



**MISSION TO GOOD
NUTRITION**
Helper Sheets

SY 2020-2021



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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www.SquareMeals.org

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Child Nutrition Program Acronyms

Acronym	Term	Acronym	Term
CN	Child Nutrition	USDA	United States Department of Agriculture
CNP	Child Nutrition Program	TDA	Texas Department of Agriculture
NSLP	National School Lunch Program	CE	Contracting Entity
SBP	School Breakfast Program	ESC	Education Service Center
FBMP	Food-Based Menu Planning	HHFKA	Healthy Hunger-Free Kids Act
F	Fruit	IOM	Institute of Medicine
V	Vegetable	DGA	Dietary Guidelines for Americans
G	Grain	RDA	Recommended Dietary Allowances
M/MA	Meat/Meat Alternate	POS	Point of Service
OVS	Offer Versus Serve	SY	School Year
FDP	Food Distribution Programs	ARM	Administrator's Reference Manual
FBG	Food Buying Guide	SA	State Agency
g	Grams	oz	Ounce
eq	Equivalent	RCCI	Residential Child Care Institute

HELPFUL FORMULAS

When planning how much to prepare or purchase:

# of Servings Needed	=	Amount of Purchased Units Needed
Helper Sheets Factor		

Example: 450 Servings of Applesauce, #10 can

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

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

# of Purchased Units On Hand	X	Helper Sheets Factor	=	# of Servings On Hand
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Example: Applesauce, #10 Can

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

Basics at a Glance

Recipe Abbreviations

approx. = approximate

tsp or t = teaspoon

Tbsp or T = tablespoon

c = cup

pt = pint

qt = quart

gal = gallon

wt = weight

oz = ounce

lb or # = pound (e.g., 3#)

g = gram

kg = kilogram

vol = volume

mL = milliliter

L = liter

fl oz = fluid ounce

No. or # = number (e.g., #3)

in. or " = inches (e.g., 12")

°F = degree Fahrenheit

°C = degree Celsius or centigrade

Volume Equivalents for Liquids



60 drops	= 1 tsp	
1 Tbsp	= 3 tsp	= 0.5 fl oz
1/8 cup	= 2 Tbsp	= 1 fl oz
1/4 cup	= 4 Tbsp	= 2 fl oz
1/3 cup	= 5 Tbsp + 1 tsp	= 2.65 fl oz
3/8 cup	= 6 Tbsp	= 3 fl oz
1/2 cup	= 8 Tbsp	= 4 fl oz
5/8 cup	= 10 Tbsp	= 5 fl oz
2/3 cup	= 10 Tbsp + 2 tsp	= 5.3 fl oz
3/4 cup	= 12 Tbsp	= 6 fl oz
7/8 cup	= 14 Tbsp	= 7 fl oz
1 cup	= 16 Tbsp	= 8 fl oz
1/2 pint	= 1 cup	= 8 fl oz
1 pint	= 2 cups	= 16 fl oz
1 quart	= 2 pt	= 32 fl oz
1 gallon	= 4 qt	= 128 fl oz

Equivalent Weights



16 oz	= 1 lb	= 1.000 lb
12 oz	= 3/4 lb	= 0.750 lb
8 oz	= 1/2 lb	= 0.500 lb
4 oz	= 1/4 lb	= 0.250 lb
1 oz	= 1/16 lb	= 0.063 lb

Scoops (Dishers)



Size/No. ¹	Level Measure	Color Code ²
6	2/3 cup	
8	1/2 cup	
10	3/8 cup	
12	1/3 cup	
16	1/4 cup	
20	3-1/3 Tbsp	
24	2-2/3 Tbsp	
30	2 Tbsp	
40	1-2/3 Tbsp	
50	3-3/4 tsp	
60	3-1/4 tsp	
70	2-3/4 tsp	
100	2 tsp	

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



² Use colored dots matching the brand-specific color coding of scoop sizes.

Ladles Portion Servers



Ladle fl oz	Approx. Measure	Portion Server fl oz
1 oz	1/8 cup	1 oz
2 oz	1/4 cup	2 oz
3 oz	3/8 cup	3 oz
4 oz	1/2 cup	4 oz
6 oz	3/4 cup	6 oz
8 oz	1 cup	8 oz
12 oz	1-1/2 cups	—

Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled "oz." "Fl oz" would be more accurate since they measure volume, not weight.

Use ladles for serving soups, stews, creamed dishes, sauces, gravies, and other liquid products.

Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables, and condiments.

Cooking or Serving Spoons



Solid Spoons

Perforated Spoons

Slotted Spoons

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

Specialty Spoons



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

Fraction to Decimal Equivalents



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

Metric Equivalents by Weight



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

Metric Equivalents by Volume



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

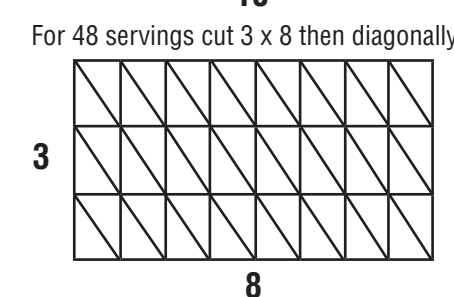
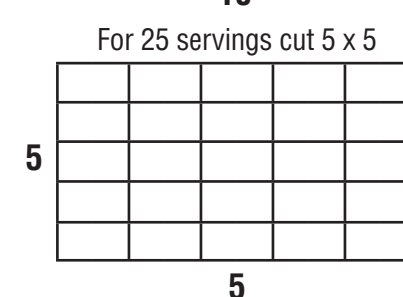
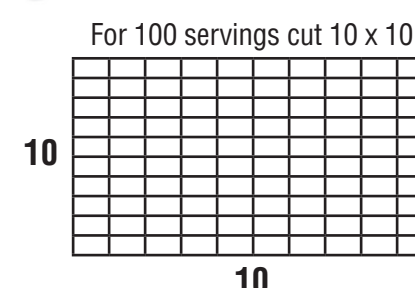
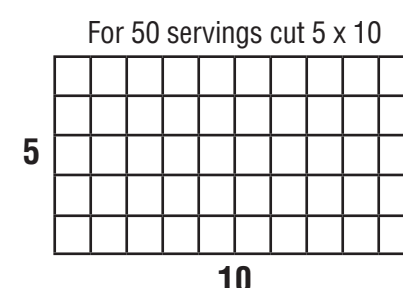
Steamtable Pan Capacity

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

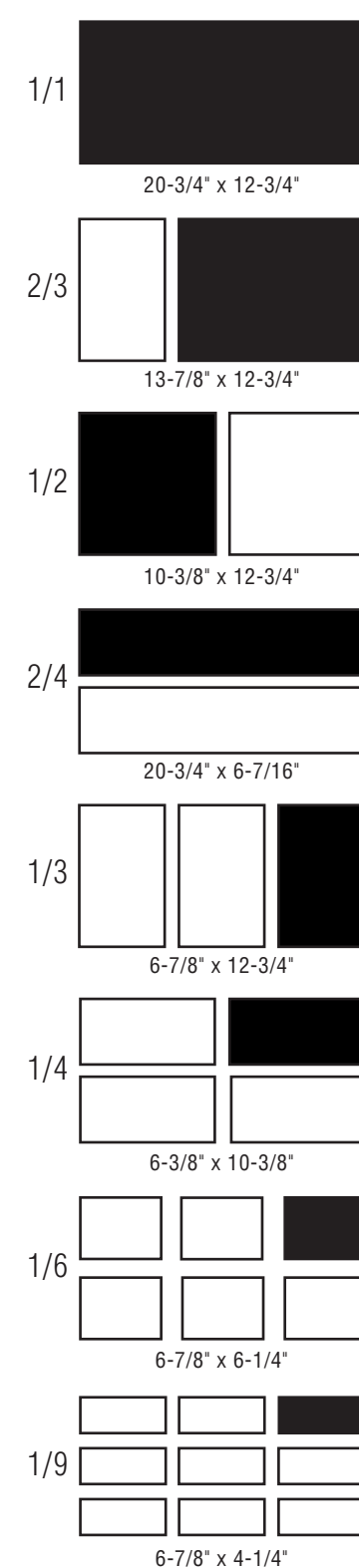
Approximate Dimensions of Serving Sizes from Different Pan Sizes

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

Cutting Diagrams for Portioning



Other Pan Sizes



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

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

Nutrition Standards for Foods

- **Any food sold in schools must:**
 - Be a "whole grain-rich" grain product; or
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable
- **Foods must also meet several nutrient requirements:**
 - Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
 - Sodium limits:
 - Snack items: ≤ 200 mg*
 - Entrée items: ≤ 480 mg
 - Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
 - Sugar limit:
 - ≤ 35% of weight from total sugars in foods
- **Accompaniments**
 - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

Exemptions

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

Definitions

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

Nutrition Standards for Beverages

- **All schools may sell:**
 - Plain water (with or without carbonation)
 - Unflavored or flavored fat-free or 1% milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water. NOTE: Caffeinated beverages are only permitted at the High School level.**
- **Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**
 - No more than 20-ounce portions of*
 - Calorie-free, flavored water (with or without carbonation); and
 - No more than 12-ounce portions of*
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Competitive Food and Beverage Sales

- **Fundraisers / Vending Machines**
 - The sale of food items that meet Smart Snacks requirements are not limited in any way under the standards.
 - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- **Exempt Fundraiser Days**
 - Texas allows up to 6 fundraisers per campus, per year.
 - Exempted fundraisers may not be sold in competition with school meals in the food service area, during meal service.

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

For additional information on Smart Snacks in Texas and other program information go to www.Squaremeals.org

Breakfast Meal Pattern

	<i>PreK</i>	<i>Grades K-5</i>	<i>Grades 6-8</i>	<i>Grades K-8</i>	<i>Grades 9-12</i>	<i>Grades K-12</i>
<i>Components</i>	<i>Daily</i>	<i>Amount of Food Per Week (Minimum Per Day)</i>				
Fruits (cups)	(.5)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Vegetables (cups)		0 ¹	0 ¹	0 ¹	0 ¹	0 ¹
Dark green	<i>No vegetable subgroup requirements.</i>	0	0	0	0	0
Red/Orange		0	0	0	0	0
Beans and peas (legumes)		0	0	0	0	0
Starchy		0	0	0	0	0
Other		0	0	0	0	0
Additional Veg. to Reach Total		0	0	0	0	0
Grains (oz eq) <i>(at least half WGR)</i>	(.5) ^{2, 4}	7 (1)	8 (1)	8 (1)	9 (1)	9 (1)
Meats/Meat Alternates (oz eq)	(0) ²	0	0	0	0	0
Fluid milk (cups)	(.75) ^{3, 5}	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal)	<i>No Dietary Specification requirements for PreK</i>	350-500	400-550	400-500	450-600	450-500
Saturated fat (% of total calories)		< 10	< 10	< 10	< 10	< 10
Sodium Target 1 (mg)		≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
<u>Trans</u> fat		Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving. (<.5 grams of trans fat per serving)				

¹ For breakfast K-12, vegetables may be substituted for fruits.

² *PreK breakfast, grain-based desserts are not creditable with the exception of animal and graham crackers. Meat/Meat Alternate may be substituted for the daily grains requirement a maximum of three times per week. See additional guidelines for required ounces for puffed cereal, granola, and cooked cereals and sugar limits on cereals and yogurt.*

³ For PreK, milk must be 1 percent or less, low fat or fat free, unflavored.

⁴ At least half of the grains offered weekly must be whole grain-rich as specified in FNS guidance, and the remaining grain items offered must be enriched.

⁵ For grades K-12, all fluid milk must be fat-free or 1% and may be unflavored or flavored provided that unflavored milk is offered at each meal service, and there are at least two choices available.

Lunch Meal Pattern

	<i>PreK</i>	<i>Grades K-5</i>	<i>Grades 6-8</i>	<i>Grades K-8</i>	<i>Grades 9-12</i>
<i>Components</i>	<i>Daily</i>	<i>Amount of Food Per Week (Minimum Per Day)</i>			
Fruits (cups)	(.25) ¹	2.5 (0.5)	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups)	(.25) ¹	3.75 (0.75)	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green	<i>No vegetable subgroup requirements for PreK.</i>	0.5	0.5	0.5	0.5
Red/Orange		0.75	0.75	0.75	1.25
Beans and peas (legumes)		0.5	0.5	0.5	0.5
Starchy		0.5	0.5	0.5	0.5
Other		0.5	0.5	0.5	0.75
Additional Veg. to Reach Total		1	1	1	1.5
Grains (oz eq) <i>(at least half WGR)</i>	(.5) ^{2, 4}	8 (1)	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	(1.5 oz)	8 (1)	9 (1)	9 (1)	10 (2)
Fluid milk (cups)	(.75) ^{3, 5}	5 (1)	5 (1)	5 (1)	5 (1)
<i>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</i>					
Min-max calories (kcal)	<i>No Dietary Specification requirements for PreK</i>	550-650	600-700	600-650	750-850
Saturated fat (% of total calories)		< 10	< 10	< 10	< 10
Sodium Target 1 (mg)		≤ 1230	≤ 1360	≤ 1230	≤ 1420
Trans fat		Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving. (< .5 grams of trans fat per serving)			

¹ For PreK, a vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch, two different kinds of vegetables must be served.

² For PreK, grain-based desserts are not creditable except animal and graham crackers

³ For PreK, milk must be 1 percent or less, low fat or fat free, unflavored.

⁴ At least half of the grains offered weekly must be whole grain-rich as specified in FNS guidance, and the remaining grain items offered must be enriched.

⁵ For grades K-12, all fluid milk must be fat-free or 1% and may be unflavored or flavored provided that unflavored milk is offered at each meal service, and there are at least two choices available.

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

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

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

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GRAINS	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Cereal Grain, Oats Rolled, Quick, Dry, Cooked	Pound	47.6	23.8
Cereal Grain, Oats Rolled, Regular, Dry, Cooked	Pound	45.4	22.7
Pasta, Elbow Macaroni, Regular, Enriched, Dry, Cooked	Pound	39	19.5
Pasta, Elbow Macaroni, WW, Regular, Dry, Cooked	Pound	32.5	16.2
Pasta, Penne, Enriched, Dry, Cooked	Pound	31.2	15.6
Pasta, Spaghetti, Regular, Enriched, Dry, Cooked	Pound	21.2	10.6
Pasta, Spaghetti, WW, Regular, Dry, Cooked	Pound	34	17
Rice, Brown, Instant, Dry, Cooked	Pound	28.8	14.4
Rice, Brown, Long Grain, Dry, Cooked	Pound	17.5	8.7
Rice, Brown, Long Grain, Dry, Parboiled, Cooked	Pound	31	15.5
Rice, White, Long Grain, Parboiled, Enriched, Dry, Cooked	Pound	28	14
Rice, White, Long Grain, Instant, Enriched, Dry, Cooked	Pound	28	14
Rice, White, Long Grain, Regular, Enriched, Dry, Cooked	Pound	30	15
Rice, White, Short/Medium Grain, Regular, Enriched, Dry, Cooked	Pound	27	13.5

EXHIBIT A: GRAIN REQUIREMENT FOR CHILD NUTRITION PROGRAMS^{1, 2}

Group A	Oz Eq for Group A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	<p>1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz</p>
Group B	Oz Eq for Group B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced white, whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers⁵ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, whole wheat, whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (white, whole wheat, whole grain-rich) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells 	<p>1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz</p>

¹ In NSLP and SBP (grades K-12), half of all grains served over the week must meet whole grain-rich criteria. For all other Child Nutrition Programs, grains are whole grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ. Under CACFP child and adult meal patterns, and NSLP/SBP preschool meals, at least one grain serving per day must meet whole grain-rich criteria.

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

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

Group C	Oz Eq for Group C
<ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz
Group D	Oz Eq for Group D
<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars⁴ (plain) • Muffins (all, except corn) • Sweet roll⁴ (unfrosted) • Toaster pastry⁴ (unfrosted) 	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
Group E	Oz Eq for Group E
<ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls⁴ (frosted) • Toaster pastry⁴ (frosted) 	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
Group F	Oz Eq for Group F
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴ 	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz

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

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

Group G	Oz Eq for Group G
<ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (all varieties, frosted) 	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
Group H	Oz Eq for Group H
<ul style="list-style-type: none"> • Cereal Grains (barley, quinoa, etc.) • Breakfast cereals (cooked)^{6,7} • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry
Group I	Oz Eq for Group I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold, dry)^{6,7} 	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

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

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

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

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

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

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

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

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

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

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

STARCHY VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Potatoes, Russet, Baked w/Skin, 100 Count, Whole (approximately 8 oz each)	Pound	6.7	3.3
Potatoes, Small Whole, Canned, Heated, Drained	#10 Can	43.7	21.8
Potatoes, Wedges, Frozen, Cooked	Pound	11.9	5.9

OTHER VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Beans, Green, Canned, Cut, Drained, Heated	#10 Can	45.3	22.6
Beans, Green, Frozen, Cut, Cooked, Drained	Pound	11.6	5.8
Cabbage, Fresh, Green, Untrimmed, Chopped, RAW	Pound	17.7	8.8
Cabbage, Green, Shredded, RTU, RAW	Pound	27	13.5
Cabbage, Red, Shredded, RTU, RAW	Pound	22.8	11.4
California Blend, Frozen, Cooked, Drained (Broccoli, Carrots and Cauliflower)	Pound	10.6	5.3
Cauliflower, Fresh, Florets, RTU, RAW	Pound	18.3	9.1
Celery, Fresh, Trimmed, ½ inch x 4 inch sticks (about 3 sticks)	Pound	12.2	6.1
Celery, Sticks, RAW, RTU, ½ inch x 4 inch (3 sticks = ¼ cup Vegetable)	Pound	14	7
Cucumbers, Peeled, Sliced, RAW	Pound	10.5	5.2
Cucumbers, Unpeeled, Sliced, RAW	Pound	12.4	6.2
Lettuce, Mixed Greens (equal amounts of Iceberg and Romaine w/Shredded Carrots & Red Cabbage)	Pound	25.7	12.8
Lettuce, Salad Mix (mostly Iceberg, some Romaine, w/Shredded Carrot & Red Cabbage)	Pound	26.4	13.2
Mushrooms, Fresh, RAW, Sliced	Pound	18.7	9.3
Mushrooms, Fresh, RAW, Sliced, RTU, (7 slices = ¼ cup Vegetable)	Pound	18.5	9.2

OTHER VEGETABLES VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Okra, Fresh, Cooked, Drained, Sliced	Pound	9	4.5
Okra, Frozen, Cut, Cooked, Drained	Pound	9.1	4.5
Onions, Chopped, RAW, All Sizes, Whole	Pound	9.3	4.6
Onions, Sliced, RAW, All Sizes, Whole	Pound	14.2	7.1
Peppers, Green, RAW, Diced	Pound	9.7	4.8
Squash, Yellow, Fresh, Cubed, Cooked, Drained	Pound	7.3	3.6
Squash, Yellow, Fresh, Sliced, Cooked, Drained	Pound	8.4	4.2
Squash, Yellow, Frozen, Sliced, Cooked, Drained	Pound	7.9	3.9
Squash, Zucchini, Fresh, Cubed, Cooked, Drained	Pound	7.6	3.8
Squash, Zucchini, Fresh, Sliced, Cooked, Drained	Pound	10.2	5.1
Squash, Zucchini, Frozen, Sliced, Drained	Pound	7	3.5
Squash, Zucchini, RAW, Sticks, ½ inch X 3 inch sticks, (3 Sticks = ¼ cup Vegetable)	Pound	11.9	5.9

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

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FRUIT	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Apples, Fresh, Small, Unpeeled, 125-138 Count/Case ($\frac{1}{4}$ apple = $\frac{1}{4}$ cup Fruit)	Pound	14.8	7.4
Apples, Sliced, Canned, Drained	#10 Can	47.5	23.7
Apples, Sliced, Canned, Fruit & Juice	#10 Can	50.4	25.2
Applesauce, Canned	#10 Can	47.6	23.8
Apricots, Fresh, Medium, Whole, RAW (1 apricot = $\frac{1}{4}$ cup Fruit)	Pound	11.9	5.9
Apricots, Halves, Unpeeled, Canned, Drained	#10 Can	29.3	14.6
Apricots, Halves, Unpeeled, Canned, Fruit & Juice	#10 Can	48	24
Apricots, Halves, Unpeeled, Frozen, Thawed & Drained	Pound	4.9	2.4
Apricots, Halves, Unpeeled, Frozen, Thawed, Fruit & Juice	Pound	7.25	3.6
Apricots, Slices, Peeled, Canned, Drained	#10 Can	30.6	15.3
Apricots, Slices, Peeled, Canned, Fruit & Juice	#10 Can	45.7	22.8
Bananas, Fresh, Regular, RAW, 100-120 Count, $\frac{1}{2}$ inch sliced fruit	Pound	7	3.5
Bananas, Fresh, Regular, RAW, Unpeeled, 100-120 Count, ($\frac{1}{2}$ banana = $\frac{1}{4}$ cup Fruit)	Pound	5.3	2.6
Blueberries, Fresh, Whole, RAW	Pound	11.9	5.9
Blueberries, Frozen, Whole, Cooked, Sugar added during cooking	Pound	7.8	3.9
Blueberries, Frozen, Whole, Thawed, Unsweetened	Pound	11.9	5.9
Cantaloupe, Whole, 15 Count (5 inch diameter), Cubed	Pound	6.7	3.3

FRUIT	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Cantaloupe, Whole, 18 Count (5¾ inch diameter), Cubed	Pound	5.7	2.8
Cherries, Red Tart, Frozen, Thawed, Unsweetened, Drained	Pound	7	3.5
Cherries, Red Tart, Frozen, Thawed, Unsweetened, Fruit & Juice	Pound	11.4	5.7
Cherries, Red Tart, Canned, Drained	#10 Can	36.2	18.1
Cherries, Red Tart, Canned, Fruit & Juice	#10 Can	46.8	23.4
Cranberry Relish or Sauce, Canned, Strained	#10 Can	47.9	23.9
Fruit Mix Cocktail, Drained (Peaches, Pears, Pineapple, Grapes, Cherries)	#10 Can	37	18.5
Fruit Mix Cocktail, Fruit & Juice (Peaches, Pears, Pineapple, Grapes, Cherries)	#10 Can	46.9	23.4
Grapefruit, Fresh, Peeled, 27-32 Count (Large), Whole (½ Grapefruit = ½ cup Fruit)	Pound	6.4	3.2
Grapes, Fresh, Seedless, Whole, w/o Stem	Pound	11.6	5.8
Grapes, Fresh, Seedless, Whole, w/Stem	Pound	10.5	5.2
Honeydew Melon, Fresh, Whole, Cubed	Pound	4.9	2.4
Kiwi, Fresh, Peeled, 33-39 Count, Whole, Chunks (1 Kiwi = ¼ cup Fruit)	Pound	8.3	4.1
Orange, Fresh, 125 Count, Unpeeled	Pound	7	3.5
Orange, Fresh, 138 Count, Unpeeled	Pound	6.8	3.4
Orange, Fresh, Sections, Drained	Pound	3.5	1.7

FRUIT	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Oranges, Mandarin, Canned, Drained	#10 Can	39.6	19.8
Peach, Fresh, Medium (2½ Inch Diameter), 60-64 Count, RAW (1 Medium Peach = ⅓ cup Fruit)	Pound	7	3.5
Peach, Fresh, Small (2⅛ Inch Diameter), 88-84 Count, (1 Small Peach, RAW = ⅓ cup Fruit)	Pound	8.2	4.1
Peaches, Diced, Canned, Drained	#10 Can	35.4	17.7
Peaches, Diced, Canned, Fruit & Juice	#10 Can	48.6	24.3
Peaches, Frozen, Sliced, Sweetened or Unsweetened, Thawed & Drained	Pound	5.4	2.7
Peaches, Frozen, Sliced, Sweetened or Unsweetened, Thawed, Fruit & Juice	Pound	7.34	3.6
Peaches, Sliced, Canned, Drained	#10 Can	36.1	18
Peaches, Sliced, Canned, Fruit & Juice	#10 Can	50	25
Pear, Fresh, Medium, 120 Count, RAW (1 Medium Pear = ¾ cup Fruit)	Pound	9.9	3.3
Pear, Fresh, Small, 150 Count, RAW (1 Small Pear = ½ cup Fruit)	Pound	8.2	4.1
Pears, Diced, Canned, Drained	#10 Can	38	19
Pears, Diced, Canned, Drained	#10 Can	47.6	23.8
Pears, Halves, Canned, Drained	#10 Can	31	15.5
Pears, Halves, Canned, Fruit & Juice	#10 Can	52	26

FRUIT	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Pears, Sliced, Canned, Drained	#10 Can	29.5	14.7
Pears, Sliced, Canned, Fruit & Juice	#10 Can	49.7	24.8
Pineapple, Chunks, Canned, Drained	#10 Can	31.8	15.9
Pineapple, Chunks, Canned, Fruit & Juice	#10 Can	49.9	24.9
Pineapple, Slices, Canned, Drained (approx 60 slices)	#10 Can	37.7	18.8
Pineapple, Slices, Canned, Fruit & Juice (approx 60 slices)	#10 Can	47.5	23.7
Pineapple, Tidbits, Canned, Drained	#10 Can	33.4	16.7
Pineapple, Tidbits, Canned, Fruit & Juice	#10 Can	50.1	25
Plums, Fresh, (Purple, Red or Black), Size 45 & 50 or 2 inches Diameter, Whole, RAW (1 Plum = ½ cup Fruit)	Pound	9.8	4.9
Raisins, Seedless, (¼ cup Serving = ½ cup Fruit)	Pound	12.6	6.3
Strawberries, Fresh, Whole, RAW	Pound	10.5	5.2
Strawberries, Frozen, Sliced, Unsweetened, Thawed, Fruit & Liquid	Pound	7.2	3.6
Tangerines, Fresh, 121 Count, Whole, Peeled, Sections, RAW (1 Tangerine = ¾ cup Fruit)	Pound	7.7	3.8
Watermelon, Fresh, Cubed, w/o Rind	Pound	6.1	3