Food Buying Guide for Child Nutrition Programs

Section 1

Meats/Meat Alternates[1]

Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEANS, BLACK (TURTLE BEANS)					
Beans, Black, (Turtle), dry, canned *Whole, Includes USDA Foods*	No. 10 Can (110 oz)	27.80	1/4 cup heated, drained beans	3.60	1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans; 1 No. 10 can = about 71 oz (11-1/4 cups) drained, unheated beans
	No. 10 Can (110 oz)	18.50	3/8 cup heated, drained beans	5.50	1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans; 1 No. 10 can = about 71 oz (11-1/4 cups) drained, unheated beans
	No. 10 Can (110 oz)	45.00	1/4 cup drained, unheated beans	2.30	1 No. 10 can = about 71 oz (11-1/4 cups) drained, unheated beans
	No. 300 Can (15-1/2 oz)	5.91	1/4 cup heated, drained beans	17.00	1 No. 300 can = about 10.5 oz (1-3/8 cups) heated, drained beans
	No. 300 Can (15-1/2 oz)	3.94	3/8 cup heated, drained beans	25.40	1 No. 300 can = about 10.5 oz (1-3/8 cups) heated, drained beans
	Pound	10.14	1/4 cup drained, unheated beans	9.90	
Beans, Black, (Turtle), dry *Whole*	Pound	18.30	1/4 cup cooked beans	5.50	1 lb dry = 2-1/4 cups dry beans
	Pound	12.20	3/8 cup cooked beans	8.20	1 lb dry = 2-1/4 cups dry beans
BEANS, BLACK-EYED (or PEAS)					
Beans, Black-eyed (or Peas), dry, canned *Whole, Includes USDA Foods*	No. 10 Can (108 oz)	37.70	1/4 cup heated, drained beans	2.70	1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans; 1 No. 10 can = about 78.5 oz (11-1/2 cups) drained, unheated beans
	No. 10 Can (108 oz)	25.10	3/8 cup heated, drained beans	4.00	1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans; 1 No. 10 can = about 78.5 oz (11-1/2 cups) drained, unheated beans
	No. 10 Can (108 oz)	46.00	1/4 cup drained, unheated beans	2.20	1 No.10 can = about 78.5 oz (11-1/2 cups) drained, unheated beans
	No. 300 Can (15 oz)	4.91	1/4 cup heated, drained beans	20.40	
	No. 300 Can (15 oz)	3.27	3/8 cup heated, drained beans	30.60	
	Pound	9.37	1/4 cup drained, unheated beans	10.70	

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BEANS, BLACK-EYED (or PEAS) ***(continued)***					
Beans, Black-eyed (or Peas), dry *Whole*	Pound	28.30	1/4 cup cooked beans	3.60	1 lb dry = 2-3/4 cups dry beans
	Pound	18.80	3/8 cup cooked beans	5.40	1 lb dry = 2-3/4 cups dry beans
BEANS, GARBANZO or CHICKPEAS					
Beans, Garbanzo or Chickpeas, dry, canned *Whole, Includes USDA Foods*	No. 10 Can (105 oz)	42.00	1/4 cup drained beans	2.40	1 No. 10 can = about 68.4 oz (about 10-1/2 cups) drained, unheated beans
	No. 10 Can (105 oz)	28.00	3/8 cup drained beans	3.60	1 No. 10 can = about 68.4 oz (about 10-1/2 cups) drained, unheated beans
	No. 300 Can (15 oz)	6.70	1/4 cup drained beans	15.00	1 No. 300 can = about 9.6 oz (1-2/3 cups) drained, unheated beans
	No. 300 Can (15 oz)	4.46	3/8 cup drained beans	22.50	1 No. 300 can = about 9.6 oz (1-2/3 cups) drained, unheated beans
	Pound	10.11	1/4 cup heated, drained beans	9.90	
	Pound	6.31	1/4 cup drained beans	15.90	
	Pound	4.20	3/8 cup drained beans	23.90	
Beans, Garbanzo or Chickpeas, dry *Whole*	Pound	24.60	1/4 cup cooked beans	4.10	1 lb dry = about 2-1/2 cups dry beans
	Pound	16.40	3/8 cup cooked beans	6.10	1 lb dry = about 2-1/2 cups dry beans
BEANS, GREAT NORTHERN					
Beans, Great Northern, dry, canned *Whole, Includes USDA Foods*	No. 10 Can (110 oz)	32.40	1/4 cup heated, drained beans	3.10	1 No. 10 can = about 68.5 oz (about 8-1/8 cups) heated, drained beans
	No. 10 Can (110 oz)	21.60	3/8 cup heated, drained beans	4.70	1 No. 10 can = about 68.5 oz (about 8-1/8 cups) heated, drained beans
	No. 300 Can (14 oz)	4.37	1/4 cup heated, drained beans	22.90	
	No. 300 Can (14 oz)	2.91	3/8 cup heated, drained beans	34.40	
Beans, Great Northern, dry *Whole*	Pound	25.50	1/4 cup cooked beans	4.00	1 lb dry = about 2-1/2 cups dry beans
	Pound	17.00	3/8 cup cooked beans	5.90	1 lb dry = about 2-1/2 cups dry beans

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEANS, KIDNEY					
Beans, Kidney, dry, canned *Whole, Includes USDA Foods*	No. 10 Can (108 oz)	38.90	1/4 cup heated, drained beans	2.60	1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans
	No. 10 Can (108 oz)	25.90	3/8 cup heated, drained beans	3.90	1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans
	No. 10 Can (108 oz)	44.00	1/4 cup drained, unheated beans	2.30	1 No. 10 can = about 72 oz (11 cups) drained, unheated beans
	No. 10 Can (108 oz)	28.90	3/8 cup drained beans	3.50	1 No. 10 can = about 71.0 oz (10-3/4 cups) drained, unheated beans
	No. 2-1/2 Can (30 oz)	11.60	1/4 cup heated, drained beans	8.70	
	No. 2-1/2 Can (30 oz)	7.73	3/8 cup heated, drained beans	13.00	
	No. 2-1/2 Can (30 oz)	12.60	1/4 cup drained beans	8.00	
	No. 2-1/2 Can (30 oz)	8.40	3/8 cup drained beans	12.00	
	No. 300 Can (15-1/2 oz)	5.61	1/4 cup heated, drained beans	17.90	1 No. 300 can = about 9.5 oz (1-3/8 cups) heated, drained beans
	No. 300 Can (15-1/2 oz)	3.74	3/8 cup heated, drained beans	26.80	1 No. 300 can = about 9.5 oz (1-3/8 cups) heated, drained beans
	No. 300 Can (15-1/2 oz)	5.88	1/4 cup drained beans	17.10	1 No. 300 can = about 10.0 oz (1-3/8 cups) drained, unheated beans
	No. 300 Can (15-1/2 oz)	3.92	3/8 cup drained beans	25.60	1 No. 300 can = about 10.0 oz (1-3/8 cups) drained, unheated beans
	Pound	9.77	1/4 cup drained, unheated beans	10.30	
Beans, Kidney, dry *Whole*	Pound	24.80	1/4 cup cooked beans	4.10	1 lb dry = about 2-1/2 cups dry beans
	Pound	16.50	3/8 cup cooked beans	6.10	1 lb dry = about 2-1/2 cups dry beans
BEANS, LIMA					
Beans, Lima, dry, canned *Green, Whole, Includes USDA Foods*	No. 10 Can (105 oz)	42.40	1/4 cup heated, drained beans	2.40	1 No. 10 can = about 70.9 oz (11-3/4 cups) drained, unheated beans
	No. 10 Can (105 oz)	28.20	3/8 cup heated, drained beans	3.60	1 No. 10 can = about 70.9 oz (11-3/4 cups) drained, unheated beans
	No. 2-1/2 Can (40 oz)	15.70	1/4 cup heated, drained beans	6.40	1 No. 2-1/2 can = about 27.0 oz (4-1/2 cups) drained, unheated beans

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BEANS, LIMA *(continued)*					
Beans, Lima, dry, canned *Green, Whole, Includes USDA Foods*	No. 2-1/2 Can (40 oz)	10.40	3/8 cup heated, drained beans	9.70	1 No. 2-1/2 can = about 27.0 oz (4-1/2 cups) drained, unheated beans
	Pound	6.46	1/4 cup heated, drained beans	15.50	1 lb AP = about 11.0 oz (1-3/4 cups) drained, unheated beans
	Pound	4.30	3/8 cup heated, drained beans	23.30	1 lb AP = about 11.0 oz (1-3/4 cups) drained, unheated beans
Beans, Lima, dry *Baby, Whole*	Pound	23.40	1/4 cup cooked beans	4.30	1 lb dry = about 2-3/8 cups dry beans
	Pound	15.60	3/8 cup cooked beans	6.50	1 lb dry = about 2-3/8 cups dry beans
Beans, Lima, dry *Fordhook (large), Whole*	Pound	27.00	1/4 cup cooked beans	3.80	1 lb dry = about 2-5/8 cups dry beans
	Pound	18.00	3/8 cup cooked beans	5.60	1 lb dry = about 2-5/8 cups dry beans
BEANS, MUNG					
Beans, Mung, dry *Whole*	Pound	28.10	1/4 cup cooked beans	3.60	1 lb dry = about 2-1/4 cups dry beans
	Pound	18.70	3/8 cup cooked beans	5.40	1 lb dry = about 2-1/4 cups dry beans
BEANS, NAVY or PEA					
Beans, Navy or Pea, dry *Whole*	Pound	23.90	1/4 cup cooked beans	4.20	1 lb dry = about 2-1/4 cups dry beans
	Pound	15.90	3/8 cup cooked beans	6.30	1 lb dry = about 2-1/4 cups dry beans
Beans, Navy or Pea, dry, canned *Whole*	No. 10 Can (108 oz)	39.00	1/4 cup heated, drained beans	2.60	1 No. 10 can = about 72 oz (9-3/4 cups) heated, drained beans; 1 No. 10 can = about 76 oz (11 cups) drained, unheated beans
	No. 10 Can (108 oz)	44.00	1/4 cup drained, unheated beans	2.30	1 No. 10 can = about 76 oz (11 cups) drained, unheated beans
	Pound	8.66	1/4 cup heated, drained beans	11.60	
	Pound	9.26	1/4 cup drained, unheated beans	10.80	
BEANS, PINK					
Beans, Pink, dry, canned *Includes USDA Foods*	No. 10 Can (110 oz)	34.00	1/4 cup heated, drained beans	3.00	1 No. 10 can = about 12-1/4 cups drained, unheated beans or about 8-1/2 cups heated, drained beans
	No. 10 Can (110 oz)	22.60	3/8 cup heated, drained beans	4.50	1 No. 10 can = about 12-1/4 cups drained, unheated beans or about 8-1/2 cups heated, drained beans
Beans, Pink, dry	Pound	19.30	1/4 cup cooked, drained beans	5.20	1 lb dry = 2-1/4 cups dry beans

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BEANS, PINK *(continued)*					
Beans, Pink, dry	Pound	12.80	3/8 cup cooked, drained beans	7.90	1 lb dry = 2-1/4 cups dry beans
BEANS, PINTO					
Beans, Pinto, dry, canned *Whole, Includes USDA Foods*	No. 10 Can (108 oz)	37.20	1/4 cup heated, drained beans	2.70	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans; 1 No. 10 can = about 73 oz (10-1/8 cups) drained, unheated beans
	No. 10 Can (108 oz)	24.80	3/8 cup heated, drained beans	4.10	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans; 1 No. 10 can = about 73 oz (10-1/8 cups) drained, unheated beans
	No. 10 Can (108 oz)	40.50	1/4 cup drained, unheated beans	2.50	1 No. 10 can = about 73 oz (10-1/8 cups) drained, unheated beans
	Pound	5.51	1/4 cup heated, drained beans	18.20	
	Pound	3.67	3/8 cup heated, drained beans	27.30	
	Pound	8.87	1/4 cup drained, unheated beans	11.30	
Beans, Pinto, dry *Whole, Includes USDA Foods*	Pound	21.00	1/4 cup cooked, drained beans	4.80	1 lb dry = 2-3/8 cups dry beans
	Pound	14.00	3/8 cup cooked, drained beans	7.20	1 lb dry = 2-3/8 cups dry beans
Beans, Pinto, dehydrated[2]	Pound	21.70	1/4 cup cooked beans	4.70	1 lb AP = 3-3/4 cups dehydrated beans
	Pound	14.40	3/8 cup cooked beans	7.00	1 lb AP = about 5-1/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1
BEANS, RED, SMALL					
Beans, Red, Small, dry, canned *Whole, Includes USDA Foods*	No. 10 Can (111 oz)	31.90	1/4 cup heated, drained beans	3.20	1 No. 10 can = about 71.2 oz (8 cups) heated, drained beans
	No. 10 Can (111 oz)	21.20	3/8 cup heated, drained beans	4.80	1 No. 10 can = about 71.2 oz (8 cups) heated, drained beans
	No. 300 Can (15-1/2 oz)	4.94	1/4 cup heated, drained beans	20.30	1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans
	No. 300 Can (15-1/2 oz)	3.29	3/8 cup heated, drained beans	30.40	1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans
Beans, Red, Small, dry *Whole*	Pound	20.40	1/4 cup cooked, drained beans	5.00	1 lb dry = about 2-1/8 cups dry beans
	Pound	13.60	3/8 cup cooked, drained beans	7.40	1 lb dry = about 2-1/8 cups dry beans

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BEANS, SOY					
Beans, Soy, dry, canned	Pound	7.30	1/4 cup heated, drained beans	13.70	
	Pound	4.86	3/8 cup heated, drained beans	20.60	
Beans, Soy, dry	Pound	25.90	1/4 cup cooked, drained beans	3.90	1 lb dry = about 2-1/2 cups dry beans
	Pound	17.20	3/8 cup cooked, drained beans	5.90	1 lb dry = about 2-1/2 cups dry beans
Beans, Soy, fresh (Edamame) *Shelled*	Pound	10.70	1/4 cup cooked, drained edamame	9.40	
	Pound	7.13	3/8 cup cooked, drained edamame	14.10	
Beans, Soy, fresh (Edamame) *Whole, In shell*	Pound	6.90	1/4 cup cooked, drained, shelled edamame	14.50	1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans
	Pound	4.60	3/8 cup cooked, drained edamame	21.75	1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans
BEAN PRODUCTS					
Bean Products, dry beans, canned, Beans Baked or in Sauce with Pork	No. 10 Can (110 oz)	48.90	1/4 cup heated beans	2.10	
	No. 10 Can (110 oz)	32.60	3/8 cup heated beans	3.10	
	No. 2-1/2 Can (30 oz)	13.30	1/4 cup heated beans	7.60	
	No. 2-1/2 Can (30 oz)	8.86	3/8 cup heated beans	11.30	
	No. 300 Can (16 oz)	7.10	1/4 cup heated beans	14.10	
	No. 300 Can (16 oz)	4.73	3/8 cup heated beans	21.20	
Bean Products, dry beans, canned, Beans Baked in Sauce, Vegetarian *Includes USDA Foods*	No. 10 Can (108 oz)	47.10	1/4 cup heated beans with sauce	2.20	1 No. 10 can = about 11-3/4 cups heated beans with sauce
	No. 10 Can (108 oz)	31.40	3/8 cup heated beans with sauce	3.20	1 No. 10 can = about 11-3/4 cups heated beans with sauce
	No. 300 Can (16 oz)	6.94	1/4 cup heated beans with sauce	14.50	1 No. 300 can = about 1-3/4 cups heated beans with sauce
	No. 300 Can (16 oz)	4.62	3/8 cup heated beans with sauce	21.70	1 No. 300 can = about 1-3/4 cups heated beans with sauce

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BEAN PRODUCTS *(continued)*					
Bean Products, dry beans, canned, Beans with Bacon in Sauce	Pound	4.70	3/8 cup serving (provides about 1/4 cup heated beans)	21.30	
	Pound	3.13	1/2 cup plus 1 Tbsp. serving (provides about 3/8 cup heated beans)	32.00	
Bean Products, dry beans, canned, Beans with Frankfurters in Sauce	Pound	5.30	1/3 cup serving (about 1 oz meat/meat alternate)	18.90	
	Pound	3.53	1/2 cup serving (about 1-1/2 oz meat/meat alternate)	28.40	
Bean Products, dry beans, canned, Refried Beans *Includes USDA Foods*	No. 10 Can (115 oz)	49.60	1/4 cup heated beans	2.10	1 No. 10 can = about 12-1/4 cups heated refried beans
	No. 10 Can (115 oz)	33.00	3/8 cup heated beans	3.10	1 No. 10 can = about 12-1/4 cups heated refried beans
	No. 300 Can (16 oz)	7.08	1/4 cup heated beans	14.20	1 No. 300 can = about 1-3/4 cups heated refried beans
	No. 300 Can (16 oz)	4.72	3/8 cup heated beans	21.20	1 No. 300 can = about 1-3/4 cups heated refried beans
Bean Products, dehydrated, Refried Beans[3]	Pound	20.50	1/4 cup cooked beans	4.90	1 lb AP = about 3-1/2 cups dehydrated beans
	Pound	13.60	3/8 cup cooked beans	7.40	1 lb AP = about 5-1/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1
BEANS, PUREE					
Beans, puree[4,5] *(Includes: Black, Black-Eyed, Garbanzo, Navy, Pinto Beans)*	No. 10 Can (110 oz)	46.50	1/4 cup pureed beans	2.20	1 No.10 can pureed with liquid = 110 oz (about 11-5/8 cups) pureed beans
	Pound	6.76	1/4 cup pureed beans	14.80	
BEAN SOUP, CANNED					
Bean Soup, dry beans, canned *Condensed, (1 part soup to 1 part water)*	No. 3 Can (54 oz)	23.00	1/2 cup reconstituted (1/4 cup heated beans)	4.40	Reconstitute 1 part soup with not more than 1 part water
	No. 3 Can (54 oz)	15.30	3/4 cup reconstituted (3/8 cup heated beans)	6.60	Reconstitute 1 part soup with not more than 1 part water
	Pound	6.80	1/2 cup reconstituted (1/4 cup heated beans)	14.80	Reconstitute 1 part soup with not more than 1 part water

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BEAN SOUP, CANNED *(continued)*					
Bean Soup, dry beans, canned *Condensed, (1 part soup to 1 part water)*	Pound	4.53	3/4 cup reconstituted (3/8 cup heated beans)	22.10	Reconstitute 1 part soup with not more than 1 part water
Bean Soup, dry beans, canned *Ready-to-Serve*	8 oz Can	1.00	1 cup serving (1/2 cup heated beans)	100.00	
	8 oz Can	0.66	3/4 cup serving (3/8 cup heated beans)	151.60	
BEEF BRISKET, fresh or frozen					
Beef Brisket, fresh or frozen *Without bone, 1/4-inch trim*	Pound	7.36	1 oz cooked lean meat	13.60	1 lb AP = 0.46 lb cooked, lean meat
	Pound	4.90	1-1/2 oz cooked lean meat	20.50	1 lb AP = 0.46 lb cooked, lean meat
Beef Brisket, fresh or frozen *Without bone, Practically-free-of-fat*	Pound	11.00	1 oz cooked lean meat	9.10	1 lb AP = 0.69 lb cooked, sliced lean meat
	Pound	7.36	1-1/2 oz cooked lean meat	13.60	1 lb AP = 0.69 lb cooked, sliced lean meat
BEEF BRISKET, CORNED, chilled					
Beef Brisket, Corned, chilled *Without bone, 1/4-inch trim*	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked, sliced lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.50	1 lb AP = 0.70 lb cooked, sliced lean meat
BEEF CHEEK MEAT, fresh or frozen					
Beef Cheek Meat, fresh or frozen *no more than 25% fat*	Pound	12.30	1 oz cooked lean meat	8.20	1 lb AP = 0.77 lb cooked, drained, lean meat
	Pound	8.21	1-1/2 oz cooked lean meat	12.20	1 lb AP = 0.77 lb cooked, drained, lean meat
BEEF CHUCK ROAST, fresh or frozen					
Beef Chuck Roast, fresh or frozen[6] *With bone, Practically-free-of-fat*	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooked lean meat
	Pound	5.76	1-1/2 oz cooked lean meat	17.40	1 lb AP = 0.54 lb cooked lean meat
Beef Chuck Roast, fresh or frozen[7] *Without bone, Practically-free-of-fat*	Pound	10.00	1 oz lean cooked meat	10.00	1 lb AP = 0.63 lb cooked lean meat
	Pound	6.72	1-1/2 oz lean cooked meat	14.90	1 lb AP = 0.63 lb cooked lean meat

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BEEF CHUCK ROAST, fresh or frozen *(continued)*					
Beef Chuck Roast, fresh or frozen[7] *Eye roll, Without bone, Practically-free-of-fat (Like IMPS #116D)*	Pound	7.20	1 oz cooked lean meat	13.90	1 lb AP = 0.45 lb cooked, trimmed, sliced, lean meat
	Pound	4.80	1-1/2 oz cooked lean meat	20.90	1 lb AP = 0.45 lb cooked, trimmed, sliced, lean meat
Beef Chuck Roast, fresh or frozen[7] *Pectoral meat, Without bone, Practically-free-of-fat*	Pound	7.84	1 oz cooked lean meat	12.80	1 lb AP = 0.49 lb cooked, drained, lean meat
	Pound	5.22	1-1/2 oz cooked lean meat	19.20	1 lb AP = 0.49 lb cooked, drained, lean meat
Beef Chuck Roast, fresh or frozen[7] *Roll, Without bone, Practically-free-of-fat, (Like IMPS #116A)*	Pound	6.56	1 oz cooked lean meat	15.30	1 lb AP = 0.41 lb cooked, trimmed, sliced, lean meat
	Pound	4.37	1-1/2 oz cooked lean meat	22.90	1 lb AP = 0.41 lb cooked, trimmed, sliced, lean meat
Beef Chuck Roast, fresh or frozen[7] *Shoulder clod, Without bone, 1/4-inch trim, (Like IMPS #114)*	Pound	9.76	1 oz cooked lean meat	10.30	1 lb AP = 0.61 lb cooked, trimmed, sliced, lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.40	1 lb AP = 0.61 lb cooked, trimmed, sliced, lean meat
Beef Chuck Roast, fresh or frozen[7] *Shoulder clod, Arm, Without bone, 1/4-inch trim, (Like IMPS #114E)*	Pound	9.60	1 oz cooked lean meat	10.50	1 lb AP = 0.60 lb cooked, trimmed, sliced, lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.70	1 lb AP = 0.60 lb cooked, trimmed, sliced, lean meat
Beef Chuck Roast, fresh or frozen[7] *Shoulder clod, Arm, Without bone, Practically-free-of-fat, (Like IMPS #114E)*	Pound	9.12	1 oz cooked lean meat	11.00	1 lb AP = 0.57 lb cooked, trimmed, sliced, lean meat
	Pound	6.08	1-1/2 oz cooked lean meat	16.50	1 lb AP = 0.57 lb cooked, trimmed, sliced, lean meat
Beef Chuck Roast, fresh or frozen[7] *Square cut, Divided, Blade, Without bone, 1/4-inch trim, (Like IMPS #113A)*	Pound	8.48	1 oz cooked lean meat	11.80	1 lb AP = 0.53 lb cooked, trimmed, sliced, lean meat
	Pound	5.65	1-1/2 oz cooked lean meat	17.70	1 lb AP = 0.53 lb cooked, trimmed, sliced, lean meat

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BEEF CHUCK ROAST, fresh or frozen *(continued)*					
Beef Chuck Roast, fresh or frozen[7] *Under blade, Without bone, 1/4-inch trim, (Like IMPS #116E)*	Pound	10.20	1 oz cooked lean meat	9.90	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
	Pound	6.82	1-1/2 oz cooked lean meat	14.70	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
Beef Chuck Roast, fresh or frozen[7] *Under blade, Without bone, Practically-free-of-fat, (Like IMPS #116E)*	Pound	10.40	1 oz cooked lean meat	9.70	1 lb AP = 0.65 lb cooked, trimmed, sliced, lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.50	1 lb AP = 0.65 lb cooked, trimmed, sliced, lean meat
BEEF CHUCK STEAK, fresh or frozen					
Beef Chuck Steak, fresh or frozen *Eye roll, Without bone, Practically-free-of-fat, (Like IMPS #1116D)*	Pound	11.80	1 oz cooked lean meat	8.50	1 lb AP = 0.74 lb cooked lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.70	1 lb AP = 0.74 lb cooked lean meat
BEEF FLANK STEAK, fresh or frozen					
Beef Flank Steak, fresh or frozen *1/4-inch Trim*	Pound	10.70	1 oz cooked lean meat	9.40	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.10	1 lb AP = 0.67 lb cooked lean meat
Beef Flank Steak, fresh or frozen *Practically-free-of-fat*	Pound	11.60	1 oz cooked lean meat	8.70	1 lb AP (and sliced) = 0.73 lb cooked lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.90	1 lb AP (and sliced) = 0.73 lb cooked lean meat
BEEF, GROUND, fresh or frozen					
Beef, Ground, fresh or frozen *Market Style[8,9], no more than 30% fat, (Like IMPS #136)*	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked, drained, lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.50	1 lb AP = 0.70 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen[9,10] *no more than 26% fat, (Like IMPS #136)*	Pound	11.50	1 oz cooked lean meat	8.70	1 lb AP = 0.72 lb cooked, drained, lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.10	1 lb AP = 0.72 lb cooked, drained, lean meat

NOTE: For Footnotes please see the end of the section.

Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEEF, GROUND, fresh or frozen *(continued)*					
Beef, Ground, fresh or frozen[9,10] *no more than 24% fat, (Like IMPS #136)*	Pound	11.60	1 oz cooked lean meat	8.70	1 lb AP = 0.73 lb cooked, drained, lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.90	1 lb AP = 0.73 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen[9,10] *no more than 20% fat, Includes USDA Foods, (Like IMPS #136)*	Pound	11.80	1 oz cooked lean meat	8.50	1 lb AP = 0.74 lb cooked, drained, lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.70	1 lb AP = 0.74 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen[9,10] *no more than 15% fat, (Like IMPS #136)*	Pound	12.00	1 oz cooked lean meat	8.40	1 lb AP = 0.75 lb cooked, drained, lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.50	1 lb AP = 0.75 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen[9,10] *no more than 10% fat, (Like IMPS #136)*	Pound	12.10	1 oz cooked lean meat	8.30	1 lb AP = 0.76 lb cooked, drained, lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.40	1 lb AP = 0.76 lb cooked, drained, lean meat
BEEF HEART, fresh or frozen					
Beef Heart, fresh or frozen *Trimmed*	Pound	8.96	1 oz cooked lean meat	11.20	1 lb AP = 0.56 lb cooked, trimmed, lean heart
	Pound	5.97	1-1/2 oz cooked lean meat	16.80	1 lb AP = 0.56 lb cooked, trimmed, lean heart
BEEF KIDNEY, fresh or frozen					
Beef Kidney, fresh or frozen *Trimmed*	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooked kidney
	Pound	5.76	1-1/2 oz cooked lean meat	17.40	1 lb AP = 0.54 lb cooked kidney
BEEF LIVER, fresh or frozen					
Beef Liver, fresh or frozen *Trimmed*	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked liver
	Pound	7.46	1-1/2 oz cooked lean meat	13.50	1 lb AP = 0.70 lb cooked liver

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEEF LOIN STEAK, fresh or frozen					
Beef Loin Steak, fresh or frozen *Bottom sirloin butt, Tri-tip steak, Defatted, Without bone, Practically-free-of-fat, (Like IMPS #1185D)*	Pound	10.80	1 oz cooked lean meat	9.30	1 lb AP = 0.68 lb cooked, trimmed, sliced, lean meat
	Pound	7.25	1-1/2 oz cooked lean meat	13.80	1 lb AP = 0.68 lb cooked, trimmed, sliced, lean meat
Beef Loin Steak, fresh or frozen *Tenderloin steak, Side muscle on, Defatted, 1/4-inch trim, (Like IMPS #1189A)*	Pound	12.00	1 oz cooked lean meat	8.40	1 lb AP = 0.75 lb cooked lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.50	1 lb AP = 0.75 lb cooked lean meat
BEEF OXTAIL, fresh or frozen					
Beef Oxtail, fresh or frozen *Trimmed, With bone, (Like IMPS #721)*	Pound	4.96	1 oz cooked lean meat	20.20	1 lb AP = 0.31 lb cooked, defatted, boned, lean meat
	Pound	3.30	1-1/2 oz cooked lean meat	30.40	1 lb AP = 0.31 lb cooked, defatted, boned, lean meat
BEEF PLATE, fresh or frozen					
Beef Plate, fresh or frozen *Inside skirt steak, (Like IMPS #1121D)*	Pound	10.20	1 oz cooked lean meat	9.90	1 lb AP = 0.64 lb sliced, cooked, lean meat
	Pound	6.82	1-1/2 oz cooked lean meat	14.70	1 lb AP = 0.64 lb sliced, cooked, lean meat
Beef Plate, fresh or frozen *Outside skirt steak, Skinned, Practically-free-of-fat, (Like IMPS #1121E)*	Pound	11.30	1 oz cooked lean meat	8.90	1 lb AP = 0.71 lb sliced, cooked, lean meat
	Pound	7.57	1-1/2 oz cooked lean meat	13.30	1 lb AP = 0.71 lb sliced, cooked, lean meat
BEEF RIB, RIBEYE, fresh or frozen					
Beef Rib, Ribeye, fresh or frozen *Roll roast or steak, Without bone, Practically-free-of-fat, (Like IMPS #112)*	Pound	10.00	1 oz cooked lean meat	10.00	1 lb AP = 0.63 lb cooked, trimmed, sliced, lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.90	1 lb AP = 0.63 lb cooked, trimmed, sliced, lean meat

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEEF RIB ROAST, fresh or frozen					
Beef Rib Roast, fresh or frozen *Blade meat, Without bone, Practically-free-of-fat, (Like IMPS #109B)*	Pound	8.96	1 oz cooked lean meat	11.20	1 lb AP = 0.56 lb cooked, trimmed, sliced, lean meat
	Pound	5.97	1-1/2 oz cooked lean meat	16.80	1 lb AP = 0.56 lb cooked, trimmed, sliced, lean meat
BEEF ROUND ROAST, fresh or frozen					
Beef Round Roast, fresh or frozen[11] *Without bone, 1/4-inch trim*	Pound	9.76	1 oz cooked lean meat	10.30	1 lb AP = 0.61 lb cooked lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.40	1 lb AP = 0.61 lb cooked lean meat
Beef Round Roast, fresh or frozen[11] *Bottom (Gooseneck), Heel out, Without bone, 1/4-inch trim, (Like IMPS #170A)*	Pound	9.28	1 oz cooked lean meat	10.80	1 lb AP = 0.58 lb cooked, trimmed, sliced, lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.20	1 lb AP = 0.58 lb cooked, trimmed, sliced, lean meat
Beef Round Roast, fresh or frozen[11] *Eye of round, Without bone, Practically-free-of-fat, (Like IMPS #171C)*	Pound	9.44	1 oz cooked lean meat	10.60	1 lb AP = 0.59 lb cooked, sliced, lean meat
	Pound	6.29	1-1/2 oz cooked lean meat	15.90	1 lb AP = 0.59 lb cooked, sliced, lean meat
Beef Round Roast, fresh or frozen[11] *Knuckle, Peeled, Without bone, Practically-free-of-fat, (Like IMPS #167A)*	Pound	9.60	1 oz cooked lean meat	10.50	1 lb AP = 0.60 lb cooked, trimmed, sliced, lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.70	1 lb AP = 0.60 lb cooked, trimmed,sliced, lean meat
Beef Round Roast, fresh or frozen[11] *Outside, Without bone, 1/4-inch trim, (Like IMPS #171B)*	Pound	10.40	1 oz cooked lean meat	9.70	1 lb AP = 0.65 lb cooked, trimmed, sliced, lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.50	1 lb AP = 0.65 lb cooked, trimmed, sliced, lean meat
Beef Round Roast, fresh or frozen[11] *Outside, Without bone, Practically-free-of-fat, (Like IMPS #171B)*	Pound	10.00	1 oz cooked lean meat	10.00	1 lb AP = 0.63 lb cooked, sliced, lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.90	1 lb AP = 0.63 lb cooked, sliced, lean meat

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEEF ROUND ROAST, fresh or frozen *(continued)*					
Beef Round Roast, fresh or frozen[11] *Top, (Inside), Without bone, (Like IMPS #169)*	Pound	10.00	1 oz cooked lean meat	10.00	1 lb AP = 0.63 lb cooked, trimmed, sliced, lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.90	1 lb AP = 0.63 lb cooked, trimmed, sliced, lean meat
Beef Round Roast, fresh or frozen[11] *Top, (Inside, Cap off), Without bone (Like IMPS #169A)*	Pound	10.70	1 oz cooked lean meat	9.40	1 lb AP = 0.67 lb cooked, sliced, lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.10	1 lb AP = 0.67 lb cooked, sliced, lean meat
BEEF ROUND STEAK, fresh or frozen					
Beef Round Steak, fresh or frozen *Bottom, (Gooseneck), Without bone, (Like IMPS #1170A)*	Pound	11.00	1 oz cooked lean meat	9.10	1 lb AP = 0.69 lb cooked lean meat
	Pound	7.36	1-1/2 oz cooked lean meat	13.60	1 lb AP = 0.69 lb cooked lean meat
Beef Round Steak, fresh or frozen *Knuckle, Peeled, Without bone, (Like IMPS #1167A)*	Pound	10.40	1 oz cooked lean meat	9.70	1 lb AP = 0.65 lb cooked lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.50	1 lb AP = 0.65 lb cooked lean meat
Beef Round Steak, fresh or frozen *Top, (Inside), Without bone, (Like IMPS #1169)*	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked, trimmed, sliced, lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.50	1 lb AP = 0.70 lb cooked, trimmed, sliced, lean meat
Beef Round Steak, fresh or frozen *Whole, With bone, Practically-free-of-fat*	Pound	10.00	1 oz cooked lean meat	10.00	1 lb AP = 0.63 lb cooked lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.90	1 lb AP = 0.63 lb cooked lean meat
BEEF RUMP ROAST, fresh or frozen					
Beef Rump Roast, fresh or frozen *With bone*	Pound	9.92	1 oz cooked lean meat	10.10	1 lb AP = 0.62 lb cooked lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.20	1 lb AP = 0.62 lb cooked lean meat
Beef Rump Roast, fresh or frozen *Without bone*	Pound	10.80	1 oz cooked lean meat	9.30	1 lb AP = 0.68 lb cooked lean meat

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Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEEF RUMP ROAST, fresh or frozen *(continued)*					
Beef Rump Roast, fresh or frozen *Without bone*	Pound	7.25	1-1/2 oz cooked lean meat	13.80	1 lb AP = 0.68 lb cooked lean meat
BEEF SPECIAL TRIM, fresh or frozen					
Beef Special Trim, fresh or frozen[12] *Without bone, Practically-free-of-fat, (Like IMPS #139)*	Pound	9.12	1 oz cooked lean meat	11.00	1 lb AP = 0.57 lb cooked, sliced, lean meat
	Pound	6.08	1-1/2 oz cooked lean meat	16.50	1 lb AP = 0.57 lb cooked, sliced, lean meat
BEEF STEAK, frozen					
Beef Steak, frozen *Cubed Steak, (Like IMPS #1100)*	Pound	3.55	4-1/2 oz raw steak when cooked provides 3 oz cooked lean meat	28.20	1 lb AP = 0.67 lb cooked lean meat
	Pound	5.33	3 oz raw steak when cooked provides 2 oz cooked lean meat	18.80	1 lb AP = 0.67 lb cooked lean meat
	Pound	10.70	1 oz cooked lean meat	9.40	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.10	1 lb AP = 0.67 lb cooked lean meat
Beef Steak, frozen *Sandwich Steak, Flaked, Chopped, Formed and Wafer sliced, (Like IMPS #1138A)*	Pound	9.92	1 oz cooked lean meat	10.10	1 lb AP = 0.62 lb cooked lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.20	1 lb AP = 0.62 lb cooked lean meat
Beef Steak, frozen *Flaked and Formed, Sliced, (Like IMPS #1138)*	Pound	12.60	1 oz cooked lean meat	8.00	1 lb AP = 0.79 lb cooked lean meat
	Pound	8.42	1-1/2 oz cooked lean meat	11.90	1 lb AP = 0.79 lb cooked lean meat
Beef Steak, frozen *Sliced and Formed, (Like IMPS #1138B)*	Pound	10.70	1 oz cooked lean meat	9.40	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.10	1 lb AP = 0.67 lb cooked lean meat
BEEF STEW MEAT, fresh or frozen					
Beef, Stew Meat, fresh or frozen *Composite of trimmed retail cuts, Without bone, Practically-free-of-fat*	Pound	9.76	1 oz cooked lean meat	10.30	1 lb AP = 0.61 lb cooked lean meat

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEEF STEW MEAT, fresh or frozen *(continued)*					
Beef, Stew Meat, fresh or frozen *Composite of trimmed retail cuts, Without bone, Practically-free-of-fat*	Pound	6.50	1-1/2 oz cooked lean meat	15.40	1 lb AP = 0.61 lb cooked lean meat
BEEF TONGUE, fresh or frozen					
Beef Tongue, fresh or frozen	Pound	9.28	1 oz cooked lean meat	10.80	1 lb AP = 0.58 lb cooked tongue
	Pound	6.18	1-1/2 oz cooked lean meat	16.20	1 lb AP = 0.58 lb cooked tongue
BEEF TRIPE, fresh or frozen					
Beef Tripe, fresh or frozen *Scalded, Bleached, (Denuded), Honeycomb, (Like IMPS #726)*	Pound	12.30	1 oz cooked lean meat	8.20	1 lb AP thawed = 0.77 lb cooked lean meat
	Pound	8.21	1-1/2 oz cooked lean meat	12.20	1 lb AP thawed = 0.77 lb cooked lean meat
BEEF, canned					
Beef, canned *Beef with Natural Juices, USDA Foods*[13]	No. 2-1/2 Can (29 oz)	14.70	1 oz heated lean meat	6.90	1 lb AP thawed = 0.51 lb heated meat
	No. 2-1/2 Can (29 oz)	9.86	1-1/2 oz heated lean meat	10.20	1 lb AP = 0.51 lb heated meat
	Pound	8.16	1 oz heated lean meat	12.30	1 lb AP = 0.51 lb heated meat
	Pound	5.44	1-1/2 oz heated lean meat	18.40	1 lb AP = 0.51 lb heated meat
BEEF PRODUCTS, canned or frozen					
Beef Products, Barbecue Sauce with Beef[14,15]	Pound	3.50	1/2 cup serving provides about 1 oz cooked lean meat	28.60	1 lb AP = 0.25 lb cooked lean meat
Beef Products, Beef and Dumplings with Gravy[14,15]	Pound	2.33	3/4 cup serving provides about 1 oz cooked lean meat	43.00	1 lb AP = 0.18 lb cooked lean meat
Beef Products, Beef Goulash[14,15]	Pound	2.33	3/4 cup serving provides about 1 oz cooked lean meat	43.00	1 lb AP = 0.18 lb cooked lean meat
Beef Products, Beef Hash[14,15]	Pound	4.66	3/8 cup serving provides about 1 oz cooked lean meat	21.50	1 lb AP = 0.35 lb cooked lean meat
Beef Products, Beef Salad[14,15]	Pound	4.66	3/8 cup serving provides about 1 oz cooked lean meat	21.50	1 lb AP = 0.35 lb cooked lean meat
Beef Products, Beef Stew[14,15]	Pound	2.33	3/4 cup serving provides about 1 oz cooked lean meat	43.00	1 lb AP = 0.18 lb cooked lean meat

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BEEF PRODUCTS, canned or frozen *(continued)*					
Beef Products, Beef Taco Filling[14,15]	Pound	3.50	1/2 cup serving provides about 1 oz cooked lean meat	28.60	1 lb AP = 0.28 lb cooked lean meat
Beef Products, Beef with Barbecue Sauce[14,15]	Pound	7.00	1/4 cup serving provides about 1 oz cooked lean meat	14.30	1 lb AP = 0.50 lb cooked lean meat
Beef Products, Beef and Gravy[14,15]	Pound	7.00	1/4 cup serving provides about 1 oz cooked lean meat	14.30	1 lb AP = 0.50 lb cooked lean meat
Beef Products, Chili con Carne[14,15]	Pound	3.50	1/2 cup serving provides about 1 oz cooked lean meat	28.60	1 lb AP = 0.28 lb cooked lean meat
Beef Products, Chili con Carne with Beans[14,15]	Pound	2.33	3/4 cup serving provides about 1 oz cooked lean meat	43.00	1 lb AP = 0.18 lb cooked lean meat
Beef Products, Corned Beef and Cabbage[14,15]	Pound	3.50	1/2 cup serving provides about 1 oz cooked lean meat	28.60	1 lb AP = 0.25 lb cooked lean meat
Beef Products, Corned Beef Hash[14,15]	Pound	4.66	3/8 cup serving provides about 1 oz cooked lean meat	21.50	1 lb AP = 0.35 lb cooked lean meat
Beef Products, Gravy and Beef[14,15]	Pound	3.50	1/2 cup serving provides about 1 oz cooked lean meat	28.60	1 lb AP = 0.25 lb cooked lean meat
Beef Products, Gravy and Swiss Steak[14,15]	Pound	4.66	3/8 cup serving provides about 1 oz cooked lean meat	21.50	1 lb AP = 0.35 lb cooked meat
Beef Products, Swiss Steak and Gravy[14,15]	Pound	7.00	1/4 cup serving provides about 1 oz cooked lean meat	14.30	1 lb AP = 0.50 lb cooked meat
CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)					
Cheese, American, Cheddar, Mozzarella, or Swiss[16] *Natural or Process, Includes USDA Foods*	Pound	16.00	1 oz Cheese	6.30	1 lb AP = about 4 cups shredded cheese; 1 lb AP = about 2 cups cubed cheese
	Pound	10.60	1-1/2 oz Cheese	9.50	1 lb AP = about 4 cups shredded cheese; 1 lb AP = about 2 cups cubed cheese
Cheese, Feta, Brie, Camembert[16,17] *Natural*	Pound	16.00	1 oz Cheese	6.30	
	Pound	10.60	1-1/2 oz Cheese	9.50	
Cheese, Cottage or Ricotta[16]	Pound	8.00	2 oz serving -about 1/4 cup provides 1 oz meat alternate	12.50	1 lb AP = about 2 cups cheese
	Pound	5.33	3 oz serving -about 3/8 cup provides 1-1/2 oz meat alternate	18.80	1 lb AP = about 2 cups cheese

NOTE: For Footnotes please see the end of the section.

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread) *(continued)*					
Cheese, Parmesan or Romano[16] *Grated*	Pound	16.00	1 oz serving (about 3/8 cup) provides 1 oz meat alternate	6.30	1 lb AP = about 5-2/3 cups grated cheese
	Pound	10.60	1.5 oz serving (about 5/8 cup) provides 1-1/2 oz meat alternate	9.50	1 lb AP = about 5-2/3 cups grated cheese
Cheese, Cheese food[16] *Process*	Pound	8.00	2 oz serving provides 1 oz meat alternate	12.50	
	Pound	5.33	3 oz serving provides 1-1/2 oz meat alternate	18.80	
Cheese, Cheese spread[16] *Process*	Pound	8.00	2 oz serving provides 1 oz meat alternate	12.50	
	Pound	5.33	3 oz serving provides 1-1/2 oz meat alternate	18.80	
CHEESE SUBSTITUTES (includes reduced fat, lowfat, nonfat, and lite versions of cheese substitute, cheese food substitute, and cheese spread substitute)					
Cheese Substitutes, American, Cheddar, Mozzarella, or Swiss Cheese Substitute[16,18] *Natural or Process*	Pound	16.00	1 oz cheese substitute	6.30	1 lb AP = about 4 cups shredded cheese
	Pound	10.60	1-1/2 oz cheese substitute	9.50	1 lb AP = about 2 cups cubed cheese
Cheese Substitutes, Parmesan or Romano Cheese Substitute, *Grated*	Pound	16.00	1 oz serving (about 3/8 cup) provides 1 oz meat alternate	6.30	1 lb AP = about 5-2/3 cup grated cheese
Cheese Substitutes, Parmesan or Romano Cheese Substitute[16,18] *Grated*	Pound	10.60	1.5 oz serving (about 5/8 cup) provides 1-1/2 oz meat alternate	9.50	1 lb AP = about 5-2/3 cups cheese
Cheese Substitutes, Cheese food Substitute[16,18] *Process*	Pound	8.00	2 oz serving provides 1 oz meat alternate	12.50	1 lb AP = about 5-2/3 cups cheese
	Pound	5.33	3 oz serving provides 1-1/2 oz meat alternate	18.80	1 lb AP = about 5-2/3 cups cheese
	Pound	8.00	2 oz serving provides 1 oz meat alternate	12.50	1 lb AP = about 5-2/3 cups cheese
Cheese Substitutes, Cheese food Substitute, *Process*	Pound	5.33	3 oz serving provides 1-1/2 oz meat alternate	18.80	1 lb AP = about 5-2/3 cups cheese

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CHICKEN, BONELESS, fresh or frozen					
Chicken, Boneless, fresh or frozen *With skin in natural proportions*	Pound	11.20	1 oz cooked poultry with skin	9.00	1 lb AP = 0.70 lb cooked chicken meat with skin
	Pound	7.46	1-1/2 oz cooked poultry with skin	13.50	1 lb AP = 0.70 lb cooked chicken meat with skin
Chicken, Boneless, fresh or frozen, Tenders *Tenderloins, (boneless chicken breast pieces without skin)*	Pound	11.60	1 oz cooked poultry	8.70	1 lb AP = 0.73 lb cooked chicken meat
	Pound	7.78	1-1/2 oz cooked poultry	12.90	1 lb AP = 0.73 lb cooked chicken meat
CHICKEN GIBLETS, fresh or frozen					
Chicken Giblets, fresh or frozen, Gizzards	Pound	9.28	1 oz cooked poultry	10.80	1 lb AP = 0.58 lb cooked gizzards
	Pound	6.18	1-1/2 oz cooked poultry	16.20	1 lb AP = 0.58 lb cooked gizzards
Chicken Giblets, fresh or frozen, Hearts	Pound	9.28	1 oz cooked poultry	10.80	1 lb AP = 0.58 lb cooked hearts
	Pound	6.18	1-1/2 oz cooked poultry	16.20	1 lb AP = 0.58 lb cooked hearts
Chicken Giblets, fresh or frozen, Livers	Pound	9.92	1 oz cooked poultry	10.10	1 lb AP = 0.62 lb cooked livers
	Pound	6.61	1-1/2 oz cooked poultry	15.20	1 lb AP = 0.62 lb cooked livers
CHICKEN, GROUND, frozen					
Chicken, Ground, frozen *With skin in natural proportions*	Pound	11.20	1 oz cooked poultry	9.00	1 lb = 0.70 lb cooked chicken meat with skin
	Pound	7.46	1-1/2 oz cooked poultry	13.50	1 lb = 0.70 lb cooked chicken meat with skin
CHICKEN PARTS, fresh or frozen					
Chicken Parts, fresh or frozen, Back[19] *Pieces, With skin, (about 6.0 oz each)*	Pound	2.66	1 back piece (about 1.9 oz cooked poultry with skin)	37.60	1 lb AP = 0.32 lb cooked, boned, chicken meat with skin
	Pound	2.66	1 back piece (about 1.4 oz cooked poultry without skin)	37.60	1 lb AP = 0.24 lb cooked, boned, chicken meat without skin
	Pound	5.12	1 oz cooked poultry with skin	19.60	1 lb AP = 0.32 lb cooked, boned, chicken meat with skin
	Pound	3.84	1 oz cooked poultry without skin	26.10	1 lb AP = 0.24 lb cooked, boned, chicken meat without skin

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
CHICKEN PARTS, fresh or frozen *(continued)*					
Chicken Parts, fresh or frozen, Back[1] *Pieces, With skin, (about 6.0 oz each)*	Pound	3.41	1-1/2 oz cooked poultry with skin	29.40	1 lb AP = 0.32 lb cooked, boned, chicken meat with skin
	Pound	2.56	1-1/2 oz cooked poultry without skin	39.10	1 lb AP = 0.24 lb cooked, boned, chicken meat without skin
Chicken Parts, fresh or frozen, Breast[19] *Halves with Backs, With skin, (about 7.5 oz each), from 8 piece cut*	Pound	2.13	1 breast half with back (about 4.1 oz cooked poultry with skin)	47.00	1 lb AP = 0.55 lb cooked, boned, chicken meat with skin
	Pound	2.13	1 breast half with back (about 3-1/2 oz cooked poultry without skin)	47.00	1 lb AP = 0.47 lb cooked, boned, chicken meat without skin
	Pound	8.80	1 oz cooked poultry with skin	11.40	1 lb AP = 0.55 lb cooked, boned, chicken meat with skin
	Pound	7.52	1 oz cooked poultry without skin	13.30	1 lb AP = 0.47 lb cooked, boned, chicken meat without skin
	Pound	5.86	1-1/2 oz cooked poultry with skin	17.10	1 lb AP = 0.55 lb cooked, boned, chicken meat with skin
	Pound	5.01	1-1/2 oz cooked poultry without skin	20.00	1 lb AP = 0.47 lb cooked, boned, chicken meat without skin
Chicken Parts, fresh or frozen, Breast[19] *Halves with Ribs, With skin, (about 6.1 oz each)*	Pound	2.62	1 breast half (about 4 oz cooked poultry with skin)	38.20	1 lb AP = 0.66 lb cooked, boned, chicken meat with skin
	Pound	2.62	1 breast half (about 3.4 oz cooked poultry without skin)	38.20	1 lb AP = 0.56 lb cooked, boned, chicken meat without skin
	Pound	10.50	1 oz cooked poultry with skin	9.60	1 lb AP = 0.66 lb cooked, boned, chicken meat with skin
	Pound	8.96	1 oz cooked poultry without skin	11.20	1 lb AP = 0.56 lb cooked, boned, chicken meat without skin
	Pound	7.04	1-1/2 oz cooked poultry with skin	14.30	1 lb AP = 0.66 lb cooked, boned, chicken meat with skin
	Pound	5.97	1-1/2 oz cooked poultry without skin	16.80	1 lb AP = 0.56 lb cooked, boned, chicken meat without skin
Chicken Parts, fresh or frozen, Breast[19] *Portions without Backs, With skin, about 3.9 oz each, (from 9 piece cut)*	Pound	4.10	1 breast portion without back (about 2.4 oz cooked poultry with skin)	24.40	1 lb AP = 0.64 lb cooked, boned, chicken meat with skin
	Pound	4.10	1 breast portion without back (about 2 oz cooked poultry without skin)	24.40	1 lb AP = 0.52 lb cooked, boned, chicken meat without skin

NOTE: For Footnotes please see the end of the section.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
CHICKEN PARTS, fresh or frozen *(continued)*					
	Pound	10.20	1 oz cooked poultry with skin	9.90	1 lb AP = 0.64 lb cooked, boned, chicken meat with skin
	Pound	8.32	1 oz cooked poultry without skin	12.10	1 lb AP = 0.52 lb cooked, boned, chicken meat without skin
	Pound	6.82	1-1/2 oz cooked poultry with skin	14.70	1 lb AP = 0.64 lb cooked, boned, chicken meat with skin
	Pound	5.54	1-1/2 oz cooked poultry without skin	18.10	1 lb AP = 0.52 lb cooked, boned, chicken meat without skin
Chicken Parts, fresh or frozen, Breast[19] *Portions, with Backs, With skin, about 5.9 oz each, (from 9 piece cut)*	Pound	2.71	1 breast portion with back (about 2.8 oz cooked poultry with skin)	37.00	1 lb AP = 0.48 lb cooked, boned, chicken meat with skin
	Pound	2.71	1 breast portion with back (about 2.3 oz cooked poultry without skin)	37.00	1 lb AP = 0.40 lb cooked, boned, chicken meat without skin
	Pound	7.68	1 oz cooked poultry with skin	13.10	1 lb AP = 0.48 lb cooked, boned, chicken meat with skin
	Pound	6.40	1 oz cooked poultry without skin	15.70	1 lb AP = 0.40 lb cooked, boned, chicken meat without skin
	Pound	5.12	1-1/2 oz cooked poultry with skin	19.60	1 lb AP = 0.48 lb cooked, boned, chicken meat with skin
	Pound	4.26	1-1/2 oz cooked poultry without skin	23.50	1 lb AP = 0.40 lb cooked, boned, chicken meat without skin
Chicken Parts, fresh or frozen, Drumsticks[19] *With bone, With skin, (about 3.7 oz each)*	Pound	4.32	1 drumstick (about 1.8 oz cooked chicken with skin)	23.20	1 lb AP = 0.49 lb cooked, boned, chicken meat with skin
	Pound	4.32	1 drumstick (about 1-1/2 oz cooked chicken without skin)	23.20	1 lb AP = 0.41 lb cooked, boned, chicken meat without skin
	Pound	7.84	1 oz cooked poultry with skin	12.80	1 lb AP = 0.49 lb cooked, boned, chicken meat with skin
	Pound	6.56	1 oz cooked poultry without skin	15.30	1 lb AP = 0.41 lb cooked, boned, chicken meat without skin
	Pound	5.22	1-1/2 oz cooked poultry with skin	19.20	1 lb AP = 0.49 lb cooked, boned, chicken meat with skin
	Pound	4.37	1-1/2 oz cooked poultry without skin	22.90	1 lb AP = 0.41 lb cooked, boned, chicken meat without skin
Chicken Parts, fresh or frozen, Drumsticks[19] *With bone, Without skin, (about 2.5 oz each)*	Pound	6.40	1 drumstick (1.1 oz cooked poultry meat)	15.70	1 lb AP = 0.47 lb cooked, boned, chicken meat

NOTE: For Footnotes please see the end of the section.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
CHICKEN PARTS, fresh or frozen *(continued)*					
Chicken Parts, fresh or frozen, Drumsticks[1] *With bone, Without skin, (about 2.5 oz each)*	Pound	7.52	1 oz cooked poultry meat	13.30	1 lb AP = 0.47 lb cooked, boned, chicken meat
	Pound	5.01	1-1/2 oz cooked poultry meat	20.00	1 lb AP = 0.47 lb cooked, boned, chicken meat
Chicken Parts, fresh or frozen, Leg Quarters[19] *With bone, Without skin, (about 7.0 oz each)*	Pound	2.28	1 leg quarter (3.1 oz cooked poultry meat)	43.90	1 lb AP = 0.45 lb cooked, boned, chicken meat
	Pound	7.20	1 oz cooked poultry meat	13.90	1 lb AP = 0.45 lb cooked, boned, chicken meat
	Pound	4.80	1-1/2 oz cooked poultry meat	20.90	1 lb AP = 0.45 lb cooked, boned, chicken meat
Chicken Parts, fresh or frozen, Leg Quarters[19] *With bone, With Skin, (9.5 oz each)*	Pound	1.68	1 leg quarter (3.9 oz cooked poultry with skin)	59.60	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
	Pound	6.72	1 oz cooked poultry with skin	14.90	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
	Pound	4.48	1-1/2 oz cooked poultry with skin	22.40	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
Chicken Parts, fresh or frozen, Leg Quarters[19] *With bone, With Skin, (10.2 oz each)*	Pound	1.57	1 leg quarter (4.8 oz cooked poultry with skin)	63.70	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
	Pound	6.72	1 oz cooked poultry with skin	14.90	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
	Pound	4.48	1-1/2 oz cooked poultry with skin	22.40	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
Chicken Parts, fresh or frozen, Thighs[19] *With backs, With bone, With skin, (about 8.7 oz each)*	Pound	1.83	1 thigh with back (about 3.6 oz cooked poultry with skin)	54.70	1 lb AP = 0.42 lb cooked, boned, chicken with skin
	Pound	1.83	1 thigh with back (about 2.8 oz cooked poultry without skin)	54.70	1 lb AP = 0.33 lb cooked, boned, chicken without skin
	Pound	6.72	1 oz cooked poultry with skin	14.90	1 lb AP = 0.42 lb cooked, boned, chicken with skin
	Pound	5.28	1 oz cooked poultry without skin	19.00	1 lb AP = 0.33 lb cooked, boned, chicken without skin
	Pound	4.48	1-1/2 oz cooked poultry with skin	22.40	1 lb AP = 0.42 lb cooked, boned, chicken with skin
	Pound	3.52	1-1/2 oz cooked poultry without skin	28.50	1 lb AP = 0.33 lb cooked, boned, chicken without skin
Chicken Parts, fresh or frozen, Thighs[19] *With bone, With skin, (about 4.0 oz each)*	Pound	4.00	1 thigh (about 2 oz cooked poultry with skin)	25.00	1 lb AP = 0.52 lb cooked, boned, chicken meat with skin

NOTE: For Footnotes please see the end of the section.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
CHICKEN PARTS, fresh or frozen *(continued)*					
	Pound	4.00	1 thigh (about 1.7 oz cooked poultry without skin)	25.00	1 lb AP = 0.43 lb cooked, boned, chicken meat without skin
	Pound	8.32	1 oz cooked poultry with skin	12.10	1 lb AP = 0.52 lb cooked, boned, chicken meat with skin
	Pound	6.88	1 oz cooked poultry without skin	14.60	1 lb AP = 0.43 lb cooked, boned, chicken meat without skin
	Pound	5.54	1-1/2 oz cooked poultry with skin	18.10	1 lb AP = 0.52 lb cooked, boned, chicken meat with skin
	Pound	4.58	1-1/2 oz cooked poultry without skin	21.90	1 lb AP = 0.43 lb cooked, boned, chicken meat without skin
Chicken Parts, fresh or frozen, Thighs[19] *With bone, Without skin, (about 2.8 oz each)*	Pound	5.71	1 thigh (about 1.4 oz cooked poultry meat)	17.60	1 lb AP thawed = 0.53 lb cooked, boned, chicken meat
	Pound	8.48	1 oz cooked poultry meat	11.80	1 lb AP thawed = 0.53 lb cooked, boned, chicken meat
	Pound	5.65	1-1/2 oz cooked poultry meat	17.70	1 lb AP thawed = 0.53 lb cooked, boned, chicken meat
Chicken Parts, fresh or frozen, Wings[19] *Whole, With bone, With skin, (about 3.1 oz each)*	Pound	5.16	1 wing (about 1 oz cooked poultry with skin)	19.40	1 lb AP = 0.34 lb cooked, boned, chicken meat with skin
	Pound	5.16	1 wing (about 0.8 oz cooked poultry without skin)	19.40	1 lb AP = 0.26 lb cooked, boned, chicken meat without skin
	Pound	5.44	1 oz cooked poultry with skin	18.40	1 lb AP = 0.34 lb cooked, boned, chicken meat with skin
	Pound	4.16	1 oz cooked poultry without skin	24.10	1 lb AP = 0.26 lb cooked, boned, chicken meat without skin
	Pound	3.62	1-1/2 oz cooked poultry with skin	27.70	1 lb AP = 0.34 lb cooked, boned, chicken meat with skin
	Pound	2.77	1-1/2 oz cooked poultry without skin	36.20	1 lb AP = 0.26 lb cooked, boned, chicken meat without skin
Chicken Parts, fresh or frozen, Wing Drumettes[19] *(First section of wing), With bone, With skin*	Pound	5.76	1 oz cooked poultry with skin	17.40	1 lb AP = 0.36 lb cooked, boned, chicken meat with skin
	Pound	3.84	1-1/2 oz cooked poultry with skin	26.10	1 lb AP = 0.36 lb cooked, boned, chicken meat with skin
Chicken Parts, fresh or frozen, Wing Portions[19] *(Two sections of wing without tip), With bone, With skin*	Pound	3.84	1 oz cooked poultry without skin	26.10	1 lb AP = 0.24 lb cooked, boned, chicken meat without skin

NOTE: For Footnotes please see the end of the section.

Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
CHICKEN PARTS, fresh or frozen *(continued)*					
Chicken Parts, fresh or frozen, Wing Portions[1] *(Two sections of wing without tip), With bone, With skin*	Pound	2.56	1-1/2 oz cooked poultry without skin	39.10	1 lb AP = 0.24 lb cooked, boned, chicken meat without skin
CHICKEN, WHOLE, fresh or frozen					
Chicken, Whole, fresh or frozen *With Neck and Giblets*	Pound	5.76	1 oz cooked poultry excluding neck meat and giblets	17.40	1 lb AP = 0.36 lb cooked, boned, chicken meat without skin, excluding neck meat and giblets
	Pound	3.84	1-1/2 oz cooked poultry excluding neck meat and giblets	26.10	1 lb AP = 0.36 lb cooked, boned, chicken meat without skin, excluding neck meat and giblets
	Pound	6.56	1 oz cooked poultry with neck meat and giblets	15.30	1 lb AP = 0.41 lb cooked, boned, chicken meat without skin, with neck meat and giblets
	Pound	4.37	1-1/2 oz cooked poultry with neck meat and giblets	22.90	1 lb AP = 0.41 lb cooked, boned, chicken meat without skin, with neck meat and giblets
Chicken, Whole, fresh or frozen *Without neck and giblets*	Pound	7.04	1 oz cooked poultry with skin	14.30	1 lb AP = 0.44 lb cooked, boned, chicken meat with skin
	Pound	4.69	1-1/2 oz cooked poultry with skin	21.40	1 lb AP = 0.44 lb cooked, boned, chicken meat with skin
	Pound	5.76	1 oz cooked poultry without skin	17.40	1 lb AP = 0.36 lb cooked, boned, chicken meat without skin
	Pound	3.84	1-1/2 oz cooked poultry without skin	26.10	1 lb AP = 0.36 lb cooked, boned, chicken meat without skin
Chicken, Whole, fresh or frozen *Cut up 8 Pieces, (about 2-3/4 lb without neck and giblets), (Chicken pieces: 2 breast pieces, 2 drumsticks, 2 thighs with back, 2 wings), One 40 lb box = about 83 servings*	40 lb Box (frying chicken)	83.00	2 oz OR more cooked poultry with skin (1 serving = 1 breast piece, OR 1 drumstick and 1 wing, OR 1 thigh with back)	1.30	1 box contains about 14 chickens weighing 2-1/2 to 3-1/4 lb
Chicken, Whole, fresh or frozen *Cut up 8 Pieces, (about 3-3/4 lb without neck and giblets), (Chicken pieces: 2 breast pieces, 2 drumsticks, 2 thighs with back, 2 wings), One 40 lb box = about 83 servings*	40 lb Box (frying chicken)	83.00	1 serving = 1 wing (about 1.2 oz) OR 1 drumstick (about 2 oz) OR 1 thigh (about 3.2 oz) OR 1 half breast (about 5.45 oz) cooked meat with skin	1.30	1 box contains about 14 chickens weighing about 3-3/4 lb

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
CHICKEN, canned					
Chicken, canned *Boned poultry with broth*	No. 2-1/2 Can (29 oz)	20.80	1 oz heated, drained poultry	4.90	1 No. 2-1/2 can = about 20.8 oz heated, drained chicken meat and skin
	No. 2-1/2 Can (29 oz)	13.80	1-1/2 oz heated, drained poultry	7.30	1 No. 2-1/2 can = about 20.8 oz heated, drained chicken meat and skin
	No. 2-1/2 Can (29 oz)	20.80	1.2 oz unheated, drained chicken provides 1 oz cooked poultry	4.90	
	No. 2-1/2 Can (29 oz)	13.80	1.8 oz unheated, drained chicken provides 1-1/2 oz cooked poultry	7.30	
Chicken, canned *Boned poultry with broth, Includes USDA Foods*	Pound	11.50	1 oz heated, drained poultry	8.70	
	Pound	7.66	1-1/2 oz heated, drained poultry	13.10	
	Pound	11.50	1.2 oz unheated, drained chicken provides 1 oz cooked poultry	8.70	
	Pound	7.66	1.8 oz unheated, drained chicken provides 1-1/2 oz cooked poultry	13.10	
Chicken, canned *Boned, Solid pack*	Pound	14.80	1/8 cup serving provides about 1 oz cooked, drained poultry with skin	6.80	1 lb AP = 0.93 lb cooked chicken meat with skin
Chicken, canned *Boned, Includes USDA Foods*	50 oz Can	46.50	1 oz heated, drained poultry	2.20	50 oz can = about 46.5 oz heated, drained chicken meat with skin
	50 oz Can	31.00	1-1/2 oz heated, drained poultry	3.30	50 oz can = about 46.5 oz heated, drained chicken meat with skin
Chicken, canned *Boned*	No. 2-1/2 Can (29 oz)	26.30	1 oz heated poultry	3.90	1 No. 2-1/2 can = about 26.3 oz heated, drained chicken meat with skin
	No. 2-1/2 Can (29 oz)	17.50	1-1/2 oz heated poultry	5.80	1 No. 2-1/2 can = about 26.3 oz heated, drained chicken meat with skin
	Pound	14.70	1 oz heated poultry	6.90	1 lb AP = 0.92 lb heated, drained chicken meat with skin
	Pound	9.81	1-1/2 oz heated poultry	10.20	1 lb AP = 0.92 lb heated, drained chicken meat with skin

NOTE: For Footnotes please see the end of the section.

Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
CHICKEN, COOKED, frozen					
Chicken, cooked, frozen, Diced or Pulled *no skin, wing meat, neck meat, giblet, or kidneys, Includes USDA Foods*	Pound	16.00	1 oz cooked poultry	6.30	1 lb AP = 1.0 lb cooked chicken meat
	Pound	10.60	1-1/2 oz cooked poultry	9.50	1 lb AP = 1.0 lb cooked chicken meat
	40 lb Package	640.00	1 oz cooked poultry	0.16	1 lb AP = 1.0 lb cooked chicken meat
	40 lb Package	426.60	1-1/2 oz cooked poultry	0.24	1 lb AP = 1.0 lb cooked chicken meat
Chicken, cooked, frozen, Whole, Cut up, Breaded *8 Pieces, Breaded, (about 2-3/4 lb without neck and giblets), (Chicken pieces: 2 breast pieces, 2 drumsticks, 2 thighs with back, 2 wings), One 30 lb box = about 66 servings*	30 lb Box (pre-cooked breaded)	66.00	2 oz OR more cooked poultry with skin (1 serving= 1 breast piece, OR 1 drumstick and 1 wing, OR 1 thigh with back)	1.60	1 box contains about 10 chickens weighing 2-1/2 to 3-3/4 lb
CHICKEN PRODUCTS, canned or frozen					
Chicken Products, Chicken a La King[20,21]	Pound	2.30	3/4 cup serving provides about 1.3 oz cooked poultry	43.50	1 lb AP = 0.20 lb cooked chicken meat with skin
Chicken Products, Chicken Barbeque, Minced[20,21]	Pound	3.50	1/2 cup serving provides about 1.8 oz cooked poultry	28.60	1 lb AP = 0.40 lb cooked chicken meat with skin
Chicken Products, Chicken Chili[20,21]	Pound	2.30	3/4 cup serving provides about 1.9 oz cooked poultry	43.50	1 lb AP = 0.28 lb cooked chicken meat with skin
Chicken Products, Chicken Chili with Beans[20,21]	Pound	2.62	2/3 cup serving provides about 1 oz cooked meat	38.20	1 lb AP = 0.17 lb cooked chicken meat with skin
Chicken Products, Chicken Hash[20,21]	Pound	2.60	2/3 cup serving provides about 1.8 oz cooked poultry	38.50	1 lb AP = 0.30 lb cooked chicken meat with skin
Chicken Products, Chicken Salad[20,21]	Pound	3.46	1/2 cup serving provides about 1.1 oz cooked poultry with skin	29.00	1 lb AP = 0.25 lb cooked chicken meat with skin
Chicken Products, Chicken with Gravy[20,21]	Pound	5.30	1/3 cup serving provides about 1.0 oz cooked poultry	18.90	1 lb AP = 0.35 lb cooked chicken meat with skin
Chicken Products, Chicken with Noodles or Dumplings[20,21]	Pound	1.70	1 cup serving provides about 1.4 oz cooked poultry	58.90	1 lb AP = 0.15 lb cooked chicken meat with skin
Chicken Products, Creamed Chicken[20,21]	Pound	2.30	3/4 cup serving provides about 1.3 oz cooked poultry	43.50	1 lb AP = 0.20 lb cooked chicken meat with skin

NOTE: For Footnotes please see the end of the section.

Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
EGGS					
Eggs, Shell Eggs, fresh[22,23] *Large, Whole*	Dozen (24 oz)	12.00	1 large egg provides 2 oz meat alternate	8.40	1 qt (34 oz) = about 19 large whole eggs, or 29 whites, or 57 yolks
	Dozen (24 oz)	24.00	1/2 large egg provides 1 oz meat alternate	4.20	1 qt (34 oz) = about 19 large whole eggs, or 29 whites, or 57 yolks
Eggs, Frozen Whole Eggs *Pasteurized, Includes USDA Foods*	5 lb Package	45.00	1 large egg provides 2 oz meat alternate	2.30	1 lb frozen = about 1-7/8 cups (9 large eggs)
	5 lb Package	90.00	1/2 large egg provides 1 oz meat alternate	1.20	1 lb frozen = about 1-7/8 cups (9 large eggs)
	Pound	9.00	1 large egg provides 2 oz meat alternate	11.20	1 lb frozen = about 1-7/8 cups (9 large eggs)
	Pound	18.00	1/2 large egg provides 1 oz meat alternate	5.60	1 lb frozen = about 1-7/8 cups (9 large eggs)
Eggs, Dried Whole Eggs[24]	No. 10 Can (48 oz)	96.00	1 large egg provides 2 oz meat alternate	1.10	1 lb AP = about 5-1/3 cups dried eggs; 2 cups (6 oz) dried eggs and 2 cups water = 1 dozen large eggs
	No. 10 Can (48 oz)	192.00	1/2 large egg provides 1 oz meat alternate	0.60	1 lb AP = about 5-1/3 cups dried eggs; 2 cups (6 oz) dried eggs and 2 cups water = 1 dozen large eggs
	Pound	32.00	1 large egg provides 2 oz meat alternate	3.20	1 lb AP = about 5-1/3 cups dried eggs; 2 cups (6 oz) dried eggs and 2 cups water = 1 dozen large eggs
	Pound	64.00	1/2 large egg provides 1 oz meat alternate	1.60	1 lb AP = about 5-1/3 cups dried eggs; 2 cups (6 oz) dried eggs and 2 cups water = 1 dozen large eggs
FRANKFURTERS, BOLOGNA					
Bologna[25,26]	Pound	16.00	1 oz serving	6.30	
Frankfurters[25,26] *8 per Pound*	Pound	8.00	2 oz frankfurter	12.50	
Frankfurters[25,26] *10 per Pound*	Pound	10.00	1.6 oz frankfurter	10.00	
Knockwurst[25,26]	Pound	16.00	1 oz serving	6.30	
Vienna Sausage[25,26]	Pound (drained weight)	16.00	1 oz serving	6.30	
GAME, fresh or frozen					
Game, Buffalo[27] *Ground*	Pound	11.50	1 oz cooked lean meat	8.70	1 lb AP = 0.72 lb cooked, drained lean buffalo
	Pound	7.68	1-1/2 oz cooked lean meat	13.10	1 lb AP = 0.72 lb cooked, drained lean buffalo

NOTE: For Footnotes please see the end of the section.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
GAME, fresh or frozen *(continued)*					
Game, Goat[27] *Roast*	Pound	8.00	1 oz cooked lean meat	12.50	1 lb AP = 0.50 lb cooked, trimmed, sliced lean goat
	Pound	5.33	1-1/2 oz cooked lean meat	18.80	1 lb AP = 0.50 lb cooked, trimmed, sliced lean goat
Game, Ostrich[27] *Medallions*	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked lean ostrich
	Pound	7.46	1-1/2 oz cooked lean meat	13.50	1 lb AP = 0.70 lb cooked lean ostrich
Game, Venison (Deer)[27] *Ground, (Like IMPS #996)*	Pound	11.50	1 oz cooked lean meat	8.70	1 lb AP = 0.72 lb cooked, drained lean venison
	Pound	7.68	1-1/2 oz cooked lean meat	13.10	1 lb AP = 0.72 lb cooked, drained lean venison
LAMB, CHOPS, fresh or frozen					
Lamb, Chops, fresh or frozen *Shoulder chops, With bone*	Pound	7.36	1 oz cooked lean meat	13.60	1 lb AP = 0.46 lb cooked, lean lamb
	Pound	4.90	1-1/2 oz cooked lean meat	20.50	1 lb AP = 0.46 lb cooked, lean lamb
LAMB, GROUND, frozen					
Lamb, Ground, frozen	Pound	10.20	1 oz cooked lean meat	9.90	1 lb AP = 0.64 lb cooked, drained lean lamb
	Pound	6.82	1-1/2 oz cooked lean meat	14.70	1 lb AP = 0.64 lb cooked, drained lean lamb
LAMB, LEG ROAST, fresh or frozen					
Lamb, Leg Roast, fresh or frozen *Without bone*	Pound	9.76	1 oz cooked lean meat	10.30	1 lb AP = 0.61 lb cooked lean lamb
	Pound	6.50	1-1/2 oz cooked lean meat	15.40	1 lb AP = 0.61 lb cooked lean lamb
LAMB, SHOULDER ROAST, fresh or frozen					
Lamb, Shoulder Roast, fresh or frozen *Without bone*	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooked lean lamb
	Pound	5.76	1-1/2 oz cooked lean meat	17.40	1 lb AP = 0.54 lb cooked lean lamb
LAMB, STEW MEAT, fresh or frozen					
Lamb, Stew Meat, fresh or frozen *Without bone*	Pound	10.40	1 oz cooked lean meat	9.70	1 lb AP = 0.65 lb cooked lean lamb
	Pound	6.93	1-1/2 oz cooked lean meat	14.50	1 lb AP = 0.65 lb cooked lean lamb
LENTILS					
Lentils, dry	Pound	29.60	1/4 cup cooked lentils	3.40	1 lb = about 2-3/8 cups dry

NOTE: For Footnotes please see the end of the section.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
LENTILS *(continued)*					
Lentils, dry	Pound	19.70	3/8 cup cooked lentils	5.10	1 lb = about 2-3/8 cups dry
NUTS: TREE NUTS and OTHER NUTS, shelled					
Tree Nuts, Almonds[28,29]	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-1/2 cups chopped almonds
	2 lb Package	32.00	1 oz nuts	3.20	1 lb = about 3-1/2 cups chopped almonds
	25 lb Package	400.00	1 oz nuts	0.25	1 lb = about 3-1/2 cups chopped almonds
Tree Nuts, Brazil nuts[28,29]	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-1/4 cups whole Brazil nuts
Tree Nuts, Cashew nuts[28,29]	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-1/3 cups cashews nuts, whole or halves
Tree Nuts, Filberts (Hazelnuts)[28,29]	Pound	16.00	1 oz nuts	6.30	1 lb = about 4 cups chopped filberts
Tree Nuts, Macadamia nuts[28,29]	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-1/3 cups whole macadamia nuts
Tree Nuts, Pecans[28,29]	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-3/4 cups chopped pecans
Tree Nuts, Pine nuts (Pinyons)[28,29]	Pound	16.00	1 oz nuts	6.30	1 lb = about 2-7/8 cups whole pine nuts
Tree Nuts, Pistachio nuts[28,29]	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-1/2 cups pistachio nuts
Tree Nuts, Walnuts[28,29] *Black*	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-5/8 cups chopped black walnuts
Tree Nuts, Walnuts[28,29] *English*	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-3/4 cups pieces English walnuts
	30 lb Package	480.00	1 oz nuts	0.21	1 lb = about 3-3/4 cups pieces English walnuts
Other Nuts, Peanut granules[28,29]	Pound	16.00	1 oz nuts	6.30	1 lb = about 3-1/4 cups peanut granules
Other Nuts, Peanuts[28,29]	No. 10 Can (64 oz)	64.00	1 oz nuts	1.60	1 No. 10 can = about 12 cups roasted peanuts
	Pound	16.00	1 oz nuts	6.30	1 lb = about 3 cups whole peanuts
	12 oz Can	12.00	1 oz nuts	8.40	
	Pound	16.00	1 oz nuts	6.30	1 lb = about 4-1/4 cups whole soy nuts

NOTE: For Footnotes please see the end of the section.

Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PEANUT BUTTER and OTHER NUT or SEED BUTTERS					
Almond butter, Cashew nut butter, Peanut butter, Reduced fat peanut butter, Sesame seed butter, Soy nut butter, Sunflower seed butter *Includes USDA Foods, peanut butter and Sunflower seed butter*	No. 10 Can (108 oz)	97.50	2 tablespoons nut/seed butter provides 1 oz meat alternate	1.10	2 Tbsp = about 1.1 oz nut/seed butter
	No. 10 Can (108 oz)	65.00	3 tablespoons nut/seed butter provides 1-1/2 oz meat alternate	1.60	2 Tbsp = about 1.1 oz nut/seed butter
	32 oz Container	28.80	2 tablespoons nut/seed butter provides 1 oz meat alternate	3.50	2 Tbsp = about 1.1 oz nut/seed butter
	32 oz Container	19.20	3 tablespoons nut/seed butter provides 1-1/2 oz meat alternate	5.30	2 Tbsp = about 1.1 oz nut/seed butter
	Pound	14.40	2 tablespoons nut/seed butter provides 1 oz meat alternate	7.00	2 Tbsp = about 1.1 oz nut/seed butter
	Pound	9.62	3 tablespoons nut/seed butter provides 1-1/2 oz meat alternate	10.40	2 Tbsp = about 1.1 oz nut/seed butter
PEAS					
Peas, dry *Split*	Pound	23.10	1/4 cup cooked peas	4.40	1 lb dry = about 2-1/4 cups dry peas
	Pound	15.40	3/8 cup cooked peas	6.50	1 lb dry = about 2-1/4 cups dry peas
Peas, dry *Whole*	Pound	25.60	1/4 cup cooked peas	4.00	1 lb dry = about 2-1/3 cups dry peas
	Pound	17.00	3/8 cup cooked peas	5.90	1 lb dry = about 2-1/3 cups dry peas
PEA SOUP					
Pea Soup, dry peas, canned *Condensed, (1 part soup to 1 part water), Includes Cream of pea soup*	No. 3 Cylinder (50 oz)	23.00	1/2 cup reconstituted provides 1/4 cup cooked peas	4.40	Reconstitute 1 part soup with not more than 1 part water
	Pound	7.30	1/2 cup reconstituted provides 1/4 cup cooked peas	13.70	Reconstitute 1 part soup with not more than 1 part water
Pea Soup, dry peas, canned *Ready-to-serve*	8 oz Can	1.00	1 cup serving provides 1/2 cup cooked peas	100.00	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PORK, GROUND, fresh or frozen					
Pork, Ground, fresh or frozen *no more than 30% fat, Market Style[30], (Like IMPS #496)*	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.50	1 lb AP = 0.70 lb cooked lean meat
Pork, Ground, fresh or frozen[31] *no more than 26% fat, (Like IMPS #496)*	Pound	11.50	1 oz cooked lean meat	8.70	1 lb AP = 0.72 lb cooked lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.10	1 lb AP = 0.72 lb cooked lean meat
Pork, Ground, fresh or frozen[31] *no more than 24% fat, (Like IMPS #496)*	Pound	11.60	1 oz cooked lean meat	8.70	1 lb AP = 0.73 lb cooked lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.90	1 lb AP = 0.73 lb cooked lean meat
Pork, Ground, fresh or frozen[31] *no more than 20% fat, (Like IMPS #496)*	Pound	11.80	1 oz cooked lean meat	8.50	1 lb AP = 0.74 lb cooked lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.70	1 lb AP = 0.74 lb cooked lean meat
Pork, Ground, fresh or frozen[31] *no more than 15% fat, (Like IMPS #496)*	Pound	12.00	1 oz cooked lean meat	8.40	1 lb AP = 0.75 lb cooked lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.50	1 lb AP = 0.75 lb cooked lean meat
Pork, Ground, fresh or frozen[31] *no more than 10% fat, (Like IMPS #496)*	Pound	12.10	1 oz cooked lean meat	8.30	1 lb AP = 0.76 lb cooked lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.40	1 lb AP = 0.76 lb cooked lean meat
PORK, HEART, fresh or frozen					
Pork, Heart, fresh or frozen *Trimmed*	Pound	9.12	1 oz cooked lean meat	11.00	1 lb AP = 0.57 lb cooked pork heart
	Pound	6.08	1-1/2 oz cooked lean meat	16.50	1 lb AP = 0.57 lb cooked pork heart
Pork, Heart, fresh or frozen *Untrimmed*	Pound	8.16	1 oz cooked lean meat	12.30	1 lb AP = 0.51 lb cooked, trimmed pork heart
	Pound	5.44	1-1/2 oz cooked lean meat	18.40	1 lb AP = 0.51 lb cooked, trimmed pork heart

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Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PORK LEG (FRESH HAM), fresh or frozen					
Pork Leg (Fresh Ham), fresh or frozen *Short shank, With bone, (Like IMPS #401A)*	Pound	7.20	1 oz cooked lean meat	13.90	1 lb AP = 0.45 lb cooked, trimmed, boned, sliced lean meat
	Pound	4.80	1-1/2 oz cooked lean meat	20.90	1 lb AP = 0.45 lb cooked, trimmed, boned, sliced lean meat
Pork Leg (Fresh Ham), fresh or frozen *Outside, Roast, Without bone, Practically-free-of-fat, (Like IMPS #402E), Includes USDA Foods*	Pound	9.28	1 oz cooked lean meat	10.80	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.20	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat
Pork Leg (Fresh Ham), fresh or frozen *Inside roast, Without bone, Practically-free-of-fat, (Like IMPS #402F), Includes USDA Foods*	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooked, trimmed, sliced lean meat
	Pound	5.76	1-1/2 oz cooked lean meat	17.40	1 lb AP = 0.54 lb cooked, trimmed, sliced lean meat
Pork Leg (Fresh Ham), fresh or frozen *Pork leg tip, Without bone, Practically-free-of-fat, (Like IMPS #402H)*	Pound	9.92	1 oz cooked lean meat	10.10	1 lb AP = 0.62 lb cooked lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.20	1 lb AP = 0.62 lb cooked lean meat
PORK LIVER, fresh or frozen					
Pork Liver, fresh or frozen *Whole, Untrimmed, (Like IMPS #710)*	Pound	12.40	1 oz cooked lean meat	8.10	1 lb AP = 0.78 lb cooked, trimmed, sliced pork liver
	Pound	8.32	1-1/2 oz cooked lean meat	12.10	1 lb AP = 0.78 lb cooked, trimmed, sliced pork liver
PORK LOIN CHOPS, fresh or frozen					
Pork Loin Chops, fresh or frozen *With bone, 1/4-inch trim*	Pound	7.20	1 oz cooked lean meat	13.90	1 lb AP = 0.45 lb cooked lean meat
	Pound	4.80	1-1/2 oz cooked lean meat	20.90	1 lb AP = 0.45 lb cooked lean meat
Pork Loin Chops, fresh or frozen *Without bone, 1/4-inch trim, (Like IMPS #1413)*	Pound	9.44	1 oz cooked lean meat	10.60	1 lb AP = 0.59 lb cooked, trimmed, sliced lean meat
	Pound	6.29	1-1/2 oz cooked lean meat	15.90	1 lb AP = 0.59 lb cooked, trimmed, sliced lean meat

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PORK LOIN CHOPS, fresh or frozen *(continued)*					
Pork Loin Chops, fresh or frozen *Without bone, Practically-free-of-fat, (Like IMPS #1413)*	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.50	1 lb AP = 0.70 lb cooked lean meat
PORK LOIN END CHOPS, fresh or frozen					
Pork Loin End Chops, fresh or frozen *With bone, 1/4-inch trim, (Like IMPS #1410B)*	Pound	5.60	1 oz cooked lean meat	17.90	1 lb AP = 0.35 lb cooked, trimmed, boned sliced lean meat
	Pound	3.73	1-1/2 oz cooked lean meat	26.90	1 lb AP = 0.35 lb cooked, trimmed, boned sliced lean meat
Pork Loin End Chops, fresh or frozen *With bone, Practically-free-of-fat, (Like IMPS #1410B)*	Pound	6.56	1 oz cooked lean meat	15.30	1 lb AP = 0.41 lb cooked, boned, trimmed, sliced lean meat
	Pound	4.37	1-1/2 oz cooked lean meat	22.90	1 lb AP = 0.41 lb cooked, boned, trimmed, sliced lean meat
Pork Loin End Chops, fresh or frozen *Without bone, 1/4-inch trim, (Like IMPS #1413B)*	Pound	8.48	1 oz cooked lean meat	11.80	1 lb AP = 0.53 lb cooked, trimmed, sliced lean meat
	Pound	5.65	1-1/2 oz cooked lean meat	17.70	1 lb AP = 0.53 lb cooked, trimmed, sliced lean meat
Pork Loin End Chops, fresh or frozen *Without bone, Practically-free-of-fat, (Like IMPS #1413B)*	Pound	10.70	1 oz cooked lean meat	9.40	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.10	1 lb AP = 0.67 lb cooked lean meat
PORK LOIN ROAST, fresh or frozen					
Pork Loin Roast, fresh or frozen *With bone, 1/4-inch trim, (Like IMPS #410)*	Pound	7.68	1 oz cooked lean meat	13.10	1 lb AP = 0.48 lb cooked, trimmed, boned, sliced lean meat
	Pound	5.12	1-1/2 oz cooked lean meat	19.60	1 lb AP = 0.48 lb cooked, trimmed, boned, sliced lean meat
Pork Loin Roast, fresh or frozen *Without bone, 1/4-inch trim, (Like IMPS #413)*	Pound	9.28	1 oz cooked lean meat	10.80	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.20	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PORK LOIN ROAST, fresh or frozen *(continued)*					
Pork Loin Roast, fresh or frozen *Without bone, Practically-free-of-fat, (Like IMPS #413)*	Pound	10.20	1 oz cooked lean meat	9.90	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
	Pound	6.82	1-1/2 oz cooked lean meat	14.70	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
Pork Loin Roast, fresh or frozen *Center cut, 11 Ribs, With bone, 1/4-inch trim, (Like IMPS #412C)*	Pound	5.28	1 oz cooked lean meat	19.00	1 lb AP = 0.33 lb cooked, boned, trimmed, sliced lean meat
Pork Loin Roast, fresh or frozen *Center cut, 11 Ribs, With bone, 1/4-inch trim, (Like IMPS #412C)*	Pound	3.52	1-1/2 oz cooked lean meat	28.50	1 lb AP = 0.33 lb cooked, boned, trimmed, sliced lean meat
Pork Loin Roast, fresh or frozen *Center cut, 11 Ribs, With bone, Practically-free-of-fat, (Like IMPS #412C)*	Pound	8.16	1 oz cooked lean meat	12.30	1 lb AP = 0.51 lb cooked, boned, trimmed, sliced lean meat
	Pound	5.44	1-1/2 oz cooked lean meat	18.40	1 lb AP = 0.51 lb cooked, boned, trimmed, sliced lean meat
Pork Loin Roast, fresh or frozen *Center cut, 11 Ribs, Without bone, 1/4-inch trim, (Like IMPS #412E)*	Pound	9.92	1 oz cooked lean meat	10.10	1 lb AP = 0.62 lb cooked, trimmed, sliced lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.20	1 lb AP = 0.62 lb cooked, trimmed, sliced lean meat
PORK SAUSAGE, fresh or frozen					
Pork Sausage, fresh or frozen *Bulk, Link, or Patty, Market Style[32], Raw*	Pound	7.52	1 oz cooked lean meat	13.30	1 lb AP = 0.47 lb cooked lean meat
	Pound	5.01	1-1/2 oz cooked lean meat	20.00	1 lb AP = 0.47 lb cooked lean meat
Pork Sausage, fresh or frozen *Italian style[33], no more than 35% fat, (3% water maximum), Raw, (Like IMPS #818)*	Pound	9.92	1 oz cooked lean meat	10.10	1 lb AP = 0.62 lb cooked, drained Italian sausage
	Pound	6.61	1-1/2 oz cooked lean meat	15.20	1 lb AP = 0.62 lb cooked, drained Italian sausage

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PORK SHOULDER, BOSTON BUTT, fresh or frozen					
Pork Shoulder, Boston Butt, fresh or frozen *With bone, 1/4-inch trim, (Like IMPS #406)*	Pound	8.32	1 oz cooked lean meat	12.10	1 lb AP = 0.52 lb cooked, boned, trimmed, sliced lean meat
	Pound	5.54	1-1/2 oz cooked lean meat	18.10	1 lb AP = 0.52 lb cooked, boned, trimmed, sliced lean meat
Pork Shoulder, Boston Butt, fresh or frozen *Without bone, 1/4-inch trim, (Like IMPS #406A)*	Pound	9.60	1 oz cooked lean meat	10.50	1 lb AP = 0.60 lb cooked lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.70	1 lb AP = 0.60 lb cooked lean meat
PORK SHOULDER, PICNIC, fresh or frozen					
Pork Shoulder, Picnic, fresh or frozen *With Bone, 1/4-inch trim, (Like IMPS #405)*	Pound	6.88	1 oz cooked lean meat	14.60	1 lb AP = 0.43 lb cooked, boned, trimmed, sliced lean meat
	Pound	4.58	1-1/2 oz cooked lean meat	21.90	1 lb AP = 0.43 lb cooked, boned, trimmed, sliced lean meat
Pork Shoulder, Picnic, fresh or frozen *Without bone, 1/4-inch trim, (Like IMPS #405A), Includes USDA Foods*	Pound	9.12	1 oz cooked lean meat	11.00	1 lb AP = 0.57 lb cooked, trimmed, sliced lean meat
	Pound	6.08	1-1/2 oz cooked lean meat	16.50	1 lb AP = 0.57 lb cooked, trimmed, sliced lean meat
Pork Shoulder, Picnic, fresh or frozen *Cushion, Without bone, Practically-free-of-fat, (Like IMPS #405B)*	Pound	10.40	1 oz cooked lean meat	9.70	1 lb AP = 0.65 lb cooked, sliced lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.50	1 lb AP = 0.65 lb cooked, sliced lean meat
PORK SIRLOIN, ROAST, fresh or frozen					
Pork Sirloin Roast, fresh or frozen *Without bone, 1/4-inch trim, (Like IMPS #414A)*	Pound	9.92	1 oz cooked lean meat	10.10	1 lb AP = 0.62 lb cooked, sliced lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.20	1 lb AP = 0.62 lb cooked, sliced lean meat
Pork Sirloin Roast, fresh or frozen *Without bone, Practically-free-of-fat, (Like IMPS #414A)*	Pound	9.12	1 oz cooked lean meat	11.00	1 lb AP = 0.57 lb cooked, sliced lean meat
	Pound	6.08	1-1/2 oz cooked lean meat	16.50	1 lb AP = 0.57 lb cooked, sliced lean meat

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Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PORK SPARERIBS, fresh or frozen					
Pork Spareribs, fresh or frozen	Pound	6.24	1 oz cooked lean meat	16.10	1 lb AP = 0.39 lb cooked lean meat
	Pound	4.16	1-1/2 oz cooked lean meat	24.10	1 lb AP = 0.39 lb cooked lean meat
PORK STEAK, fresh or frozen					
Pork Steak, fresh or frozen *Cubed, (Like IMPS #1400)*	Pound	5.16	3.1 oz raw steak when cooked provides 2 oz cooked lean meat	19.40	1 lb AP = 0.65 lb cooked lean meat
	Pound	3.40	4.7 oz raw steak when cooked provides 3 oz cooked lean meat	29.50	1 lb AP = 0.65 lb cooked lean meat
	Pound	10.40	1 oz cooked lean meat	9.70	1 lb AP = 0.65 lb cooked lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.50	1 lb AP = 0.65 lb cooked lean meat
Pork Steak, fresh or frozen *Flaked and Formed, 4 oz raw steaks, (Like IMPS #1438)*	Pound	4.00	4 oz raw steak when cooked provides 2.7 oz cooked lean meat	25.00	1 lb AP = 0.68 lb cooked lean meat
PORK STEW MEAT, fresh or frozen					
Pork Stew Meat, fresh or frozen *Composite of trimmed retail cuts, Without bone, 1/4-inch trim, (Like IMPS #435A)*	Pound	9.28	1 oz cooked lean meat	10.80	1 lb AP = 0.58 lb cooked, trimmed, drained lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.20	1 lb AP = 0.58 lb cooked, trimmed, drained lean meat
PORK STOMACH (MAWS), fresh or frozen					
Pork Stomach (Maws), fresh or frozen *Scalded, (Like IMPS #729)*	Pound	11.30	1 oz cooked lean meat	8.90	1 lb AP = 0.71 lb cooked, drained pork stomach
	Pound	7.57	1-1/2 oz cooked lean meat	13.30	1 lb AP = 0.71 lb cooked, drained pork stomach
PORK, MILD CURED, Ready-to-cook, chilled or frozen					
Pork, Mild Cured, Ready-to-cook, chilled or frozen, Canadian bacon[34]	Pound	11.00	1 oz cooked lean meat	9.10	1 lb AP = 0.69 lb cooked lean meat
	Pound	7.36	1-1/2 oz cooked lean meat	13.60	1 lb AP = 0.69 lb cooked lean meat

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PORK, MILD CURED, Ready-to-cook, chilled or frozen *(continued)*					
Pork, Mild Cured, Ready-to-cook, chilled or frozen, Pork shoulder, Boston butt[34] *With bone*	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooked lean meat
	Pound	5.76	1-1/2 oz cooked lean meat	17.40	1 lb AP = 0.54 lb cooked lean meat
Pork, Mild Cured, Ready-to-cook, chilled or frozen, Pork shoulder, Boston butt[34] *Without bone*	Pound	9.60	1 oz cooked lean meat	10.50	1 lb AP = 0.60 lb cooked lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.70	1 lb AP = 0.60 lb cooked lean meat
Pork, Mild Cured, Ready-to-cook, chilled or frozen, Pork shoulder, Picnic[34] *With bone*	Pound	6.72	1 oz cooked lean meat	14.90	1 lb AP = 0.42 lb cooked lean meat
	Pound	4.48	1-1/2 oz cooked lean meat	22.40	1 lb AP = 0.42 lb cooked lean meat
Pork, Mild Cured, Ready-to-cook, chilled or frozen, Pork shoulder, Picnic[34] *Without bone*	Pound	8.48	1 oz cooked lean meat	11.80	1 lb AP = 0.53 lb cooked lean meat
	Pound	5.65	1-1/2 oz cooked lean meat	17.70	1 lb AP = 0.53 lb cooked lean meat
Pork, Mild Cured, Ready-to-cook, chilled or frozen, Ham[34] *Without bone*	Pound	10.00	1 oz cooked lean meat	10.00	1 lb AP = 0.63 lb cooked lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.90	1 lb AP = 0.63 lb cooked lean meat
PORK, MILD CURED, Fully Cooked, chilled or frozen					
Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices[34] *Boiled, Without bone, (Like IMPS #508 Style B)*	Pound	14.20	1.12 oz ham with natural juices provides 1 oz cooked lean meat	7.00	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)
	Pound	9.58	1.67 oz ham with natural juices provides 1-1/2 oz cooked lean meat	10.50	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)
Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices[34] *Smoked, Without bone, (Like IMPS #509 Style B)*	Pound	14.20	1.12 oz ham with natural juices provides 1 oz cooked lean meat	7.00	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PORK, MILD CURED, Fully Cooked, chilled or frozen *(continued)*					
Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices[3] *Smoked, Without bone, (Like IMPS #509 Style B)*	Pound	9.58	1.67 oz ham with natural juices provides 1-1/2 oz cooked lean meat	10.50	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)
Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, Water added[34,35] *Smoked, Rolled Fully cooked, (Like IMPS #505 Style C), Includes USDA Foods*	Pound	13.10	1.22 oz ham water added provides 1 oz cooked lean meat	7.70	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)
	Pound	8.74	1.83 oz ham water added provides 1-1/2 oz cooked lean meat	11.50	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)
Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, Water added[34,35] *Boiled, Without bone, (Like IMPS #508 Style C)*	Pound	13.10	1.22 oz ham water added provides 1 oz cooked lean meat	7.70	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)
	Pound	8.74	1.83 oz ham water added provides 1-1/2 oz cooked lean meat	11.50	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)
Pork, Mild Cured, Fully Cooked, chilled or frozen, Pork Shoulder Boston butt, Water added[34,35] *Without bone, Smoked, Special, (Like IMPS #531 Style C)*	Pound	11.50	1.39 oz cooked pork water added provides 1 oz cooked lean meat	8.70	1 lb AP = 0.72 lb cooked pork shoulder water added (Protein Fat Free Value of 16.5)
	Pound	7.61	2.1 oz cooked pork water added provides 1-1/2 oz cooked lean meat	13.20	1 lb AP = 0.72 lb cooked pork shoulder water added (Protein Fat Free Value of 16.5)
PORK, MILD CURED, canned					
Pork, Mild Cured, canned, Ham[34]	Pound	10.20	1 oz heated lean meat	9.90	1 lb AP = 0.64 lb cooked lean meat
	Pound	6.82	1-1/2 oz heated lean meat	14.70	1 lb AP = 0.64 lb cooked lean meat
	Pound	10.20	1.2 oz unheated meat provides 1 oz lean meat	9.90	
	Pound	6.82	1.8 oz unheated meat provides 1-1/2 oz lean meat	14.70	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PORK, CANNED					
Pork, canned *Pork with Natural Juices, Includes USDA Foods*	No. 2-1/2 Can (29 oz)	14.70	1 oz heated, drained lean meat	6.90	1 lb AP = 0.51 lb heated, drained pork
	No. 2-1/2 Can (29 oz)	9.86	1-1/2 oz heated, drained lean meat	10.20	1 lb AP = 0.51 lb heated, drained pork
	Pound	8.16	1 oz heated, drained lean meat	12.30	1 lb AP = 0.51 lb heated, drained pork
	Pound	5.44	1-1/2 oz heated, drained lean meat	18.40	1 lb AP = 0.51 lb heated, drained pork
Seafood, CLAMS, fresh, frozen or canned					
Seafood, fresh or frozen Clams *Shucked, Drained*	Pound	8.00	1 oz cooked clams	12.50	1 lb AP = 0.50 lb cooked clams
Seafood, fresh or frozen, Clams *Shucked, Drained*	Pound	5.33	1-1/2 oz cooked clams	18.80	1 lb AP = 0.50 lb cooked clams
Seafood, fresh or frozen, Clams *Minced*	Pound	10.50	1 oz cooked clams	9.60	1 lb AP = 0.66 lb cooked clams
	Pound	7.04	1-1/2 oz cooked clams	14.30	1 lb AP = 0.66 lb cooked clams
Seafood, canned, Clams *Minced*	51 oz Can	19.30	1 oz heated, drained clams	5.20	51 oz can = about 22.0 oz drained, unheated clams
Seafood, canned, Clams *Minced*	51 oz Can	12.80	1-1/2 oz heated, drained clams	7.90	51 oz can = about 22.0 oz drained, unheated clams
Seafood, canned, Clams *Minced*	7-1/2 oz Can	2.83	1 oz heated, drained clams	35.40	
	7-1/2 oz Can	1.89	1-1/2 oz heated, drained clams	53.00	
Seafood, CRAB, fresh or frozen					
Seafood, fresh or frozen, Crab *Meat, Cooked*	Pound	15.50	1 oz heated crab	6.50	1 lb AP = 0.97 lb heated crab meat
	Pound	10.30	1-1/2 oz heated crab	9.80	1 lb AP = 0.97 lb heated crab meat
Seafood, CRAWFISH, fresh or frozen					
Seafood, fresh, Crawfish *Whole, In shell, Live*	Pound	1.28	1 oz cooked crawfish	78.20	1 lb AP = 0.08 lb cooked, shelled crawfish tail meat
	Pound	0.85	1-1/2 oz cooked crawfish	117.70	1 lb AP = 0.08 lb cooked, shelled crawfish tail meat
Seafood, fresh or frozen, Crawfish *Tail meat, Peeled and Deveined, Cooked*	Pound	14.40	1 oz heated crawfish	7.00	1 lb AP = 0.90 lb heated crawfish tail meat
Seafood, fresh, Crawfish *Tail meat, Peeled and Deveined, Cooked*	Pound	9.60	1-1/2 oz heated crawfish	10.50	1 lb AP = 0.90 lb heated crawfish tail meat

NOTE: For Footnotes please see the end of the section.

Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Seafood, FISH FILLETS and STEAKS, fresh or frozen					
Seafood, fresh or frozen, Fish Fillets	Pound	11.20	1 oz cooked fish	9.00	1 lb AP = 0.70 lb cooked fish
	Pound	7.46	1-1/2 oz cooked fish	13.50	1 lb AP = 0.70 lb cooked fish
Seafood, fresh or frozen, Fish Steaks *Cross cut, With bone*	Pound	10.50	1 oz cooked fish	9.60	1 lb AP = 0.66 lb cooked fish
	Pound	7.04	1-1/2 oz cooked fish	14.30	1 lb AP = 0.66 lb cooked fish
Seafood, FISH PORTIONS, frozen					
Seafood, frozen, Fish Portions[36] *Fried, battered, (45 percent fish)[37], (Not from minced fish), 3 oz portion*	Pound	5.33	3 oz portion provides about 1.1 oz cooked fish	18.80	1 lb AP = 0.37 lb cooked fish
Seafood, frozen, Fish Portions[36] *Fried, battered, (45 percent fish)[37], (Not from minced fish), 2 oz portion*	Pound	8.00	2 oz portion provides about 0.7 oz cooked fish	12.50	1 lb AP = 0.37 lb cooked fish
Seafood, frozen, Fish Portions[36] *Fried, breaded, (65 percent fish)[38], (Not from minced fish), 4 oz portion*	Pound	4.00	4 oz portion provides about 2.2 oz cooked fish	25.00	1 lb AP = 0.54 lb cooked fish
Seafood, frozen, Fish Portions[36] *Fried, breaded, (65 percent fish)[38], (Not from minced fish), 3 oz portion*	Pound	5.33	3 oz portion provides about 1.6 oz cooked fish	18.80	1 lb AP = 0.54 lb cooked fish
Seafood, frozen, Fish Portions[36] *Fried, breaded, (65 percent fish)[38], (Not from minced fish), 2 oz portion*	Pound	8.00	2 oz portion provides about 1.1 oz cooked fish	12.50	1 lb AP = 0.54 lb cooked fish
Seafood, frozen, Fish Portions[36] *Raw, breaded, (75 percent fish)[39], (Not from minced fish), 4 oz portion*	Pound	4.00	4 oz portion provides about 2.3 oz cooked fish	25.00	1 lb AP = 0.58 lb cooked fish
Seafood, frozen, Fish Portions[36] *Raw, breaded, (75 percent fish)[39], (Not from minced fish), 3 oz portion*	Pound	5.33	3 oz portion provides about 1.7 oz cooked fish	18.80	1 lb AP = 0.58 lb cooked fish

NOTE: For Footnotes please see the end of the section.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Seafood, FISH PORTIONS, frozen *(continued)*					
Seafood, frozen, Fish Portions[36] *Raw, breaded, (75 percent fish)[39], (Not from minced fish), 2 oz portion*	Pound	8.00	2 oz portion provides about 1.2 oz cooked fish	12.50	1 lb AP = 0.58 lb cooked fish
Seafood, frozen, Fish Portions[36] *Raw, unbreaded, (not from minced fish), 4 oz portion*	Pound	4.00	4 oz portion provides about 3.1 oz cooked fish	25.00	1 lb AP = 0.78 lb cooked fish
Seafood, frozen, Fish Portions[36] *Raw, unbreaded, (not from minced fish), 3 oz portion*	Pound	5.33	3 oz portion provides about 2.3 oz cooked fish	18.80	1 lb AP = 0.78 lb cooked fish
Seafood, frozen, Fish Portions[36] *Raw, unbreaded, (not from minced fish), 2 oz portion*	Pound	8.00	2 oz portion provides about 1.6 oz cooked fish	12.50	1 lb AP = 0.78 lb cooked fish
Seafood, FISH STICKS, frozen					
Seafood, frozen, Fish Sticks[36] *Fried, breaded, (60 percent fish)[40], (Not from minced fish), 1 oz stick*	Pound	16.00	1 stick provides about 1/2 oz cooked fish	6.30	1 lb AP = 0.49 lb cooked fish
	Pound	8.00	2 sticks provide about 1 oz cooked fish	12.50	1 lb AP = 0.49 lb cooked fish
	Pound	5.33	3 sticks provide about 1-1/2 oz cooked fish	18.80	1 lb AP = 0.49 lb cooked fish
Seafood, frozen, Fish Sticks[36] *Fried, breaded, (60 percent fish)[40], (Not from minced fish), 1 oz stick*	Pound	4.00	4 sticks provide about 2 oz cooked fish	25.00	1 lb AP = 0.49 lb cooked fish
Seafood, frozen, Fish Sticks[36] *Raw, breaded, (72 percent fish), (Not from minced fish), 1 oz stick*	Pound	16.00	1 stick provides about 0.6 oz cooked fish	6.30	1 lb AP = 0.56 lb cooked fish
	Pound	8.00	2 sticks provide about 1.1 oz cooked fish	12.50	1 lb AP = 0.56 lb cooked fish
	Pound	5.33	3 sticks provide about 1.7 oz cooked fish	18.80	1 lb AP = 0.56 lb cooked fish
	Pound	4.00	4 sticks provide about 2.2 oz cooked fish	25.00	1 lb AP = 0.56 lb cooked fish

NOTE: For Footnotes please see the end of the section.

Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Seafood, MACKEREL, chilled, frozen, or canned					
Seafood, chilled or frozen, Mackerel *Smoked, Cooked, Whole, Split, With Bone, With Skin*	Pound	9.76	1 oz fish without bone or skin	10.30	1 lb AP = 0.61 lb deheaded, skinned, boned, mackerel
	Pound	6.50	1-1/2 oz fish without bone or skin	15.40	1 lb AP = 0.61 lb deheaded, skinned, boned, mackerel
Seafood, canned, Mackerel	No. 300 Can (15 oz)	8.87	1 oz drained fish	11.30	1 No. 300 can = about 8-7/8 oz drained, unheated mackerel
	No. 300 Can (15 oz)	5.91	1-1/2 oz drained fish	17.00	1 No. 300 can = about 8-7/8 oz drained, unheated mackerel
	No. 300 Can (15 oz)	7.95	1 oz heated, drained fish	12.60	1 No. 300 can = about 8-7/8 oz drained, unheated mackerel
	No. 300 Can (15 oz)	5.30	1-1/2 oz heated, drained fish	18.90	1 No. 300 can = about 8-7/8 oz drained, unheated mackerel
Seafood, OYSTERS, fresh or frozen					
Seafood, fresh or frozen, Oysters *Shucked, Drained*	Pound	8.00	1 oz cooked oysters	12.50	1 lb AP = 0.50 lb cooked oysters
	Pound	5.33	1-1/2 oz cooked oysters	18.80	1 lb AP = 0.50 lb cooked oysters
Seafood, SALMON, pouch pack or canned					
Seafood, pouch pack, Salmon *Without bone, Without skin, Water-packed*	Pound	13.70	1 oz drained fish	7.30	1 lb AP = 0.86 lb drained salmon
	Pound	9.17	1-1/2 oz drained fish	11.00	1 lb AP = 0.86 lb drained salmon
	4 lb Pouch	55.00	1 oz drained fish	1.90	1 lb AP = 0.86 lb drained salmon
	4 lb Pouch	36.60	1-1/2 oz drained fish	2.80	1 lb AP = 0.86 lb drained salmon
Seafood, canned, Salmon *Pink*	64 oz Can	48.00	1 oz heated fish	2.10	64 oz can = about 52.0 oz drained, unheated pink salmon
	64 oz Can	32.00	1-1/2 oz heated fish	3.20	64 oz can = about 52.0 oz drained, unheated pink salmon
Seafood, canned, Salmon *Water-packed*	15-1/2 oz Can	11.60	1 oz heated fish	8.70	15-1/2 oz can = about 12-3/4 oz drained, unheated salmon with bones and skin
	15-1/2 oz Can	7.73	1-1/2 oz heated fish	13.00	15-1/2 oz can = about 12-3/4 oz drained, unheated salmon with bones and skin
	14-3/4 oz Can	9.09	1 oz heated fish	11.10	14-3/4 oz can = 10.0 oz drained, unheated salmon with bones and skin

NOTE: For Footnotes please see the end of the section.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Seafood, SALMON, pouch pack or canned *(continued)*					
Seafood, canned, Salmon *Water-packed*	14-3/4 oz Can	6.06	1-1/2 oz heated fish	16.60	14-3/4 oz can = 10.0 oz drained, unheated salmon with bones and skin
Seafood, SARDINES, canned					
Seafood, canned, Sardines *Whole*	15 oz Can	13.20	1 oz sardines	7.60	15 oz can = about 13-1/4 oz drained sardines
	15 oz Can	8.80	1-1/2 oz sardines	11.40	15 oz can = about 13-1/4 oz drained sardines
Seafood, SCALLOPS, frozen					
Seafood, frozen, Scallops	Pound	8.48	1 oz cooked scallops	11.80	1 lb AP = 0.53 lb cooked scallops
	Pound	5.65	1-1/2 oz cooked scallops	17.70	1 lb AP = 0.53 lb cooked scallops
Seafood, SHRIMP, fresh or frozen					
Seafood, fresh or frozen, Shrimp *In shell, Deheaded, Undeveined*	Pound	8.64	1 oz cooked shrimp	11.60	1 lb AP = 0.54 lb cooked shrimp
	Pound	5.76	1-1/2 oz cooked shrimp	17.40	1 lb AP = 0.54 lb cooked shrimp
Seafood, fresh or frozen, Shrimp *Peeled, Undeveined, 60/70 count/lb, (medium)*	Pound	11.50	1 oz cooked shrimp	8.70	1 lb AP = 0.72 lb cooked shrimp
	Pound	7.68	1-1/2 oz cooked shrimp	13.10	1 lb AP = 0.72 lb cooked shrimp
Seafood, fresh or frozen, Shrimp *Peeled, Deveined*	Pound	9.92	1 oz cooked shrimp	10.10	1 lb AP = 0.62 lb cooked shrimp
	Pound	6.61	1-1/2 oz cooked shrimp	15.20	1 lb AP = 0.62 lb cooked shrimp
Seafood, SHRIMP, COOKED, frozen					
Seafood, cooked, frozen, Shrimp *Peeled, Deveined, All sizes except for salad size*	Pound (frozen)	13.20	1 oz heated shrimp	7.60	1 lb AP = 0.83 lb thawed, ready-to-eat shrimp
	Pound (frozen)	8.85	1-1/2 oz heated shrimp	11.30	1 lb AP = 0.83 lb thawed, ready-to-eat shrimp
	Pound (thawed)	16.00	1 oz heated shrimp	6.30	1 lb thawed = 1.00 lb ready-to-eat shrimp
	Pound (thawed)	10.60	1-1/2 oz heated shrimp	9.50	1 lb thawed = 1.00 lb ready-to-eat shrimp

NOTE: For Footnotes please see the end of the section.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Seafood, SHRIMP, COOKED, frozen *(continued)*					
Seafood, cooked, frozen, Shrimp *Peeled, Deveined, or Undeveined, Salad size, (150-200 count/lb)*	Pound (frozen)	12.80	1 oz heated shrimp	7.90	1 lb AP = 0.80 lb thawed shrimp
	Pound (frozen)	8.53	1-1/2 oz heated shrimp	11.80	1 lb AP = 0.80 lb thawed shrimp
Seafood, cooked, frozen, Shrimp *Peeled, Deveined or Undeveined, Salad size, (150-200 count/lb)*	Pound (thawed)	16.00	1 oz heated shrimp	6.30	
	Pound (thawed)	10.60	1-1/2 oz heated shrimp	9.50	
Seafood, SHRIMP, canned					
Seafood, canned, Shrimp	13-1/4 oz Can (drained weight)	13.20	1 oz shrimp	7.60	1 can = 13-1/4 oz drained shrimp
	13-1/4 oz Can (drained weight)	8.80	1-1/2 oz shrimp	11.40	1 can = 13-1/4 oz drained shrimp
Seafood, SQUID, CALAMARI, frozen					
Seafood, frozen, Squid, Calamari *Rings only*	Pound	10.70	1 oz cooked squid	9.40	1 lb AP = 0.67 lb cooked squid
	Pound	7.14	1-1/2 oz cooked squid	14.10	1 lb AP = 0.67 lb cooked squid
Seafood, TUNA, canned					
Seafood, canned, Tuna *Chunk style, Water packed, Includes USDA Foods*	66-1/2 oz Can	51.20	1 oz drained tuna	2.00	66-1/2 oz can = about 51.2 oz drained tuna
	66-1/2 oz Can	34.10	1-1/2 oz drained tuna	3.00	66-1/2 oz can = about 51.2 oz drained tuna
	12 oz Can	10.50	1 oz drained tuna	9.60	12 oz can = about 10.5 oz drained tuna
	12 oz Can	7.00	1-1/2 oz drained tuna	14.30	12 oz can = about 10.5 oz drained tuna
	6 oz Can	5.26	1 oz drained tuna	19.20	6 oz can = about 5.2 oz drained tuna
	6 oz Can	3.50	1-1/2 oz drained tuna	28.80	6 oz can = about 5.2 oz drained tuna
Seafood, canned, Tuna *Solid, Water packed*	66-1/2 oz Can	50.50	1 oz drained tuna	2.00	66-1/2 oz can = about 50.5 oz drained tuna
	66-1/2 oz Can	33.60	1-1/2 oz drained tuna	3.00	66-1/2 oz can = about 50.5 oz drained tuna
	12 oz Can	10.40	1 oz drained tuna	9.70	12 oz can = about 10.4 oz drained tuna

NOTE: For Footnotes please see the end of the section.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Seafood, TUNA, canned *(continued)*					
Seafood, canned, Tuna *Solid, Water packed*	12 oz Can	6.95	1-1/2 oz drained tuna	14.40	12 oz can = about 10.4 oz drained tuna
	6 oz Can	5.40	1 oz drained tuna	18.60	6 oz can = about 5.4 oz drained tuna
	6 oz Can	3.60	1-1/2 oz drained tuna	27.80	6 oz can = about 5.4 oz drained tuna
Seafood, canned, Tuna *Grated or Flake*	60 oz Can	55.00	1 oz drained tuna	1.90	60 oz can = about 55.0 oz drained tuna
	60 oz Can	36.60	1-1/2 oz drained tuna	2.80	60 oz can = about 55.0 oz drained tuna
	6 oz Can	5.40	1 oz drained tuna	18.60	6 oz can = about 5.4 oz drained tuna
	6 oz Can	3.60	1-1/2 oz drained tuna	27.80	6 oz can = about 5.4 oz drained tuna
SEEDS					
Seeds[29,41], Pumpkin and Squash *Shelled*	Pound	16.00	1 oz seeds	6.30	1 lb = about 2 cups pumpkin or squash seeds
Seeds[29,41], Sesame	Pound	16.00	1 oz seeds	6.30	1 lb = about 3-1/8 cups sesame seeds
Seeds[29,41], Sunflower *Shelled*	Pound	16.00	1 oz seeds	6.30	1 lb = about 3-1/2 cups sunflower seeds
SURIMI SEAFOOD					
Surimi Seafood, commercially-prepared	Pound	16.00	1 oz provides 0.25 oz meat	6.30	
	Pound	5.33	3 oz provides 1.0 oz meat	18.80	
	Pound	3.63	4.4 oz provides 1.5 oz meat	27.60	
TEMPEH					
Tempeh, commercially-prepared	Pound	16.00	1 oz provides 1.0 oz meat alternate	6.30	
TOFU					
Tofu *Commercially-prepared*	Pound	7.28	2.2 oz or 1/4 cup provides 1 oz meat alternate	13.80	
TURKEY, WHOLE, fresh or frozen					
Turkey, Whole, fresh or frozen *Without Neck and Giblets*	Pound	8.48	1 oz cooked turkey with skin	11.80	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	5.65	1-1/2 oz cooked turkey with skin	17.70	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	7.52	1 oz cooked turkey without skin	13.30	1 lb AP = 0.47 lb cooked turkey without skin
	Pound	5.01	1-1/2 oz cooked turkey without skin	20.00	1 lb AP = 0.47 lb cooked turkey without skin

NOTE: For Footnotes please see the end of the section.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
TURKEY, WHOLE, fresh or frozen *(continued)*					
Turkey, Whole, fresh or frozen *With Neck and Giblets*	Pound	7.68	1 oz cooked turkey with skin without meat from neck and giblets	13.10	1 lb AP = 0.48 lb cooked turkey with skin without meat from neck and giblets
	Pound	5.12	1-1/2 oz cooked turkey with skin without meat from neck and giblets	19.60	1 lb AP = 0.48 lb cooked turkey with skin without meat from neck and giblets
	Pound	6.72	1 oz cooked turkey without skin, giblets, and meat from neck	14.90	1 lb AP = 0.42 lb cooked turkey without skin, giblets and meat from neck
	Pound	4.48	1-1/2 oz cooked turkey without skin, giblets and meat from neck	22.40	1 lb AP = 0.42 lb cooked turkey without skin, giblets and meat from neck
TURKEY PARTS, fresh or frozen					
Turkey parts, fresh or frozen, Turkey Backs *With bone, Ready-to-cook*	Pound	6.88	1 oz cooked turkey with skin	14.60	1 lb AP = 0.43 lb cooked turkey with skin
	Pound	4.58	1-1/2 oz cooked turkey with skin	21.90	1 lb AP = 0.43 lb cooked turkey with skin
	Pound	5.44	1 oz cooked turkey without skin	18.40	1 lb AP = 0.34 lb cooked turkey without skin
	Pound	3.62	1-1/2 oz cooked turkey without skin	27.70	1 lb AP = 0.34 lb cooked turkey without skin
Turkey parts, fresh or frozen, Turkey Breasts *Whole or Halves, With bone*	Pound	10.20	1 oz cooked turkey with skin	9.90	1 lb AP = 0.64 lb cooked turkey with skin
	Pound	6.82	1-1/2 oz cooked turkey with skin	14.70	1 lb AP = 0.64 lb cooked turkey with skin
	Pound	9.12	1 oz cooked turkey without skin	11.00	1 lb AP = 0.57 lb cooked turkey without skin
	Pound	6.08	1-1/2 oz cooked turkey without skin	16.50	1 lb AP = 0.57 lb cooked turkey without skin
Turkey parts, fresh or frozen, Turkey Drumsticks *With bone*	Pound	7.68	1 oz cooked turkey with skin	13.10	1 lb AP = 0.48 lb cooked turkey with skin
	Pound	5.12	1-1/2 oz cooked turkey with skin	19.60	1 lb AP = 0.48 lb cooked turkey with skin
	Pound	7.04	1 oz cooked turkey without skin	14.30	1 lb AP = 0.44 lb cooked turkey without skin
	Pound	4.69	1-1/2 oz cooked turkey without skin	21.40	1 lb AP = 0.44 lb cooked turkey without skin
Turkey parts, fresh or frozen, Turkey Halves *With bone*	Pound	8.48	1 oz cooked turkey with skin	11.80	1 lb AP = 0.53 lb cooked turkey with skin

NOTE: For Footnotes please see the end of the section.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
TURKEY PARTS, fresh or frozen *(continued)*					
Turkey parts, fresh or frozen, Turkey Halves *With bone*	Pound	5.65	1-1/2 oz cooked turkey with skin	17.70	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	7.36	1 oz cooked turkey without skin	13.60	1 lb AP = 0.46 lb cooked turkey without skin
	Pound	4.90	1-1/2 oz cooked turkey without skin	20.50	1 lb AP = 0.46 lb cooked turkey without skin
Turkey parts, fresh or frozen, Turkey Leg Quarters *With bone*	Pound	8.48	1 oz cooked turkey with skin	11.80	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	5.65	1-1/2 oz cooked turkey with skin	17.70	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	7.68	1 oz cooked turkey without skin	13.10	1 lb AP = 0.48 lb cooked turkey without skin
	Pound	5.12	1-1/2 oz cooked turkey without skin	19.60	1 lb AP = 0.48 lb cooked turkey without skin
Turkey parts, fresh or frozen, Turkey Necks *With bone*	Pound	7.68	1 oz cooked turkey	13.10	1 lb AP = 0.48 lb cooked turkey
	Pound	5.12	1-1/2 oz cooked turkey	19.60	1 lb AP = 0.48 lb cooked turkey
Turkey parts, fresh or frozen, Turkey Thighs *With bone*	Pound	8.64	1 oz cooked turkey with skin	11.60	1 lb AP = 0.54 lb cooked turkey with skin
	Pound	5.76	1-1/2 oz cooked turkey with skin	17.40	1 lb AP = 0.54 lb cooked turkey with skin
	Pound	8.00	1 oz cooked turkey without skin	12.50	1 lb AP = 0.50 lb cooked turkey without skin
	Pound	5.33	1-1/2 oz cooked turkey without skin	18.80	1 lb AP = 0.50 lb cooked turkey without skin
Turkey parts, fresh or frozen, Turkey Wings *With bone, Whole*	Pound	5.28	1 oz cooked turkey without skin	19.00	1 lb AP = 0.33 lb cooked turkey without skin
	Pound	3.52	1-1/2 oz cooked turkey without skin	28.50	1 lb AP = 0.33 lb cooked turkey without skin
TURKEY ROAST, frozen					
Turkey Roast, fresh or frozen[42] *Without bone, USDA Foods only*	Pound	10.50	1 oz cooked turkey with skin	9.60	1 lb AP = 0.66 lb cooked turkey with skin
	Pound	7.04	1-1/2 oz cooked turkey with skin	14.30	1 lb AP = 0.66 lb cooked turkey with skin
TURKEY, BONELESS, fresh or frozen					
Turkey, Boneless, fresh or frozen *With skin in natural proportions*	Pound	11.20	1 oz cooked turkey with skin	9.00	1 lb AP = 0.70 lb cooked turkey with skin

NOTE: For Footnotes please see the end of the section.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
TURKEY, BONELESS, fresh or frozen *(continued)*					
Turkey, Boneless, fresh or frozen *With skin in natural proportions*	Pound	7.46	1-1/2 oz cooked turkey with skin	13.50	1 lb AP = 0.70 lb cooked turkey with skin
TURKEY BURGERS, frozen					
Turkey Burgers, frozen *100% ground turkey, 3 oz raw weight*	Pound	5.33	3 oz raw turkey burger when cooked provides 2 oz cooked turkey	18.80	
	6 lb Package	32.00	3 oz raw turkey burger when cooked provides 2 oz cooked turkey	3.20	
TURKEY GIBLETS, fresh or frozen					
Turkey giblets, fresh or frozen, Gizzards	Pound	9.12	1 oz cooked gizzards	11.00	1 lb AP = 0.57 lb cooked whole gizzards
	Pound	6.08	1-1/2 oz cooked gizzards	16.50	1 lb AP = 0.57 lb cooked whole gizzards
Turkey giblets, fresh or frozen, Hearts	Pound	9.12	1 oz cooked hearts	11.00	1 lb AP = 0.57 lb cooked hearts
	Pound	6.08	1-1/2 oz cooked hearts	16.50	1 lb AP = 0.57 lb cooked hearts
Turkey giblets, fresh or frozen, Livers	Pound	11.50	1 oz cooked livers	8.70	1 lb AP = 0.72 lb cooked livers
	Pound	7.68	1-1/2 oz cooked livers	13.10	1 lb AP = 0.72 lb cooked livers
TURKEY, GROUND, fresh or frozen					
Turkey, Ground, fresh or frozen *With skin in natural proportions*	Pound	11.20	1 oz cooked turkey	9.00	1 lb AP = 0.70 lb cooked, drained turkey
	Pound	7.46	1-1/2 oz cooked turkey	13.50	1 lb AP = 0.70 lb cooked, drained turkey
	10 lb Package	112.00	1 oz cooked turkey	0.90	1 lb AP = 0.70 lb cooked, drained turkey
	10 lb Package	74.60	1-1/2 oz cooked turkey	1.40	1 lb AP = 0.70 lb cooked, drained turkey
TURKEY, canned					
Turkey, Canned, Boned Turkey	Pound	14.00	1 oz cooked turkey with skin	7.20	1 lb AP = 0.88 lb cooked turkey with skin
	Pound	9.38	1-1/2 oz cooked turkey with skin	10.70	1 lb AP = 0.88 lb cooked turkey with skin
Turkey, Canned, Boned Turkey *Solid Pack*	Pound	14.80	1 oz cooked turkey with skin	6.80	1 lb AP = 0.93 lb cooked turkey with skin

NOTE: For Footnotes please see the end of the section.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
TURKEY, canned *(continued)*					
Turkey, Canned, Boned Turkey *Solid Pack*	Pound	9.92	1-1/2 oz cooked turkey with skin	10.10	1 lb AP = 0.93 lb cooked turkey with skin
Turkey, Canned, Boned Turkey *With Broth*	Pound	12.40	1 oz cooked turkey with skin	8.10	1 lb AP = 0.78 lb cooked turkey with skin
	Pound	8.32	1-1/2 oz cooked turkey with skin	12.10	1 lb AP = 0.78 lb cooked turkey with skin
TURKEY, COOKED, frozen					
Turkey, cooked, frozen, Diced or Pulled *Light and dark meat in natural proportions, (no skin, wing meat, neck meat, giblets or kidney)*	Pound	16.00	1 oz cooked turkey	6.30	1 lb AP = 1.00 lb (about 2-3/4 cups) cooked turkey
	Pound	10.60	1-1/2 oz cooked turkey	9.50	1 lb AP = 1.00 lb (about 2-3/4 cups) cooked turkey
TURKEY HAM, Fully cooked, chilled or frozen					
Turkey Ham, fully cooked, chilled or frozen[43]	Pound	11.20	1.4 oz serving provides 1 oz cooked turkey	9.00	1 lb AP = 0.70 lb cooked turkey
	Pound	7.46	2.1 oz serving provides 1-1/2 oz cooked turkey	13.50	1 lb AP = 0.70 lb cooked turkey
Turkey Ham, fully cooked, chilled or frozen[43] *15% added ingredients*	Pound	9.41	1.7 oz serving provides 1 oz cooked turkey	10.60	1 lb AP = 0.59 lb cooked turkey
	Pound	6.27	2.6 oz serving provides 1-1/2 oz cooked turkey	15.90	1 lb AP = 0.59 lb cooked turkey
TURKEY PRODUCTS, canned or frozen					
Turkey Products, Creamed Turkey[44,45]	Pound	2.30	3/4 cup serving provides about 1.3 oz cooked turkey	43.50	1 lb AP = 0.20 lb cooked turkey
Turkey Products, Turkey A La King[44,45]	Pound	2.30	3/4 cup serving provides about 1.3 oz cooked turkey	43.50	1 lb AP = 0.20 lb cooked turkey
Turkey Products, Barbecue, minced[44,45]	Pound	3.50	1/2 cup serving provides about 1.8 oz cooked turkey	28.60	1 lb AP = 0.40 lb cooked turkey
Turkey Products, Turkey Chili[44,45]	Pound	2.30	3/4 cup serving provides about 1.9 oz cooked turkey	43.50	1 lb AP = 0.28 lb cooked turkey
Turkey Products, Turkey Chili with Beans[44,45]	Pound	2.62	2/3 cup serving provides about 1 oz cooked turkey	38.20	1 lb AP = 0.17 lb cooked turkey
Turkey Products, Turkey Hash[44,45]	Pound	2.60	2/3 cup serving provides about 1.8 oz cooked turkey	38.50	1 lb AP = 0.30 lb cooked turkey

NOTE: For Footnotes please see the end of the section.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
TURKEY PRODUCTS, canned or frozen *(continued)*					
Turkey Products, Turkey Salad[44,45]	Pound	3.46	1/2 cup serving provides about 1.1 oz cooked turkey	29.00	1 lb AP = 0.25 lb cooked turkey
Turkey Products, Turkey with Gravy[44,45]	Pound	5.30	1/3 cup serving provides about 1 oz cooked turkey	18.90	1 lb AP = 0.35 lb cooked turkey
Turkey Products, Turkey with Noodles or Dumplings[44,45]	Pound	1.70	1 cup serving provides about 1.4 oz cooked turkey	58.90	1 lb AP = 0.15 lb cooked turkey
VEAL, CUTLETS, fresh or frozen					
Veal, Cutlets, fresh or frozen *Cutlets from leg, Without bone*	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooked lean meat
	Pound	5.76	1-1/2 oz cooked lean meat	17.40	1 lb AP = 0.54 lb cooked lean meat
VEAL, GROUND, fresh or frozen					
Veal, Ground, fresh or frozen *No more than 16% fat*	Pound	12.60	1 oz cooked lean meat	8.00	1 lb AP = 0.79 lb cooked lean meat
	Pound	8.42	1-1/2 oz cooked lean meat	11.90	1 lb AP = 0.79 lb cooked lean meat
VEAL, HEART, fresh or frozen					
Veal, Heart, fresh or frozen *Trimmed*	Pound	9.44	1 oz cooked lean meat	10.60	1 lb AP = 0.59 lb cooked heart
	Pound	6.29	1-1/2 oz cooked lean meat	15.90	1 lb AP = 0.59 lb cooked heart
VEAL, LIVER, fresh or frozen					
Veal, Liver, fresh or frozen *Trimmed*	Pound	10.80	1 oz cooked lean meat	9.30	1 lb AP = 0.68 lb cooked liver
	Pound	7.25	1-1/2 oz cooked lean meat	13.80	1 lb AP = 0.68 lb cooked liver
VEAL, ROAST, fresh or frozen					
Veal, Roast, fresh or frozen, Chuck Roast *Without bone*	Pound	9.44	1 oz cooked lean meat	10.60	1 lb AP = 0.59 lb cooked lean meat
	Pound	6.29	1-1/2 oz cooked lean meat	15.90	1 lb AP = 0.59 lb cooked lean meat
Veal, Roast, fresh or frozen, Leg Roast *Without bone*	Pound	9.76	1 oz cooked lean meat	10.30	1 lb AP = 0.61 lb cooked lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.40	1 lb AP = 0.61 lb cooked lean meat

NOTE: For Footnotes please see the end of the section.

Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
VEAL, STEAK, fresh or frozen					
Veal, Steak, fresh or frozen, Flaked and formed *4 oz raw weight, (Like IMPS #1338)*	Pound	4.00	4 oz raw steak when cooked provides 2.7 oz cooked lean meat	25.00	1 lb AP = 0.69 lb cooked lean meat
	Pound	11.00	1 oz cooked meat	9.10	1 lb AP = 0.69 lb cooked lean meat
	Pound	7.36	1-1/2 oz cooked meat	13.60	1 lb AP = 0.69 lb cooked lean meat
VEAL, STEW MEAT, fresh or frozen					
Veal, Stew Meat, fresh or frozen *Without bone*	Pound	10.40	1 oz cooked lean meat	9.70	1 lb AP = 0.65 lb cooked lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.50	1 lb AP = 0.65 lb cooked lean meat
YOGURT					
Yogurt, fresh[46] *Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared, (includes Greek yogurt), Includes USDA Foods*	32 oz Container	8.00	1/2 cup or 4 oz yogurt provides 1 oz meat alternate	12.50	
	32 oz Container	5.33	3/4 cup or 6 oz yogurt provides 1-1/2 oz meat alternate	18.80	
Yogurt, fresh[46] *Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared, (Includes Greek yogurt), Includes USDA Foods*	32 oz Container	4.00	1 cup or 8 oz provides 2 oz meat alternate	25.00	
	4 oz Container	1.00	4 oz yogurt provides 1 oz meat alternate	100.00	
Yogurt, fresh[46] *Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared, (Includes Greek yogurt)*	6 oz Container	1.00	6 oz yogurt provides 1-1/2 oz meat alternate	100.00	
	8 oz Container	1.00	8 oz yogurt provides 2 oz meat alternate	100.00	
Yogurt, soy[46] *Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared*	32 oz Container	8.00	1/2 cup or 4 oz yogurt provides 1 oz meat alternate	12.50	
	32 oz Container	5.33	3/4 cup or 6 oz yogurt provides 1-1/2 oz meat alternate	18.80	

NOTE: For Footnotes please see the end of the section.

Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
YOGURT *(continued)*					
Yogurt, soy *Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared*	32 oz Container	4.00	1 cup or 8 oz yogurt provides 2 oz meat alternate	25.00	
	24 oz Container	6.00	1/2 cup or 4 oz yogurt provides 1 oz meat alternate	16.70	
	24 oz Container	4.00	3/4 cup or 6 oz yogurt provides 1-1/2 oz meat alternate	25.00	
	24 oz Container	3.00	1 cup or 8 oz yogurt provides 2 oz meat alternate	33.30	
	4 oz Container	1.00	4 oz yogurt provides 1 oz meat alternate	100.00	
	6 oz Container	1.00	6 oz yogurt provides 1-1/2 oz meat alternate	100.00	
	8 oz Container	1.00	8 oz yogurt provides 2 oz meat alternate	100.00	

NOTE: For Footnotes please see the end of the section.

Footnotes: Meats/Meat Alternates

[1] Information about Alternate Protein Products (APP) can be found in 7 CFR Parts 210, 215, 220, 225, and 226.

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

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

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

[5] Pureed foods such as fruits and vegetables may contribute to meal pattern requirements, provided that the dish that contains the pureed food also provides an adequate amount of recognizable, creditable fruits or vegetables. Additional information regarding crediting pureed foods is available in Memo SP 10-2012 v.9.

[6] If you do not know the specific cut of beef chuck roast with bone you will purchase or have purchased, use the yield data given for "beef chuck roast, fresh or frozen, with bone, practically-free-of-fat" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

[7] If you do not know the specific cut of beef chuck roast without bone you will purchase or have purchased, use the yield data given for "beef chuck roast, fresh or frozen, without bone, practically-free-of-fat" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

[8] Ground Beef, Market Style (no more than 30 percent fat) is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef.

[9] USDA recommends that the very young, the very old, and those with weakened immune systems not eat undercooked ground beef. To be sure all bacteria are destroyed, cook meat loaf, meat balls, casseroles, hamburgers, and other dishes containing ground beef to the temperature set by your local and State standards and check by using a thermometer.

[10] Ground Beef is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef, but with maximum fat content as listed here.

[11] If you do not know the specific cut of beef round roast without bone you will purchase or have purchased, use the yield data given for "beef round roast, fresh or frozen, without bone, 1/4-inch trim" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

[12] "Beef Special Trim" is beef trimmings where each piece has a surface area on one side not less than 8 square inches and no less than 1/2-inch thick at any point.

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

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

[15] Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the "As Purchased" description in Column 1.

[16] Any item labeled with the wording "imitation" cheese or cheese "product" does not meet the requirements for use in food-based menu planning approaches and are not creditable toward meal pattern.

[17] Due to increased number of illnesses associated with Listeria monocytogenes, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat soft cheese such as Feta, Brie, and Camembert cheeses, blue-veined cheeses, and Mexican-style cheese such as "queso blanco fresco."

[18] "Cheese Substitute", "cheese food substitute", and "cheese spread substitute" must meet the FDA Standard of Identity for substitute foods and be labeled as "Cheese Substitute", "cheese food substitute", or "cheese spread substitute." The standard requires that a "cheese substitute" is not nutritionally inferior to the standardized cheese for which it is substituting.

[19] If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

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

[21] Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the "As Purchased" description in Column 1.

[22] For other sizes of eggs to use in place of large size eggs, multiply the number (or dozens or cases) of large eggs by a factor as follows: extra large size, 0.87; medium size, 1.14; small size, 1.35.

[23] The Food and Drug Administration (FDA) has issued a warning for the consumption of raw shell eggs. Susceptible populations such as young children, pregnant women, the elderly, and those with compromised immune systems should avoid eating raw, undercooked, or unpasteurized fresh eggs to avoid foodborne illness.

[24] Quantities are for dried whole eggs. For blends and specialty egg products, use CN-labeled product or manufacturer's documentation.

[25] Includes meat and poultry products. Yields are based on products that do not contain meat or poultry byproducts, cereals, binders or extenders, except to include those products containing Alternate Protein Products (APP) within the limits specified in 9 CFR 319.180(e) and meeting the requirements of Appendix A of 7 CFR 210, 220, 225, and 226. No other binders and extenders may be used in conjunction with the APP to receive the ounce per ounce crediting.

[26] Due to increased number of illnesses associated with Listeria monocytogenes and the consumption of unheated hot dogs and luncheon meats, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat hot dogs or luncheon meats unless they are reheated until steaming hot.

[27] All game meat must be purchased from USDA inspected establishments, or State Meat and Poultry Inspection Programs. Uninspected game meat is not allowed to be served in FNS Child Nutrition Programs except when facilities, including schools, and sites operated by Indian tribes and tribal organizations, that primarily serve Indians accept donations of game meat (See SP 42-2015, CACFP 19-2015, SFSP 21-2015: Service of Traditional Foods in Public Facilities).

[28] Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

[29] Nuts and seeds may be used to meet no more than one-half of the meat/meat alternate component to fulfill the lunch or supper requirement in Child Nutrition Programs.

[30] Ground Pork, Market Style (no more than 30 percent fat) is based on USDA standard as referenced in FSIS Policy Book. Must comply with Code of Federal Regulations, Title 9, Part 319.15(a).

[31] Ground Pork is based on USDA standard as referenced in FSIS Policy Book. Must comply with Code of Federal Regulations, Title 9, Part 319.15(a), but with maximum fat content as is listed here.

[32] Fresh Pork Sausage, Market Style (no more than 50 percent trimmable fat) is based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 319.141 Fresh Pork Sausage.

[33] Sausage, Italian, products (total fat content no more than 35 percent). May be made with Pork, Beef, and/or Veal, based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 319.145.

[34] Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the " As Purchased" description in Column 1.

[35] For products labeled "Ham and Water Products X% of weight is added ingredients" to be properly utilized in Child Nutrition Programs, you should either 1) purchase a CN labeled product or 2) take out the percent of added water/ingredients by multiplying the finished weight by the percent added ingredients and then subtracting that amount from the finished weight, divide by the manufacturers cooking yield to obtain the raw weight of the product and then multiply the Food Buying Guide yield for the specific cut of pork used to process the product.

[36] The fish portions and fish sticks provided in this guide are made using compressed fish fillet block (labeled as fish) which provides 0.78 lb cooked fish from 1 lb frozen fish block whereas compressed minced fish (labeled as minced fish) obtains 0.75 lb cooked fish from 1 lb frozen minced fish block.

[37] There is no standard for this product. It is recommended that you use products with CN labels or specify "FISH PORTIONS, FROZEN, FRIED, BATTERED (45 PERCENT) FISH" and request a Certificate of Inspection from the processor.

[38] Fish Portions, Frozen, Fried, breaded is based on the National Oceanic and Atmospheric Administration's (NOAA) Fishery Products Inspection Manual 25 Part II Chapter 4, section 07 which specifies the product must contain a minimum of 65 percent fish.

[39] Fish Portions, Frozen, Raw, Breaded is based on the NOAA's Fishery Products Inspection Manual 25 Part II Chapter 4, section 05 which specifies the product must contain a minimum of 75 percent fish.

[40] Fish Sticks, Frozen, Fried, Breaded is based on the National Oceanic and Atmospheric Administration's (NOAA) Fishery Products Inspection Manual 25 Part II Chapter 4, section 06 which specifies that the product must contain a minimum of 60 percent fish.

[41] Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

[42] Turkey Roast, USDA Foods, frozen, is based on USDA Specification for Frozen Turkey Roast which contains a minimum of 92.5 percent turkey.

[43] Turkey ham is based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 381.171.

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

[45] Purchasers of this product will need to ensure that the name of the food on the product label exactly matches the As Purchased description in Column 1.

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