



Arizona Department of Education  
Diane Douglas, Superintendent of Public Instruction

# Simplified Buying Guide



Child and Adult Care Food Program  
Health and Nutrition Services  
**Revised April 2015**

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# **Simplified Buying Guide**

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# Introduction

This manual has been designed to provide information necessary for preparation of Menu Production Worksheets. For information regarding creditable foods that may be counted toward meeting the requirements for a reimbursable meal, refer to the Creditable Foods Guide – 2014 which is available online at <http://www.azed.gov/health-nutrition/files/2011/06/creditable-food-guide-2014.pdf>

# Conversion Chart

## Fractional Equivalents (F.E.) \* For Use in Converting Recipes

The following chart is designed to help you change fractional parts of pounds, gallons, cups, etc., to accurate weights or measures. To use this chart, take the number in the F.E. column and look under the heading of Tablespoon, Cup, Pint, Quart, Gallon or Pound to convert to an accurate unit of measure or weight. For example, reading from left to right, the table shows that  $\frac{7}{8}$  of one pound is 14 ounces,  $\frac{1}{3}$  of a gallon is 1 quart plus  $1\frac{1}{3}$  cups;  $\frac{1}{16}$  of a cup is 1 tablespoon; etc.

F.E.*	Tablespoon	Cup	Pint	Quart	Gallon	Pound
1	3 tsp	16 Tbsp	2 cups	2 pints	4 quarts	16 ounces
$\frac{7}{8}$	2- $\frac{1}{2}$ tsp	1 cup less 2 Tbsp	1- $\frac{3}{4}$ cups	3- $\frac{1}{2}$ cups	3 quarts plus 1 pint	14 ounces
$\frac{3}{4}$	2- $\frac{1}{4}$ tsp	12 Tbsp	1- $\frac{1}{2}$ cups	3 cups	3 quarts	12 ounces
$\frac{2}{3}$	2 tsp	10 Tbsp plus 2 tsp	1- $\frac{1}{3}$ cups	2- $\frac{2}{3}$ cups	2 quarts plus 2 $\frac{2}{3}$ cups	10- $\frac{2}{3}$ ounces
$\frac{5}{8}$	2 tsp (scant)	10 Tbsp	1- $\frac{1}{4}$ cups	2- $\frac{1}{2}$ cups	2 quarts plus 1 pint	10 ounces
$\frac{1}{2}$	1- $\frac{1}{2}$ tsp	8 Tbsp	1 cup	2 cups	2 quarts	8 ounces
$\frac{3}{8}$	1- $\frac{1}{8}$ tsp	6 Tbsp	$\frac{3}{4}$ cup	1- $\frac{1}{2}$ cups	1 quart plus 2 pint	6 ounces
$\frac{1}{3}$	1 tsp	5 Tbsp plus 1 tsp	$\frac{2}{3}$ cup	1- $\frac{1}{3}$ cups	1 quart plus 1 $\frac{1}{3}$ cups	5- $\frac{1}{3}$ ounces
$\frac{1}{4}$	$\frac{3}{4}$ tsp	4 Tbsp	$\frac{1}{2}$ cup	1 cup	1 quart	4 ounces
$\frac{1}{8}$	$\frac{1}{2}$ tsp (scant)	2 Tbsp	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	1 pint	2 ounces
$\frac{1}{16}$	$\frac{1}{4}$ tsp (scant)	1 Tbsp	2 Tbsp	4 Tbsp	1 cup	1 ounce

# Ingredient Weights

FOOD ITEM	DESCRIPTION	WEIGHT OF 1 CUP (grams)
Applesauce	canned	257
Bananas	mashed	226
	sliced	145
Carrots	fresh, diced	144
	shredded	109
	strips	121
Cereals	All-Bran	61
	Bran Buds	75
	Corn Chex	29
	Corn Flakes, whole	29
	Corn Flakes, crushed	80
	Cheerios	28
	Rice Krispies	27
	Rice Chex	33
	Puffed Rice	13
Wheaties	32	
Cheese	Cheddar, diced	132
	shredded	98
	Cottage Cheese, cream style	233
Chocolate Chips		167
Cocoa		86
Coconut	dehydrated, flakes	88
	shredded	91
Corn Syrup	light or dark	325
Cream	Half and Half	242
	Sour cream	236
	Whipping	232
Eggs, large	whole, 1 egg	50
	white, 1 white	33
	yolk, 1 yolk	17
Flour, all-purpose	unsifted, spooned	126
	sifted, spooned	116
Bread flour	unsifted, dipped	136
	spooned	123
	sifted, spooned	117

# Ingredients Weights (continued)

FOOD ITEM	DESCRIPTION	WEIGHT OF 1 CUP (grams)
Self-rising	unsifted, dipped	130
	spooned	127
	sifted spooned	106
Whole Wheat	Spooned	120
Honey		325
Margarine or Butter	regular	225
	soft	208
Milk	fresh, fluid	241
	evaporated	251
	non-fat dry, instant	74
Molasses		309
Oats, quick cooking	uncooked	73
	cooked	246
Oil, cooking		209
Peanut Butter	crunchy	261
	smooth	251
Pumpkin	fresh, cooked, mashed	247
	canned	238
Raisins		144
Shortening		187
Sugar	brown, packed	211
	confectioners, unsifted	113
	confectioners, sifted	95
	granulated	196
Walnuts	chopped	120
Wheat Germ	spooned	115
Zucchini	fresh, uncooked, shredded	130

Taken from *Average Weight of a Measured Cup of Various Foods*. Home Economics Research Report No.41

# Weights and Volumes of Commonly Served Foods

Food	Weight	Measure (Approximate)
Baking powder	1 oz.	2 Tbsp.
Baking soda	1 oz	2 <sup>1</sup> / <sub>3</sub> Tbsp.
Bread, loaf	1 lb.	18 slices
sandwich	2 lbs.	36-40 slices
crumbs, dry	1 lb.	1 qt.
Butter, lard, margarine	1 lb.	2 cups
Flour, all purpose	1 lb.	4 cups
white, bread, sifted	1 lb.	4 cups
cake, sifted	1 lb.	4 <sup>3</sup> / <sub>4</sub> cups
Honey	1 lb.	1 <sup>1</sup> / <sub>3</sub> cups
Lemon juice	1 lb.	2 cups (8-10 lemons)
Lettuce, average head	9 oz	1
Macaroni, dry	1 lb.	4 cups
1 lb. cooked	3 lbs.	2 <sup>1</sup> / <sub>4</sub> qts.
Oats, rolled, A.P. (quick)	1 lb.	6 cups
Oil, vegetable	1 lb.	2 → 2 <sup>1</sup> / <sub>8</sub> cups
Onions, A.P.	1 lb.	4-5 medium
chopped	1 lb.	2-3 cups
Pepper, ground	1 oz	4 Tbsp.
Potatoes, white A.P.	1 lb.	3 medium
Rice, dry	1 lb.	2 cups
1 lb. cooked	4 → 4 <sup>1</sup> / <sub>2</sub> lbs.	2 qts.
Salad dressing, mayonnaise	1 lb.	2 cups
Shortening, hydrogenated	1 lb.	2 <sup>1</sup> / <sub>4</sub> cups
Spaghetti, dry	1 lb.	5 cups
1 lb. cooked	4 lbs.	2 <sup>1</sup> / <sub>2</sub> qts.
Sugar, brown, solid pack	1 lb.	2 cups
granulated	1 lb.	2 cups
powdered, XXXX, sifted	1 lb.	3 cups
Vanilla extract	1 oz	2 Tbsp.
Vinegar	1 lb.	2 cups
Walnuts, E.P.	1 lb.	4 cups

# A Guide to Common Can Sizes

6 oz	Approximately $\frac{3}{4}$ cup 6 fl. oz	Used for frozen concentrated juices and individual servings of single strength juices.
8 oz	Approximately 1 cup 8 oz ( $7\frac{3}{4}$ fl. oz)	Used mainly in metropolitan areas for most fruits, vegetables, and specialty items.
No. 1 (Picnic)	Approximately $1\frac{1}{4}$ cups 10 $\frac{1}{2}$ oz ( $9\frac{1}{2}$ fl. oz)	Used for condensed soups, some fruits, vegetables, meat, and fish products.
No. 300	Approximately $1\frac{3}{4}$ cups 15 $\frac{1}{2}$ oz ( $13\frac{1}{2}$ fl. oz)	For specialty items, such as beans with pork, spaghetti, macaroni, chili con carne, date and nut bread - also a variety of fruits, including cranberry sauce and blueberries.
No. 303	Approximately 2 cups 1 lb. (15 fl. oz)	Used extensively for vegetables; plus fruits, such as sweet and sour cherries, fruit cocktail, applesauce.
No. 2	Approximately $2\frac{1}{2}$ cups 1 lb. 4 oz (1 pt. 2 fl. oz)	Used for vegetables, many fruits, and juices.
No. 2 $\frac{1}{2}$	Approximately $3\frac{1}{2}$ cups 1 lb. 13 oz (1 pt. 10 fl. oz)	Used principally for fruits, such as peaches, pears, plums, and fruit cocktail; plus vegetables, such as tomatoes, sauerkraut, and pumpkin.
46 oz	Approximately $5\frac{3}{4}$ cups 46 oz (1 qt. 14 fl. oz)	Used almost exclusively for juices, also for whole chicken.
No. 10	Approximately 12 cups 6 lbs. 9 oz (3 qts.)	So-called "institutional" or "restaurant" size container, for most fruits and vegetables. Stocked by some retail stores.

# Information Sheet

## Canned Goods

Size of Can	Average Weight	Average No. of Cups to a Can	No. of $\frac{1}{4}$ C. Servings/Can	No. of Cans to a Case
No. $\frac{1}{2}$	8 oz	1	4	8 doz
No. 1 tall	16 oz	2	8	2 doz
No. 2	20 oz	2 $\frac{1}{2}$	10	2 doz
No. 2 $\frac{1}{2}$	28 oz	3 $\frac{1}{2}$	14	2 doz
No. 3	33 oz	4	16	2 doz
No. 5	3 lb, 8 oz	6 $\frac{1}{2}$	26	1 doz
No. 6	46 oz	5 $\frac{2}{3}$	23	1 doz
No. 10	6 lb, 10 oz	13	52	$\frac{1}{2}$ doz

## Ladles

Size	Part of Cup	No. to a Quart
1 oz	$\frac{1}{8}$	32
2 oz	$\frac{1}{4}$	16
2 $\frac{2}{3}$ oz	$\frac{1}{3}$	12
4 oz	$\frac{1}{2}$	8
6 oz	$\frac{3}{4}$	5 $\frac{1}{3}$
8 oz	1	4

## Scoops or Dishers

Size	Part of Cup	Tablespoons	No. to a Quart
6	$\frac{2}{3}$	10 $\frac{2}{3}$	6
8	$\frac{1}{2}$	8	8
10	--	6 $\frac{2}{3}$	10
12	$\frac{1}{3}$	5 $\frac{1}{3}$	12
16	$\frac{1}{4}$	4	16
20	--	3 $\frac{1}{5}$	20
24	--	2 $\frac{2}{3}$	24
30	--	2 $\frac{1}{7}$	30
40	--	1 $\frac{3}{5}$	40

# Abbreviations

t = teaspoon(s)

T = tablespoon(s)

C = cup(s)

pt = pint(s)

qt = quart(s)

gal = gallon(s)

oz = ounce(s)

lb = pound(s)

fl oz = fluid ounce(s)

wt = weight

ea = each

pc(s) = piece(s)

sl = slice(s)

# = number (i.e. #10 can)

pkd = packed

MBG = Meat Buyers Guide

EP = edible portion

°F = degrees Fahrenheit

AP = as purchased

# Equivalent Volume Measures

3 teaspoons = 1 tablespoon

2 tablespoons = 1 fluid ounce

2 tablespoons =  $\frac{1}{8}$  cup

4 tablespoons =  $\frac{1}{4}$  cup

5  $\frac{1}{3}$  tablespoons =  $\frac{1}{3}$  cup

8 tablespoons =  $\frac{1}{2}$  cup

10  $\frac{2}{3}$  tablespoons =  $\frac{2}{3}$  cup

12 tablespoons =  $\frac{3}{4}$  cup

16 tablespoons = 1 cup

8 fluid ounces = 1 cup

2 cups = 1 pint

2 pints = 1 quart

4 cups = 1 quart

4 quarts = 1 gallon

# Decimal Equivalents

$\frac{1}{8}$  = 0.12

$\frac{1}{4}$  = 0.25

$\frac{3}{8}$  = 0.38

$\frac{1}{2}$  = 0.50

$\frac{5}{8}$  = 0.62

$\frac{3}{4}$  = 0.75

$\frac{7}{8}$  = 0.88

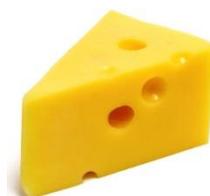
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# Beans & Lentils

## Food Item: Beans (canned in sauce)

Serving Size: ¼ cup	
Purchase Unit	Single Serving Requirement
No. 10 can	.022
No. 300 can	.145
No. 2 ½ can	.076

## Food Item: Black Beans

Serving Size: ¼ cup	
Purchase Unit	Single Serving Requirement
Pound (dry)	.055
No. 10 can	.036
No. 300 can	.170

## Food Item: Chickpeas (garbanzo beans)

Serving Size: ¼ cup	
Purchase Unit	Single Serving Requirement
Pound (dry)	.041
No. 10 can	.024
No. 300 can	.150

## Food Item: Great Northern Beans

Serving Size: ¼ cup	
Purchase Unit	Single Serving Requirement
Pound (dry)	.040
No. 10 can	.031
No. 300 can	.229

**Food Item: Kidney Beans**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound (dry)	.041
No. 10 can	.026
No. 300 can	.179
No. 2 ½ can	.087

**Food Item: Lima Beans**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound (dry)	.043
No. 10 can	.024
No. 2 ½ can	.064

**Food Item: Lentils**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound (dry)	.034

**Food Item: Pinto Beans**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound (dry)	.048
No. 10 can	.027

**Food Item: Refried Beans**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.021
No. 300 can	.142

**Food Item:** Soy Beans (shelled edamame)

**Serving Size:**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.094

# Cheese

**Food Item:** American (includes Cheddar, Mozzarella and Swiss)

**Serving Size:** 1 oz.

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.063

Additional Information: includes reduced fat, low fat, nonfat, and lite versions.  
1 lb. = about 4 cups shredded cheese

**Food Item:** Cottage or Ricotta

**Serving Size:** 1oz.

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.125

Additional Information: includes reduced fat, low fat, nonfat, and lite versions.  
1 lb. = about cups cheese

**Food Item:** Feta or Brie

**Serving Size:** 1oz.

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.063

Additional Information: includes reduced fat, low fat, nonfat, and lite versions

**Food Item:** Grated Parmesan or Romano

**Serving Size:** 1oz.

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.063

Additional Information: includes reduced fat, low fat, nonfat, and lite versions

**Food Item: Spread or Food Product**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.125

Additional Information: includes reduced fat, low fat, nonfat, and lite versions

# Meat, Fish and Poultry

## Food Item: Beef Brisket (without bone)

Serving Size: 1oz.

Purchase Unit	Single Serving Requirement
Pound	.136

## Food Item: Beef, Chuck Roast (without bone)

Serving Size: 1oz.

Purchase Unit	Single Serving Requirement
Pound	.100

## Food Item: Beef, Ground

Serving Size: 1oz.

Purchase Unit	Single Serving Requirement
Pound	.090

## Food Item: Beef, Liver

Serving Size: 1oz.

Purchase Unit	Single Serving Requirement
Pound	.090

## Food Item: Beef Stew Meat

Serving Size: 1oz.

Purchase Unit	Single Serving Requirement
Pound	.103

**Food Item: Canadian Bacon**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.091

**Food Item: Chicken, Breast**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.121 (without skin)

Additional information: purchased fresh or frozen

**Food Item: Chicken, Drumsticks**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.153 (with skin)
Pound	.128 (without skin)

Additional information: purchased fresh or frozen

**Food Item: Chicken, Ground (fresh or frozen)**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.090

Additional information: purchased fresh or frozen

**Food Item: Chicken, Tenderloins**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.087

Additional information: purchased fresh or frozen

**Food Item: Chicken, Thighs**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.181 (with skin)
	.146 (without skin)

Additional information: purchased fresh or frozen

**Food Item: Chicken, Wings**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.184 (with skin)
Pound	.241 (without skin)

Additional information: purchased fresh or frozen

**Food Item: Chicken, Whole**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.174 (with skin and no giblets)

Additional information: purchased fresh or frozen

**Food Item: Fish Fillets**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.090

Additional information: purchased fresh or frozen

**Food Item: Ham (bone-in)**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.139

Additional information: purchased fresh or frozen

**Food Item: Ham (canned)**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.099

**Food Item: Hot Dogs (frankfurters)**

**Serving Size: 8 per pound**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.125

Additional Information: If 8 hot dogs to a package, 1 hot dog = 2 oz. meat. If 10 hot dogs to a package, 1 hot dog = 1.6 oz. meat.

**Food Item: Luncheon Meat**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.063

**Food Item: Salmon or Tuna (canned)**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
6 oz. can	.192
12 oz. can	.096

**Food Item: Sausage (Pork – links or patties)**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.133

**Food Item: Sausage (Italian style – salami or pepperoni)**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.101

Additional Information: includes salami and pepperoni; cannot contain more than 35% fat.

**Food Item: Spareribs**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.161

Additional Information: purchased fresh or frozen

**Food Item: Turkey, Ground**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.090

Additional Information: purchased fresh or frozen

**Food Item: Turkey, Whole without giblets**

**Serving Size: 1oz.**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.118

Additional Information: purchased fresh or frozen

# Nuts and Seeds

## Food Item: Nut Butters

**Serving Size:** 2 tablespoons = 1oz.

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.011

**Serving Size:** 2 tablespoons = 1oz.

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
32 oz. jar	.035

Additional Information: peanut butter, cashew nut butter and almond butter. Cannot meet more than 50% of the portion requirement and must be used in combination with another meat/meat alternate at lunch/supper; meets the total portion requirement of the meat/meat alternate at snack.

## Food Item: Nuts and Seeds

**Serving Size:** 1oz.

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.063

Additional Information: includes peanut nuts, soy nuts, tree nuts or seeds. Nuts and seeds cannot meet more than 50% of the portion requirement and must be used in combination with another meat/meat alternate.

# Yogurt and Eggs

## Food Item: Eggs (fresh)

Serving Size: 1 Egg = 1 oz.

Purchase Unit	Single Serving Requirement
Dozen	.084

## Food Item: Yogurt

Serving Size:  $\frac{1}{2}$  cup = 1oz.

Purchase Unit	Single Serving Requirement
32 oz. container	.125
4 oz. or 8 oz. container	1.00

# Fruits

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**Food Item: Apples**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.068

**Food Item: Apples (canned – sliced)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.020

**Food Item: Apple Sauce (canned – smooth or chunky)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.022
No. 2-1/2 can	.079

**Food Item: Apricots**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.093

**Food Item: Apricots (canned – slices)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.022
No. 2-1/2 can	.080

### Food Item: Bananas

Serving Size:  $\frac{1}{4}$  cup

Purchase Unit	Single Serving Requirement
Pound	.186

Additional information: a  $\frac{1}{4}$  cup banana = equals about  $\frac{1}{2}$  a banana

### Food Item: Bananas (mashed)

Serving Size:  $\frac{1}{4}$  cup

Purchase Unit	Single Serving Requirement
Pound	.143
No. 10 can	.020

### Food Item: Berries

Serving Size:  $\frac{1}{4}$  cup

Purchase Unit	Single Serving Requirement
Pound	.085

Additional information: includes blackberries, blueberries and raspberries.

### Food Item: Berries (canned)

Serving Size:  $\frac{1}{4}$  cup

Purchase Unit	Single Serving Requirement
No. 10 can	.022
No. 300 can	.148

Additional information: includes blackberries, blueberries and raspberries.

### Food Item: Berries (Frozen)

Serving Size:  $\frac{1}{4}$  cup

Purchase Unit	Single Serving Requirement
Pound	.129

Additional information: includes blackberries, blueberries and raspberries.

**Food Item: Cactus Fruit (prickly pear)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.268

**Food Item: Cantaloupe**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.175

**Food Item: Cherries (fresh)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.118

**Food Item: Cherries (canned – pitted)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.028

**Food Item: Cranberries, Dried**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.073

**Food Item: Cranberry, Relish or Sauce (canned)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.021
No. 300 can	.150

**Food Item: Dates (dried – pitted)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.091

**Food Item: Fruit Cocktail**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.022
No. 2-1/2 can	.079
No. 300 can	.159

**Food Item: Grapefruit**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.221

**Food Item: Grapes (seedless)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.096

**Food Item: Honeydew Melon**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.205

**Food Item: Juice (100% full strength)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
32 oz. can or container	.063
46 oz. can or container	.044
96 oz. can or container	.021

**Food Item: Juice (frozen – concentrated)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
32 oz. can	.016
12 oz. can	.042

**Food Item: Kiwi**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.120

**Food Item: Mangoes**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.132

**Food Item: Nectarines**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.114

**Food Item: Oranges**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.286

**Food Item: Oranges, Mandarin (canned)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.137

**Food Item: Papaya**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.117

**Food Item: Passion Fruit (no seeds)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.290

**Food Item: Peaches**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.147

**Food Item: Peaches (canned – slices or halves)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.022
No. 2-1/2 can	.078
No. 300 can	.158

**Food Item: Peaches (frozen)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.137

**Food Item: Pears (fresh – whole)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.141

**Food Item: Pears (canned)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.022
No. 2-1/2 can	.077

**Food Item: Pineapple**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.157

**Food Item: Pineapple (canned – chunks, crushed or sliced)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.022
No. 2 can	.113

**Food Item: Pineapple (frozen – Unsweetened chunks)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.137

**Food Item: Plantain (green)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.134

**Food Item: Plantain (ripe)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.179

**Food Item: Plums (fresh)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.094

**Food Item: Plums (canned)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.021
No. 2-1/2 can	.069

**Food Item: Pomegranate (fresh – kernels)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.158

**Food Item: Prunes (canned)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.022

**Food Item: Prunes (dried – with or without pits)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.105

**Food Item: Raisins**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.080

**Food Item: Starfruit**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.075

**Food Item: Strawberries**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.096

**Food Item: Strawberries (frozen)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.141

**Food Item: Tangelos**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.150

**Food Item: Tangerines**

**Serving Size: 1/4 cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.129

**Food Item: Watermelon**

**Serving Size: 1/4 cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.164

# **Vegetables**

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**Food Item: Asparagus**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.209

**Food Item: Asparagus (canned and cut)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.036
No. 300 can	.290

**Food Item: Asparagus (frozen spears)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.094

**Food Item: Avocado (diced)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.122

**Food Item: Avocado (mashed or sliced)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.197

**Food Item: Beans, Green**

<b>Serving Size: ¼ cup</b>	
<b>Market Unit</b>	<b>Single Serving Requirement</b>
Pound	.081

**Food Item: Beans, Green (canned and cut)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.023
No. 2 ½ can	.080
No. 300 can	.200

**Food Item: Beans, Green (French style canned)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.028
No. 2 ½ can	.100
No. 300 can	.278

**Food Item: Beets (canned and sliced or diced)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.028

**Food Item: Broccoli**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.103

**Food Item: Broccoli (frozen and chopped)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.105

**Food Item: Broccoli (frozen spears)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.092

**Food Item: Brussels Sprouts**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.118

**Food Item: Brussels Sprouts (frozen)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.097

**Food Item: Cabbage, Green (chopped)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.057

**Food Item: Cabbage, Green (chopped w/dressing)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.090

**Food Item: Cabbage, Green (shredded)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.038

**Food Item: Carrots (baby)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.078

**Food Item: Carrots (chopped or sliced)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.095

**Food Item: Carrots (frozen)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.102

**Food Item: Carrots (canned and sliced or diced)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.030
No. 300 can	.193

**Food Item: Carrots (shredded)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.051

**Food Item: Carrots (sticks ½" x 4")**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.065

Additional information: ¼ cup equals about 3 sticks

**Food Item: Cauliflower (cooked)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.114

**Food Item: Cauliflower (fresh florets)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.055

**Food Item: Cauliflower (frozen)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.109

**Food Item: Celery (diced and cooked)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.115

**Food Item: Celery (sticks ½" x 4")**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.082

Additional information: ¼ cup equals about 3 sticks

**Food Item: Collard Greens**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.162

**Food Item: Collard Greens (canned)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.037
No. 2 ½ can	.147
No. 300 can	.273

**Food Item: Corn (canned and cream style)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.022
No. 300 can	.158

**Food Item: Corn (canned and whole kernel)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.026
No. 300 can	.177

**Food Item: Corn (without husk)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.190

Additional information: ¼ cup cooked vegetable is about ½ cob

**Food Item: Corn (frozen whole kernel)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.091

**Food Item: Corn (frozen corn on the cob)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.236

Additional information: ¼ cup equals about 1 cobbette

**Food Item: Cucumber (diced or sliced)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.096

**Food Item: Eggplant (cooked)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.150

**Food Item: Jicama**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.085

**Food Item: Kale w/ stem (chopped)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.029

**Food Item: Kale w/stem (cooked)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.100

**Food Item: Kale (frozen and chopped)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.083

**Food Item: Lettuce (iceberg)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.049

**Food Item: Lettuce (iceberg with dressing)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.072

**Food Item: Lettuce (romaine)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.032

**Food Item: Lettuce (romaine w/ dressing)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.048

**Food Item: Mushrooms (raw)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.054

**Food Item: Mushrooms (cooked)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.121

**Food Item: Mushrooms (canned)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.021
No. 300 can	.173

**Food Item: Okra (canned)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.026
No. 300 can	.219

**Food Item: Okra (frozen)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.110

**Food Item: Olives (canned and ripe or sliced)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.021

**Food Item: Onions (sliced)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.071

**Food Item: Onions (cooked pieces)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.127

**Food Item: Peas, Green (canned)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.028
No. 300 can	.203

**Food Item: Peas, Green (frozen)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.105

**Food Item: Peas and Carrots (canned)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.025

**Food Item: Peas and Carrots (frozen)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.092

**Food Item: Peppers, Bell (cooked)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.103

**Food Item: Peppers, Bell (fresh chopped, diced)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.104

**Food Item: Peppers, Bell (strips)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.069

**Food Item: Peppers, Bell (frozen and cooked)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.137

**Food Item: Peppers, Green Chilies (canned)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.020

**Food Item: Peppers, Jalapeno (canned slices)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.020

**Food Item: Pickles (canned chips)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
1 Gallon	.017
1 Quart	.072

**Food Item: Potatoes, Canned (diced or sliced)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.026
No. 300 can	.170

**Food Item: Potatoes, Dehydrated (flakes or granules)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.020

**Food Item: Potatoes, Hashed Browns (frozen diced)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.130

**Food Item: Potatoes, Hashed Browns (frozen patty)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.141

Additional Information: 1 cooked patty = about ¼ cup cooked vegetable

**Food Item: Potatoes, French Fries**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.080

Additional Information: include crinkle cut, curly and shoestring.

**Food Item: Potatoes, Mashed**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.120

Additional Information: Includes white or russet potatoes

**Food Item: Potatoes, Rounds (frozen)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.079

Additional Information: ¼ cup cooked vegetables = about 4 pieces

**Food Item: Potatoes, Wedges or Skins (frozen)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.095

**Food Item: Potatoes, Whole Baked**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.154

**Food Item: Potatoes, Whole (cooked and sliced or diced)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.113

**Food Item: Radishes (fresh without tops)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.079

**Food Item: Radishes (sliced)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.066

**Food Item: Salad Mix**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.039

Additional Information: Includes mixed greens

**Food Item: Sauerkraut (canned)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.028
No. 2 ½ can	.067
No. 300 can	.203

**Food Item: Soup (condensed)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
54 oz. can or container	.044
46 oz. can or container	.087
10.75 oz. can or container	.417

Additional Information: Includes Bean, Minestrone, Pea, Tomato, Tomato with, Vegetable and Vegetable with meat or poultry (i.e. chicken noodle)

**Food Item: Spinach**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.033

**Food Item: Spinach (canned)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.040
No. 2 ½ can	.145
No. 300 can	.256

**Food Item: Spinach (with dressing)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.050

**Food Item: Spinach (frozen)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.179

**Food Item: Squash, Acorn (mashed)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.213

**Food Item: Squash, Butternut (mashed)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.186

**Food Item: Squash, Zucchini (fresh cooked)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.099

**Food Item: Squash, Zucchini (frozen and cooked)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.143

**Food Item: Sweet Potatoes, Canned**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.026
No. 2 ½ can	.082
No. 300 can	.194

**Food Item: Sweet Potatoes (Baked Slices)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.110

**Food Item: Sweet Potatoes (Mashed)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.182

### Food Item: Tomato, Paste

Serving Size:  $\frac{1}{4}$  cup

Purchase Unit	Single Serving Requirement
No. 10 can	.0053
No. 2 $\frac{1}{2}$ can	2.0
Pound	3.7

Additional Information: 1 tablespoon paste =  $\frac{1}{4}$  cup vegetable

### Food Item: Tomato, Puree

Serving Size:  $\frac{1}{4}$  cup

Purchase Unit	Single Serving Requirement
No. 10 can	.011
No. 2 $\frac{1}{2}$ can	.039
Pound	.070

Additional Information: 2 tablespoons puree =  $\frac{1}{4}$  cup vegetable

### Food Item: Tomato, Sauce

Serving Size:  $\frac{1}{4}$  cup

Purchase Unit	Single Serving Requirement
No. 10 can	.020
No. 300 can	.146
Pound	.131

Additional Information: 2 tablespoons puree =  $\frac{1}{4}$  cup vegetable

### Food Item: Tomatoes, Canned

Serving Size:  $\frac{1}{4}$  cup

Purchase Unit	Single Serving Requirement
No. 10 can	.021
No. 2 $\frac{1}{2}$ can	.075
No. 300 can	.152

Additional Information: Includes crushed, diced, stewed or whole.

**Food Item: Tomatoes, Cherry (halved)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.095

Additional information: ¼ cup vegetable halves is about 5 cherry tomato halves

**Food Item: Tomatoes, Whole (fresh diced)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.132

**Food Item: Tomatoes, Whole (fresh wedges)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.097

**Food Item: Vegetables Mixed (canned)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
No. 10 can	.028
No. 2 ½ can	.087
No. 300 can	.216

**Food Item: Vegetables, Mixed (frozen)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.124

# Grains

# FNS Instruction 783.1 Rev 2: Exhibit A

Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mein noodles</li> <li>• Crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry) Note: weights apply to bread in stuffing.</li> </ul>	<ul style="list-style-type: none"> <li>1 serving = 20 gm or 0.7 oz.</li> <li>¾ serving = 15 gm or 0.5 oz.</li> <li>½ serving = 10 gm or 0.4 oz.</li> <li>¼ serving = 5gm or 0.2 oz.</li> </ul>
Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (white, wheat, whole wheat, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Crackers (graham crackers – all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita Bread (white, wheat, whole wheat)</li> <li>• Pizza Crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (white, wheat, whole wheat, potato)</li> <li>• Tortillas (wheat or corn)</li> <li>• Tortilla chips (wheat or corn)</li> <li>• Taco shells</li> </ul>	<ul style="list-style-type: none"> <li>1 serving = 25 gm or 0.9 oz.</li> <li>¾ serving = 19 gm or 0.7 oz.</li> <li>½ serving = 13 gm or 0.5 oz.</li> <li>¼ serving = 6 gm or 0.2 oz.</li> </ul>
Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> <li>• Cookies<sup>3</sup> (plain)</li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (desert pies<sup>3</sup>, fruit turnovers<sup>4</sup>, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving = 31 gm or 1.1oz</li> <li>• ¾ serving = 23 gm or 0.8 oz.</li> <li>• ½ serving = 16 gm or 0.6 oz.</li> <li>• ¼ serving = 8gm or 0.3 oz.</li> </ul>

**1** The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

**2** Some of the following foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

**3** Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

**4** Allowed for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP

# FNS Instruction 783.1 Rev 2: Exhibit A

<b>Group D</b>	<b>Minimum Serving Size for Group D</b>
<ul style="list-style-type: none"> <li>• Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>• Granola bars<sup>4</sup> (plain)</li> <li>• Muffins (all, except corn)</li> <li>• Sweet rolls<sup>4</sup> (unfrosted)</li> <li>• Toaster pastry (unfrosted)</li> </ul>	1 serving = 50 gm or 1.8 oz. ¾ serving = 38 gm or 1.3 oz. ½ serving = 25 gm or 0.9 oz. ¼ serving = 13 gm or 0.5 oz.
<b>Group E</b>	<b>Minimum Serving Size for Group E</b>
<ul style="list-style-type: none"> <li>• Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>• Doughnuts<sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>• French toast</li> <li>• Grain fruit bars<sup>4</sup></li> <li>• Granola bars<sup>4</sup> (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>• Sweet rolls<sup>4</sup> (frosted)</li> <li>• Toaster pastry (frosted)</li> </ul>	1 serving = 63 gm or 2.2 oz. ¾ serving = 47 gm or 1.7 oz. ½ serving = 31 gm or 1.1 oz. ¼ serving = 16 gm or 0.6 oz.
<b>Group F</b>	<b>Minimum Serving Size for Group F</b>
<ul style="list-style-type: none"> <li>• Cake<sup>3</sup> (plain, unfrosted)</li> <li>• Coffee cake<sup>4</sup></li> </ul>	1 serving = 75 gm or 2.7 oz. ¾ serving = 56 gm or 2 oz. ½ serving = 38 gm or 1.3 oz. ¼ serving = 19 gm or 0.7 oz.
<b>Group G</b>	<b>Minimum Serving Size for Group G</b>
<ul style="list-style-type: none"> <li>• Brownies<sup>3</sup> (plain)</li> <li>• Cakes<sup>3</sup> (all varieties, frosted)</li> </ul>	1 serving = 115 gm or 4 oz. ¾ serving = 86 gm or 3 oz. ½ serving = 58 gm or 2 oz. ¼ serving = 29 gm or 1 oz.
<b>Group H</b>	<b>Minimum Serving Size for Group H</b>
<ul style="list-style-type: none"> <li>• Barley</li> <li>• Breakfast cereals (cooked)<sup>5,6</sup></li> <li>• Bulgur or cracked wheat</li> <li>• Macaroni (all shapes)</li> <li>• Noodles (all varieties)</li> <li>• Pasta (all shapes)</li> <li>• Ravioli (noodle only)</li> <li>• Rice (enriched white or brown)</li> </ul>	1 serving = ½ cup cooked (or 25 gm dry)
<b>Group I</b>	<b>Minimum Serving Size for Group I</b>
<ul style="list-style-type: none"> <li>• Ready to eat breakfast cereal (cold dry)<sup>5,6</sup></li> </ul>	1 serving = ¾ cup or 1 oz., whichever is less

**3** Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

**4** Allowed for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

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

**6** Cereals may be whole-grain, enriched, or fortified.

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**Food Item: Bagels**

**Serving Size:** ½ serving  
(13 grams or 0.5 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Dozen	.042

**Food Item: Bagels, Mini**

**Serving Size:** ½ serving  
(13 grams or 0.5 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.095

**Food Item: Biscuits (canned)**

**Serving Size:** ½ serving  
(13 grams or 0.5 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Can	.063

Additional information: One can contains 8 biscuits.

**Food Item: Bread**

**Serving Size:** ½ slice  
(13 grams or 0.5 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.032

Additional information: includes all types – white, rye, whole wheat, raisin, quick bread, etc.

**Food Item: Bread, Pita**

**Serving Size:** ½ serving  
(13 grams or 0.5 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Dozen	.042

Additional information: includes white, wheat, and whole wheat.

**Food Item: Bread Sticks**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Dozen	.1666

**Food Item: Bulger (cracked wheat)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.026

**Food Item: Buns**

<b>Serving Size: ½ serving (13 grams or 0.5 ounces)</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Dozen	.042

Additional information: includes hamburger and hot dog buns.

**Food Item: Cereal (flaked, granulated, granola or shredded)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.031

**Food Item: Cereal (puffed)**

<b>Serving Size: ¼ cup</b>	
<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.021

**Food Item: Cookies**

**Serving Size:** ½ serving  
(16 grams or 0.6 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.038

**Food Item: Cornmeal**

**Serving Size:** ¼ cup

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.020

**Food Item: Chow Mein Noodles**

**Serving Size:** ¼ cup

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.029

**Food Item: Crackers, Animal**

**Serving Size:** ½ serving  
(13 grams or 0.5 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.032

**Food Item: Cracker, Cheez-Its**

**Serving Size:** ½ serving  
(10 grams or 0.4 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.025

Additional information: about 10 crackers = ½ serving

### Food Item: Crackers, Graham

**Serving Size:** ½ serving  
(13 grams or 0.5 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.032

Additional information: about 2 cracker squares = ½ serving

### Food Item: Crackers, Ritz

**Serving Size:** ½ serving  
(10 grams or 0.4 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.029

Additional information: about 4 crackers = ½ serving

### Food Item: Crackers, Saltine

**Serving Size:** ½ serving  
(10 grams or 0.4 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.025

Additional information: about 4 crackers = ½ serving

### Food Item: Crackers, Soda

**Serving Size:** ½ serving  
(10 grams or 0.4 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.023

Additional information: about 2 crackers = ½ serving

### Food Item: Crackers, Triscuits

**Serving Size:** ½ serving  
(10 grams or 0.4 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.032

Additional information: about 3 crackers = ½ serving

### Food Item: Crackers, Wheat Thins

**Serving Size:** ½ serving  
(10 grams or 0.4 ounces)

Purchase Unit	Single Serving Requirement
Pound	.026

Additional information: about 6 crackers = ½ serving

### Food Item: Croutons

**Serving Size:** ¼ cup

Purchase Unit	Single Serving Requirement
Pound	.023

### Food Item: Dough Mixes

**Serving Size:** ½ serving  
(16 grams or 0.6 ounces)

Purchase Unit	Single Serving Requirement
Pound	.032

Additional information: mix for cornbread, dumplings, hush puppies, meat pie crust, meat turnover crust, pancakes, pizza crust, popovers, sopapillas, spoonbread, and waffles.

### Food Item: Doughnuts

**Serving Size:** ½ serving  
(31 grams or 1.1 ounces)

Purchase Unit	Single Serving Requirement
Dozen	.042

### Food Item: English Muffins

**Serving Size:** ½ serving  
(13 grams or 0.5 ounces)

Purchase Unit	Single Serving Requirement
Dozen	.042

Additional information: ½ a muffin = ½ serving

**Food Item: Farina**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.017

**Food Item: Grits**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.020

**Food Item: Melba Toast**

**Serving Size: ½ serving**  
(10 grams or 0.4 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.027

Additional information: about 3 pieces = ½ serving

**Food Item: Muffins**

**Serving Size: ½ serving**  
(25 grams or 0.9 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Dozen	.042

Additional information: ½ a muffin = ½ serving

**Food Item: Oats, Rolled**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.022

**Food Item: Pasta, Bowtie**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.040

**Food Item: Pasta, Elbow Macaroni**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.026

**Food Item: Pasta, Lasagna Sheets**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.036

**Food Item: Pasta, Penne**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.032

**Food Item: Pasta, Spaghetti**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.048

**Food Item: Pasta, Spiral (rotini)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.030

**Food Item: Pretzels, Mini**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.023

**Food Item: Pretzels, Soft**

**Serving Size: ½ serving**  
(13 grams or 0.5 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Dozen	.083

**Food Item: Quinoa**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.038

**Food Item: Rice (all types)**

**Serving Size: ¼ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.038

### Food Item: Rice Cakes

**Serving Size:** ½ serving  
(10 grams or 0.4 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
5.25 oz. package	.093

Additional Information: about 1-1/2 cakes = ½ serving

### Food Item: Rolls

**Serving Size:** ½ serving  
(13 grams or 0.5 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Dozen	.042

Additional Information: One roll must weigh at least 25 grams (0.9 oz.)

### Food Item: Rye Wafers

**Serving Size:** ½ serving  
(10 grams or 0.4 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.028

Additional Information: about 2 wafers = ½ serving

### Food Item: Stuffing (bread)

**Serving Size:** ½ serving  
(10 grams or 0.4 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.091

### Food Item: Sweet Rolls

**Serving Size:** ½ serving  
(25 grams or 0.9 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Dozen	.042

**Food Item: Taco/Tostada Shells**

**Serving Size:** ½ serving  
(13 grams or 0.5 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Dozen	.084

Additional Information: 1 taco/tostada shell = ½ serving

**Food Item: Tortilla Chips**

**Serving Size:** ¼ cup

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.032

**Food Item: Tortillas, Corn**

**Serving Size:** ½ serving  
(13 grams or 0.5 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Dozen	.084

**Food Item: Tortillas, Flour**

**Serving Size:** ½ serving  
(13 grams or 0.5 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Dozen	.042

**Food Item: Zwieback**

**Serving Size: Serving Size:** ½ serving  
(10 grams or 0.4 ounces)

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Pound	.031

Additional Information: about 2 pieces= ½ serving

**Milk**

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**Food Item: Milk, Fluid**

**Serving Size: ½ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
½ Gallon	.064

Additional Information: includes whole, low fat, skim, buttermilk, lactose-reduced, lactose-free, and unflavored or flavored

**Food Item: Milk, Fluid**

**Serving Size: ½ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Gallon	.032

Additional Information: includes whole, low fat, skim, buttermilk, lactose-reduced, lactose-free, and unflavored or flavored

**Food Item: Milk, Fluid**

**Serving Size: ½ cup**

<b>Purchase Unit</b>	<b>Single Serving Requirement</b>
Quart	.125

Additional Information: includes whole, low fat, skim, buttermilk, lactose-reduced, lactose-free, and unflavored or flavored

# CACFP Food Cost

The Arizona Department of Education (ADE) requires all sponsors and institutions to spend at least 50% of their monthly reimbursement on food purchases alone. Below are a list of suggestions for increasing food cost, when less than 50% of the reimbursement is being spent.



Purchase organic foods

Serve crackers less frequently

Add a meat/meat alternate to breakfast meals



Decrease the amount of cereal served



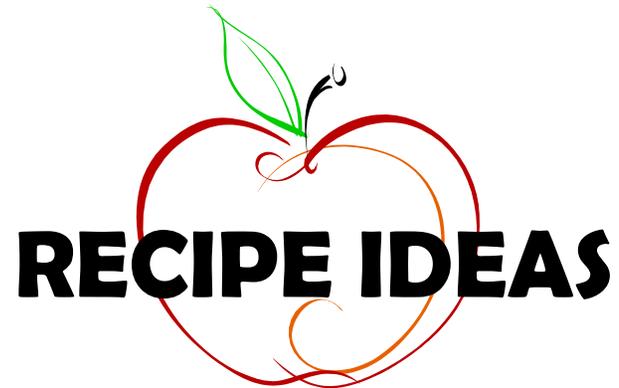
Offer an extra component with snack meals

Limit the use of coupons and discounts

Serve fresh whole fruit instead of fruit juice



Purchase the brand name vs. the store brand



The following recipes are from the CACFP Menu Planning Guide from the USDA Team Nutrition located at <http://fns.dpi.wi.gov/sites/default/files/imce/fns/pdf/menu-planning-guide-web.pdf>

## Bowties

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Bowtie pasta	2 cups	4 cups	8 cups	16 cups
Olive oil	1 Tbsp + 2 tsp	3 Tbsp + 1 tsp	6 Tbsp + 2 tsp	13 Tbsp + 1 tsp
Corn kernels yellow, frozen	1/2 cup	1 cup	2 cups	4 cups
Edamame, peas, or snap peas, frozen	1/4 cup	1/2 cup	1 cup	2 cups
Bell pepper, red	1/4 cup	1/2 cup	1 cup	2 cups
Carrots, chopped or shredded	1/2 cup	1 cup	2 cups	4 cups
Parmesan cheese, grated	1/4 cup	1/2 cup	1 cup	2 cups

### Directions:

1. Cook pasta as directed on package.
2. Drain. Let cool.
3. In large bowl, mix pasta, corn, edamame (peas or snap peas), bell pepper and carrots.
4. Drizzle with olive oil. Toss to coat.
5. Add parmesan cheese. Toss again.
6. Serve 1/2 cup servings.

**Food For Thought** Allow kids to pick colors they would like to try and add vegetables from each color group to change the look and taste of this dish. Bowties can also be served for snack.

**CACFP Crediting** For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

## Nutrition Facts

Serving size: 1/2 cup (69g)  
Servings Per Recipe: 24

### Amount Per Serving

<b>Calories</b>	159	Cal. from Fat	49
<b>% Daily Value*</b>			
<b>Total Fat</b>	7g		8%
Saturated Fat	1g		8%
<b>Cholesterol</b>	4mg		0%
<b>Sodium</b>	74mg		4%
<b>Total Carbohydrate</b>	22g		8%
Dietary Fiber	1g		6%
<b>Sugars</b>	2g		
<b>Protein</b>	5g		
Vitamin A	25%	Vitamin C	215%
Calcium	6%	Iron	8%

Recipe adapted from  
Ellie Kreiger for Food Network. <http://www.foodnetwork.com/recipes/ellie-krieger/rainbows-and-butterflies-pasta-salad-recipe/index.html>.  
Accessed November 24, 2010.

## Hip-Hop Pita Pocket

Ingredients	6 Servings	12 servings	24 servings	48 Servings
Bell pepper, diced	1 cup	2 cups	4 cups	8 cups
Eggs	5	10	20	40
Egg whites	1	2	4	8
Non-fat milk (or water)	1/4 cup	1/2 cup	1 cup	2 cups
Mexican seasoning (optional)	1 tsp	1/2 Tbsp	1 Tbsp	2 Tbsp
Tomatoes, fresh or canned, diced	1 cup	2 cups	4 cups	8 cups
Pitas	6	12	24	48
Cooking spray	–	–	–	–

### Directions:

1. Spray a large 12x14 non-stick pan. Sauté bell peppers for 1 minute over medium heat; reduce heat to medium-low.
2. Blend eggs, milk and Mexican seasoning (optional) in a bowl.
3. Pour over bell peppers. Cook, scrambled egg-style until almost firm.
4. Stir in tomatoes. Continue cooking until firm throughout. Keep warm.
5. Portion 3/4 cup of egg mixture into 1 pita.

**Food For Thought** This dish can be made with any variety of vegetables that may be leftover. Try it with asparagus, onions or broccoli!

**CACFP Crediting** For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

## Nutrition Facts

Serving size: 3/4 cup mix; 1 pita (140g)  
Servings Per Recipe: 24

Amount Per Serving	
<b>Calories</b> 153	Cal. from Fat 42
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>8%</b>
<b>Cholesterol</b> 176mg	<b>60%</b>
<b>Sodium</b> 181mg	<b>8%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 4g	<b>15%</b>
Sugars 2g	
<b>Protein</b> 10g	
Vitamin A 25%	Vitamin C 85%
Calcium 4%	Iron 10%

Recipe adapted from American Egg Board website.  
[www.aeb.org/foodservice-professionals/recipes/featured-recipes/123-kangaroo-sandwich](http://www.aeb.org/foodservice-professionals/recipes/featured-recipes/123-kangaroo-sandwich).  
Accessed May 20, 2010.

## Sandbox Surprise

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Whole grain bread, toasted, cubed	4 slices	8 slices	16 slices	32 slices
Applesauce, bottled, natural or unsweetened	1/2 cup	1 cup	2 cups	4 cups
Apples, chopped	2 cups	4 cups	8 cups	16 cups
Eggs, beaten lightly	1/2	1	2	4
Egg whites, beaten lightly	2	4	8	16
Fat-free milk	1-1/2 cups	3 cups	6 cups	12 cups
Vanilla extract	2 Tbsp	1/4 cup	1/2 cup	1 cup
Cinnamon, ground	1 tsp	2 tsp	4 tsp	8 tsp
Raisins (optional)	1 cup	2 cups	4 cups	8 cups

## Directions:

1. Preheat oven to 350°F.
2. For 24 servings, spray 11x7 baking dish (for 12 servings use 8x4 loaf pan) with cooking spray.
3. Place cubed bread in bottom of baking dish.
4. Mix all other ingredients together and pour over bread, being sure to coat all pieces. Cover with plastic wrap.
5. Refrigerate for 30 minutes.
6. Bake uncovered for 1 hour to 1 hour and 30 minutes.
7. Cut into even squares. Serve alone or with low-fat yogurt and raisins (optional).

**Food For Thought Kids** can help make this dish by cutting the bread with plastic knives or breaking it using their fingers. They can also help with mixing and pouring.

**CACFP Crediting** For 3-5 year olds; Snack. Must serve two of the following:

Grain/Bread   
 Fruit/Vegetable   
 Meat/Meat Alternate   
 Milk

## Nutrition Facts

Serving size: 3/4 cup (155g)  
 Servings Per Recipe: 24

Amount Per Serving	
Calories	115
Cal. from Fat	12
% Daily Value*	
Total Fat	1g 2%
Saturated Fat	0g 2%
Cholesterol	19mg 6%
Sodium	148mg 6%
Total Carbohydrate	19g 6%
Dietary Fiber	2g 8%
Sugars	6g
Protein	6g
Vitamin A	0%
Vitamin C	4%
Calcium	10%
Iron	4%

Recipe adapted from Thomas, R., Khouri, L., Fenton, W. *Nutrition in the Kitchen*. Children's Hospital of Philadelphia 2nd ed.; 2008. [www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf](http://www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf).

Accessed June 10, 2010.

## Wintery Mix

Ingredients	8 Servings	16 Servings	32 Servings	64 Servings
Canned peaches, drained, chopped	1 cup (3/4 - 20 oz. can)	2 cups (1-1/2 - 20 oz. can)	4 cups (3 - 20 oz. cans)	8 cups (6 - 20 oz. cans)
Canned pineapple chunks, drained	1-1/2 cups (1 - 16 oz. can)	3 cups (2 - 16 oz. cans)	6 cups (3 - 16 oz. cans)	12 cups (4 - 16oz. cans)
Red or green seedless grapes, sliced	1 cup	2 cups	4 cups	8 cups
Bananas, sliced	2	4	8	16

### Directions:

1. Drain canned peaches and pineapple and chop.
2. Mix peaches and pineapples together.
3. Refrigerate.
4. Before serving, slice bananas and grapes and place on top of salad.

**Food For Thought** You can make this salad any time of the year using fruit in season.

**CACFP Crediting** For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

## Nutrition Facts

Serving size: 1/2 cup (114g)  
Servings Per Recipe: 32

### Amount Per Serving

<b>Calories</b> 71	Cal. from Fat 2
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 2mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 2g	<b>6%</b>
<b>Sugars</b> 14g	
<b>Protein</b> 1g	
Vitamin A 4%	Vitamin C 10%
Calcium 0%	Iron 2%

Recipe adapted from Stenberg, M, Bark, K., & Peppers, B. *Making it Balance and Kicking' It Up: A Cycle Menu for Montana Child Care*. Vol. 3; 2005. [www.childcare.mt.gov](http://www.childcare.mt.gov). Accessed May 24, 2010.

## Big Bad Wolf Soup

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Olive oil	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Red bell pepper, chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Garlic	1/2 clove	1 clove	2 cloves	4 cloves
Chili powder	1/2 Tbsp	1 Tbsp	2 Tbsp	4 Tbsp
Butternut squash, peeled, diced	1 cup	2 cups	4 cups	8 cups
Pinto beans, canned, drained and rinsed	2 cups	4 cups	8 cups	16 cups
Water	3/4 cup	1-1/2 cups	3 cups	6 cups
Whole-kernel corn, frozen	1 cup	2 cups	4 cups	8 cups
Tomatoes, stewed	1/2 cup	1 cup	2 cups	4 cups

### Directions:

1. Heat oil in a large non-stick skillet over medium heat. Add onions, bell peppers and garlic. Cover and cook 5 minutes.
2. Add chili powder. Cook 1 minute, stirring constantly.
3. Place onion and pepper mixture in slow cooker. Add squash, beans, water, corn and tomatoes. Cover and cook on low for 8 hours or until soup is thick.

**Note:** Cooking on high will take less time, but be sure not to scorch the soup on the bottom of the pot.

**Food For Thought** For added protein and a non-vegetarian option, add leftover chicken. You can also add any other leftover vegetables and spices to change the flavor.

**CACFP Crediting** For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

## Nutrition Facts

Serving size: 3/4 cup (200 g)  
Servings Per Recipe: 24

### Amount Per Serving

<b>Calories</b>	286	Cal. from Fat	21
<b>% Daily Value*</b>			
<b>Total Fat</b>	2g		4%
Saturated Fat	0g		2%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	64mg		4%
<b>Total Carbohydrate</b>	53g		20%
Dietary Fiber	12g		50%
<b>Sugars</b>	5g		
<b>Protein</b>	15g		
Vitamin A	65%	Vitamin C	80%
Calcium	10%	Iron	20%

Recipe adapted from Cooking Light. *Slow Cooker*. Birmingham (AL): Ox moor House, Inc.; 2006.

## Eggs in a Nest

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Egg, whole	5	9	18	36
Milk, fat-free	2 cups	4 cups	8 cups	16 cups
Tomato, chopped	1 cup	2 cups	4 cups	8 cups
Bell pepper, red, chopped	1/2 cup	1 cup	2 cups	4 cups
Bell pepper, green, chopped	1/2 cup	1 cup	2 cups	4 cups
Onion, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Cheddar cheese	1/2 cup	1 cup	2 cups	4 cups
Bread, whole grain	1-1/2 slices	3 slices	6 slices	12 slices
Pita, small (4"), whole grain	6	12	24	48

### Directions:

1. Preheat oven to 350°F.
2. In medium-size bowl, combine eggs, egg whites and milk.
3. Crumble bread and place on bottom of casserole pan (square pan for 6 servings).
4. Place chopped tomato, peppers and onion into egg mixture. Mix.
5. Mix in cheese.
6. Pour mixture over bread crumbs.
7. Bake at 350°F for 45 minutes or until slightly brown on top.
8. Cut into even pieces and place each into a pita.

**Food For Thought** Eggs are a good source of protein, and can be eaten for breakfast, lunch or dinner. This dish can be served on whole grain bread or English Muffins, too!

**CACFP Crediting** For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

## Nutrition Facts

Serving size: 3/4 cup mix; 1 pita (191g)  
Servings Per Recipe: 24

### Amount Per Serving

Calories 182 Cal. from Fat 44

% Daily Value\*

**Total Fat** 5g 8%

Saturated Fat 1g 8%

**Cholesterol** 160mg 55%

**Sodium** 271mg 10%

**Total Carbohydrate** 25g 8%

Dietary Fiber 3g 10%

Sugars 6g

**Protein** 11g

Vitamin A 15% Vitamin C 30%

Calcium 15% Iron 10%

Recipe adapted from Kohl, M. Potter, J. *Cooking Art: Easy Edible Art for Young Children*. Beltsville (MD): Gryphon House; 1997.

## Mario's Meal

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Pasta, whole wheat, rotini	1 cup	2 cups	4 cups	8 cups
Olive oil	3/4 Tbsp	1-1/2 Tbsp	3 Tbsp	6 Tbsp
Tomatoes, cherry, sliced	1/2 cup	1 cup	2 cups	4 cups
Asparagus, chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Onions, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Parsley	3/4 tsp	1/2 Tbsp	1 Tbsp	2 Tbsp
Basil	1/4 Tbsp	1/2 Tbsp	1 Tbsp	2 Tbsp
Parmesan cheese, grated	2 Tbsp	1/4 cup	1/2 cup	1 cup
Chicken, boneless, skinless, cut into cubes	3/4 lb	1-1/2 lbs	3 lbs	6 lbs
Cooking spray	—	—	—	—

### Directions:

1. Coat a large skillet in cooking spray. Add vegetables and spices.
2. Cook on medium-high heat for about 5 minutes.
3. Remove vegetables and add chicken. Cook about 3 minutes on each side, or longer depending on thickness of breasts.
4. In separate pot, cook pasta noodles as directed.
5. Combine pasta and vegetables.
6. Drizzle with olive oil and small amount of parmesan cheese.
7. Dish 1/2 cup vegetables/pasta mix and top with 2 tablespoons of chicken cubes.

**Food For Thought** This dish can also be made with beans or turkey breast. It can also be used as a snack and served with more vegetables or without the chicken.

**CACFP Crediting** For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

## Nutrition Facts

Serving size: 1/2 cup (134g)  
Servings Per Recipe: 24

### Amount Per Serving

Calories 258 Cal. from Fat 44

% Daily Value\*

Total Fat 5g 8%

Saturated Fat 1g 6%

Cholesterol 50mg 15%

Sodium 209mg 8%

Total Carbohydrate 30g 10%

Dietary Fiber 1g 2%

Sugars 1g

Protein 24g

Vitamin A 4% Vitamin C 4%

Calcium 4% Iron 15%

Recipe adapted from Fruits and Veggies: More Matters Website. Produced for Better Health Foundation. [www.fruitsandveggiesmorematters.org/?page\\_id=10](http://www.fruitsandveggiesmorematters.org/?page_id=10). Accessed May 25, 2010.

