

# NSLP Helper Sheets

## Get Your Day in Gear with a Healthy School Lunch and Breakfast



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
School Breakfast Program

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[www.SquareMeals.org](http://www.SquareMeals.org)

Child Nutrition Program Acronyms	Term
ARM	Administrative Reference Manual
CE	Contracting Entity
CN	Child Nutrition
CNP	Child Nutrition Program
DGA	Dietary Guidelines for Americans
EG	Enriched Grain
eq	equivalent
ESC	Education Service Center
F	Fruit
FBG	Food Buying Guide
FBMP	Food Based Menu Planning
FDP	Food Distribution Program
g	gram
HHFKA	Healthy Hunger-Free Kids Act
IOM	Institute of Medicine
M/MA	Meat/Meat Alternate
NSLP	National School Lunch Program
OVS	Offer versus Serve
oz	ounce
POS	Point of Service
RCCI	Residential Child Care Institute
RDA	Recommended Daily Allowance
SA	State Agency
SBP	School Breakfast Program
SY	School Year
TDA	Texas Department of Agriculture
USDA	United States Department of Agriculture
VA	Vegetable Additional
VDG	Vegetable Dark Green
VG	Vegetable
VL	Vegetable Legumes
VO	Vegetable Other
VR	Vegetable Red
VS	Vegetable Starchy
WGR	Whole Grain Rich

# Updates for PY 2022-23

## Transitional Standards for Milk, Whole Grains, and Sodium Final Rule

This new rule establishes standards for milk, whole grains, and sodium for school years 2022-2023 and 2023-2024 to give schools time to transition in the short term. Meanwhile, USDA is working to develop long-term nutrition standards - based on the newest DGA and extensive input from a wide range of partners - that will work for schools, families, and industry alike. USDA expects to publish a proposed rule on the updated standards in fall 2022.

### PY 2022-23

- **Milk:** Schools and child care providers may offer flavored, low-fat milk (1%) in addition to unflavored, low-fat milk and flavored or unflavored nonfat milk
- **Whole Grains:** At least 80% of the grains served in school lunch and breakfast per week must be whole grain- rich (containing at least 50% whole grains).

### PY 2023-24

- **Sodium:** The weekly sodium limit for school lunch and breakfast will remain at the current level, known as Target 1, for school year 2022-2023. For school lunch only, the limit will decrease marginally (10%) in school year 2023-2024 to put schools on an achievable path toward long-term sodium reduction, which will be addressed in future rulemaking.

# Helpful Formulas

## Menu Planning Options for Whole-Grain Rich Requirement:

- Option: Plan menu so enriched grains are served only on one day

Monday	Tuesday	Wednesday	Thursday	Friday
WGR 2 oz. eq.	WGR 2 oz. eq.	WGR 2 oz. eq.	WGR 2 oz. eq.	Enriched 2 oz. eq.



$$\frac{8 \text{ oz. eq. WGR}}{10 \text{ oz. eq. Total Grains}} = 80\%$$

- Option: Incorporate small amounts of enriched grains throughout the week

Monday	Tuesday	Wednesday	Thursday	Friday
WGR 1 oz. eq. + Enriched 0.5 oz. eq.	WGR 1 oz. eq. + Enriched 0.5 oz. eq.	WGR 2 oz. eq.	WGR 1 oz. eq. + Enriched 0.5 oz. eq.	WGR 2 oz. eq.



$$\frac{7 \text{ oz. eq. WGR}}{8.5 \text{ oz. eq. Total Grains}} = 82\%$$

# Helpful Formulas

When planning how much to prepare or purchase:

$$\frac{\text{\# of Servings Needed}}{\text{Helper Sheets Factor}} = \text{Amount of Purchased Units Needed}$$

**Example:** 450 Servings of Applesauce, #10 can

$$\frac{450 - \frac{1}{2}c \text{ servings}}{23.8 - \frac{1}{2}c \text{ servings} / \#10 \text{ can (Helper Sheets Factor)}} = 18.9 \#10 \text{ cans needed (if a decimal, round up)} = 19 \#10 \text{ cans needed}$$

When identifying how many servings you have on hand and check your math:

$$\text{\# of Purchased Units On Hand} \times \text{Helper Sheets Factor} = \text{\# of Servings On Hand}$$

**Example:** Applesauce, #10 Can

$$20 \#10 \text{ cans of Applesauce} \times 23.8 - \frac{1}{2}c \text{ servings} / \#10 \text{ can (Helper Sheets Factor)} = 476 - \frac{1}{2}c \text{ servings (always round down, if a decimal)}$$

## Recipe Abbreviations:

Abbreviations	Term
Approx.	approximate
tsp or t	teaspoon
Tbsp or T	tablespoon
pt	pint
qt	quart
gal	gallon
wt	weight
oz	ounce
lb or #	pound (example: 3#)
g	gram
kg	kilogram
vol	volume
ml	Mililiter
l	liter
fl oz	fluid ounce
no. or #	number (example: #3)
in. or "	inches (example: 12")
°f	degree Fahrenheit
°c	degree Celsius or centigrade

## Volume Equivalents for Liquids:



Measurement	1 <sup>st</sup> Equivalent	2 <sup>nd</sup> Equivalent
60 drops	= 1 tsp	
1 Tbsp	= 3 tsp	= 0.5 fl oz
1/8 cup	= 2 Tbsp	= 1 fl oz
1/4 cup	= 4 Tbsp	= 2 fl oz
1/3 cup	= 5 Tbsp + 2 tsp	= 2.65 fl oz
3/8 cup	= 6 Tbsp	= 3 fl oz
1/2 cup	= 8 Tbsp	= 4 fl oz
5/8 cup	= 10 Tbsp	= 5 fl oz
2/3 cup	= 10 Tbsp + 2 tsp	= 5.3 fl oz
3/4 cup	= 12 Tbsp	= 6 fl oz
7/8 cup	= 14 Tbsp	= 7 fl oz
1 cup	= 16 Tbsp	= 8 fl oz
1/2 pint	= 1 cup	= 8 fl oz
1 pint	= 2 cups	= 16 fl oz
1 quart	= 2 pints	= 32 fl oz
1 gallon	= 4 quart	= 128 fl oz

## Equivalent Weights:



Measurement	1 <sup>st</sup> Equivalent	2 <sup>nd</sup> Equivalent
1 oz	= 1/16 lb	= 0.063 lb
4 oz	= 1/4 lb	= 0.250 lb
8 oz	= 1/2 lb	= 0.500 lb
12 oz	= 3/4 lb	= 0.750 lb
16 oz	= 1 lb	= 1.000 lb

# Basics at a Glance *(continued)*



## Fraction to Decimal Equivalents:



Fractions	Decimal Equivalents
1/8	= 0.125
1/4	= 0.250
1/3	= 0.333
3/8	= 0.375
1/2	= 0.500
5/8	= 0.625
2/3	= 0.666
3/4	= 0.750
7/8	= 0.875

## Metric Equivalents by Weight:



Customary Unit (avoirdupois)	Metric Unit
<b>Ounces (oz)</b>	<b>Grams (g)</b>
1 oz	= 28.35 g
4 oz	= 113.4 g
8 oz	= 226.8 g
16 oz	= 453.6 g
<b>Pounds (lb)</b>	<b>Grams (g)</b>
1 lb	= 453.6 g
2 lb	= 907.2 g
<b>Pounds (lb)</b>	<b>Kilograms (kg)</b>
2.2 lb	= 1 kg (1000 g)

## Equivalent by Volume:



Customary Unit (fl oz)	Metric Unit
1 cup = 8 fl oz	= 236.59 mL
1 quart = 32 fl oz	= 946.36 mL
1.5 quarts = 48 fl oz	= 1.42 L
33.818 fl oz	= 1.0 L



# Basics at a Glance *(continued)*



## Scoops (Dishes):



Size/No. <sup>1</sup>	Level Measure	Color Code
6	2/3 cup	Use colored dots matching the brand-specific color coding of scoop sizes.
8	1/2 cup	
10	3/8 cup	
12	1/3 cup	
16	1/4 cup	
20	3-1/3 Tbsp	
24	2-2/3 Tbsp	
30	2 Tbsp	
40	1-2/3 Tbsp	
50	3-3/4 tsp	
60	3-1/4 tsp	
70	2-3/4 tsp	
100	2 tsp	

<sup>1</sup> Scoops are left or right hand or squeeze-type that can be used for both hands. Number on the scoop indicates how many level scoopfuls make one quart. For example, eight No. 8 scoops = 1 quart.



## Cooking or Serving Spoons:

### Solid Spoons



### Perforated Spoons



### Slotted Spoons



Spoons vary in length (11", 13", 15", 18", 21") for ease of use in cooking or serving. Spoons can have plastic handles that are heat-resistant. Level scoops, ladles, and portion servers provide more accurate portion control than serving spoons that are not volume-standardized measure.

## Specialty Spoons:



A thumb notch on a server or spoon handle prevents the spoon from slipping into the pan and prevents hands from sliding into the food. Triple-edge (solid or perforated) spoons have a flat edge that increases the area where the spoon touches the bottom of the pan when stirring.



# Basics at a Glance *(continued)*






## Ladles and Portion Servers:



Ladle (fl oz)	Approx. Measure	Portion Server (fl oz)	
1	1/8 cup	1	<p>Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled "oz." "Fl oz" would be more accurate since they measure volume, not weight.</p> <p>Use ladles for serving soups, stews, creamed dishes, sauces, gravies, and other liquid products.</p> <p>Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables, and condiments.</p>
2	1/4 cup	2	
3	3/8 cup	3	
4	1/2 cup	4	
6	3/4 cup	6	
8	1 cup	8	
12	1-1/2 cups	n/a	

## Steamtable Pan Capacity:

Pan Size	Approx. Capacity	Serving Size	Ladle (fl oz)	Scoop #	Approx. # of Servings
<b>12" x 20" x 2-1/2"</b> 	2 gal	1/2 cup	4 oz	8	64
		3/8 cup	3 oz	10	80
		1/3 cup	2.65 oz	12	96
		1/4 cup	2 oz	16	128
<b>12" x 20" x 4"</b> 	3-1/2 gal	1/2 cup	4 oz	8	112
		3/8 cup	3 oz	10	135
		1/3 cup	2.65 oz	12	168
		1/4 cup	2 oz	16	224
<b>12" x 20" x 6"</b> 	5 gal	1/2 cup	4 oz	8	160
		3/8 cup	3 oz	10	200
		1/3 cup	2.65 oz	12	240
		1/4 cup	2 oz	16	320

# Basics at a Glance *(continued)*



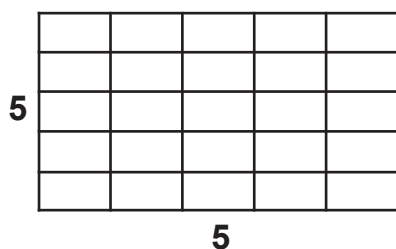
## Approximate Dimensions of Serving Sizes from Different Pan Sizes

Pan Type	Approx. Size	No. and Approx. Size Servings per Pan		
Baking or Steamtable Sheet or bun		25	50	100
	12" x 20" x 2-1/2"	2" x 3-3/4"	2" x 2"	n/a
	18" x 26" x 1"	3-1/4" x 5"	3-1/4" x 2-1/2"	1-3/4" x 2-1/2"

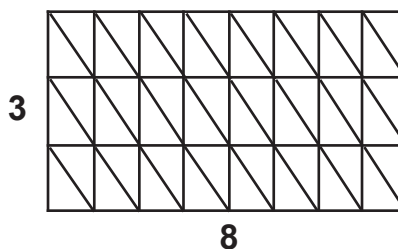
### Cutting Diagrams for Portioning:



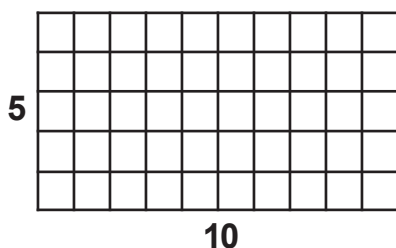
*For 25 servings cut 5 x 5:*



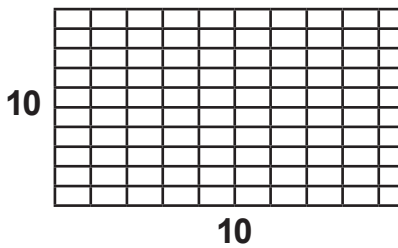
*For 48 servings cut 3 x 8 then diagonally:*



*For 50 servings cut 5 x 10:*



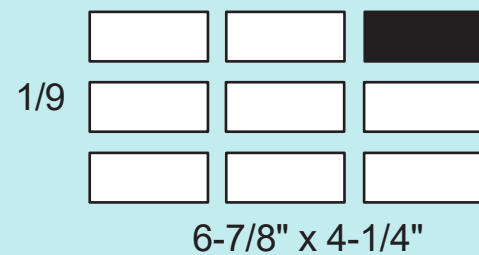
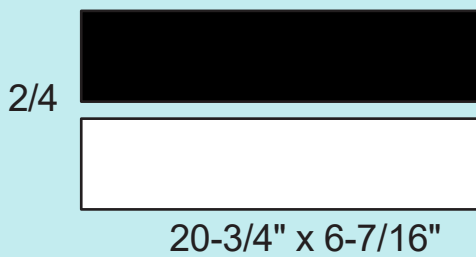
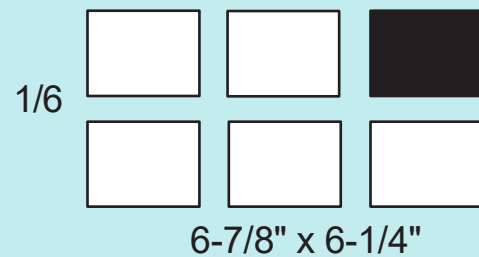
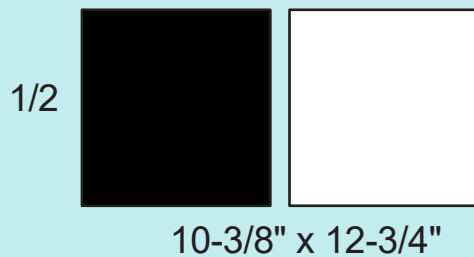
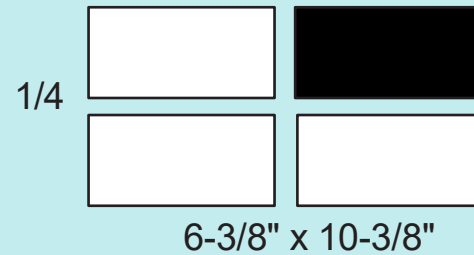
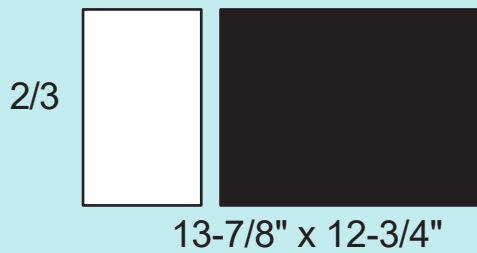
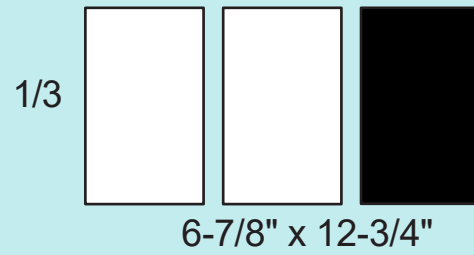
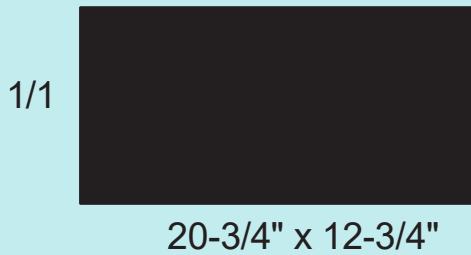
*For 100 servings cut 10x10:*



# Basics at a Glance *(continued)*



## Other Pan Sizes:



Steamtable or counter pans are available in various sizes. Smaller size pans may require the use of an adapter bar.

# Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

## Nutrition Standards for Foods

### Any food sold in schools must:

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable

### Foods must also meet several nutrient requirements:

#### Calorie limits:

- Snack items:  $\leq 200$  calories
- Entrée items:  $\leq 350$  calories

#### Sodium limits:

- Snack items:  $\leq 200$  mg\*
- Entrée items:  $\leq 480$  mg

#### Fat limits:

- Total fat:  $\leq 35\%$  of calories
- Saturated fat:  $< 10\%$  of calories
- Trans fat: zero grams

#### Sugar limit:

- $\leq 35\%$  of weight from total sugars in foods

### Accompaniments

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

### Exemptions

- Fresh, canned or frozen fruits with no added ingredients
- Fresh and canned vegetables with no added ingredients
- NSLP/SBP Entrée items when sold on day of service or day after
- Sugar-Free Chewing Gum

### Definitions

- School Campus – all areas of the property under the jurisdiction of the school that are accessible to students during the school day
- School Day – the period from the midnight before, to 30 minutes after the end of the official school day

## Nutrition Standards for Beverages

### All schools may sell:

- Plain water (with or without carbonation)
- Unflavored or flavored fat-free or 1% milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

**Elementary schools** may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water. **NOTE:** *Caffeinated beverages are only permitted at the High School level.*

**Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**

#### *No more than 20-ounce portions of*

- Calorie-free, flavored water (with or without carbonation); and

#### *No more than 12-ounce portions of*

- Beverages with  $\leq 40$  calories per 8 fluid ounces, or  $\leq 60$  calories per 12 fluid ounces.

## Competitive Food and Beverage Sales

### Fundraisers / Vending Machines

- The sale of food items that meet Smart Snacks requirements are not limited in any way under the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

### Exempt Fundraiser Days

- Texas allows up to 6 fundraisers per campus, per year.
- Exempted fundraisers may not be sold in competition with school meals in the food service area, during meal service.

**Alternative standards** must be included in the Local Wellness Policy but must not be less restrictive than the federal standards

# School Year 2022-2023

## Meal Pattern Chart - Nutrition Standards for School Breakfast Program

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily		
Meal Pattern Components	Age 1-2	Age 3-5
<b>Milk:</b> Unflavored Age 1-2, whole milk Age 3-5, 1 % low fat or fat free unflavored	½ cup	¾ cup
<b>Fruits and Vegetables</b>	¼ cup	½ cup
<sup>1,2</sup> <b>Grains:</b> Whole Grain-Rich or Enriched		
Bread Product: (e.g., biscuit, roll, muffin)	0.5 oz eq	
Pasta	¼ cup	
Cooked Breakfast Cereal, Cereal Grain, <sup>3</sup> Ready-To-Eat Breakfast Cereal, Dry or Cold Flakes or Rounds Puffed Cereal Granola	½ cup ¾ cup ½ cup	

School Age Daily and Weekly				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
<sup>4</sup> <b>Milk</b> Unflavored or flavored 1% low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
<b>Fruits and Vegetables</b> <sup>5</sup> <b>Vegetables</b>	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
<sup>6</sup> <b>Grains</b> 80% Whole Grain-Rich	7.0-10.0 (1.0) oz eq	8.0-10.0 (1.0) oz eq	9.0-10.0 (1.0) oz eq	9.0-10.0 (1.0) oz eq
<b>Nutrient Specifications: Daily Amount Based on Averages 5-Day Week</b>				
<b>Min.-Max. Calories (kcal)</b>	350-500	400-550	450-600	450-500
<b>Saturated Fat % of total calories</b>	< 10	< 10	< 10	< 10
<b>Sodium Target (mg)</b>	≤ 540	≤ 600	≤ 640	≤ 540
<b>Trans Fat</b>	Product nutrition label/manufacturer specification must indicate 0 grams of <u>trans</u> fat per serving.			

<sup>1</sup>CACFP: grain-based desserts are not creditable toward the grains component

<sup>2</sup>CACFP: one whole-grain rich food item must be served each day across all meals

<sup>3</sup>CACFP: breakfast cereals and yogurt must meet sugar standard - TDA CACFP sugar limit calculator

<sup>4</sup>One choice of milk must be unflavored at each meal service.

<sup>5</sup>Through SY 2022-23, CEs may substitute any vegetable from any subgroup in place of a fruit.

<sup>6</sup>At least 80% of weekly grains offered must be whole grain rich.

For detailed guidance on regulatory requirements see TDA's Administrative Reference Manual Sections 7, 8, and 9.



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Food and Nutrition Division  
Nutrition Assistance Programs

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www.SquareMeals.org  
Updated 6/17/2022

# Meal Pattern Chart - Nutrition Standards for National School Lunch Program

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily			School Age Daily and Weekly				
Meal Pattern Components	Age 1-2	Age 3-5	Meal Pattern Components	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
<b>Milk:</b> Unflavored Age 1-2, whole milk Age 3-5, 1 percent low fat or fat free unflavored	½ cup	¾ cup	<sup>4</sup> <b>Milk</b> Unflavored or flavored 1% low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
<b>Fruits</b>	⅛ cup	¼ cup	<b>Fruits</b>	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
<b>Vegetables</b>	⅛ cup	¼ cup	<b>Vegetables</b>	3¾ (¾) cups	3¾ (¾) cups	3¾ (¾) cups	5 (1) cups
<sup>1,2</sup> <b>Grains:</b> Whole Grain-Rich or Enriched			Dark Greens	½ cup	½ cup	½ cup	½ cup
Bread product (e.g., biscuit, roll, or muffin)	0.5 oz eq	0.5 oz eq	Red/Orange	¾ cup	¾ cup	¾ cup	1¼ cups
Pasta	¼ cup		Beans/Peas (Legumes)	½ cup	½ cup	½ cup	½ cup
			Starchy	½ cup	½ cup	½ cup	½ cup
<b>Meat/Meat Alternates</b>			Other	½ cup	½ cup	½ cup	¾ cup
Lean meat, poultry, or fish	1 oz	1.5 oz	Additional Vegetable	1 cup	1 cup	1 cup	1½ cups
Tofu, soy product, or alternate protein products	1.1 oz	1.5 oz	<sup>5</sup> <b>Grains</b> 80 % Whole Grain-Rich	8.0-9.0 (1.0) oz eq	8.0-10.0 (1.0) oz eq	8.0-9.0 (1.0) oz eq	10.0-12.0 (2.0) oz eq
Cheese	1 oz	1.5 oz	<b>Meat/Meat Alternates</b>	8-10 (1) oz eq	9-10 (1) oz eq	9-10 (1) oz eq	10-12 (2) oz eq
Large egg	½ egg	¾ egg	<b>Nutrient Specifications: Daily Amount Based on Average 5-Day Week</b>				
Cooked dry beans or peas	¼ cup	¾ cup	Min.-Max. Calories(kcal)	550-650	600-700	600-650	750-850
Peanut butter, soy nut butter, or other nut or seed butter	2 Tbsp	3 Tbsp	<b>Saturated Fat</b> % of total calories	< 10	< 10	< 10	< 10
<sup>3</sup> Yogurt, plain or flavored, unsweetened or sweetened	4 oz	6 oz	<b>Sodium Target</b> (mg)	≤ 1,230	≤ 1,360	≤ 1,230	≤ 1,420
Peanuts, soy nuts, tree nuts, or seeds	0.5 oz	0.75 oz	<b>Trans Fat</b>	Product nutrition label/manufacturer specification must indicate 0 grams of <u>trans fat</u> per serving.			

<sup>1</sup>CACFP: grain-based desserts are not creditable toward the grains component

<sup>2</sup>CACFP: one whole-grain rich food item must be served each day across all meals

<sup>3</sup>CACFP: breakfast cereals and yogurt must meet sugar standard - TDA CACFP sugar limit calculator

<sup>4</sup>One choice of milk must be unflavored at each meal service.

<sup>5</sup>At least 80% of weekly grains offered must be whole grain rich.

For detailed guidance on regulatory requirements see TDA's Administrative Reference Manual Sections 7, 8, and 9.



# MEAT/MEAT ALTERNATE

MEAT/MEAT ALTERNATE ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT		
		1 oz	1.5 oz	2 oz
Beans, Great Northern, Dry, Canned, Heated, Drained	#10 Can	32.4	21.6	16.2
Beans, Great Northern, Dry, Whole, Cooked	Pound	25.5	17	12.7
Beans, Kidney, Dry, Canned, Heated, Drained	#10 Can	38.9	25.9	19.4
Beans, Kidney, Dry, Whole, Cooked	Pound	24.8	16.5	12.4
Beans, Pinto, Canned, Heated, Drained	#10 Can	37.2	24.8	18.6
Beans, Pinto, Dry, Cooked, Drained	Pound	21	14	10.5
Beans, Refried, Canned, Heated	#10 Can	49.6	33	24.8
Beans, Refried, Dehydrated, Cooked	Pound	20.5	13.6	10.2
Beef, Ground, Fresh or Frozen, 10% Fat, Cooked	Pound	12.1	8	6
Beef, Ground, Fresh or Frozen, 15% Fat, Cooked	Pound	12	8	6
Beef, Ground, Fresh or Frozen, 20% Fat, Cooked	Pound	11.8	7.8	5.9
Cheese, American, Mozzarella, Cheddar	Pound	16	10.6	8
Cheese, Cottage or Ricotta (2 oz serving 1/4 c = 1 oz MMA)	Pound	8	5.3	4
Chicken, 8 piece, Frozen, Heated 1 breast piece, OR 1 drumstick & 1 wing, OR 1 thigh w/ back = 2 oz MMA	40 lb box			83
Chicken, Diced or Pulled, Cooked, Frozen	Pound	16	10.6	8
Eggs, Frozen, Whole Eggs, Pasteurized	Pound	18	12	9
Eggs, in Shell, Fresh, Large, Whole	Dozen	24	16	12
Peanut /Almond /Sunflower Butter (including Reduced Fat) (2 Tbsp = 1 oz MMA)	#10 Can	#30 SC 97.5	#20 SC 65	#16 SC 48.7



# MEAT/MEAT ALTERNATE *(continued)*

MEAT/MEAT ALTERNATE ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT		
		1 oz	1.5 oz	2 oz
Pork, Mild Cured, Ready to Cook, Chilled or Frozen, Ham w/o bone (1.2 oz Ham w/Water Added = 1 oz MMA) (1.8 oz Ham w/Water Added = 1.5 oz MMA) (2.44 oz Ham w/Water Added = 2 oz MMA)	Pound	10	6.6	5
Tuna, Water Packed, Canned, Chunk Style, Drained	12 oz. can	10.5	7	5.2
Tuna, Water Packed, Canned, Chunk Style, Drained	66 1/2 oz. can	51.2	34.1	25.6
Turkey, Boneless, Fresh or Frozen w/Skin	Pound	11.2	7.4	5.6
Turkey, Cooked, Frozen, Diced or Pulled, w/o Skin	Pound	16	10.6	8
Turkey Ham, Fully Cooked, Chilled or Frozen (1.4 oz = 1 oz MMA) (2.1 oz = 1.5 oz MMA) (2.8 oz = 2 oz MMA)	Pound	11.2	7.4	5.6
Turkey Ham, Fully Cooked, Chilled or Frozen (15% added ingredients) (1.7 oz = 1 oz MMA) (2.6 oz = 1.5 oz MMA) (3.4 oz = 2 oz MMA)	Pound	9.41	6.2	4.7
Turkey Roast, Frozen, w/o Bone, USDA Foods Only (w/o Skin)	Pound	10.5	7	5.2
Turkey, Whole, Fresh or Frozen, (w/o Neck & Giblets) (w/o Skin)	Pound	7.5	5	3.7
Turkey, Whole, Fresh or Frozen, (w/Neck & Giblets) (w/Skin)	Pound	7.6	5.1	3.8
Yogurt, Fresh or Soy, Plain or Flavored, Sweetened or Unsweetened, Commercially Prepared (1/2 cup or 4 oz = 1oz MMA) (3/4 cup or 6 oz = 1.5 oz MMA)	32 oz Container	8	5.3	4

# GRAINS

GRAINS	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Cereal Grain, Oats Rolled, Quick, Dry, Cooked	Pound	47.6	23.8
Cereal Grain, Oats Rolled, Regular, Dry, Cooked	Pound	45.4	22.7
Pasta, Elbow Macaroni, Whole Wheat, Regular, Dry, Cooked	Pound	32.5	16.2
Pasta, Penne, Whole Wheat, Dry, Cooked	Pound	34.5	17.2
Pasta, Spaghetti, Whole Wheat , Regular, Dry, Cooked	Pound	34	17
Rice, Brown, Instant, Dry, Cooked	Pound	28.8	14.4
Rice, Brown, Long Grain, Dry, Cooked	Pound	17.5	8.75
Rice, Brown, Long Grain, Dry, Parboiled, Cooked	Pound	31	15.5

# GRAINS *(continued)*

## EXHIBIT A: GRAIN REQUIREMENT FOR CHILD NUTRITION PROGRAMS <sup>1 2</sup>

Group A	Oz Equivalent for Group A
Bread type coating	1 oz eq = 22gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
Bread sticks (hard)	
Chow mein noodles	
Savory crackers (saltines and snack crackers)	
Croutons	
Pretzels (hard)	
Stuffing (dry) Note: weights apply to bread in stuffing	
Group B	Oz Equivalent for Group B
Bagels	1 oz eq = 28gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
Batter type coating	
Biscuits	
Breads (sliced white, whole wheat, French, Italian)	
Buns (hamburger and hot dog)	
Sweet Crackers <sup>5</sup> (graham crackers – all shapes, animal crackers)	
Egg roll skins	
English muffins	
Pita bread (white, whole wheat, whole grain-rich)	
Pizza crust	
Pretzels (soft)	
Rolls (white, whole wheat, whole grain-rich)	
Tortillas (wheat or corn)	
Tortilla chips (wheat or corn)	
Taco shells	

<sup>1</sup> In NSLP and SBP (grades K-12), at least 80 percent of all grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched. Under CACFP child and adult meal patters, and NSLP/SBP preschool meals, at least one grain serving per day must meet whole grain-rich criteria.

<sup>2</sup> For NSLP and SBP (grades K-12) and NSLP/SBP preschool meals, grain quantities are determined using ounce equivalents (oz. eq.).

<sup>5</sup> Allowed in NSLP (up to 2.0 eq eq grain-based dessert per week in grades K-12) as specified in 210.10. May count towards the grain component in SBP (grades K-12), CACFP, NSLP/SBP infant and preschool meals, and SFSP.

# GRAINS *(continued)*

## EXHIBIT A: GRAIN REQUIREMENT FOR CHILD NUTRITION PROGRAMS <sup>1, 2</sup>

Group C	Oz Equivalent for Group C
Cookies (plain – includes vanilla wafers)	1 oz eq = 34 gm or 1.2 oz
Cornbread	$\frac{3}{4}$ oz eq = 26 gm or 0.9 oz
Corn muffins	$\frac{1}{2}$ oz eq = 17 gm or 0.6 oz
Croissants	$\frac{1}{4}$ oz eq = 9 gm or 0.3 oz
Pancakes	
Pie crust (dessert pies <sup>3</sup> , cobbler <sup>3</sup> , fruit turnovers <sup>3</sup> , and meat/meat alternate pies)	
Waffles	
Group D	Oz Equivalent for Group D
Doughnuts <sup>4</sup> (cake and yeast raised, unfrosted)	1 oz eq = 55 gm or 2.0 oz
Cereal bars, breakfast bars, granola bars <sup>4</sup> (plain)	$\frac{3}{4}$ oz eq = 42 gm or 1.5 oz
Muffins (all, except corn)	$\frac{1}{2}$ oz eq = 28 gm or 1.0 oz
Sweet roll <sup>4</sup> (unfrosted)	$\frac{1}{4}$ oz eq = 14 gm or 0.5 oz
Toaster pastry <sup>4</sup> (unfrosted)	
Group E	Oz Equivalent for Group E
Cereal bars, breakfast bars, granola bars <sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)	1 oz eq = 69 gm or 2.4 oz
	$\frac{3}{4}$ oz eq = 52 gm or 1.8 oz
Cookies <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)	$\frac{1}{2}$ oz eq = 35 gm or 1.2 oz
Doughnuts <sup>4</sup> (cake and yeast raised, frosted or glazed)	$\frac{1}{4}$ oz eq = 18 gm or 0.6 oz
French toast	
Sweet rolls <sup>4</sup> (frosted)	
Toaster pastry (frosted)	
Group F	Oz Equivalent for Group F
Cake <sup>3</sup> (plain, unfrosted)	1 oz eq = 82 gm or 2.9 oz
Coffee cake <sup>4</sup>	$\frac{3}{4}$ oz eq = 62 gm or 2.2 oz
	$\frac{1}{2}$ oz eq = 41 gm or 1.5 oz
	$\frac{1}{4}$ oz eq = 21 gm or 0.7 oz

<sup>1</sup> In NSLP and SBP (grades K-12), at least 80 percent of all grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched. Under CACFP child and adult meal patterns, and NSLP/SBP preschool meals, at least one grain serving per day must meet whole grain-rich criteria.

<sup>2</sup> For NSLP and SBP (grades K-12) and NSLP/SBP preschool meals, grain quantities are determined using ounce equivalents (oz. eq.).

<sup>3</sup> Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12 as specified in 210.10 and at snack service in SFSP. May not count towards the grain component in SBP (grades k-12). Considered a grain-based dessert and cannot count towards the grain component in CACFP or NSLP/SBP infant preschool meals, as specified in 226.20(a)(4) and 2.10.10.

<sup>4</sup> Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in 210.10. May count towards the grain component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count towards the grain component in the CACFP and NSLP/SBP infant and preschool meals, as specified in 226.20 (a)(4) and 210.10.

# GRAINS *(continued)*

## EXHIBIT A: GRAIN REQUIREMENT FOR CHILD NUTRITION PROGRAMS <sup>1, 2</sup>

Group G	Oz Equivalent for Group G
Brownies <sup>3</sup> (plain)	1 oz eq = 125 gm or 4.4 oz
Cake <sup>3</sup> (all varieties, frosted)	$\frac{3}{4}$ oz eq = 94 gm or 3.3 oz
	$\frac{1}{2}$ oz eq = 63 gm or 2.2 oz
	$\frac{1}{4}$ oz eq = 32 gm or 1.1 oz
Group H	Oz Equivalent for Group H
Cereal Grains (barley, quinoa, etc.)	1 oz eq = $\frac{1}{2}$ cup cooked or 1 ounce (28 gm) dry
Breakfast cereals (cooked) <sup>6,7</sup>	
Bulgur or cracked wheat	
Macaroni (all shapes)	
Noodles (all varieties)	
Pasta (all shapes)	
Group I	Oz Equivalent for Group I
Ready to eat breakfast cereal (cold, dry) <sup>6,7</sup>	1 oz eq = 1 cup or 1 ounce for flakes and rounds
	1 oz eq = 1.25 cups or ounce for puffed cereal
	1 oz eq = $\frac{1}{4}$ cup or 1 ounce for granola

<sup>1</sup> In NSLP and SBP (grades K-12), at least 80 percent of all grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched. Under CACFP child and adult meal patters, and NSLP/SBP preschool meals, at least one grain serving per day must meet whole grain-rich criteria.

<sup>2</sup> For NSLP and SBP (grades K-12) and NSLP/SBP preschool meals, grain quantities are determined using ounce equivalents (oz. eq.).

<sup>3</sup> Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12 as specified in 210.10 and at snack service in SFSP. May not count towards the grain component in SBP (grades k-12). Considered a grain-based dessert and cannot count towards the grain component in CACFP or NSLP/SBP infant preschool meals, as specified in 226.20(a)(4) and 2.10.10.

<sup>6</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>7</sup> In the NSLP and SBP, cereals must list a whole grain as the first ingredient and be fortified, or if the cereal is 100 percent whole grain, fortification is not required. For CACFP and SFSP, cereals must be whole-grain, enriched, or fortified: cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.

# VEGETABLES - SUBGROUPS

Dark Green	Red/Orange	Beans/PEAS / Legumes	Starchy	Other	Additional
Arugula	Acorn squash	Black beans	Black-eyed peas (not dry)	Artichokes	Italian blend
Bok choy	Butternut squash	Garbanzo beans (chickpeas)	Corn	Asparagus	Peas and Carrots
Boston or Bibb lettuce	Carrots	Kidney beans	Cassava (yucca)	Avocados	Soups, vegetable
Broccoli	Hubbard squash	Lentils	Green bananas	Bean sprouts	Succotash
Cilantro	Orange bell peppers	Navy beans	Green peas	Beets	Tuscan blend
Collard greens	Pumpkin	Pinto beans	Green lima beans	Broccoflower	Vegetables, mixed
Dark green leaf Lettuce	Red bell peppers	Refried beans	Jicama	Brussels sprouts	* Additional vegetables requirement will be used for any vegetable mixture in which the ratio of the vegetable mixture is not clearly labeled or reported.
	Sweet potatoes	Soy beans	Parsnips	Cabbage, green/red	
Green or Red leaf lettuce	Tomatoes	Split peas	Plantains	California blend (broccoli, cauliflower & carrots)	
Kale	Tomato juice	White beans	Taro	Cauliflower	
Mesclun	Yellow Yams		Water chestnuts	Celery	
Mustard greens			White potatoes	Cucumbers	
Romaine lettuce			White yams	Eggplant	
Spinach				Garlic	
Turnip greens				Green beans	
Watercress				Green bell peppers	
				Iceburg lettuce	
				Mushrooms	
				Okra	
				Olives	
				Onions	
				Radishes	
				Snowpeas	
				Squash, yellow	
				Squash, spaghetti	
				Tomatillos	
				Turnips	
				Wax beans	
				Yellow bell peppers	
				Zucchini	

# VEGETABLES – DARK GREEN

DARK GREEN VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT		
		1/4 CUP	1/2 CUP	1 CUP
Broccoli, Fresh, Spears, Untrimmed, Cooked, Drained	Pound	9.4	4.7	
Broccoli, Fresh, RAW, Florets	Pound	28.8	14.4	
Broccoli, Fresh, RTU, RAW, Spear, Untrimmed	Pound	9.8	4.9	
Broccoli, Frozen, Chopped, Cooked, Drained	Pound	9.6	4.8	
Lettuce, Dark Green Leafy, Untrimmed *	Pound	21.7	10.8	5.4
Lettuce, Romaine, Untrimmed *	Pound	31.3	15.6	7.8
Salad Mix, Romaine/Spinach, w/color, RTU *	Pound	36	18	Approx 9
Salad Mix, Romaine/Spinach, w/out color, RTU *	Pound	28	14	Approx 7
Spinach, Canned, Heated, Drained	#10 Can	25.2	12.6	
Spinach, Fresh Leaves, RTU *	Pound	25.6	12.8	6.4
Spinach, Frozen, Chopped	Pound	5.6	2.8	

\*1 cup of fresh green leafy vegetables credits as ½cup in NSLP/SBP. EX: 1 cup fresh Romaine credits as ½ cup vegetable.



# VEGETABLES – RED/ORANGE

RED - ORANGE VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Carrots, Baby, RTU, RAW	Pound	12.9	6.4
Carrots, Fresh, Shredded, RTU, RAW	Pound	19.9	9.9
Carrots, Frozen, Sliced, Cooked, Drained	Pound	9.8	4.9
Carrots, Sliced, Heated, Drained	#10 Can	37.2	18.6
Carrots, Sticks, RTU, 1/2 X 4 inch (about 3 sticks)	Pound	15.4	7.7
Peppers, Bell, Red or Orange, Medium or Large, Whole, Strips	Pound	14.7	7.3
Pumpkin, Canned, Heated	#10 Can	51.5	25.7
Salsa, Canned, all vegetable ingredients plus a minor amount of spices	#10 Can	49.3	24.6
Squash, Acorn, Mashed, Cooked, Drained	Pound	4.7	2.3
Squash, Butternut, Cubed, Cooked, Drained	Pound	7.5	3.7
Squash, Hubbard, Cubed, Cooked, Drained	Pound	4.4	2.2
Sweet Potatoes, Canned, Cut, Light Syrup, Heated, Drained	#10 Can	33.8	16.9
Sweet Potatoes, Canned, Mashed, Heated	#10 Can	49.1	24.5
Sweet Potato, Fresh, Whole, Baked	Pound	6.6	3.3
Sweet Potato, Fries	Pound	Based on manufacturer's product information.	
Sweet Potato, Tots	Pound	Based on manufacturer's product information	
Tomatoes, Canned, Diced, Heated, Vegetable & Juice	#10 Can	49.2	24.6

# VEGETABLES – RED/ORANGE *(continued)*

RED - ORANGE VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Tomatoes, Canned, Crushed, Heated, Vegetable & Juice	#10 Can	46.6	23.3
Tomatoes, Fresh, Cherry (3 Cherry Tomatoes = ¼ cup Vegetable)	Pound	12.1	6
Tomatoes, Fresh, Cherry, Tomato Halves	Pound	11	5.5
Tomatoes, Fresh, Grape	Pound	9	4.5
Tomatoes, Fresh, Whole, All Sizes (1/4 cup diced Vegetable)	Pound	7.6	3.8
Tomatoes, Fresh, Large, 2½ inch - 2¾ inch Diameter (¼ Large Tomato or 4 slices = ¼ cup Vegetable)	Pound	8.7	4.3
Tomatoes, Fresh, Medium (5 slices = ¼ cup Vegetable)	Pound	8.5	4.2
Tomato Paste (1 Tablespoon = ¼ cup Vegetable)	#10 Can	192	96
Tomato Sauce, Canned	#10 Can	50.7	25.3
Tomato, Spaghetti Sauce, Meatless, Heated	#10 Can	47.9	23.9
Tomatoes, Canned, Whole or Stewed, Heated, w/Juice	#10 Can	45.5	22.7

# VEGETABLES – BEANS/PEAS/LEGUMES

BEANS/PEAS/LEGUMES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Beans, Black, Dry, Canned, Heated	#10 Can	27.8	13.9
Beans, Black, Dry, Whole, Cooked	Pound	18.3	9.1
Beans, Black-eyed Peas, Canned, Heated, Drained	#10 Can	37.7	18.8
Beans, Black-eyed Peas, Canned, Unheated	#10 Can	46	23
Beans, Baked in Sauce, Vegetarian, Heated	#10 Can	47.1	23.5
Beans, Baked, Sauce & Pork, Canned, Heated	#10 Can	48.9	24.4
Beans, Pinto, Dry, Cooked	Pound	21	10.5
Beans, Pinto, Canned, Heated, Drained	#10 Can	37.2	18.6
Beans, Pinto, Canned, Unheated, Drained	#10 Can	40.5	20.2
Beans, Refried, Dehydrated, Cooked	Pound	20.5	10.2
Beans, Refried, Canned, Heated	#10 Can	49.6	24.8

# VEGETABLES – STARCHY

STARCHY VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Corn, Frozen, On the Cob, Cooked (3 inch Ear) 1 cobbette = ¼ cup Vegetable	Pound	4.2	2.1
Corn, Frozen, On the Cob, Cooked, (5¼ inch Ear) 1 medium cob = ½ cup Vegetable	Pound	2.44	1.2
Corn, Frozen, Whole Kernel, Cooked	Pound	11	5.5
Corn, Whole Kernel, Heated, Canned, Drained	#10 Can	39.6	19.8
Jicama, Fresh, Peeled, Strips	Pound	11.9	5.9
Peas, Black-eyed, Canned, Heated, Drained	#10 Can	37.7	18.8
Peas, Green, Frozen, Cooked, Drained	Pound	9.5	4.7
Peas, Green, Canned, Heated, Drained	#10 Can	36.7	18.3
Potatoes, Curly Fries, Frozen, Cooked, ½ inch width	Pound	16.2	8.1
Potatoes, Dehydrated, Granules, Reconstituted, Heated	Pound	50.5	25.2
Potatoes, Diced, Canned, Drained, Unheated	#10 Can	39.9	19.9
Potatoes, Diced, Frozen, Precooked, Cooked	Pound	8.9	4.4
Potatoes, Fries, Crinkle Cut, Frozen, Ovenable, Cooked	Pound	16.2	8.1
Potatoes, Fries, Straight, Frozen, Ovenable, Cooked	Pound	14	7
Potatoes, Hash browns, Diced, Cooked	Pound	7.7	3.8
Potatoes, Rounds, Frozen (approximately 8 pieces = ½ cup Vegetable)	Pound	12.7	6.3
Potatoes, Russet, Baked w/Skin, 100 Count, Whole (approximately 8 oz each)	Pound	6.7	3.3
Potatoes, Small Whole, Canned, Heated, Drained	#10 Can	43.7	21.8
Potatoes, Wedges, Frozen, Cooked	Pound	11.9	5.9

# VEGETABLES – OTHER

OTHER VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Beans, Green, Canned, Cut, Drained, Heated	#10 can	45.3	22.6
Beans, Green, Frozen, Cut, Cooked, Drained	Pound	11.6	5.8
Cabbage, Fresh, Green, Untrimmed, Chopped, RAW	Pound	17.7	8.8
Cabbage, Green, Shredded, RTU, RAW	Pound	27	13.5
Cabbage, Red, Shredded, RTU, RAW	Pound	22.8	11.4
California Blend, Frozen, Cooked, Drained (Broccoli, Carrots and Cauliflower)	Pound	10.6	5.3
Cauliflower, Fresh, Florets, RTU, RAW	Pound	18.3	9.1
Celery, Fresh, Trimmed, ½ inch x 4 inch sticks (about 3 sticks)	Pound	12.2	6.1
Celery, Sticks, RAW, RTU, ½ inch x 4 inch (3 sticks = ¼ cup Vegetable)	Pound	14	7
Cucumbers, Peeled, Sliced, RAW	Pound	10.5	5.2
Cucumbers, Unpeeled, Sliced, RAW	Pound	12.4	6.2
Lettuce, Mixed Greens (equal amounts of Iceberg and Romaine w/Shredded Carrots & Red Cabbage)	Pound	25.7	12.8
Lettuce, Salad Mix (mostly Iceberg, some Romaine, w/Shredded Carrot & Red Cabbage)	Pound	26.4	13.2
Mushrooms, Fresh, RAW, Sliced	Pound	18.7	9.3
Mushrooms, Fresh, RAW, Sliced, RTU, (7 slices = ¼ cup Vegetable)	Pound	18.5	9.2
Okra, Fresh, Cooked, Drained, Sliced	Pound	9	4.5
Okra, Frozen, Cut, Cooked, Drained	Pound	9.1	4.5
Onions, Chopped, RAW, All Sizes, Whole	Pound	9.3	4.6
Onions, Sliced, RAW, All Sizes, Whole	Pound	14.2	7.1
Peppers, Green, RAW, Diced	Pound	9.7	4.8
Squash, Yellow, Fresh, Cubed, Cooked, Drained	Pound	7.3	3.6
Squash, Yellow, Fresh, Sliced, Cooked, Drained	Pound	8.4	4.2
Squash, Yellow, Frozen, Sliced, Cooked, Drained	Pound	7.9	3.9
Squash, Zucchini, Fresh, Cubed, Cooked, Drained	Pound	7.6	3.8
Squash, Zucchini, Fresh, Sliced, Cooked, Drained	Pound	10.2	5.1
Squash, Zucchini, Frozen, Sliced, Drained	Pound	7	3.5
Squash, Zucchini, RAW, Sticks, ½ inch X 3 inch sticks, (3 Sticks = ¼ cup Vegetable)	Pound	11.9	5.9

# VEGETABLES – ADDITIONAL

ADDITIONAL VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Peas & Carrots, Canned, Heated, Drained	#10 Can	41.3	20.6
Peas & Carrots, Frozen, Cooked, Drained	Pound	10.9	5.4
Vegetables, Mixed, Canned, 7 Vegetables, Heated, Drained	#10 Can	36.1	18
Vegetables, Mixed, Frozen, 7 Vegetables, Cooked, Drained	Pound	8.1	4
Vegetables, Mixed, Frozen, (carrots, corn, green beans), Cooked	Pound	9.2	4.6

# FRUIT

FRUIT	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Apples, Fresh, Small, Unpeeled, 125-138 Count/Case (¼ apple = ¼ cup Fruit)	Pound	14.8	7.4
Apples, Sliced, Canned, Drained	#10 Can	47.5	23.7
Apples, Sliced, Canned, Fruit & Juice	#10 Can	50.4	25.2
Applesauce, Canned	#10 Can	47.6	23.8
Apricots, Fresh, Medium, Whole, RAW (1 apricot = ¼ cup Fruit)	Pound	11.9	5.9
Apricots, Halves, Unpeeled, Canned, Drained	#10 Can	29.3	14.6
Apricots, Halves, Unpeeled, Canned, Fruit & Juice	#10 Can	48	24
Apricots, Halves, Unpeeled, Frozen, Thawed & Drained	Pound	4.9	2.4
Apricots, Halves, Unpeeled, Frozen, Thawed, Fruit & Juice	Pound	7.25	3.6
Apricots, Slices, Peeled, Canned, Drained	#10 Can	30.6	15.3
Apricots, Slices, Peeled, Canned, Fruit & Juice	#10 Can	45.7	22.8
Bananas, Fresh, Regular, RAW, 100-120 Count, ½ inch sliced fruit	Pound	7	3.5
Bananas, Fresh, Regular, RAW, Unpeeled, 100-120 Count, (½ banana = ¼ cup Fruit)	Pound	5.3	2.6
Blueberries, Fresh, Whole, RAW	Pound	11.9	5.9
Blueberries, Frozen, Whole, Cooked, Sugar added during cooking	Pound	7.8	3.9
Blueberries, Frozen, Whole, Thawed, Unsweetened	Pound	11.9	5.9
Cantaloupe, Whole, 15 Count (5 inch diameter), Cubed	Pound	6.7	3.3
Cantaloupe, Whole, 18 Count (5¾ inch diameter), Cubed	Pound	5.7	2.8
Cherries, Red Tart, Frozen, Thawed, Unsweetened, Drained	Pound	7	3.5
Cherries, Red Tart, Frozen, Thawed, Unsweetened, Fruit & Juice	Pound	11.4	5.7
Cherries, Red Tart, Canned, Drained	#10 Can	36.2	18.1
Cherries, Red Tart, Canned, Fruit & Juice	#10 Can	46.8	23.4
Cranberry Relish or Sauce, Canned, Strained	#10 Can	47.9	23.9
Fruit Mix Cocktail, Drained (Peaches, Pears, Pineapple, Grapes, Cherries)	#10 Can	37	18.5



# FRUIT *(continued)*

FRUIT	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Fruit Mix Cocktail, Fruit & Juice (Peaches, Pears, Pineapple, Grapes, Cherries)	#10 Can	46.9	23.4
Grapefruit, Fresh, Peeled, 27-32 Count (Large), Whole (½ Grapefruit = ½ cup Fruit)	Pound	6.4	3.2
Grapes, Fresh, Seedless, Whole, w/o Stem	Pound	11.6	5.8
Grapes, Fresh, Seedless, Whole, w/Stem	Pound	10.5	5.2
Honeydew Melon, Fresh, Whole, Cubed	Pound	4.9	2.4
Kiwi, Fresh, Peeled, 33-39 Count, Whole, Chunks (1 Kiwi = ¼ cup Fruit)	Pound	8.3	4.1
Orange, Fresh, 125 Count, Unpeeled	Pound	7	3.5
Orange, Fresh, 138 Count, Unpeeled	Pound	6.8	3.4
Orange, Fresh, Sections, Drained	Pound	3.5	1.7
Oranges, Mandarin, Canned, Drained	#10 Can	39.6	19.8
Peach, Fresh, Medium (2½ Inch Diameter), 60-64 Count, RAW (1 Medium Peach = ⅔ cup Fruit)	Pound	7	3.5
Peach, Fresh, Small (2⅛ Inch Diameter), 88-84 Count, (1 Small Peach, RAW = ⅔ cup Fruit)	Pound	8.2	4.1
Peaches, Diced, Canned, Drained	#10 Can	35.4	17.7
Peaches, Diced, Canned, Fruit & Juice	#10 Can	48.6	24.3
Peaches, Frozen, Sliced, Sweetened or Unsweetened, Thawed & Drained	Pound	5.4	2.7
Peaches, Frozen, Sliced, Sweetened or Unsweetened, Thawed, Fruit & Juice	Pound	7.34	3.6
Peaches, Sliced, Canned, Drained	#10 Can	36.1	18
Peaches, Sliced, Canned, Fruit & Juice	#10 Can	50	25
Pear, Fresh, Medium, 120 Count, RAW (1 Medium Pear = ¾ cup Fruit)	Pound	9.9	3.3
Pear, Fresh, Small, 150 Count, RAW (1 Small Pear = ½ cup Fruit)	Pound	8.2	4.1
Pears, Diced, Canned, Drained	#10 Can	38	19
Pears, Diced, Canned, Fruit & Juice	#10 Can	47.6	23.8
Pears, Halves, Canned, Drained	#10 Can	31	15.5
Pears, Halves, Canned, Fruit & Juice	#10 Can	52	26

# FRUIT *(continued)*

FRUIT	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Pears, Sliced, Canned, Drained	#10 Can	29.5	14.7
Pears, Sliced, Canned, Fruit & Juice	#10 Can	49.7	24.8
Pineapple, Chunks, Canned, Drained	#10 Can	31.8	15.9
Pineapple, Chunks, Canned, Fruit & Juice	#10 Can	49.9	24.9
Pineapple, Slices, Canned, Drained (approx 60 slices)	#10 Can	37.7	18.8
Pineapple, Slices, Canned, Fruit & Juice (approx 60 slices)	#10 Can	47.5	23.7
Pineapple, Tidbits, Canned, Drained	#10 Can	33.4	16.7
Pineapple, Tidbits, Canned, Fruit & Juice	#10 Can	50.1	25
Plums, Fresh, (Purple, Red or Black), Size 45 & 50 or 2 inches Diameter, Whole, RAW (1 Plum = ½ cup Fruit)	Pound	9.8	4.9
Raisins, Seedless, (¼ cup Serving = ½ cup Fruit )	Pound	12.6	6.3
Strawberries, Fresh, Whole, RAW	Pound	10.5	5.2
Strawberries, Frozen, Sliced, Unsweetened, Thawed, Fruit & Liquid	Pound	7.2	3.6
Tangerines, Fresh, 121 Count, Whole, Peeled, Sections, RAW (1 Tangerine = ⅔ cup Fruit)	Pound	7.7	3.8
Watermelon, Fresh, Cubed, w/o Rind	Pound	6.1	3



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