

Food Buying Guide for Child Nutrition Programs

Section 1 Meats/Meat Alternates

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 |
|---|-------------------------|-----------------------------------|---------------------------------------|------------------------------------|---|
| BEANS, BLACK (TURTLE BEANS) | | | | | |
| Beans, Black, (Turtle), dry, canned <i>Whole, Includes USDA Foods (Low sodium)</i> | No. 10 Can (109 oz) | 37.00 | 1/4 cup heated, drained beans | 2.80 | 1 No. 10 can = about 65 oz (9-1/4 cups) heated, drained beans; 1 No. 10 can = about 73 oz (10 cups) unheated, drained |
| | No. 10 Can (109 oz) | 27.75 | 3/8 cup heated, drained beans | 3.70 | 1 No. 10 can = about 65 oz (9-1/4 cups) heated, drained beans; 1 No. 10 can = about 73 oz (10 cups) unheated, drained beans |
| | No. 10 Can (109 oz) | 40.00 | 1/4 cup unheated, drained beans | 2.50 | 1 No. 10 can = about 73 oz (10 cups) unheated, drained beans |
| Beans, black (Turtle), dry canned <i>Whole, Includes USDA Foods (Low sodium)</i> | No. 10 Can (109 oz) | 30.00 | 3/8 cup unheated, drained beans | 3.40 | 1 No. 10 can = about 73 oz (10 cups) unheated drained, beans |
| Beans, Black, (Turtle), dry, canned <i>Whole, Includes USDA Foods</i> | 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 | |
| Beans, Black, (Turtle), dry <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 |
| Beans, Black (Turtle), frozen <i>Whole, IQF</i> | Pound | 11.00 | 1/4 cup heated, drained beans | 9.10 | 1 lb AP = 2 ¾ cups heated, drained beans |
| | Pound | 7.33 | 3/8 cup heated, drained beans | 13.70 | 1 lb AP = 2 ¾ cups heated, drained beans |
| BEANS, BLACK-EYED (or PEAS) | | | | | |
| Beans, Black-eyed (or Peas), dry, canned <i>Whole, Includes USDA Foods (Low sodium)</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 |

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| BEANS, BLACK-EYED (or PEAS) (continued) | | | | | |
| Beans, Black-eyed (or Peas), dry, canned <i>Whole, Includes USDA Foods (Low sodium)</i> | 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 |
| Beans, Black-eyed (or Peas), dry, canned <i>Whole, Includes USDA Foods</i> | 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 | |
| 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 |
| Beans, Black-eyed (or Peas), frozen <i>Whole, IQF</i> | Pound | 11.00 | 1/4 cup heated, drained beans | 9.10 | 1 lb AP = 2-3/4 cups heated, drained beans |
| | Pound | 7.33 | 3/8 cup heated, drained beans | 13.70 | 1 lb AP = 2-3/4 cups heated, drained beans |
| BEANS, GARBANZO or CHICKPEAS | | | | | |
| Beans, Garbanzo or Chickpeas, dry, canned <i>Whole, Includes USDA Foods (Low sodium)</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 |
| Beans, Garbanzo or Chickpeas, dry, canned <i>Whole, Includes USDA Foods</i> | 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 |
| Beans, Garbanzo or Chickpeas, frozen <i>Whole, IQF</i> | Pound | 11.00 | 1/4 cup heated, drained beans | 9.10 | 1 lb AP = 2-3/4 cups heated, drained beans |

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| BEANS, GARBANZO or CHICKPEAS (continued) | | | | | |
| Beans, Garbanzo or Chickpeas, frozen <i>Whole, IQF</i> | Pound | 7.33 | 3/8 cup heated, drained beans | 13.70 | 1 lb AP = 2-3/4 cups heated, drained beans |
| Beans, Garbanzo or Chickpeas, roasted <i>Prepackaged, Whole, unsalted</i> | Pound | 12.00 | 1/4 cup beans | 8.40 | |
| Beans, Garbanzo, or Chickpeas, roasted <i>Prepackaged, Whole, unsalted</i> | Pound | 8.00 | 3/8 cup beans | 12.50 | |
| BEANS, GREAT NORTHERN | | | | | |
| Beans, Great Northern, dry, canned <i>Whole, Includes USDA Foods (Low sodium)</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 |
| Beans, Great Northern, dry, canned <i>Whole, Includes USDA Foods</i> | 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 |
| BEANS, KIDNEY | | | | | |
| Beans, Kidney, dry <i>Whole</i> | Pound | 16.50 | 3/8 cup cooked beans | 6.10 | 1 lb dry = about 2-1/2 cups dry beans |
| | Pound | 24.80 | 1/4 cup cooked beans | 4.10 | 1 lb dry = about 2-1/2 cups dry beans |
| Beans, Kidney, dry, canned <i>Whole, Includes USDA Foods (Low sodium)</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; 1 No. 10 can = about 72.0 oz (11 cups) drained, unheated 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 |
| Beans, Kidney, dry, canned <i>Whole, Includes USDA Foods</i> | No. 2-1/2 Can (30 oz) | 11.60 | 1/4 cup heated, drained beans | 8.70 | |

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| BEANS, KIDNEY (continued) | | | | | |
| Beans, Kidney, dry, canned <i>Whole, Includes USDA Foods</i> | 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 unheated, drained beans | 10.30 | |
| Beans, Kidney, Dark Red, frozen <i>Whole, IQF</i> | Pound | 11.00 | 1/4 cup heated, drained beans | 9.10 | 1 lb AP = 2-3/4 cups heated, drained beans |
| | Pound | 7.33 | 3/8 cup heated, drained beans | 13.70 | 1 lb AP = 2-3/4 cups heated, drained beans |
| Beans, Kidney, White, frozen <i>Whole, IQF</i> | Pound | 10.00 | 1/4 cup heated, drained beans | 10.00 | 1 lb AP = 2-1/2 cups heated, drained beans |
| | Pound | 6.65 | 3/8 cup heated, drained beans | 15.10 | 1 lb AP = 2-1/2 cups heated, drained beans |
| BEANS, LIMA | | | | | |
| Beans, Lima, dry, canned <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 |
| | 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 |

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| BEANS, LIMA (continued) | | | | | |
| Beans, Lima, dry <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 |
| Beans, Lima, dry <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 |
| BEANS, MUNG | | | | | |
| Beans, Mung, dry <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 |
| BEANS, NAVY or PEA | | | | | |
| Beans, Navy or Pea, dry <i>Whole, (Similar to Tepary Beans)</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 |
| Beans, Navy or Pea, dry, canned <i>Whole, (Similar to Tepary Beans)</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 | |
| Beans, Navy or Pea, frozen <i>Whole, IQF</i> | Pound | 11.00 | 1/4 cup heated, drained beans | 9.10 | 1 lb AP = 2-3/4 cups heated, drained beans |
| | Pound | 7.33 | 3/8 cup heated, drained beans | 13.70 | 1 lb AP = 2-3/4 cups heated, drained beans |
| BEANS, PINK | | | | | |
| Beans, Pink, dry, canned <i>Includes USDA Foods (Low sodium)</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 |
| Beans, Pink, dry | Pound | 19.30 | 1/4 cup cooked, drained beans | 5.20 | 1 lb dry = 2-1/4 cups dry beans |
| | Pound | 12.80 | 3/8 cup cooked, drained beans | 7.90 | 1 lb dry = 2-1/4 cups dry beans |

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| BEANS, PINTO | | | | | |
| Beans, Pinto, dry, canned <i>Whole, Includes USDA Foods (Low sodium)</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 |
| Beans, Pinto, dry, canned <i>Whole, Includes USDA Foods</i> | 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, frozen <i>Whole, IQF</i> | Pound | 11.00 | 1/4 cup heated, drained beans | 9.10 | 1 lb AP = 2 ¾ cups heated, drained beans |
| | Pound | 7.33 | 3/8 cup heated, drained beans | 13.70 | 1 lb AP = 2 ¾ cups heated, drained beans |
| Beans, Pinto, dehydrated² | 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 |
| BEANS, RED, SMALL | | | | | |
| Beans, Red, Small, dry, canned <i>Whole, Includes USDA Foods (Low sodium)</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 |
| Beans, Red, Small, dry, canned <i>Whole, Includes USDA Foods</i> | 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 |

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| BEANS, RED, SMALL (continued) | | | | | |
| Beans, Red, Small, dry <i>Whole</i> | Pound | 13.60 | 3/8 cup cooked, drained beans | 7.40 | 1 lb dry = about 2-1/8 cups dry beans |
| BEANS, SOY | | | | | |
| Beans, Soy, dry, canned | Pound | 7.30 | 1/4 cup heated, drained beans | 13.70 | |
| BEANS, RED, SMALL | | | | | |
| Beans, Red, frozen <i>Whole, IQF</i> | Pound | 11.00 | 1/4 cup cooked, drained beans | 9.10 | 1 lb AP = 2-3/4 cups cooked, drained beans |
| | Pound | 7.33 | 3/8 cup cooked, drained beans | 13.70 | 1 lb AP = 2-3/4 cups cooked, drained beans |
| BEANS, SOY | | | | | |
| Beans, Soy, dry, canned | 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 |
| Beans, Soy, roasted <i>Prepackaged, Whole, unsalted</i> | Pound | 14.00 | 1/4 cup | 7.20 | |
| | Pound | 9.33 | 3/8 cup | 10.80 | |
| BEAN PRODUCTS | | | | | |
| 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 | |

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| BEAN PRODUCTS (continued) | | | | | |
| Bean Products, dry beans, canned, Beans Baked in Sauce, Vegetarian <i>Includes USDA Foods (Low sodium)</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 |
| Bean Products, dry beans, canned, Beans Baked in Sauce, Vegetarian <i>Includes USDA Foods</i> | 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 |
| 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 (Low sodium)</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 |
| Bean Products, dry beans, canned, Refried Beans <i>Includes USDA Foods</i> | 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 Beans³ | 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 |

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| BEANS, PUREE | | | | | |
| Beans, puree^{4,5} <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 | |
| BEAN SOUP, CANNED | | | | | |
| 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 |
| | 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 |
| Bean Soup, dry beans, canned <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 | |
| BEEF BRISKET, fresh or frozen | | | | | |
| Beef Brisket, fresh or frozen <i>Without bone, 1/4-inch trim</i> | Pound | 7.36 | 1 oz cooked lean meat | 13.60 | 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 |
| Beef Brisket, fresh or frozen <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 |
| BEEF BRISKET, CORNED, chilled | | | | | |
| Beef Brisket, Corned, chilled <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 |
| BEEF CHEEK MEAT, fresh or frozen | | | | | |
| Beef Cheek Meat, fresh or frozen <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 |

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| BEEF CHEEK MEAT, fresh or frozen (continued) | | | | | |
| Beef Cheek Meat, fresh or frozen <i>no more than 25% fat</i> | Pound | 8.21 | 1-1/2 oz cooked lean meat | 12.20 | 1 lb AP = 0.77 lb cooked, drained, lean meat |
| BEEF CHUCK ROAST, fresh or frozen | | | | | |
| Beef Chuck Roast, fresh or frozen⁶ <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 |
| Beef Chuck Roast, fresh or frozen⁷ <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 |
| Beef Chuck Roast, fresh or frozen⁷ <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 |
| Beef Chuck Roast, fresh or frozen⁷ <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 |
| Beef Chuck Roast, fresh or frozen⁷ <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 |
| Beef Chuck Roast, fresh or frozen⁷ <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 |
| Beef Chuck Roast, fresh or frozen⁷ <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 |

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| BEEF CHUCK ROAST, fresh or frozen (continued) | | | | | |
| Beef Chuck Roast, fresh or frozen⁷ <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 |
| Beef Chuck Roast, fresh or frozen⁷ <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 |
| Beef Chuck Roast, fresh or frozen⁷ <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 |
| Beef Chuck Roast, fresh or frozen⁷ <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 |
| BEEF CHUCK STEAK, fresh or frozen | | | | | |
| Beef Chuck Steak, fresh or frozen <i>Eye roll, Without bone, Practically-free-of-fat, (Like IMPS #1116D)</i> | Pound | 11.80 | 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 |
| BEEF FLANK STEAK, fresh or frozen | | | | | |
| Beef Flank Steak, fresh or frozen <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 |
| Beef Flank Steak, fresh or frozen <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 |

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| BEEF, GROUND, fresh or frozen | | | | | |
| Beef, Ground, fresh or frozen <i>Market Style^{8,9}, 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 |
| Beef, Ground, fresh or frozen^{9,10} <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 |
| Beef, Ground, fresh or frozen^{9,10} <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^{9,10} <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^{9,10} <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^{9,10} <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 |
| BEEF HEART, fresh or frozen | | | | | |
| 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 |
| BEEF KIDNEY, fresh or frozen | | | | | |
| 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 |

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| BEEF LIVER, fresh or frozen | | | | | |
| 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 |
| BEEF LOIN STEAK, fresh or frozen | | | | | |
| Beef Loin Steak, fresh or frozen <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 |
| Beef Loin Steak, fresh or frozen <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 |
| BEEF OXTAIL, fresh or frozen | | | | | |
| Beef Oxtail, fresh or frozen <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 |
| BEEF PLATE, fresh or frozen | | | | | |
| Beef Plate, fresh or frozen <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 |
| Beef Plate, fresh or frozen <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 |
| BEEF RIB, RIBEYE, fresh or frozen | | | | | |
| Beef Rib, Ribeye, fresh or frozen <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 |

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| BEEF RIB, RIBEYE, fresh or frozen (continued) | | | | | |
| Beef Rib, Ribeye, fresh or frozen <i>Roll roast or steak, Without bone, Practically-free-of-fat, (Like IMPS #112)</i> | Pound | 6.72 | 1-1/2 oz cooked lean meat | 14.90 | 1 lb AP = 0.63 lb cooked, trimmed, sliced, lean meat |
| BEEF RIB ROAST, fresh or frozen | | | | | |
| Beef Rib Roast, fresh or frozen <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 |
| BEEF ROUND ROAST, fresh or frozen | | | | | |
| Beef Round Roast, fresh or frozen¹¹ <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 |
| Beef Round Roast, fresh or frozen¹¹ <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 |
| Beef Round Roast, fresh or frozen¹¹ <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 |
| Beef Round Roast, fresh or frozen¹¹ <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 |
| Beef Round Roast, fresh or frozen¹¹ <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 |

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| BEEF ROUND ROAST, fresh or frozen (continued) | | | | | |
| Beef Round Roast, fresh or frozen¹¹ <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 |
| Beef Round Roast, fresh or frozen¹¹ <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 |
| Beef Round Roast, fresh or frozen¹¹ <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 |
| BEEF ROUND STEAK, fresh or frozen | | | | | |
| Beef Round Steak, fresh or frozen <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 |
| Beef Round Steak, fresh or frozen <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 |
| Beef Round Steak, fresh or frozen <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 |
| Beef Round Steak, fresh or frozen <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 |
| BEEF RUMP ROAST, fresh or frozen | | | | | |
| Beef Rump Roast, fresh or frozen <i>With bone</i> | Pound | 9.92 | 1 oz cooked lean meat | 10.10 | 1 lb AP = 0.62 lb cooked lean meat |

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| BEEF RUMP ROAST, fresh or frozen (continued) | | | | | |
| Beef Rump Roast, fresh or frozen <i>With bone</i> | Pound | 6.61 | 1-1/2 oz cooked lean meat | 15.20 | 1 lb AP = 0.62 lb cooked lean meat |
| Beef Rump Roast, fresh or frozen <i>Without bone</i> | Pound | 10.80 | 1 oz cooked lean meat | 9.30 | 1 lb AP = 0.68 lb cooked lean meat |
| | Pound | 7.25 | 1-1/2 oz cooked lean meat | 13.80 | 1 lb AP = 0.68 lb cooked lean meat |
| BEEF SPECIAL TRIM, fresh or frozen | | | | | |
| Beef Special Trim, fresh or frozen¹² <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 |
| BEEF STEAK, frozen | | | | | |
| Beef Steak, frozen <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 |
| Beef Steak, frozen <i>Sandwich Steak, Flaked, Chopped, Formed and Wafer sliced, (Like IMPS #1138A)</i> | Pound | 9.92 | 1 oz cooked lean meat | 10.10 | 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 |
| Beef Steak, frozen <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 |
| Beef Steak, frozen <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 |

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| BEEF STEW MEAT, fresh or frozen | | | | | |
| Beef, Stew Meat, fresh or frozen <i>Composite of trimmed retail cuts, Without bone, Practically-free-of-fat</i> | Pound | 9.76 | 1 oz cooked lean meat | 10.30 | 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 |
| BEEF TONGUE, fresh or frozen | | | | | |
| Beef Tongue, fresh or frozen | 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 |
| BEEF TRIPE, fresh or frozen | | | | | |
| Beef Tripe, fresh or frozen <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 |
| BEEF, canned | | | | | |
| Beef, ground, canned <i>Beef with Natural Juices, USDA Foods¹³</i> | 24 oz can | 16.03 | 1 oz heated lean meat | 6.30 | 1 lb AP = 0.67 lb heated meat |
| | 24 oz can | 10.69 | 1-1/2 oz heated lean meat | 9.40 | 1 lb AP = 0.67 lb heated meat |
| Beef, canned <i>Beef with Natural Juices, USDA Foods¹³</i> | No. 2-1/2 Can (29 oz) | 14.70 | 1 oz heated lean meat | 6.90 | 1 lb AP = 0.51 lb heated meat |
| | No. 2-1/2 Can (29 oz) | 9.86 | 1-1/2 oz heated lean meat | 10.20 | 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 |
| BEEF PRODUCTS, canned or frozen | | | | | |
| Beef Products, Barbecue Sauce with Beef^{14, 15} | 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, Beef and Dumplings with Gravy^{14, 15} | 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, Beef Goulash^{14, 15} | 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, Beef Hash^{14, 15} | 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 |

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| BEEF PRODUCTS, canned or frozen (continued) | | | | | |
| Beef Products, Beef Salad ^{14, 15} | 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, Beef Stew ^{14, 15} | 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, Beef Taco Filling ^{14, 15} | 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 ^{14, 15} | 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 ^{14, 15} | 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 ^{14, 15} | 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 ^{14, 15} | 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 ^{14, 15} | 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 ^{14, 15} | 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 ^{14, 15} | 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 ^{14, 15} | 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 ^{14, 15} | Pound | 7.00 | 1/4 cup serving provides about 1 oz cooked lean meat | 14.30 | 1 lb AP = 0.50 lb cooked meat |
| GAME, fresh or frozen | | | | | |
| Bison Top Round Steak, fresh or frozen <i>Without bone, (Similar to Buffalo)</i> ¹⁴ | Pound | 10.05 | 1 oz cooked lean meat | 10.00 | 1 lb AP = 0.65 lb cooked, trimmed, sliced meat |
| | Pound | 6.70 | 1-1/2 oz cooked lean meat | 15.00 | 1 lb AP = 0.65 lb cooked, trimmed, sliced meat |
| CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread) | | | | | |
| Cheese, American, Cheddar, Mozzarella, or Swiss ¹⁶ <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 |

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| CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread) (continued) | | | | | |
| Cheese, American, Cheddar, Mozzarella, or Swiss¹ <i>Natural or Process, Includes USDA Foods</i> | 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^{16, 17} <i>Natural</i> | Pound | 16.00 | 1 oz Cheese | 6.30 | |
| | Pound | 10.60 | 1-1/2 oz Cheese | 9.50 | |
| Cheese, Cottage or Ricotta¹⁶ | 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 |
| Cheese, Parmesan or Romano¹⁶ <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 food¹⁶ <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 spread¹⁶ <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 SUBSTITUTES (includes reduced fat, lowfat, nonfat, and lite versions of cheese substitute, cheese food substitute, and cheese spread substitute) | | | | | |
| Cheese Substitutes, American, Cheddar, Mozzarella, or Swiss Cheese Substitute^{16, 18} <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^{16, 18} <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 |

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| CHEESE SUBSTITUTES (includes reduced fat, lowfat, nonfat, and lite versions of cheese substitute, cheese food substitute, and cheese spread substitute) (continued) | | | | | |
| Cheese Substitutes, Cheese food Substitute^{16, 18} <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 |
| | Pound | 5.33 | 3 oz serving provides 1-1/2 oz meat alternate | 18.80 | 1 lb AP = about 5-2/3 cups cheese |
| CHICKEN, BONELESS, fresh or frozen | | | | | |
| Chicken, Boneless, fresh or frozen <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 |
| Chicken, Boneless, fresh or frozen, Tenderloins, (boneless chicken breast pieces without skin) | 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 |
| Chicken Parts, fresh or frozen, Thighs <i>Thighs (boneless, without skin)</i> | Pound | 10.07 | 1 oz cooked poultry | 10.00 | 1 lb AP = 0.63 lb trimmed, cooked chicken thigh meat; 1 lb AP = 0.88 lb trimmed, raw, ready to cook chicken thigh meat |
| | Pound | 6.71 | 1-1/2 oz cooked poultry | 14.90 | 1 lb AP = 0.63 lb trimmed, cooked chicken thigh meat; 1 lb AP = 0.88 lb trimmed, raw, ready to cook chicken thigh meat |
| CHICKEN GIBLETS, fresh or frozen | | | | | |
| Chicken Giblets, fresh or frozen, Gizzards | 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 |
| Chicken Giblets, fresh or frozen, Hearts | 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 |
| Chicken Giblets, fresh or frozen, Livers | 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 |

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| CHICKEN, GROUND, frozen | | | | | |
| Chicken, Ground, frozen <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 |
| CHICKEN PARTS, fresh or frozen | | | | | |
| Chicken Parts, fresh or frozen, Back¹⁹ <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 |
| | 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 |
| Chicken Parts, fresh or frozen, Breast¹⁹ <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 |
| Chicken Parts, fresh or frozen, Breast¹⁹ <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 |

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| CHICKEN PARTS, fresh or frozen (continued) | | | | | |
| Chicken Parts, fresh or frozen, Breast¹⁹ <i>Halves with Ribs, With skin, (about 6.1 oz each)</i> | 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 |
| Chicken Parts, fresh or frozen, Breast¹⁹ <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 |
| | 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 |
| Chicken Parts, fresh or frozen, Breast¹⁹ <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 |
| Chicken Parts, fresh or frozen, Drumsticks¹⁹ <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 |

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| CHICKEN PARTS, fresh or frozen (continued) | | | | | |
| | 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 |
| Chicken Parts, fresh or frozen, Drumsticks¹⁹ <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 |
| | 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 |
| Chicken Parts, fresh or frozen, Leg Quarters¹⁹ <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 |
| Chicken Parts, fresh or frozen, Leg Quarters¹⁹ <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 |
| Chicken Parts, fresh or frozen, Leg Quarters¹⁹ <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 |
| Chicken Parts, fresh or frozen, Thighs¹⁹ <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 |

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| CHICKEN PARTS, fresh or frozen (continued) | | | | | |
| Chicken Parts, fresh or frozen, Thighs¹ <i>With backs, With bone, With skin, (about 8.7 oz each)</i> | 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 |
| Chicken Parts, fresh or frozen, Thighs¹⁹ <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 |
| | 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 |
| Chicken Parts, fresh or frozen, Thighs¹⁹ <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 |
| Chicken Parts, fresh or frozen, Wings¹⁹ <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 |

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| CHICKEN PARTS, fresh or frozen (continued) | | | | | |
| | 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 |
| Chicken Parts, fresh or frozen, Wing Drumettes¹⁹ <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 |
| Chicken Parts, fresh or frozen, Wing Portions¹⁹ <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 |
| | 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 |
| CHICKEN, WHOLE, fresh or frozen | | | | | |
| Chicken, Whole, fresh or frozen <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 |
| Chicken, Whole, fresh or frozen <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 |

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| CHICKEN, WHOLE, fresh or frozen (continued) | | | | | |
| Chicken, Whole, fresh or frozen <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 |
| Chicken, Whole, fresh or frozen <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 |
| CHICKEN, canned | | | | | |
| Chicken, canned <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 | |
| Chicken, canned <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 | |
| Chicken, canned <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 |

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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 |
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| CHICKEN, canned (<i>continued</i>) | | | | | |
| Chicken, canned <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 |
| Chicken, canned <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 |
| CHICKEN, COOKED, frozen | | | | | |
| Chicken, cooked, frozen, Diced or Pulled <i>no skin, wing meat, neck meat, giblet, or kidneys, Includes USDA Foods</i> | 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 <i>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</i> | 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 |
| CHICKEN PRODUCTS, canned or frozen | | | | | |
| Chicken Products, Chicken a La King^{20, 21} | 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^{20, 21} | 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^{20, 21} | 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 |

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| CHICKEN PRODUCTS, canned or frozen (continued) | | | | | |
| Chicken Products, Chicken Chili with Beans ^{20, 21} | 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 ^{20, 21} | 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 ^{20, 21} | 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 ^{20, 21} | 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 ^{20, 21} | 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 ^{20, 21} | 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 |
| EGGS | | | | | |
| Eggs, Shell Eggs, fresh ^{22, 23} <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 ²⁴ | 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 |

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| EGGS (continued) | | | | | |
| Eggs, Dried Whole Eggs² | 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 |
| FRANKFURTERS, BOLOGNA | | | | | |
| Bologna^{25, 26} | Pound | 16.00 | 1 oz serving | 6.30 | |
| Frankfurters^{25, 26} 8 per Pound (Hot dog) | Pound | 8.00 | 2 oz frankfurter | 12.50 | |
| Frankfurters^{25, 26} 10 per Pound (Hot dog) | Pound | 10.00 | 1.6 oz frankfurter | 10.00 | |
| Knockwurst^{25, 26} | Pound | 16.00 | 1 oz serving | 6.30 | |
| Vienna Sausage^{25, 26} | Pound (drained weight) | 16.00 | 1 oz serving | 6.30 | |
| GAME, fresh or frozen | | | | | |
| Game, Buffalo²⁷ Ground, (Similar to Bison) | 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 |
| Game, Goat²⁷ Roast | 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, Ostrich²⁷ Medallions | 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)²⁷ Ground, (Like IMPS #996), (Similar to Sitka, Elk) | 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 |
| LAMB, CHOPS, fresh or frozen | | | | | |
| Lamb, Chops, fresh or frozen Shoulder chops, With bone, (Similar to Sheep) | 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 |
| LAMB, GROUND, frozen | | | | | |
| 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 |

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| LAMB, LEG ROAST, fresh or frozen | | | | | |
| Lamb, Leg Roast, fresh or frozen <i>Without bone, (Similar to Sheep)</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 |
| LAMB, SHOULDER ROAST, fresh or frozen | | | | | |
| Lamb, Shoulder Roast, fresh or frozen <i>Without bone, (Similar to Sheep)</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 |
| LAMB, STEW MEAT, fresh or frozen | | | | | |
| Lamb, Stew Meat, fresh or frozen <i>Without bone, (Similar to Sheep)</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 |
| MUTTON, CHOPS, fresh or frozen | | | | | |
| Mutton, Chops, fresh or frozen <i>Shoulder chops, With bone</i> | Pound | 9.34 | 1 oz cooked lean meat | 10.80 | 1 lb AP = 0.58 lb cooked, lean mutton |
| | Pound | 6.23 | 1-1/2 cooked lean meat | 16.10 | 1 lb AP = 0.58 lb cooked, lean mutton |
| MUTTON, GROUND, fresh or frozen | | | | | |
| Mutton, Ground, fresh or frozen | Pound | 9.78 | 1 oz | 10.30 | 1 lb AP = 0.61 lb cooked, drained lean mutton |
| | Pound | 6.52 | 1-1/2 oz cooked lean meat | 15.40 | 1 lb AP = 0.61 lb cooked, drained lean mutton |
| MUTTON, STEW MEAT, fresh or frozen | | | | | |
| Mutton, Stew Meat, fresh or frozen <i>Without bone</i> | Pound | 11.82 | 1 oz cooked lean meat | 8.50 | 1 lb AP = about 0.74 lb cooked lean mutton |
| | Pound | 7.88 | 1-1/2 oz cooked lean meat | 12.70 | 1 lb AP = about 0.74 lb cooked lean mutton |
| LENTILS | | | | | |
| Lentils, brown, dry | Pound | 24.50 | 1/4 cup cooked lentils | 4.10 | 1 lb dry = about 2-1/4 cups dry lentils |
| | Pound | 16.30 | 3/8 cup cooked lentils | 6.20 | 1 lb dry = about 2-1/4 cups dry lentils |
| Lentils, dry | Pound | 29.60 | 1/4 cup cooked lentils | 3.40 | 1 lb = about 2-3/8 cups dry lentils |
| | Pound | 19.70 | 3/8 cup cooked lentils | 5.10 | 1 lb = about 2-3/8 cups dry |

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| NUTS: TREE NUTS and OTHER NUTS, shelled | | | | | |
| Tree Nuts, Almonds ^{28, 47} | 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 ^{28, 47} | Pound | 16.00 | 1 oz nuts | 6.30 | 1 lb = about 3-1/4 cups whole Brazil nuts |
| Tree Nuts, Cashew nuts ^{28, 47} | Pound | 16.00 | 1 oz nuts | 6.30 | 1 lb = about 3-1/3 cups cashews nuts, whole or halves |
| Tree Nuts, Filberts (Hazelnuts) ^{28, 47} (Similar to Beaked Hazelnuts) | Pound | 16.00 | 1 oz nuts | 6.30 | 1 lb = about 4 cups chopped filberts |
| Tree Nuts, Macadamia nuts ^{28, 47} | Pound | 16.00 | 1 oz nuts | 6.30 | 1 lb = about 3-1/3 cups whole macadamia nuts |
| Tree Nuts, Pecans ^{28, 47} | Pound | 16.00 | 1 oz nuts | 6.30 | 1 lb = about 3-3/4 cups chopped pecans |
| Tree Nuts, Pine nuts (Pinyons) ^{28, 47} (Similar to Pinon Nut) | Pound | 16.00 | 1 oz nuts | 6.30 | 1 lb = about 2-7/8 cups whole pine nuts |
| Tree Nuts, Pistachio nuts ^{28, 47} | Pound | 16.00 | 1 oz nuts | 6.30 | 1 lb = about 3-1/2 cups pistachio nuts |
| Tree Nuts, Walnuts ^{28, 47} Black | Pound | 16.00 | 1 oz nuts | 6.30 | 1 lb = about 3-5/8 cups chopped black walnuts |
| Tree Nuts, Walnuts ^{28, 47} English | 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 ^{28, 47} | Pound | 16.00 | 1 oz nuts | 6.30 | 1 lb = about 3-1/4 cups peanut granules |
| Other Nuts, Peanuts ^{28, 47} | 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 | |
| Other Nuts, Soy nuts ^{28, 47} | Pound | 16.00 | 1 oz nuts | 6.30 | 1 lb = about 4-1/4 cups whole soy nuts |
| PEANUT BUTTER and OTHER NUT or SEED BUTTERS | | | | | |
| 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 |

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| PEANUT BUTTER and OTHER NUT or SEED BUTTERS (continued) | | | | | |
| 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) | 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 |
| PEAS | | | | | |
| 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 |
| PEA SOUP | | | | | |
| 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 | |

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| PORK, GROUND, fresh or frozen | | | | | |
| Pork, Ground, fresh or frozen <i>no more than 30% fat, Market Style³⁰, (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 frozen³¹ <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 frozen³¹ <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 frozen³¹ <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 frozen³¹ <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 frozen³¹ <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 |
| PORK, HEART, fresh or frozen | | | | | |
| 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 |

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| PORK LEG (FRESH HAM), fresh or frozen | | | | | |
| 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 |
| PORK LIVER, fresh or frozen | | | | | |
| 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 |
| PORK LOIN CHOPS, fresh or frozen | | | | | |
| 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 |

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| PORK LOIN CHOPS, fresh or frozen (continued) | | | | | |
| 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 |
| PORK LOIN END CHOPS, fresh or frozen | | | | | |
| 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 |
| PORK LOIN ROAST, fresh or frozen | | | | | |
| 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 |

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 |
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| PORK LOIN ROAST, fresh or frozen (continued) | | | | | |
| 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 |
| | 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 |
| PORK SAUSAGE, fresh or frozen | | | | | |
| Pork Sausage, fresh or frozen <i>Bulk, Link, or Patty, Market Style³², 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 style³³, 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 |
| PORK SHOULDER, BOSTON BUTT, fresh or frozen | | | | | |
| Pork Shoulder, Boston Butt, fresh or frozen <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 |

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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 |
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| PORK SHOULDER, BOSTON BUTT, fresh or frozen (continued) | | | | | |
| Pork Shoulder, Boston Butt, fresh or frozen <i>With bone, 1/4-inch trim, (Like IMPS #406)</i> | Pound | 5.54 | 1-1/2 oz cooked lean meat | 18.10 | 1 lb AP = 0.52 lb cooked, boned, trimmed, sliced lean meat |
| Pork Shoulder, Boston Butt, fresh or frozen <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 |
| PORK SHOULDER, PICNIC, fresh or frozen | | | | | |
| Pork Shoulder, Picnic, fresh or frozen <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 |
| Pork Shoulder, Picnic, fresh or frozen <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 |
| Pork Shoulder, Picnic, fresh or frozen <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 |
| PORK SIRLOIN, ROAST, fresh or frozen | | | | | |
| Pork Sirloin Roast, fresh or frozen <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 |
| Pork Sirloin Roast, fresh or frozen <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 |
| PORK SPARERIBS, fresh or frozen | | | | | |
| 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 |

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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 |
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| PORK STEAK, fresh or frozen | | | | | |
| 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 |
| PORK STEW MEAT, fresh or frozen | | | | | |
| 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 |
| PORK STOMACH (MAWS), fresh or frozen | | | | | |
| 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 |
| PORK, MILD CURED, Ready-to-cook, chilled or frozen | | | | | |
| Pork, Mild Cured, Ready-to-cook, chilled or frozen, Canadian bacon³⁴ | 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 |
| Pork, Mild Cured, Ready-to-cook, chilled or frozen, Pork shoulder, Boston butt³⁴ <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 butt³⁴ <i>Without bone</i> | Pound | 9.60 | 1 oz cooked lean meat | 10.50 | 1 lb AP = 0.60 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 |
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| PORK, MILD CURED, Ready-to-cook, chilled or frozen (continued) | | | | | |
| Pork, Mild Cured, Ready-to-cook, chilled or frozen, Pork shoulder, Boston butt ³ <i>Without bone</i> | 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 ³⁴ <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 ³⁴ <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 ³⁴ <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 |
| PORK, MILD CURED, Fully Cooked, chilled or frozen | | | | | |
| Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices ³⁴ <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 ³⁴ <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) |
| | 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) |

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| 1. Food As Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meal Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
|---|-----------------------|-----------------------------------|---|------------------------------------|---|
| PORK, MILD CURED, Fully Cooked, chilled or frozen (continued) | | | | | |
| Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, Water added ^{34, 35} <i>Smoked, Rolled Fully cooked, (Like IMPS #505 Style C), Includes USDA Foods</i> | 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) |
| | 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) |
| Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, Water added ^{34, 35} <i>Boiled, Without bone, (Like IMPS #508 Style C)</i> | 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) |
| | 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) |
| Pork, Mild Cured, Fully Cooked, chilled or frozen, Pork Shoulder Boston butt, Water added ^{34, 35} <i>Without bone, Smoked, Special, (Like IMPS #531 Style C)</i> | 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) |
| | 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) |
| PORK, MILD CURED, canned | | | | | |
| Pork, Mild Cured, canned, Ham ³⁴ | 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 | |
| PORK, CANNED | | | | | |
| Pork, ground, canned <i>Pork with Natural juices, Includes USDA Foods</i> | 24 oz can | 18.30 | 1 oz heated lean meat | 5.50 | 1 lb AP= 0.73 lb heated meat |
| | 24 oz can | 12.20 | 1-1/2 heated lean meat | 8.20 | 1 lb AP = 0.73 lb heated meat |
| 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 |

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| PORK, CANNED (continued) | | | | | |
| Pork, canned <i>Pork with Natural Juices, Includes USDA Foods</i> | 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 |
| Seafood, CLAMS, fresh, frozen or canned | | | | | |
| Seafood, fresh or frozen Clams <i>Shucked, Drained, (Similar to Mussels)</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, (Similar to Mussels)</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 |
| | 51 oz Can | 12.80 | 1-1/2 oz heated, drained clams | 7.90 | 51 oz can = about 22.0 oz drained, unheated clams |
| | 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 | |
| Seafood, CRAB, fresh or frozen | | | | | |
| 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 |
| Seafood, CRAWFISH, fresh or frozen | | | | | |
| 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 |

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| Seafood, FISH FILLETS and STEAKS, fresh or frozen | | | | | |
| 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, frozen, Catfish Fillet | Pound | 13.37 | 1 oz cooked fish | 7.50 | 1 lb = about 0.84 lb cooked catfish |
| | Pound | 8.91 | 1-1/2 oz cooked fish | 11.30 | 1 lb = about 0.84 lb cooked catfish |
| Seafood, fresh or frozen, Halibut <i>With skin</i> | Pound | 12.85 | 1 oz baked fish without skin | 7.80 | 1 lb AP = 0.80 lb baked fish |
| | Pound | 8.57 | 1-1/2 oz baked fish without skin | 11.70 | 1 lb AP = 0.80 lb baked fish |
| | Pound | 12.28 | 1 oz steamed fish without skin | 8.20 | 1 lb AP = 0.77 lb steamed fish |
| | Pound | 8.19 | 1-1/2 oz steamed fish without skin | 12.30 | 1 lb AP = 0.77 lb steamed fish |
| Seafood, fresh or frozen, Walleye <i>With skin</i> | Pound | 11.53 | 1 oz baked fish without skin | 8.70 | 1 lb AP = 0.72 lb baked fish |
| | Pound | 7.68 | 1-1/2 oz baked fish without skin | 13.10 | 1 lb AP = 0.72 lb baked fish |
| | Pound | 12.26 | 1 oz steamed fish without skin | 8.20 | 1 lb AP = 0.76 lb steamed fish |
| | Pound | 8.17 | 1-1/2 oz steamed fish without skin | 12.30 | 1 lb AP = 0.76 lb steamed fish |
| Seafood, fresh or frozen, Whitefish <i>With skin</i> | Pound | 12.67 | 1 oz baked fish without skin | 7.90 | 1 lb AP = 0.78 lb baked fish |
| | Pound | 8.45 | 1-1/2 oz baked fish without skin | 11.90 | 1 lb AP = 0.78 lb baked fish |
| | Pound | 12.98 | 1 oz steamed fish without skin | 7.80 | 1 lb AP = 0.80 lb steamed fish |
| | Pound | 8.65 | 1-1/2 oz steamed fish without skin | 11.60 | 1 lb AP = 0.80 lb steamed fish |
| Seafood, fresh or frozen, White Perch <i>With skin</i> | Pound | 11.20 | 1 oz baked fish without skin | 9.00 | 1 lb AP = 0.70 lb baked fish |
| | Pound | 7.47 | 1-1/2 oz baked fish without skin | 13.60 | 1 lb AP = 0.70 lb baked fish |
| | Pound | 11.52 | 1 oz steamed fish without skin | 8.70 | 1 lb AP = 0.72 lb steamed fish |
| | Pound | 7.68 | 1-1/2 oz steamed fish without skin | 13.20 | 1 lb AP = 0.72 lb steamed 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 |

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| Seafood, FISH PORTIONS, frozen | | | | | |
| Seafood, frozen, Fish Portions³⁶ <i>Fried, battered, (45 percent fish)³⁷, (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 Portions³⁶ <i>Fried, battered, (45 percent fish)³⁷, (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 Portions³⁶ <i>Fried, breaded, (65 percent fish)³⁸, (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 Portions³⁶ <i>Fried, breaded, (65 percent fish)³⁸, (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 Portions³⁶ <i>Fried, breaded, (65 percent fish)³⁸, (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 Portions³⁶ <i>Raw, breaded, (75 percent fish)³⁹, (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 Portions³⁶ <i>Raw, breaded, (75 percent fish)³⁹, (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 |
| Seafood, frozen, Fish Portions³⁶ <i>Raw, breaded, (75 percent fish)³⁹, (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 |
| Seafood, frozen, Fish Portions³⁶ <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 |

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| Seafood, FISH PORTIONS, frozen (continued) | | | | | |
| Seafood, frozen, Fish Portions³⁶ <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 |
| Seafood, frozen, Fish Portions³⁶ <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 |
| Seafood, FISH STICKS, frozen | | | | | |
| Seafood, frozen, Fish Sticks³⁶ <i>Fried, breaded, (60 percent fish)⁴⁰, (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 |
| | Pound | 4.00 | 4 sticks provide about 2 oz cooked fish | 25.00 | 1 lb AP = 0.49 lb cooked fish |
| Seafood, frozen, Fish Sticks³⁶ <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 |
| Seafood, MACKEREL, fresh, frozen, or canned | | | | | |
| Seafood, chilled or frozen, Mackerel <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 |
| Seafood, canned, Mackerel | 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 |

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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 |
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| Seafood, MACKEREL, fresh, frozen, or canned (continued) | | | | | |
| Seafood, canned, 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 |
| Seafood, OYSTERS, fresh or frozen | | | | | |
| Seafood, fresh or frozen, Oysters Shucked, Drained | 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 |
| Seafood, SALMON, smoked | | | | | |
| Seafood, smoked, Salmon With skin, vacuum sealed with brine, Ready-to-serve | Pound | 11.33 | 1 oz ready-to-eat smoked fish without skin | 8.90 | 1 lb AP = about 0.71 lb ready-to-eat salmon without skin |
| | Pound | 7.55 | 1-1/2 oz ready-to-eat smoked fish without skin | 13.30 | 1 lb AP = about 0.71 lb ready-to-eat salmon without skin |
| | Pound | 10.54 | 1 oz heated smoked fish without skin | 9.50 | 1 lb AP = about 0.66 lb heated smoked salmon without skin |
| | Pound | 7.03 | 1-1/2 oz heated smoked fish without skin | 14.30 | 1 lb AP = about 0.66 lb heated smoked salmon without skin |
| Seafood, SALMON, pouch pack or canned | | | | | |
| Seafood, pouch pack, Salmon Without bone, Without skin, Water-packed, (Similar to Red, Sockeye Salmon) | 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 |
| Seafood, canned, Salmon Pink, (Similar to Red, Sockeye Salmon) | 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 |
| Seafood, canned, Salmon Water-packed, (Similar to Red, Sockeye Salmon) | 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 |

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| Seafood, SALMON, pouch pack or canned (<i>continued</i>) | | | | | |
| Seafood, canned, Salmon <i>Water-packed, (Similar to Red, Sockeye Salmon)</i> | 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 |
| | 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 |
| Seafood, SARDINES, canned | | | | | |
| Seafood, canned, Sardines <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 |
| Seafood, SCALLOPS, frozen | | | | | |
| Seafood, frozen, Scallops | 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 |
| Seafood, SHRIMP, fresh or frozen | | | | | |
| Seafood, fresh or frozen, Shrimp <i>In shell, Deheaded, Undeined</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 |
| Seafood, fresh or frozen, Shrimp <i>Peeled, Undeined, 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 |
| Seafood, fresh or frozen, Shrimp <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 |
| Seafood, SHRIMP, COOKED, frozen | | | | | |
| Seafood, cooked, frozen, Shrimp <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 |

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| Seafood, SHRIMP, COOKED, frozen (continued) | | | | | |
| 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 | |
| Seafood, SHRIMP, canned | | | | | |
| 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 |
| Seafood, SQUID, CALAMARI, frozen | | | | | |
| 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 |
| Seafood, TROUT, canned | | | | | |
| Seafood, canned, Steelhead Trout | 6 oz Can | 4.85 | 1 oz drained fish | 20.70 | 6 oz can = about 4.85 oz drained, unheated steelhead trout |
| | 6 oz Can | 3.25 | 1-1/2 oz drained fish | 30.80 | 6 oz can = about 4.85 oz drained, unheated steelhead trout |
| Seafood, TUNA, pouch pack or canned | | | | | |
| 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 |

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| Seafood, TUNA, pouch pack or canned (continued) | | | | | |
| 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 |
| | 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 |
| Seafood, canned, Tuna <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 |
| Seafood, pouch pack, Tuna | 2.6 oz pouch | 2.60 | 1 oz tuna | 38.50 | |
| | 2.6 oz pouch | 1.73 | 1-1/2 oz tuna | 57.90 | |
| Seafood, pouch pack, Tuna <i>Chunk, in water</i> | 11 oz pouch | 10.87 | 1 oz drained tuna | 9.20 | 11 ounce pouch = about 10.87 ounces drained tuna |
| | 11 oz pouch | 7.25 | 1-1/2 oz drained tuna | 13.80 | 11 ounce pouch = about 10.87 ounces drained tuna |
| | 43 oz pouch | 42.83 | 1 oz drained tuna | 2.40 | 43 oz pouch = about 42.83 oz drained tuna |
| | 43 oz pouch | 28.55 | 1-1/2 oz drained tuna | 3.50 | 43 oz pouch = about 42.83 oz drained tuna |
| | 48 oz pouch | 47.90 | 1 oz drained tuna | 2.10 | 48 oz pouch = about 47.9 oz drained tuna |
| SEEDS | | | | | |
| Seeds, Pumpkin and Squash^{41, 47} <i>Shelled</i> | Pound | 16.00 | 1 oz seeds | 6.30 | 1 lb = about 2 cups pumpkin or squash seeds |
| Seafood, TUNA, pouch pack or canned | | | | | |
| Seafood, pouch pack, Tuna <i>Chunk, in water</i> | 48 oz pouch | 31.90 | 1-1/2 oz drained tuna | 3.20 | 48 oz pouch = about 47.9 oz drained tuna |
| SEEDS | | | | | |
| Seeds, Sesame^{41, 47} | Pound | 16.00 | 1 oz seeds | 6.30 | 1 lb = about 3-1/8 cups sesame seeds |
| Seeds, Sunflower^{41, 47} <i>Shelled</i> | Pound | 16.00 | 1 oz seeds | 6.30 | 1 lb = about 3-1/2 cups sunflower seeds |

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| SURIMI SEAFOOD | | | | | |
| Surimi Seafood, commercially-prepared | 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 | |
| TEMPEH | | | | | |
| Tempeh, commercially-prepared | Pound | 16.00 | 1 oz provides 1.0 oz meat alternate | 6.30 | |
| TOFU | | | | | |
| Tofu ⁴⁸ <i>Commercially-prepared; 2.2 ounces (or 1/4 cup), containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent meat alternate (37 grams of protein per pound).</i> | Pound | 7.28 | 1/4 cup or 2.2 oz by weight provides 1 oz meat alternate | 13.80 | |
| Tofu ⁴⁸ <i>Commercially-prepared; 4.4 ounces (or 1/2 cup), containing at least 10 grams of protein, is creditable as 2.0 ounce equivalent meat alternate (37 grams of protein per pound).</i> | Pound | 3.63 | 1/2 cup or 4.4 oz by weight provides 2 oz meat alternate | 27.60 | |
| TURKEY, WHOLE, fresh or frozen | | | | | |
| Turkey, Whole, fresh or frozen <i>Without Neck and Giblets, (Similar to Wild Turkey, Grouse, and Pheasant)</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 |
| Turkey, Whole, fresh or frozen <i>With Neck and Giblets, (Similar to Wild Turkey, Grouse and Pheasant)</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 |

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| TURKEY, WHOLE, fresh or frozen (continued) | | | | | |
| Turkey, Whole, fresh or frozen <i>With Neck and Giblets, (Similar to Wild Turkey, Grouse and Pheasant)</i> | 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 |
| TURKEY PARTS, fresh or frozen | | | | | |
| 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 |
| | 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 |

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| TURKEY PARTS, fresh or frozen (continued) | | | | | |
| 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 |
| TURKEY ROAST, frozen | | | | | |
| Turkey Roast, fresh or frozen ⁴² <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 |
| TURKEY, BONELESS, fresh or frozen | | | | | |
| 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 |
| | Pound | 7.46 | 1-1/2 oz cooked turkey with skin | 13.50 | 1 lb AP = 0.70 lb cooked turkey with skin |
| TURKEY BURGERS, frozen | | | | | |
| Turkey Burgers, frozen <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 | |

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| TURKEY BURGERS, frozen (continued) | | | | | |
| Turkey Burgers, frozen <i>100% ground turkey, 3 oz raw weight</i> | 6 lb Package | 32.00 | 3 oz raw turkey burger when cooked provides 2 oz cooked turkey | 3.20 | |
| TURKEY GIBLETS, fresh or frozen | | | | | |
| Turkey giblets, fresh or frozen, Gizzards | 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 |
| Turkey giblets, fresh or frozen, Hearts | 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 |
| Turkey giblets, fresh or frozen, Livers | 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 |
| TURKEY, GROUND, fresh or frozen | | | | | |
| Turkey, Ground, fresh or frozen <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 |
| TURKEY, canned | | | | | |
| Turkey, Canned, Boned Turkey | 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 |
| Turkey, Canned, Boned Turkey <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 |
| | 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 |

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| TURKEY, COOKED, frozen | | | | | |
| Turkey, cooked, frozen, Diced or Pulled <i>Light and dark meat in natural proportions, (no skin, wing meat, neck meat, giblets or 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 |
| TURKEY HAM, Fully cooked, chilled or frozen | | | | | |
| Turkey Ham, fully cooked, chilled or frozen ⁴³ | 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 ⁴³ <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 |
| TURKEY PRODUCTS, canned or frozen | | | | | |
| Turkey Products, Creamed Turkey ^{44, 45} | 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 ^{44, 45} | 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 ^{44, 45} | 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 ^{44, 45} | 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 ^{44, 45} | 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 ^{44, 45} | Pound | 2.60 | 2/3 cup serving provides about 1.8 oz cooked turkey | 38.50 | 1 lb AP = 0.30 lb cooked turkey |
| Turkey Products, Turkey Salad ^{44, 45} | 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 ^{44, 45} | 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 ^{44, 45} | Pound | 1.70 | 1 cup serving provides about 1.4 oz cooked turkey | 58.90 | 1 lb AP = 0.15 lb cooked turkey |

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 |
|--|------------------|-----------------------------------|---|------------------------------------|------------------------------------|
| VEAL, CUTLETS, fresh or frozen | | | | | |
| 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 |
| VEAL, GROUND, fresh or frozen | | | | | |
| 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 |
| VEAL, HEART, fresh or frozen | | | | | |
| 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 |
| VEAL, LIVER, fresh or frozen | | | | | |
| 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 |
| VEAL, ROAST, fresh or frozen | | | | | |
| Veal, Roast, fresh or frozen, Chuck Roast <i>Without bone</i> | Pound | 9.44 | 1 oz cooked lean meat | 10.60 | 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 |
| VEAL, STEAK, fresh or frozen | | | | | |
| 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 |
| VEAL, STEW MEAT, fresh or frozen | | | | | |
| 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 |

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 |
|---|------------------|-----------------------------------|---|------------------------------------|------------------------------------|
| VEAL, STEW MEAT, fresh or frozen (continued) | | | | | |
| Veal, Stew Meat, fresh or frozen <i>Without bone</i> | Pound | 6.93 | 1-1/2 oz cooked lean meat | 14.50 | 1 lb AP = 0.65 lb cooked lean meat |
| YOGURT | | | | | |
| Yogurt, fresh⁴⁶ <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, fresh⁴⁶ <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, fresh⁴⁶ <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, fresh⁴⁶ <i>Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared.</i> <i>No minimum protein level required.</i> | 32 oz Container | 8.00 | 1/2 cup or 4 oz yogurt provides 1 oz meat alternate | 12.50 | |
| Yogurt, soy, fresh⁴⁶ <i>Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared.</i> <i>No minimum protein level required.</i> | 32 oz Container | 5.33 | 3/4 cup or 6 oz yogurt provides 1-1/2 oz meat alternate | 18.80 | |
| | 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 | |

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 |
|--|------------------|-----------------------------------|---|------------------------------------|---------------------------|
| YOGURT (continued) | | | | | |
| Yogurt, soy, fresh <i>Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared. No minimum protein level required.</i> | 24 oz Container | 3.00 | 1 cup or 8 oz yogurt provides 2 oz meat alternate | 33.40 | |
| | 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 | |

Footnotes: Meats/Meat Alternates

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

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

⁴ Liquid from canned beans used to puree beans no additional liquid added.

⁵ 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.

⁶ 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.

⁷ 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.

⁸ 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.

⁹ 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.

¹⁰ 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.

¹¹ 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.

¹² “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.

¹³ Based on USDA specification for beef with natural juices, canned.

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

¹⁵ 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.

¹⁶ 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.

¹⁷ 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.”

¹⁸ “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.

¹⁹ 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.

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

²¹ 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.

²² 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.

²³ 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.

- ²⁴ Quantities are for dried whole eggs. For blends and specialty egg products, use CN-labeled product or manufacturer's documentation.
- ²⁵ 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.
- ²⁶ 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.
- ²⁷ All purchased game meat must meet applicable Federal, State, local, and Tribal food safety regulations and inspection requirements. Donated, uninspected wild game served by Program operators which primarily serve Native Americans is creditable in Child Nutrition Programs. (See SP 01-2016, CACFP 01-2016, SFSP 01-2016: Procuring Local Meat, Poultry, Seafood, Game, and Eggs for Child Nutrition Programs – REVISED).
- ²⁸ 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.
- ⁴⁷ Nut and seed meals or flours may be used only if they meet the requirements for Alternate Protein Products established in Appendix A of 7 CFR Parts 210, 220, 225, and 226.
- ³⁰ 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).
- ³¹ 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.
- ³² 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.
- ³³ 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.
- ³⁴ 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.
- ³⁵ 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.
- ³⁶ 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.
- ³⁷ 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.
- ³⁸ 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.
- ³⁹ 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.
- ⁴⁰ 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.
- ⁴¹ 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.
- ⁴⁸ Creditable tofu is defined in the Child Nutrition regulations under 7 CFR 210.2 and 226.2.
- ⁴² Turkey Roast, USDA Foods, frozen, is based on USDA Specification for Frozen Turkey Roast which contains a minimum of 92.5 percent turkey.
- ⁴³ Turkey ham is based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 381.171.

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

⁴⁵ 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.

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