vegetable mixture is not clearly labeled or reported. Further documentation from the vendor would be necessary to determine crediting for any subgroup such as dark green, red/orange, and beans/peas (legumes) vegetable subgroups.

<sup>7</sup> Shaped, shredded potatoes available under brand names such as “Tater Tots” or “Tater Gems.”

<sup>8</sup> For salsa products that contain all vegetable ingredients plus a minor amount of spices or flavorings, one hundred percent of the product may be used to meet the volume vegetable/fruit requirement for meal pattern requirements. When products contain non-vegetable ingredients like gums, starches or stabilizers, water or vinegar, only that portion of the product that is a vegetable ingredient may be counted towards the volume requirement.