

Food Buying Guide for Child Nutrition Programs

Section 6 Other Foods

Section 6 - Other Foods

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
BUTTER, MARGARINE					
Butter	Pound	96.00	1 teaspoon butter (Other Foods are not creditable in CNP)	1.10	1 lb = 2 cups
Margarine	Pound	96.00	1 teaspoon margarine (Other Foods are not creditable in CNP)	1.10	1 lb = 2 cups
CATSUP (KETCHUP)					
Catsup (Ketchup) <i>Tomato</i>	No. 10 Can (115 oz)	11.40	1 cup catsup (Other Foods are not creditable in CNP)		1 No. 10 can = about 11-1/2 cups
	No. 10 Can (115 oz)	183.00	1 tablespoon catsup (Other Foods are not creditable in CNP)	0.60	1 No. 10 can = about 11-1/2 cups
	20 oz Bottle	32.00	1 tablespoon catsup (Other Foods are not creditable in CNP)	3.20	
	Pound	1.60	1 cup catsup (Other Foods are not creditable in CNP)		
CHILI SAUCE					
Chili Sauce	No. 10 Can (113 oz)	12.90	1 cup sauce (Other Foods are not creditable in CNP)		
	19 oz Bottle	2.20	1 cup sauce (Other Foods are not creditable in CNP)		
	Pound	1.80	1 cup sauce (Other Foods are not creditable in CNP)		
CREAM					
Cream, fresh <i>Light</i>	Quart	64.00	1 tablespoon cream (Other Foods are not creditable in CNP)	1.60	
Cream, fresh <i>Heavy Whipping</i>	Quart	128.00	1 tablespoon whipped cream (Other Foods are not creditable in CNP)	0.79	Volume doubles when whipped
	Pint	64.00	1 tablespoon whipped cream (Other Foods are not creditable in CNP)	1.60	

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CREAM CHEESE					
Cream Cheese	Pound	15.60	2 tablespoon cream cheese (Other Foods are not creditable in CNP)	6.50	
EGG PRODUCT					
Egg Product, frozen, Egg Whites	Pound	7.51	1/4 cup portion (Other Foods are not creditable in CNP)	13.40	1 lb frozen = about 1-5/8 cups thawed egg whites
Egg Product, frozen, Egg Yolks	Pound	7.51	1/4 cup portion (Other Foods are not creditable in CNP)	13.40	1 lb frozen = about 1-5/8 cups thawed egg yolks
FROZEN DESSERTS					
Frozen Desserts, Ice cream, Ice milk, Sherbert <i>Brick</i>	Quart	8.00	1 slice (1/2 cup) (Other Foods are not creditable in CNP)	12.50	
Frozen Desserts, Ice cream, Ice milk, Sherbet, Frozen yogurt <i>Bulk, Hardened or Soft serve</i>	Gallon	32.00	1/2 cup (Other Foods are not creditable in CNP)	3.20	
	Gallon	64.00	1/4 cup (Other Foods are not creditable in CNP)	1.60	
HONEY					
Honey <i>Strained</i>	Pound	1.40	1 cup honey (Other Foods are not creditable in CNP)		
	Pound	22.30	1 tablespoon honey (Other Foods are not creditable in CNP)	4.50	
JAMS, JELLIES and PRESERVES					
Jams, Jellies and Preserves	Gallon	16.00	1 cup jam (Other Foods are not creditable in CNP)		
	Gallon	256.00	1 tablespoon jelly (Other Foods are not creditable in CNP)	0.40	
	Quart	4.00	1 cup jam (Other Foods are not creditable in CNP)		
	Quart	64.00	1 tablespoon jam (Other Foods are not creditable in CNP)	1.60	
	Pound	1.40	1 cup jam (Other Foods are not creditable in CNP)		
	Pound	22.60	1 tablespoon jam (Other Foods are not creditable in CNP)	4.50	

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MILK, DRIED					
Milk, dried <i>Whole, Regular</i>	Pound	14.20	1 cup reconstituted (Other Foods are not creditable in CNP)		4.5 oz (1 cup) dry + 3-1/2 cups water = about 1 qt fluid whole milk
	Pound	3.50	1 cup dry milk (Other Foods are not creditable in CNP)		about 1 qt fluid whole milk
Milk, dried <i>Nonfat, Instant</i>	Pound	20.00	1 cup reconstituted milk (Other Foods are not creditable in CNP)		3.2 oz (1-1/3 cups) dry + 3-3/4 cups water = about 1 qt fluid skim milk
	Pound	6.60	1 cup dry milk (Other Foods are not creditable in CNP)		
Milk, dried <i>Non-instant</i>	Pound	20.00	1 cup reconstituted milk (Other Foods are not creditable in CNP)		3.2 oz (3/4 cup) dry + 3-3/4 cups water = about 1 qt fluid skim milk
	Pound	3.70	1 cup dry milk (Other Foods are not creditable in CNP)		
MILK, EVAPORATED					
Milk, evaporated, canned	No. 10 Can (97 oz)	12.00	1 cup concentrated milk (Other Foods are not creditable in CNP)		to reconstitute, add 1 part evaporated milk with 1 part water
Milk, Evaporated, canned	13 oz Can	1.60	1 cup concentrated milk (Other Foods are not creditable in CNP)		To reconstitute, add 1 part evaporated milk with 1 part water
MUSTARD					
Mustard <i>Prepared</i>	Gallon (about 142 oz)	16.00	1 cup mustard (Other Foods are not creditable in CNP)		
	Gallon (about 142 oz)	256.00	1 tablespoon mustard (Other Foods are not creditable in CNP)	0.40	
	Quart (about 35 oz)	64.00	1 tablespoon mustard (Other Foods are not creditable in CNP)	1.60	
	Pound	1.80	1 cup mustard (Other Foods are not creditable in CNP)		
PICKLE RELISH					
Pickle Relish	Gallon (about 147 oz)	16.00	1 cup relish (Other Foods are not creditable in CNP)		1 gal = about 58 oz drained (about 8 cups)
	Gallon (about 147 oz)	256.00	1 tablespoon relish (Other Foods are not creditable in CNP)	0.40	

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PICKLE RELISH (continued)					
Pickle Relish	Quart (about 35 oz)	64.00	1 tablespoon relish (Other Foods are not creditable in CNP)	1.60	
	Pound	1.80	1 cup relish (Other Foods are not creditable in CNP)		
PORK					
Pork, fresh, Pig Ears <i>Lobe off, Square cut</i>	Pound	15.60	1 oz cooked pig's ear (Other Foods are not creditable in CNP)	6.50	1 lb AP = 0.98 lb cooked pig's ears
	Pound	10.40	1-1/2 oz cooked pig's ear (Other Foods are not creditable in CNP)	9.70	1 lb AP = 0.98 lb cooked pig's ears
Pork, fresh, Pig Feet <i>Front, (Like IMPS #420)</i>	Pound	0.64	1 oz cooked pig's feet (Other Foods are not creditable in CNP)	156.30	1 lb AP = 0.04 lb cooked, skinned, boned meat
	Pound	0.42	1-1/2 oz cooked pig's feet (Other Foods are not creditable in CNP)	238.10	1 lb AP = 0.04 lb cooked, skinned, boned meat
Pork, fresh, Pig Feet <i>Hind, (Like IMPS #420A)</i>	Pound	0.32	1 oz cooked pig's feet (Other Foods are not creditable in CNP)	312.50	1 lb AP = 0.02 lb cooked, skinned, boned meat
	Pound	0.21	1-1/2 oz cooked pig's feet (Other Foods are not creditable in CNP)	476.20	1 lb AP = 0.02 lb cooked, skinned, boned meat
PORK, MILD CURED					
Pork, Mild Cured, chilled or frozen Bacon <i>Slices, Precooked</i>	Pound	116.00	1 bacon slice (approximately 0.17 oz) (Other Foods are not creditable in CNP)	0.87	1 lb AP = 0.86 lb cooked bacon (about 6 cups thawed, cooked, and chopped)
Pork, Mild Cured, chilled or frozen Bacon <i>Slices, Raw</i>	Pound	23.00	1 bacon slice (approximately 0.31 oz) (Other Foods are not creditable in CNP)	4.40	1 lb AP = 0.38 lb cooked bacon (about 5 cups chopped)
Pork, Mild Cured, chilled or frozen Ham Hocks <i>Cured and Smoked, (Like IMPS #560)</i>	Pound	0.32	1 oz cooked ham hocks (Other Foods are not creditable in CNP)	312.50	1 lb AP = 0.02 lb cooked meat from ham hocks
	Pound	0.21	1-1/2 oz cooked ham hocks (Other Foods are not creditable in CNP)	476.20	1 lb AP = 0.02 lb cooked meat from ham hocks
POTATO CHIPS					
Potato Chips	Pound	32.00	1/2 oz chips (about 1/2 cup) (Other Foods are not creditable in CNP)	3.20	

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POTATO STICKS					
Potato Sticks	Pound	32.00	1/2 oz sticks (about 3/8 cup) (Other Foods are not creditable in CNP)	3.20	
PUDDING					
Pudding, canned <i>Ready-to-serve, Butterscotch, Chocolate, Vanilla, etc.</i>	No. 10 Can (112 oz)	47.90	1/4 cup pudding (Other Foods are not creditable in CNP)	2.10	1 can = about 12 cups ready-to-serve pudding
	No. 10 Can (112 oz)	23.90	1/2 cup pudding (Other Foods are not creditable in CNP)	4.20	1 can = about 12 cups ready-to-serve pudding
SALAD DRESSINGS					
Salad Dressings <i>French, Mayonnaise, Mayonnaise type</i>	Gallon	16.00	1 cup dressing (Other Foods are not creditable in CNP)		
	Gallon	256.00	1 tablespoon dressing (Other Foods are not creditable in CNP)	0.40	
	Quart	4.00	1 cup dressing (Other Foods are not creditable in CNP)		
	Quart	64.00	1 tablespoon dressing (Other Foods are not creditable in CNP)	1.60	
SYRUPS					
Syrups <i>Cane, Corn, Maple, Molasses, etc.</i>	Gallon (about 183 oz)	16.00	1 cup syrup (Other Foods are not creditable in CNP)		
	Gallon (about 183 oz)	128.00	2 tablespoon syrup (Other Foods are not creditable in CNP)	0.79	
	Quart	4.00	1 cup syrup (Other Foods are not creditable in CNP)		
	Quart	32.00	2 tablespoon syrup (Other Foods are not creditable in CNP)	3.20	
VEGETABLES FOR SEASONING					
Vegetables for Seasoning, dried, Celery Flakes	Ounce	1.30	1 cup dry flakes (Other Foods are not creditable in CNP)		For flavor, use 1 oz dry in place of 11.3 oz (2-2/3 cups) fresh chopped celery
	Pound	21.60	1 cup dry flakes (Other Foods are not creditable in CNP)		For flavor, use 1 oz dry in place of 11.3 oz (2-2/3 cups) fresh chopped celery
Vegetables for Seasoning, dried, Chives <i>Freeze-dried, Flakes</i>	Ounce	2.80	1 cup flakes (Other Foods are not creditable in CNP)		For flavor, use 1 oz dry in place of 14.7 oz (8-2/3 cups) fresh chopped chives

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VEGETABLES FOR SEASONING <i>(continued)</i>					
Vegetables for Seasoning, dried, Chives <i>Freeze-dried, Flakes</i>	Pound	46.20	1 cup flakes (Other Foods are not creditable in CNP)		For flavor, use 1 oz dry in place of 14.7 oz (8-2/3 cups) fresh chopped chives
Vegetables for Seasoning, dried, Garlic <i>Minced</i>	Ounce	2.60	1 tablespoon garlic (Other Foods are not creditable in CNP)		For flavor, use 1/4 tsp. dry in place of 2 cloves fresh minced garlic
	Pound	42.00	1 tablespoon garlic (Other Foods are not creditable in CNP)		For flavor, use 1/4 tsp. dry in place of 2 cloves fresh minced garlic
Vegetables for Seasoning, dried, Mixed vegetables <i>Flakes</i>	Ounce	7.20	1 tablespoon flakes (Other Foods are not creditable in CNP)		
	Pound	7.80	1 cup flakes (Other Foods are not creditable in CNP)		
Vegetables for Seasoning, dried, Onions <i>Chopped</i>	Ounce	6.00	1 tablespoon onions (Other Foods are not creditable in CNP)		For flavor, use 1 oz dry in place of about 9.1 oz (1-1/2 cups) fresh chopped onion
	Pound	5.20	1 cup onions (Other Foods are not creditable in CNP)		For flavor, use 1 oz dry in place of about 9.1 oz (1-1/2 cups) fresh chopped onion
Vegetables for Seasoning, dried, Onions <i>Minced</i>	Ounce	6.00	1 tablespoon onions (Other Foods are not creditable in CNP)		
	Pound	4.50	1 cup onions (Other Foods are not creditable in CNP)		
Vegetables for Seasoning, dried, Onions <i>Flakes</i>	Ounce	6.00	1 tablespoon flakes (Other Foods are not creditable in CNP)	1.00	
	Pound	7.60	1 cup flakes (Other Foods are not creditable in CNP)	1.00	
Vegetables for Seasoning, dried, Parsley <i>Flakes</i>	Ounce	21.80	1 tablespoon flakes (Other Foods are not creditable in CNP)		For flavor, use 1 oz dry in place of about 2.9 oz (4 cups) fresh chopped parsley
	Pound	20.60	1 cup flakes (Other Foods are not creditable in CNP)		For flavor, use 1 oz dry in place of about 2.9 oz (4 cups) fresh chopped parsley
Vegetables for Seasoning, dried, Pepper, Green or Red <i>Flakes</i>	Ounce	11.30	1 tablespoon flakes (Other Foods are not creditable in CNP)		For flavor, use 1 oz dry in place of about 8.8 oz (1-2/3 cups) fresh chopped green pepper
	Pound	11.30	1 cup flakes (Other Foods are not creditable in CNP)		For flavor, use 1 oz dry in place of about 8.8 oz (1-2/3 cups) fresh chopped green pepper

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YEAST					
Yeast <i>Active Dry</i>	Pound	3.10	1 cup yeast (Other Foods are not creditable in CNP)		1 package (1/4 oz) = about 1 tablespoon
Yeast <i>Compressed</i>	Pound	25.20	1 cake yeast (Other Foods are not creditable in CNP)		1 cake (5/8 oz) = 1 package; (1/4 oz) active dry yeast