

FACTOR CHEAT SHEET

Last Updated: 12/12/13

Meat/Meat Alternate	FACTOR	PURCHASE UNIT	PRODUCT #	SERV SIZE	SERV SIZE BY WT.	CREDIT
CMDY HOT & SPICY CHICKEN PATTY (TYSON)	4.96	Pound	5567	1 each	3.23 oz	2M/.75B
CMDY 100% WG MANDARIN ORNG CHX (LING'S) W/ SAUCE	4.09	Pound	12371-4	# scoop	3.92 oz	2M/.5B
CMDY 160 SL AMERICAN CHEESE (LOL)	32.00	Pound	46255	1 slice	.50 oz	.5M
CMDY BBQ TERIYAKI CHICKEN (LING'S) W/ SAUCE	6.16	Pound	11102-5	# scoop	2.60 oz	2M
CMDY BEEF & ONION PATTY (INTEGRATED)	8.89	Pound	C23180B	1 each	1.80 oz	1.5M
CMDY BEEF DIPPER W/ TERIYAKI (PIERRE)	5.72	Pound	3740	4 each	2.80 OZ	2M
CMDY BEEF PHILLY STEAK (JTM)	5.48	Pound	CP5813	# scoop	2.92 oz	2M
CMDY CHICKEN FAJITA (TYSON)	8.00	Pound	3522	# scoop	2.00 oz	2M
CMDY FC BREADED 8 CUT CHICKEN (TYSON)	5.34	Pound	3929	1 breast piece, or 1 thigh, or 1 drumstick and 1 wing combination	3.00 oz or more	2M
CMDY HONEY BBQ GRLD BF RIBBQ (PIERRE)	4.93	Pound	3716	1 each	3.25 oz	2M
CMDY RF TURKEY TACO FILLING (JTM)	4.64	Pound	CP5235	# scoop	3.45 oz	2M
CMDY RSTD WHOLE CUTUP 8pc CHIX (GOLDKIST)	5.34	Pound	8820	1 breast piece, or 1 thigh, or 1 drumstick and 1 wing combination	3.00 oz or more	2M
QUESO BLANCO CHEESE SAUCE (JTM)	8.00	Pound	5718	# scoop	2.00 oz	1M
Grains/Bread	FACTOR	PURCHASE UNIT	PRODUCT #	SERV SIZE	SERV SIZE BY WT.	CREDIT
4" 51% WW HAMBURGER BUNS	7.73	Pound	2176	1 each	2.07 oz	2B
5" 51 % WW HOAGIE	8.00	Pound	348	1 each	2.00 oz	2B
4" SL FRENCH ROLL 51% WHEAT	7.93	Pound	4216	1 each	2.02 oz	2B
WHEAT DINNER ROLL 51%	8.65	Pound	3419	1 each	1.85 oz	1.75B
Vegetables	FACTOR	PURCHASE UNIT	PRODUCT #	SERV SIZE	SERV SIZE BY WT.	CREDIT
Beans, Black, dry, canned, whole	13.90	No. 10	N/A	# scoop	4.46 oz	1/2 cup
Beans, Garbanzo, dry, canned, whole	21.00	No. 10	N/A	# scoop	3.26 oz	1/2 cup

Beans, Kidney, dry, canned, whole	19.45	No. 10	N/A	# scoop	3.34 oz	1/2 cup
Beans, Pinto, dry, canned, whole	18.60	No. 10	N/A	# scoop	3.63 oz	1/2 cup
Beans, Refried, canned	24.80	No. 10	N/A	# scoop	4.64 oz	1/2 cup
Beans, Green, canned, cut	22.65	No. 10	N/A	# scoop	4.46 oz	1/2 cup
Broccoli, frozen, cut	4.80	Pound	N/A	# scoop	3.30 oz	1/2 cup
Carrots, fresh, baby, bagged	6.5	Pound	N/A	1 each	3.00 oz	1/2 cup
Carrots, fresh, sticks	7.70	Pound	N/A	about 6 sticks	2.08 oz	1/2 cup
Corn, canned, whole kernel, liq. pk, heated, drained	19.80	No. 10	N/A	# scoop	3.34 oz	1/2 cup
Corn, frozen, 3" cob	4.01	Pound	N/A	2 each	4.00 oz	1/2 cup
Corn, frozen, whole kernel, cooked	5.50	Pound	N/A	# scoop	2.91 oz	1/2 cup
Cucumbers, fresh, whole, unpaired, sliced	6.20	Pound	N/A	# each	2.59 oz	1/2 cup
Lettuce, fresh, iceberg head, untrimmed	6.84	Pound	N/A	1 cup	2.34 oz	1/2 cup
Lettuce, fresh, romaine	12.23	Pound	N/A	1 cup	1.31 oz	1/2 cup
Lettuce, fresh, salad mix (mostly iceberg, some romaine w/ shredded carrot, red cabbage)	6.60	Pound	N/A	1 cup	2.43 oz	1/2 cup
Olives, canned, ripe, sliced	23.95	No. 10	N/A	# scoop	2.39 oz	1/2 cup
Peppers, green, canned, jalapeno, slices	23.10	No. 10	N/A	# scoop	2.79 oz	1/2 cup
Potatoes, dehydrated, granules	25.25	Pound	N/A	# scoop	0.64 oz	1/2 cup
Potatoes, frozen, rounds	6.36	Pound	N/A	about 8 each	2.52 oz	1/2 cup
Potatoes, frozen, wedges	8.39	Pound	N/A	# each	1.91 oz	1/2 cup
Sweet Potatoes, frozen, random cut	4.87	Pound	N/A	# each	3.29 oz	1/2 cup
Tomatoes, fresh, cherry, whole	6.12	Pound	N/A	about 6 whole	2.64 oz	1/2 cup
Tomatoes, fresh, whole, all sizes, diced	4.37	Pound	N/A	# scoop	3.67 oz	1/2 cup
Tomatoes, fresh, medium, whole, sliced	4.90	Pound	N/A	# each	3.27 oz	1/2 cup
Fruit	FACTOR	PURCHASE UNIT	PRODUCT #	SERV SIZE	SERV SIZE BY WT.	CREDIT
Apples, fresh, sliced, bagged	8.14	Pound	N/A	1 each	2.00 oz	1/2 cup
Apples, fresh, 125-138 ct, whole	3.70	Pound	N/A	1 each	4.34 oz	1 cup
Applesauce, canned	23.80	No. 10	N/A	# scoop	4.54 oz	1/2 cup
Bananas, fresh, 100-120 ct, whole	2.70	Pound	N/A	1 each	5.93 oz	1/2 cup
Blueberries, frozen, unsweetened, whole, IQF	6.54	Pound	N/A	# scoop	2.45 oz	1/2 cup
Fruit, mixed, chilled (may include melons, grapes, etc.)	5.23	Pound	N/A	# scoop	3.06 oz	1/2 cup
Fruit, mixed, canned	23.45	No. 10	N/A	# scoop	4.50 oz	1/2 cup

Fruit, mixed, dried	9.70	Pound	N/A	# scoop	1.65 oz	1/2 cup
Grapes, fresh	5.40	Pound	N/A	1 each	2.97	1/2 cup
Oranges, fresh, 138 ct, sliced	3.40	Pound	N/A	1 each	4.71 oz	1/2 cup
Peaches, canned, drained	17.70	No. 10	N/A	# scoop	5.99 oz	1/2 cup
Pineapple, canned, tidbits in light syrup	25.05	Pound	N/A	# scoop	4.27 oz	1/2 cup
Raisins, regular	12.60	Pound	N/A	# scoop	1.27 oz	1/2 cup
Strawberries, fresh, whole	5.25	Pound	N/A	# each	3.05 oz	1/2 cup