

Food Buying Guide for Child Nutrition Programs

Section 3

Fruits

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
APPLES					
Apples, fresh <i>125-138 count Whole, Includes USDA Foods</i>	Pound	14.80	1/4 cup raw, unpeeled fruit (about 1/4 apple)	6.80	1 lb AP = 0.91 lb (3-2/3 cups) ready-to-serve or -cook raw, cored, unpeeled apples
	Pound	3.00	1 baked apple (about 1/2 cup cooked fruit)	33.40	
	Pound	11.40	1/4 cup raw, cored, peeled fruit	8.80	1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-serve or -cook raw, cored, peeled apples
	Pound	6.80	1/4 cup cored, peeled, cooked, unsweetened fruit	14.80	1 lb AP = 0.78 lb (about 1-3/4 cups) cored, peeled, cooked apples; 1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-serve or -cook raw, cored, peeled apples
	Pound	5.80	1/4 cup cooked, sieved, unsweetened fruit	17.30	
Apples, fresh <i>Whole, Includes USDA Foods</i>	Pound	14.56	1/4 cup raw, unpeeled, cored, sliced fruit	6.90	1 lb AP = 0.91 lb raw, unpeeled, cored apple
Apples, fresh <i>100 count Whole</i>	Pound	15.60	1/4 cup raw, unpeeled fruit (about 1/5 apple)	6.50	1 lb AP = 0.93 lb (about 3-7/8 cups) ready-to-serve or -cook raw, cored, unpeeled apples
Apples, canned <i>Slices, Solid pack, Includes USDA Foods</i>	No. 10 Can (100 oz)	50.40	1/4 cup fruit and liquid	2.00	
	No. 10 Can (100 oz)	47.50	1/4 cup drained fruit	2.11	1 No. 10 can = about 89.0 oz (11-7/8 cups) drained apples
	Pound	8.06	1/4 cup fruit and liquid	12.50	
Apples, frozen <i>Unsweetened, Sliced, IQF, Includes USDA Foods</i>	Pound	12.70	1/4 cup tempered fruit	7.90	1 lb AP = 0.99 lb (about 3-1/8 cups) tempered, ready-to-serve or -cook apples
	Pound	8.80	1/4 cup heated fruit	11.40	
Apples, dried <i>Slices or Rings, Regular moisture</i>	Pound	21.10	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	4.80	1 lb AP = about 5-1/4 cups dried apples
	Pound	28.70	1/4 cup cooked fruit	3.50	

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Section 3 - Fruits

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APPLESAUCE					
Applesauce¹, canned <i>Smooth or Chunky, Includes USDA Foods</i>	No. 10 Can (108 oz)	47.60	1/4 cup fruit	2.20	1 No. 10 can = about 12 cups applesauce
	No. 2-1/2 Can (29 oz)	12.80	1/4 cup fruit	7.90	1 No. 2-1/2 can = about 3-1/8 cups applesauce
	23 oz Jar	10.10	1/4 cup fruit	10.00	
APRICOTS					
Apricots, fresh <i>Medium (approx. 1- 3/8 inch diameter), Whole</i>	Pound	11.90	1/4 cup fruit (about 1 whole, medium, raw apricot)	8.50	1 lb AP = 0.93 lb ready-to-serve, raw apricots
	Pound	10.80	1/4 cup raw, seeded, unpeeled fruit halves	9.30	
Apricots, canned <i>Diced, Includes USDA Foods</i>	No. 10 Can (108 oz)	48.00	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12 cups fruit and liquid
Apricots, canned <i>Halves, Unpeeled, Includes USDA Foods</i>	No. 10 Can (106 oz)	48.00	1/4 cup fruit and liquid	2.10	
	No. 10 Can (106 oz)	29.32	1/4 cup drained fruit	3.42	1 No. 10 can = about 62.0 oz (7-1/3 cups) drained apricots
	No. 2-1/2 Can (29 oz)	13.20	1/4 cup fruit and liquid	7.60	
	No. 2-1/2 Can (29 oz)	7.50	1/4 cup drained fruit	13.34	1 No. 2-1/2 can = about 16.0 oz (1-7/8 cups) drained apricots
Apricots, canned <i>Halves, Unpeeled</i>	No. 300 Can (15-1/4 oz)	6.54	1/4 cup fruit and liquid	15.30	
	No. 300 Can (15-1/4 oz)	6.08	1/4 cup heated, drained fruit	16.50	
Apricots, canned <i>Slices, Peeled</i>	No. 10 Can (106 oz)	45.70	1/4 cup fruit and liquid	2.20	
	No. 10 Can (106 oz)	30.64	1/4 cup drained fruit	3.27	1 No. 10 can = about 62.0 oz (7-2/3 cups) drained apricots
	No. 2-1/2 Can (29 oz)	12.50	1/4 cup fruit and liquid	8.00	
	No. 2-1/2 Can (29 oz)	8.00	1/4 cup drained fruit	12.50	1 No. 2-1/2 can = about 17.2 oz (2 cups) drained apricots
	Pound	6.90	1/4 cup fruit and liquid	14.50	
	Pound	4.50	1/4 cup drained fruit	22.23	1 lb AP = about 8.9 oz (1-1/8 cups) drained apricots
Apricots, canned <i>Whole, With pits, Peeled</i>	No. 10 Can (106 oz)	44.20	1/4 cup pitted fruit and liquid	2.30	
	No. 10 Can (106 oz)	29.00	1/4 cup pitted, drained fruit	3.45	1 No. 10 can = about 52.0 oz (7-1/4 cups) drained, pitted apricots
	No. 2-1/2 Can (29 oz)	12.10	1/4 cup pitted fruit and liquid	8.30	

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Section 3 - Fruits

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APRICOTS (continued)					
Apricots, canned <i>Whole, With pits, Peeled</i>	No. 2-1/2 Can (29 oz)	7.00	1/4 cup pitted, drained fruit	14.29	1 No. 2-1/2 can = about 12.4 oz (1-3/4 cups) drained, pitted apricots
	Pound	6.67	1/4 cup pitted fruit and liquid	15.00	
	Pound	4.00	1/4 cup pitted, drained fruit	25.00	1 lb AP = about 6.9 oz (1 cup) drained, pitted apricots
Apricots, canned <i>Whole, With pits, Unpeeled</i>	No. 10 Can (106 oz)	43.60	1/4 cup pitted fruit and liquid	2.30	
	No. 10 Can (106 oz)	25.32	1/4 cup pitted, drained fruit	4.00	1 No. 10 can = about 53.0 oz (6-1/3 cups) drained, pitted apricots
	No. 2-1/2 Can (29 oz)	11.90	1/4 cup pitted fruit and liquid	8.50	
	No. 2-1/2 Can (29 oz)	7.00	1/4 cup pitted, drained fruit	14.29	1 No. 2-1/2 can = about 12.8 oz (1-3/4 cups) drained, pitted apricots
	Pound	6.58	1/4 cup pitted fruit and liquid	15.20	
	Pound	3.50	1/4 cup pitted, drained fruit	28.58	1 lb AP = about 7.0 oz (7/8 cup) drained, pitted apricots
Apricots, frozen <i>Unsweetened, Halves, Unpeeled</i>	Pound	6.70	1/4 cup cooked fruit and liquid	15.00	1 lb AP = 1-2/3 cups cooked fruit
	Pound	7.25	1/4 cup thawed fruit and liquid	13.80	1 lb AP = 1-3/4 cups thawed fruit and liquid
	Pound	4.90	1/4 cup thawed, drained fruit	20.50	1 lb AP = 1-1/8 cups thawed, drained fruit
Apricots, frozen <i>Unsweetened, Sliced, Unpeeled, Includes USDA Foods</i>	Pound	7.26	1/4 cup thawed fruit and liquid	13.80	1 lb AP = 0.98 lb (about 1-3/4 cups) ready-to-serve, thawed, apricots with juice
	Pound	4.91	1/4 cup thawed, drained fruit	20.40	1 lb AP = 0.63 lb (about 1-1/8 cups) ready-to-serve, thawed, drained apricots
	20 lb Bag	142.60	1/4 cup thawed fruit and liquid	0.71	20 lb Bag = about 35-2/3 cups thawed apricots and liquid
	20 lb Bag	96.40	1/4 cup thawed, drained fruit	1.10	20 lb Bag = about 24-1/8 cups thawed, drained apricots
Apricots, dried <i>Halves, Regular moisture</i>	Pound	11.30	1/4 cup fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP), 9 medium dried halves	8.90	1 lb dry = about 2-7/8 cups or 100 apricot halves
	Pound	23.40	1/4 cup cooked fruit	4.30	1 lb dry = about 2-7/8 cups or 100 apricot halves

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BANANAS					
Bananas, fresh <i>150 count, 7 to 7-7/8 inch, Whole</i>	Pound	3.60	1 banana (1/2 cup fruit)	27.80	
	Pound	7.20	1/4 cup sliced fruit	13.90	1 lb AP = 0.64 lb (about 1-5/8 cups) ready-to-serve banana slices
Bananas, fresh <i>100-120 count, Regular, Whole</i>	Pound	7.07	1/4 cup raw, 1/2-inch sliced fruit	14.20	1 lb AP = 0.64 lb (about 1-3/4 cups) peeled, 1/2-inch slices of bananas
	Pound	5.39	1/4 cup raw fruit, unpeeled (about 1/2 banana)	18.60	
	Pound	5.20	1/4 cup mashed fruit	19.30	
Bananas, canned <i>Mashed</i>	No. 10 Can (116 oz)	50.90	1/4 cup fruit	2.00	
	Pound	7.00	1/4 cup fruit	14.30	
Bananas, dried² <i>Slices, 100% dried fruit only</i>	Pound	19.60	1/4 cup dried fruit slices (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	5.20	1 lb AP = 1 lb (about 4-7/8 cups) ready-to-serve dried bananas
BLACKBERRIES (BOYSENBERRIES)					
Blackberries (Boysenberries), fresh, Whole	Quart (20 oz)	14.90	1/4 cup raw fruit	6.80	1 qt AP = 1.2 lb (about 3-3/4 cups) ready-to-serve raw blackberries
Blackberries (Boysenberries), fresh Whole	Pound	11.90	1/4 cup raw fruit	8.50	1 lb AP = 0.96 lb (about 2-7/8 cups) ready-to-serve raw blackberries
Blackberries (Boysenberries), canned Whole	No. 10 Can (103 oz)	47.80	1/4 cup fruit and liquid	2.10	
	No. 10 Can (103 oz)	42.64	1/4 cup drained fruit	2.35	1 No. 10 can = about 66.0 oz (10-2/3 cups) drained blackberries
	Pound	7.42	1/4 cup fruit and liquid	13.50	
	Pound	6.00	1/4 cup drained	16.67	1 lb AP = about 9.2 oz (1-1/2 cups) drained blackberries
Blackberries (Boysenberries), frozen Unsweetened, Whole	Pound	8.00	1/4 cup cooked fruit (sugar added by SFA during cooking)	12.50	
	Pound	9.00	1/4 cup thawed fruit (sugar added by SFA)	11.20	
Blackberries (Boysenberries), frozen Unsweetened, Puree¹, Includes USDA Foods	Pound	7.70	1/4 cup thawed fruit	13.00	1 lb AP = about 1-7/8 cups thawed fruit juice
	5 lb 12 oz Container	44.20	1/4 cup thawed fruit	2.30	5 lb 12 oz container = about 11 cups thawed fruit juice

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Section 3 - Fruits

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BLUEBERRIES					
Blueberries, fresh <i>Whole, Includes USDA Foods</i>	Pint (14-1/4 oz)	10.70	1/4 cup raw fruit	9.40	1 pt AP = 0.87 lb (about 2-2/3 cups) ready-to-serve raw blueberries
	Pound	11.90	1/4 cup raw fruit	8.50	1 lb AP = 0.96 lb ready-to-serve raw blueberries
Blueberries, canned <i>Whole</i>	No. 10 Can (105 oz)	47.60	1/4 cup fruit and liquid	2.20	
	No. 10 Can (105 oz)	37.00	1/4 cup drained fruit	2.71	1 No. 10 can = about 55.0 oz (9-1/4 cups) drained blueberries
	No. 300 Can (15 oz)	6.80	1/4 cup fruit and liquid	14.80	
	No. 300 Can (15 oz)	5.50	1/4 cup drained fruit	18.20	1 No. 300 can = about 8.2 oz (1-3/8 cups) drained blueberries
	Pound	7.20	1/4 cup fruit and liquid	13.90	
Blueberries, frozen <i>Unsweetened, Whole</i>	Pound	7.80	1/4 cup cooked fruit (sugar added by SFA during cooking)	12.90	
Blueberries, frozen <i>Unsweetened, Whole, Individually- quick-frozen, Includes USDA Foods</i>	Pound	11.90	1/4 cup thawed, unsweetened fruit	8.50	1 lb AP = 0.91 lb (2-7/8 cups) ready-to-serve blueberries
Blueberries, wild <i>Frozen, Includes USDA Foods</i>	Pound	15.00	1/4 cup thawed fruit	6.70	
Blueberries, dried <i>Whole</i>	Pound	12.40	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	8.10	1 lb AP = 1 lb (about 3 cups) ready-to-serve dried blueberries
CACTUS FRUIT (PRICKLY PEAR)					
Cactus Fruit (Prickly Pear), fresh <i>Whole fruit</i>	Pound	4.99	1/4 cup peeled, diced fruit, with seeds	20.10	1 lb AP = 0.61 lb (about 1-1/8 cups) ready-to-serve raw, peeled, diced cactus with seeds
	Pound	3.74	1/4 cup peeled, juice and pulp, without seeds	26.80	1 lb = 0.48 lb (about 7/8 cup) ready-to-cook peeled cactus juice and pulp without seeds
CANTALOUPE					
Cantaloupe, fresh ³ <i>Whole, 18 Count (5-inch diameter, about 30 oz)</i>	Pound	5.73	1/4 cup cubed or diced fruit (about 1/10 medium melon)	17.50	1 lb AP = 0.47 lb (about 1-3/8 cups) ready-to-serve raw melon, 1 melon = about 14 oz EP
Cantaloupe, fresh ³ <i>Whole, 15 Count (5-3/4-inch diameter, about 40 oz)</i>	Pound	6.74	1/4 cup cubed or diced fruit (about 1/16 large melon)	14.90	1 lb AP = 0.56 lb (about 1-2/3 cups) ready-to-serve, raw, peeled, diced melon, 1 melon = about 1.3 lb EP

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Section 3 - Fruits

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CANTALOUPE (continued)					
Cantaloupe, frozen <i>Melon balls, Unsweetened</i>	Pound	8.70	1/4 cup fruit	11.50	1 lb = 35 melon balls
CHERRIES, MARASCHINO					
Cherries, Maraschino, canned <i>Large</i>	Pound	6.20	1/4 cup drained fruit	16.20	
Cherries, Maraschino, canned <i>Small</i>	Pound	5.70	1/4 cup drained fruit	17.60	
CHERRIES, RED TART					
Cherries, Red Tart, fresh, <i>Whole</i>	Pound	6.40	1/4 cup cooked, pitted fruit, sugar added	15.70	1 lb AP = 0.87 lb pitted cherries
Cherries, Red Tart, canned <i>Pitted, Water packed, Includes USDA Foods</i>	No. 10 Can (102 oz)	46.80	1/4 cup fruit and liquid	2.20	1 No. 10 can = about 11-3/4 cups pitted cherries and liquid
	No. 10 Can (102 oz)	36.20	1/4 cup drained fruit	2.80	1 No. 10 can = about 70.0 oz (9 cups) drained, pitted cherries
	Pound	7.29	1/4 cup fruit and liquid	13.80	
	Pound	5.79	1/4 cup drained fruit	17.30	
Cherries, Red Tart, frozen <i>Unsweetened, Pitted, Includes USDA Foods</i>	Pound	11.40	1/4 cup thawed, fruit and liquid	8.80	1 lb AP = 0.98 lb (about 2-3/4 cups) thawed cherries and liquid
	Pound	7.00	1/4 cup drained fruit	14.30	1 lb AP = 0.70 lb (about 1-3/4 cups) thawed, drained cherries
	Pound	5.90	1/4 cup cooked fruit and liquid	17.00	
	40 lb Package	457.40	1/4 cup thawed, fruit and liquid	0.22	40 lb pkg = about 114-1/4 cups thawed cherries and liquid
	40 lb Package	280.80	1/4 cup thawed, drained fruit	0.36	40 lb pkg = about 70-1/8 cups thawed, drained cherries
Cherries, Red Tart, dried <i>Whole, Without pits, Includes USDA Foods</i>	40 lb Package	236.70	1/4 cup cooked fruit and liquid	0.43	
	Pound	11.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	8.50	
	2 lb Package	23.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	4.30	

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Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
CHERRIES, RED TART (continued)					
Cherries, Red Tart, dried <i>Whole, Without pits, Includes USDA Foods</i>	4 lb Package	47.20	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	2.20	1 lb AP = 1 lb (about 2-7/8 cups) dried cherries
CHERRIES, SWEET					
Cherries, Sweet, fresh <i>Whole, With pits</i>	Pound	8.50	1/4 cup raw, pitted cherries (about 7 whole cherries)	11.80	1 lb AP = 0.98 lb ready-to-serve with pits or 0.84 lb pitted cherries
Cherries, Sweet, canned <i>Whole, With pits</i>	No. 10 Can (106 oz)	45.80	1/4 cup pitted, fruit and liquid	2.20	
	No. 10 Can (106 oz)	37.00	1/4 cup pitted, drained fruit	2.70	1 No. 10 can = about 59.0 oz (9-1/4 cups) drained, pitted cherries
	No. 2-1/2 Can (29 oz)	12.50	1/4 cup pitted, fruit and liquid	8.00	
	No. 2-1/2 Can (29 oz)	9.50	1/4 cup pitted, drained fruit	10.50	1 No. 2-1/2 can = about 17.6 oz (2-3/8 cups) drained, pitted cherries
	Pound	6.91	1/4 cup pitted, fruit and liquid	14.50	
	Pound	5.32	1/4 cup pitted, drained fruit	18.80	1 lb AP = about 8.4 oz (1-1/3 cups) drained, pitted cherries
CLEMENTINES					
Clementines, fresh <i>Whole</i>	Pound	6.00	1 whole, peeled clementine (about 3/8 cup fruit)	16.70	1 lb AP = 0.86 lb (about 2-1/4 cups) peeled clementine sections
COCONUT					
Coconut, fresh or frozen <i>Shredded</i>	Pound	23.20	1/4 cup fruit	4.40	1 lb in shell = about 0.48 lb (2-3/4 cups) shredded or grated ready-to-serve
CRANBERRIES					
Cranberries, fresh <i>Whole</i>	Pound	15.60	1/4 cup raw, chopped fruit	6.50	1 lb AP = 0.95 lb ready-to-serve or -cook raw cranberries
	Pound	11.10	1/4 cup cooked fruit, sugar added, whole berry	9.10	1 lb AP = 0.95 ready-to-serve or -cook raw cranberries
	Pound	9.90	1/4 cup cooked fruit, sugar added, strained	10.20	1 lb AP = 0.95 lb ready-to-serve or -cook raw cranberries
Cranberries, dried <i>Sweetened, Whole, Includes USDA Foods</i>	Pound	13.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	7.30	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-serve or -cook cranberries
	5 lb Package	69.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	1.50	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-serve or -cook cranberries

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Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
CRANBERRIES (continued)					
Cranberries, dried <i>Sweetened, Whole, Includes USDA Foods</i>	30 lb Package	414.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	0.25	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-serve or -cook cranberries
CRANBERRY RELISH or SAUCE					
Cranberry Relish or Sauce, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (117 oz)	48.00	1/4 cup fruit	2.10	
	No. 300 Can (16 oz)	6.70	1/4 cup fruit	15.00	
Cranberry Relish or Sauce, canned <i>Strained, Includes USDA Foods</i>	No. 10 Can (117 oz)	47.90	1/4 cup fruit	2.10	
	No. 300 Can (16 oz)	6.50	1/4 cup fruit	15.40	
CURRANTS					
Currants, dried	Pound	13.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	7.30	1 lb dry = about 3-3/8 cups dry currants
DATES					
Dates, dried <i>Moisturized, With pits, Whole</i>	Pound	10.00	1/4 cup pitted, dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	10.00	
Dates, dried <i>Pieces, Regular moisture, Includes USDA Foods</i>	Pound	12.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	7.90	1 lb dry = about 3-1/8 cups dried dates
	30 lb Package	383.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	0.27	30 lb pkg = about 95-7/8 cups dried dates
Dates, dried <i>Pitted, Regular moisture, Includes USDA Foods</i>	Pound	11.10	1/4 cup whole, dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	9.10	1 lb dry = about 2-3/4 cups dried dates
	Pound	10.60	1/4 cup chopped, dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	9.50	1 lb dry = about 2-2/3 cups dried dates
FIGS					
Figs, fresh <i>Small, Whole</i>	Pound	8.00	1/4 cup small, raw fruit (about 2-1/2 figs)	12.50	1 lb AP = 1 lb (about 2 cups) ready-to-serve raw figs, 1 lb = about 20 small figs

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Section 3 - Fruits

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FIGS (continued)					
Figs, canned <i>Puree¹, Includes USDA Foods</i>	2 Gallons	128.00	1/4 cup fruit	0.80	2 gallon container = 32 cups fruit juice
Figs, canned <i>Whole</i>	No. 10 Can (110 oz)	49.30	1/4 cup fruit and liquid	2.10	
	No. 10 Can (110 oz)	35.00	1/4 cup drained fruit	2.90	1 No. 10 can = about 64.0 oz (8-3/4 cups) drained figs
	No. 2-1/2 Can (30 oz)	13.40	1/4 cup fruit and liquid	7.50	
	No. 2-1/2 Can (30 oz)	10.00	1/4 cup drained fruit	10.00	1 No. 2-1/2 can = about 18.6 oz (2-1/2 cups) drained figs
	Pound	7.17	1/4 cup fruit and liquid	14.00	
Figs, dried <i>Whole, Includes USDA Foods</i>	Pound	10.40	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP), about 3 figs	9.70	1 lb dry = about 2-5/8 cups or 30 figs
	Pound	13.40	1/4 cup cooked fruit and liquid	7.50	1 lb dry = about 2-5/8 cups or 30 figs
Figs, dried <i>Diced and Sugared, Includes USDA Foods</i>	Pound	12.70	1/4 cup dried fruit pieces (credits as 1/2 cup fruit in NSLP/SBP and CACFP), about 28 pieces	7.90	1 lb dry = 3-1/8 cups dried, sugared figs
	25 lb Box	319.90	1/4 cup diced fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP), about 28 pieces	0.32	25 lb Box = about 80 cups dried, sugared figs
FRUIT, MIXED					
Fruit, Mixed, chilled <i>(may include: honeydew melon, cantaloupe, watermelon, grapes, etc.)</i>	Gallon (97.7 oz)	64.00	1/4 cup fruit and liquid	1.60	1 gallon container = 16 cups fruit and liquid
Fruit, Mixed, canned <i>Fruit Cocktail (peaches, pears, pineapple, grapes, cherries), Includes USDA Foods</i>	No. 10 Can (106 oz)	46.90	1/4 cup fruit and liquid	2.20	
	No. 10 Can (106 oz)	37.00	1/4 cup drained fruit	2.71	1 No. 10 can = about 69.0 oz (9-1/4 cups) drained fruit
	No. 2-1/2 Can (29 oz)	12.80	1/4 cup fruit and liquid	7.90	
	No. 2-1/2 Can (29 oz)	9.50	1/4 cup drained fruit	10.53	1 No. 2-1/2 can = about 18.3 oz (2-3/8 cups) drained fruit
	No. 300 Can (15 oz)	6.30	1/4 cup fruit and liquid	15.90	

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Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
FRUIT, MIXED (continued)					
Fruit, Mixed, canned <i>(may include: apricots, peaches, pears, pineapple, cherries, grapes, etc.), Includes USDA Foods</i>	No. 10 Can (106 oz)	48.60	1/4 cup fruit and liquid	2.10	
	No. 10 Can (106 oz)	34.00	1/4 cup drained fruit	3.00	1 No. 10 can = about 62.0 oz (8-1/2 cups) drained fruit
	No. 2-1/2 Can (29 oz)	13.30	1/4 cup fruit and liquid	7.60	
	No. 2-1/2 Can (29 oz)	9.32	1/4 cup drained fruit	10.73	1 No. 2-1/2 can = about 16.9 oz (2-1/3 cups) drained fruit
	No. 300 Can (15 oz)	6.50	1/4 cup fruit and liquid	15.40	
Fruit, Mixed, frozen Unsweetened <i>(may include: peaches, grapes, apricots, pears, pineapple, cherries, etc.)</i>	136 oz Tub	58.20	1/4 cup thawed, fruit and liquid	1.80	136 oz tub = about 14-3/8 cups thawed fruit and liquid
	136 oz Tub	23.40	1/4 cup thawed, drained fruit	4.30	136 oz tub = about 49.4 oz (5-3/4 cups) thawed, drained fruit
Fruit, Mixed, dried <i>Regular moisture, Includes USDA Foods</i>	Pound	9.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	10.40	
GRAPEFRUIT					
Grapefruit, fresh <i>27-32 Count, (large), Whole</i>	Pound	6.48	1/4 cup fruit sections peeled (about 2 sections)	15.50	1 lb AP = 0.74 lb (about 1-5/8 cups) peeled, ready-to-serve raw grapefruit sections
	Pound	4.53	1/4 cup fruit sections, peeled, without membrane (about 2 sections)	22.10	1 lb AP = 0.58 lb (about 1-1/8 cups) ready-to-serve raw, peeled grapefruit sections without membrane
	Pound	2.00	1/2 grapefruit (about 1/2 cup fruit and liquid)	50.00	1 lb AP = 0.48 lb (7/8 cup) fruit and liquid
	Pound	3.50	1/4 cup fruit and liquid	28.60	1 lb AP = 0.48 lb (7/8 cup) fruit and liquid
Grapefruit, canned Sections	No. 3 Cylinder (50 oz)	23.30	1/4 cup fruit and liquid	4.30	
	No. 3 Cylinder (50 oz)	12.50	1/4 cup drained fruit	8.00	1 No. 3 Cyl = about 26.0 oz (3-1/8 cups) drained grapefruit
Grapefruit, frozen Sections, Unsweetened	Pound	7.50	1/4 cup fruit and liquid	13.40	
	Pound	4.50	1/4 cup drained fruit	22.23	1 lb AP = about 0.55 lb (1-1/8 cups) thawed, drained grapefruit

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

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
GRAPEFRUIT and ORANGE SECTIONS					
Grapefruit and Orange Sections, chilled	Gallon (136 oz)	63.90	1/4 cup fruit and liquid	1.60	
	Gallon (136 oz)	53.00	1/4 cup drained fruit	1.89	1 gallon = about 91.0 oz (13-1/4 cups) drained fruit
	Pound	7.51	1/4 cup fruit and liquid	13.40	
	No. 3 Cylinder	22.60	1/4 cup fruit and liquid	4.50	
	No. 3 Cylinder	14.00	1/4 cup drained fruit	7.15	1 No. 3 Cyl = about 26.0 oz (3-1/2 cups) drained fruit
Grapefruit and Orange Sections, canned	Pound	7.23	1/4 cup fruit and liquid	13.90	
	Pound	4.50	1/4 cup drained fruit	22.23	1 lb AP = about 8.5 oz (1-1/8 cups) drained fruit
GRAPES					
Grapes, fresh Seedless, Whole, With stem	Pound	10.50	1/4 cup whole fruit (about 7 large grapes)	9.60	1 lb AP = 0.97 lb (about 2-5/8 cups) ready-to-serve grapes
	Pound	9.27	1/4 cup fruit halves (about 14 large grape halves)	10.80	1 lb AP = 0.97 lb (about 2-1/4 cups) ready-to-serve grape halves
Grapes, fresh Seedless, Whole, Without stem	Pound	11.66	1/4 cup whole fruit	8.60	
Grapes, fresh Whole, With seeds and stem	Pound	10.10	1/4 cup seeded fruit halves (about 12 grape halves)	10.00	1 lb AP = 0.89 lb raw seeded grapes
Grapes, canned Seedless, Whole	No. 10 Can (108 oz)	50.00	1/4 cup fruit and liquid	2.00	
	No. 10 Can (108 oz)	40.00	1/4 cup drained fruit	2.50	1 No. 10 can = about 67.0 oz (10 cups) drained grapes
	No. 2-1/2 Can (30 oz)	13.80	1/4 cup fruit and liquid	7.30	
	No. 2-1/2 Can (30 oz)	11.00	1/4 cup drained fruit	9.10	1 No. 2-1/2 can = about 18.6 oz (2-3/4 cups) drained grapes
	Pound	7.40	1/4 cup fruit and liquid	13.60	
	Pound	6.00	1/4 cup drained fruit	16.67	1 lb AP = about 9.9 oz (1-1/2 cups) drained grapes
GUAVA					
Guava, frozen Puree¹, Unsweetened	30 oz Container	13.30	1/4 cup fruit	7.60	30 oz container = about 29.6 oz (3-1/3 cups) thawed fruit juice
	Pound	7.20	1/4 cup fruit	13.90	

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

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
HONEYDEW MELONS					
Honeydew Melon, fresh ³ <i>Whole</i>	Pound	4.90	1/4 cup fruit cubes	20.50	1 lb AP = 0.46 lb (about 1-1/8 cups) ready-to-serve melon cubes
Honeydew Melon, frozen <i>Unsweetened</i>	Pound	8.70	1/4 cup fruit balls	11.50	1 lb = about 35 melon balls
JUICES					
Juices, canned ^{4,5} <i>Single strength (100% fruit juice such as apple, grape, grapefruit, grapefruit-orange, lemon, lime, orange, pineapple, prune, tangerine)</i>	No. 10 Can (96 fl oz)	48.00	1/4 cup fruit juice	2.10	1 No. 10 can = 12 cups juice
	No. 3 Can (46 fl oz)	23.00	1/4 cup fruit juice	4.40	
	Quart (32 fl oz)	16.00	1/4 cup fruit juice	6.30	
	No. 2-1/2 Can (25-1/2 fl oz)	12.70	1/4 cup fruit juice	7.90	
Juices, frozen ^{4,5} <i>Concentrated, any fruit (such as apple, grape, grapefruit, grapefruit-orange, and orange) (1 part juice concentrate to 3 parts water), Includes USDA Foods</i>	32 oz Can (about 38 oz)	64.00	1/4 cup 1 tablespoon concentrate (1/4 cup fruit juice)	1.60	32 fl oz can reconstituted = 16 cups (128 fl oz). Reconstitute 1 part juice concentrate with not more than 3 parts water.
	6 oz Can (about 7 oz)	12.00	1 tablespoon concentrate (1/4 cup fruit juice)	8.40	6 fl oz can reconstituted = 3 cups (24 fl oz)
KIWI					
Kiwi, fresh <i>33-39 Count, Whole</i>	Pound	8.38	1/4 cup peeled fruit chunks	12.00	1 lb AP = 0.87 lb (about 2 cups) ready-to-serve peeled kiwi chunks
	Pound	10.60	1/4 cup unpeeled fruit chunks	9.50	1 lb AP = 0.99 lb (about 2-2/3 cups) ready-to-serve unpeeled kiwi chunks
	Pound	8.99	1/4 cup peeled fruit slices (about six 1/4-inch slices)	11.20	1 lb AP = 0.85 lb (about 2-1/4 cups) ready-to-serve peeled 1/4-inch kiwi slices
	Pound	11.60	1/4 cup unpeeled fruit slices (about six 1/4-inch slices)	8.70	1 lb AP = 0.99 lb (about 2-7/8 cups) ready-to-serve unpeeled 1/4-inch kiwi slices
	Pound	10.80	1/4 cup unpeeled fruit halves (about 2 halves or 3/4 of a whole kiwi)	9.30	1 lb AP = 0.99 lb ready-to-serve unpeeled kiwi halves
LEMONS					
Lemons, fresh <i>Whole</i>	Pound	3.10	1/4 cup fruit juice	32.30	1 lb AP = 0.43 lb (about 3/4 cup) juice

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

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
LIMES					
Limes, fresh <i>Whole</i>	Pound	3.50	1/4 cup fruit juice	28.60	1 lb AP = 0.47 lb (about 7/8 cup) juice
MANGOES					
Mangoes, fresh <i>Whole</i>	Pound	7.60	1/4 cup cubed or sliced fruit	13.20	1 lb AP = 0.69 lb ready-to-serve raw mangoes
NECTARINES					
Nectarines, fresh <i>All sizes</i>	Pound	10.70	1/4 cup unpeeled, diced fruit	9.40	1 lb AP = 0.88 lb ready-to-serve unpeeled 1/2-inch nectarine slices
Nectarines, fresh <i>Size 88-96 (2-1/4 inch diameter), Whole</i>	Pound	4.40	1 whole, raw nectarine (about 1/2 cup fruit)	22.80	
	Pound	8.80	1/4 cup fruit and liquid (about 1/2 nectarine)	11.40	
Nectarines, fresh <i>Size 56-64 (2-3/4 inch diameter), Whole</i>	Pound	3.05	1 whole, raw nectarine (about 3/4 cup fruit)	32.80	
	Pound	9.15	1/4 cup fruit and liquid (about 1/3 nectarine)	11.00	
ORANGES					
Oranges, fresh <i>All sizes, Whole, Includes USDA Foods</i>	Pound	3.50	1/4 cup fruit sections, membrane removed, drained	28.60	1 lb AP = 0.40 lb ready-to-serve oranges
	Pound	3.60	1/4 cup fruit juice	27.80	1 lb AP = 0.48 lb (7/8 cup) juice
Oranges, fresh <i>138 count, Arizona or California, Whole</i>	Pound	3.40	1 orange (about 1/2 cup fruit and liquid)	29.50	
	Pound	6.80	1/4 cup fruit and liquid (about 1/2 peeled orange)	14.80	
Oranges, fresh <i>125 count, Florida or Texas, Whole</i>	Pound	2.90	1 orange (about 5/8 cup fruit and liquid)	34.50	
Oranges, fresh <i>126 count, Florida or Texas, Whole</i>	Pound	7.02	1/4 cup fruit and liquid (about 1/2 peeled orange)	14.30	1 lb AP = about 0.76 lb (1-3/4 cups) ready-to-serve peeled oranges
Oranges, fresh <i>113 count, Arizona or California, Whole</i>	Pound	2.80	1 orange (about 5/8 cup fruit and liquid)	35.80	
	Pound	5.60	1/4 cup fruit and liquid (about 1/2 peeled orange)	17.90	
Oranges, canned <i>Mandarin</i>	Pound	7.30	1/4 cup fruit and liquid	13.70	
	Pound	6.00	1/4 cup drained fruit	16.70	1 lb AP = about 0.61 lb (about 1-1/2 cups) drained oranges

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

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
PAPAYA					
Papaya, fresh <i>Whole</i>	Pound	8.60	1/4 cup cubed fruit	11.70	1 lb AP = about 0.67 lb ready-to-serve papaya
	Pound	5.10	1/4 cup mashed fruit	19.70	1 lb AP = about 0.67 lb ready-to-serve papaya
Papaya, frozen <i>Puree¹, Unsweetened</i>	30 oz Container	12.80	1/4 cup fruit	7.90	30 oz container = about 3-1/4 cups thawed papaya juice
	Pound	7.21	1/4 cup fruit	13.90	1 lb AP = about 1-3/4 cups thawed papaya juice
PASSION FRUIT					
Passion Fruit, fresh <i>Whole</i>	Pound	3.45	1/4 cup juice and pulp (no seeds)	29.00	1 lb AP = 0.45 lb (about 1-3/4 cups) ready-to-serve seedless, raw passion fruit juice and pulp
PEACHES					
Peaches, fresh <i>Size 88 and 84, (small), (2-1/8 inch diameter), Whole</i>	Pound	5.50	1 whole, raw small peach (about 3/8 cup fruit)	18.20	
	Pound	8.25	1/4 cup fruit (about 2/3 peach)	12.20	
Peaches, fresh <i>Size 80, Whole</i>	Pound	4.50	1 whole, raw peach (about 1/2 cup fruit)	22.30	
	Pound	9.00	1/4 cup fruit (about 1/2 peach)	11.20	
	Pound	10.70	1/4 cup raw, sliced fruit (about 3 slices, 1/2-inch slices)	9.40	1 lb AP = 0.93 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, sliced peaches
	Pound	10.20	1/4 cup raw, diced fruit	9.90	1 lb AP = 0.93 lb (about 2-1/2 cups) ready-to-serve unpeeled, pitted, diced peaches
Peaches, fresh <i>Size 64 & 60, (medium), (2-1/2 inch diameter), Whole</i>	Pound	3.50	1 whole raw peach (about 2/3 cup fruit)	28.60	
	Pound	7.00	1/4 cup fruit (about 1/2 peach)	14.70	1 lb AP = 0.76 lb ready-to-serve or -cook unpeeled, pitted, raw peaches
	Pound	5.10	1/4 cup raw, diced fruit	19.70	1 lb AP = 0.76 lb ready-to-serve or -cook unpeeled, pitted, raw peaches
	Pound	7.70	1/4 cup raw, sliced fruit	13.00	1 lb AP = 0.76 lb ready-to-serve or -cook unpeeled, pitted, raw peaches
	Pound	7.40	1/4 cup cooked, sliced fruit, sugar added	13.60	
Peaches, fresh <i>Size 56, Whole</i>	Pound	2.89	1 whole raw peach (about 3/4 cup fruit)	34.70	
	Pound	8.67	1/4 cup fruit (about 1/3 peach)	11.60	

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

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
PEACHES (continued)					
Peaches, fresh <i>Size 56, Whole</i>	Pound	10.64	1/4 cup unpeeled, pitted, diced fruit	9.40	1 lb AP = 0.96 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, diced peaches
Peaches, canned <i>Clings, Diced, Light syrup pack, Includes USDA Foods</i>	No. 10 Can (106 oz)	48.60	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-1/8 cups fruit and liquid
	No. 10 Can (106 oz)	35.40	1/4 cup drained fruit	2.90	1 No. 10 can = about 79.0 oz (8-3/4 cups) drained peaches
	No. 2-1/2 Can (29 oz)	13.30	1/4 cup fruit and liquid	7.60	1 No. 2-1/2 can = about 3-1/3 cups peaches and liquid
	No. 2-1/2 Can (29 oz)	9.10	1/4 cup drained fruit	11.00	1 No. 2-1/2 can = about 17.5 oz (2-1/4 cups) drained peaches
	Pound	7.33	1/4 cup fruit and liquid	13.70	
	Pound	5.34	1/4 cup drained fruit	18.80	1 lb AP = about 9.8 oz (1-1/4 cups) drained peaches
Peaches, canned <i>Clings or Freestone, Halves, Includes USDA Foods</i>	No. 10 Can (106 oz)	47.10	1/4 cup fruit and liquid (about 1 peach half with juice)	2.20	
	No. 10 Can (106 oz)	32.50	1/4 cup drained fruit, clings	3.10	1 No. 10 can = about 64.0 oz (8-1/8 cups) drained clings
	No. 10 Can (106 oz)	26.60	1/4 cup drained fruit, Freestones	3.80	1 No. 10 can = about 60.0 oz (6-2/3 cups) drained Freestones
	No. 2-1/2 Can (29 oz)	12.90	1/4 cup fruit and liquid	7.80	
	No. 2-1/2 Can (29 oz)	8.50	1/4 cup drained fruit, clings	11.80	1 No. 2-1/2 can = about 17.0 oz (2-1/8 cups) drained clings
	No. 2-1/2 Can (29 oz)	8.00	1/4 cup drained fruit, Freestones	12.50	1 No. 2-1/2 can = about 15.7 oz (2 cups) drained Freestones
	No. 300 Can (15 oz)	6.36	1/4 cup fruit and liquid	15.80	
Peaches, canned <i>Clings, Sliced, Light syrup pack, Includes USDA Foods</i>	No. 10 Can (105 oz)	50.00	1/4 cup fruit and liquid	2.00	1 No. 10 can = about 105.0 oz (12-1/2 cups) fruit and liquid
	No. 10 Can (105 oz)	36.10	1/4 cup drained fruit	2.80	1 No. 10 can = about 72.0 oz (9 cups) drained peaches
Peaches, canned <i>Clings, Quarters, Includes USDA Foods</i>	No. 10 Can (106 oz)	48.50	1/4 cup fruit and liquid	2.10	
	No. 10 Can (106 oz)	39.50	1/4 cup drained fruit	2.60	1 No. 10 can = about 71.0 oz (9-7/8 cups) drained peaches
Peaches, canned <i>Freestone, Sliced, Includes USDA Foods</i>	No. 10 Can (106 oz)	47.50	1/4 cup fruit and liquid	2.20	

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

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
PEACHES (continued)					
	No. 10 Can (106 oz)	27.00	1/4 cup drained fruit	3.80	1 No. 10 can = about 60.0 oz (6-3/4 cups) drained Freestones
	No. 2-1/2 Can (29 oz)	13.00	1/4 cup fruit and liquid	7.70	
	No. 2-1/2 Can (29 oz)	8.00	1/4 cup drained fruit	12.50	1 No. 2-1/2 can = about 15.7 oz (2 cups) drained Freestones
	No. 300 Can (16 oz)	6.40	1/4 cup fruit and liquid	15.70	
	No. 300 Can (16 oz)	3.00	1/4 cup drained fruit	33.40	1 No. 300 can = about 8.1 oz (3/4 cup) drained Freestones
Peaches, canned <i>Spiced, Whole</i>	Pound	2.70	2 small peaches (about 1/4 cup drained, pitted, fruit)	37.10	1 lb AP = 0.34 lb drained, pitted peaches
Peaches, frozen <i>Diced, Sweetened</i>	No. 12 Tub (136 oz)	64.00	1/4 cup thawed, fruit and liquid	1.60	1 No. 12 tub = about 136.0 oz (16 cups) thawed peaches and liquid
	No. 12 Tub (136 oz)	47.90	1/4 cup thawed, drained fruit	2.10	1 No. 12 tub = about 102.4 oz (12 cups) thawed drained fruit
	Pound	7.47	1/4 cup thawed, fruit and liquid	13.40	1 lb AP = 1 lb (about 1-3/4 cups) thawed fruit and liquid
	Pound	5.60	1/4 cup thawed, drained fruit	17.90	1 lb AP = 0.72 lb (about 1-3/8 cups) thawed, drained fruit
Peaches, frozen <i>Sliced, Sweetened or Unsweetened, Includes USDA Foods</i>	Pound	7.34	1/4 cup thawed, fruit and liquid	13.70	1 lb AP = about 1-3/4 cups thawed peaches and liquid
	Pound	5.46	1/4 cup thawed, drained fruit	18.40	1 lb AP = 0.97 lb (about 1-1/3 cups) thawed, drained peaches
	Pound	7.10	1/4 cup cooked fruit	14.10	
	20 lb Bag	147.40	1/4 cup thawed, fruit and liquid	0.68	20-lb Bag = about 36-7/8 cups thawed peaches and liquid
	20 lb Bag	109.30	1/4 cup thawed, drained fruit	0.92	20-lb Bag = about 27-1/3 cups thawed, drained peaches
	20 lb Bag	142.00	1/4 cup cooked fruit	0.71	
Peaches, dried <i>Halves</i>	Pound	12.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	7.90	1 lb AP = about 3-1/8 cups ready-to-serve dried peach halves
	Pound	22.90	1/4 cup cooked fruit and liquid	4.40	
PEARS					
Pears, fresh <i>All sizes, Whole, Includes USDA Foods</i>	Pound	7.90	1/4 cup raw, pared, sliced fruit	12.70	
	Pound	5.70	1/4 cup cooked, pared, fruit halves, sugar added	17.60	

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

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
PEARS (continued)					
Pears, fresh <i>150 count, Whole</i>	Pound	4.10	1 whole, raw pear (about 1/2 cup fruit)	24.40	1 lb AP = 0.92 lb ready-to-serve or -cook raw, unpared pears
Pears, fresh <i>120 count, Whole</i>	Pound	3.30	1 whole, raw, medium pear (about 3/4 cup fruit)	30.40	
	Pound	7.10	1/4 cup raw, pared, cubed fruit	14.10	1 lb AP = 0.78 lb ready-to-serve or -cook raw, pared pears
Pears, fresh <i>100 count, D'Anjou or, Bosc or, Bartlett, Whole</i>	Pound	2.29	1 whole, raw pear (about 1-1/4 cups fruit)	43.70	1 lb AP = 0.94 lb (about 3 cups) ready-to-cook or -serve raw cored, wedged pears
Pears, canned <i>Diced, Packed in juice or light syrup, Includes USDA Foods</i>	No. 10 Can (106 oz)	47.60	1/4 cup fruit and liquid	2.20	
	No. 10 Can (106 oz)	38.00	1/4 cup drained fruit	2.70	1 No. 10 can = about 66.0 oz (9-1/2 cups) drained pears
	No. 2-1/2 Can (29 oz)	13.10	1/4 cup fruit and liquid	7.70	
	No. 2-1/2 Can (29 oz)	10.50	1/4 cup drained fruit	9.60	1 No. 2-1/2 can = about 18.4 oz (2-5/8 cups) drained pears
	Pound	7.20	1/4 cup fruit and liquid	13.90	
	Pound	6.00	1/4 cup drained fruit	16.70	1 lb AP = about 10.2 oz (1-1/2 cups) drained pears
Pears, canned <i>Halves, Packed in juice or light syrup, Includes USDA Foods</i>	No. 10 Can (105 oz)	52.00	1/4 cup fruit and liquid (about 1 pear half with juice)	2.00	
	No. 10 Can (105 oz)	31.00	1/4 cup drained fruit	3.30	1 No. 10 can = about 62.0 oz (7-3/4 cups) drained pears
	No. 2-1/2 Can (29 oz)	14.30	1/4 cup fruit and liquid (about 1 pear half with juice)	7.00	
	No. 2-1/2 Can (29 oz)	8.00	1/4 cup drained fruit	12.50	1 No. 2-1/2 can = about 15.8 oz (2 cups) drained pears
	No. 300 Can (15 oz)	7.02	1/4 cup fruit and liquid (about 1 pear half with juice)	14.30	
	No. 300 Can (15 oz)	3.00	1/4 cup drained fruit	33.40	1 No. 300 can = about 7.3 oz (3/4 cup) drained pears
Pears, canned <i>Sliced, Packed in juice or light syrup, Includes USDA Foods</i>	No. 10 Can (105 oz)	49.70	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-3/8 cups pears and liquid
	No. 10 Can (105 oz)	29.50	1/4 cup drained fruit	3.40	1 No. 10 can = about 59.6 oz (7-3/8 cups) drained pears

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

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
PEARS (continued)					
Pears, dried <i>Regular moisture, Halves</i>	Pound	10.70	1/4 cup dried fruit (about 2-1/2 halves, credits as 1/2 cup fruit in NSLP/SBP and CACFP)	9.40	1 lb AP = about 2-2/3 cups or 22 dried pear halves
	Pound	20.30	1/4 cup cooked fruit and liquid	5.00	
PERSIMMONS					
Persimmons, fresh <i>Japanese, Fuyu, Whole</i>	Pound	11.70	1/4 cup unpeeled, diced, raw fruit	8.60	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve raw, 1/2-inch diced, unpeeled persimmons
	Pound	15.70	1/4 cup unpeeled, raw fruit wedges	6.40	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve raw, unpeeled persimmons wedges
PINEAPPLE					
Pineapple, fresh <i>Whole</i>	Pound	6.40	1/4 cup raw, cubed fruit	15.70	1 lb AP = 0.54 lb ready-to-serve raw pineapple
	Pound	4.61	1/4 cup raw sticks (about 3 sticks, 1/2-inch by 3-inch sticks)	21.70	1 lb AP = 0.57 lb (about 1-1/8 cups) ready-to-serve 1/2-inch by 3-inch pineapple sticks
	Pound	7.50	1/4 cup fruit and liquid	13.40	
Pineapple, canned <i>Chunks, Packed in juice or light syrup, Includes USDA Foods</i>	No. 10 Can (106 oz)	49.90	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-3/8 cups pineapple and liquid
	No. 10 Can (106 oz)	31.80	1/4 cup drained fruit	3.20	1 No. 10 can = about 64.6 oz (8 cups) drained pineapple
	No. 2 Can (20 oz)	9.40	1/4 cup fruit and liquid	10.70	
	No. 2 Can (20 oz)	7.50	1/4 cup drained fruit	13.40	1 No. 2 can = about 12.4 oz (1-7/8 cups) drained pineapple
	Pound	7.53	1/4 cup fruit and liquid	13.30	
Pineapple, canned <i>Crushed, Packed in juice or light syrup, Includes USDA Foods</i>	No. 10 Can (106 oz)	49.50	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-3/8 cups pineapple and liquid
	No. 10 Can (106 oz)	36.10	1/4 cup drained fruit	2.80	1 No. 10 can = about 75.6 oz (9 cups) drained pineapple
	No. 2 Can (20 oz)	9.20	1/4 cup fruit and liquid	10.90	
	No. 2 Can (20 oz)	8.00	1/4 cup drained fruit	12.50	1 No. 2 can = about 13.8 oz (2 cups) drained pineapple
	Pound	7.56	1/4 cup fruit and liquid	13.30	

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

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
PINEAPPLE (continued)					
Pineapple, canned <i>Slices, Packed in juice or light syrup, Includes USDA Foods</i>	No. 10 Can (107 oz)	47.50	1/4 cup fruit and liquid	2.20	
	No. 10 Can (107 oz)	37.70	1/4 cup drained fruit (about 1-3/4 slices)	2.70	1 No. 10 can = about 62.0 oz (9-1/3 cups or 60 slices) drained pineapple
	No. 2 Can (20 oz)	8.87	1/4 cup fruit and liquid	11.30	
	No. 2 Can (20 oz)	7.04	1/4 cup drained fruit	14.30	1 No. 2 can = about 13.0 oz (2 cups) drained pineapple
	Pound	7.10	1/4 cup fruit and liquid	14.10	
	Pound	5.63	1/4 cup drained fruit	17.80	
Pineapple, canned <i>Tidbits, Packed in juice or light syrup, Includes USDA Foods</i>	No. 10 Can (106 oz)	50.10	1/4 cup fruit and liquid	2.00	1 No. 10 can = about 12 cups pineapple and liquid
	No. 10 Can (106 oz)	33.40	1/4 cup drained fruit	3.00	1 No. 10 can = about 67.3 oz (8-1/4 cups) drained pineapple
Pineapple, frozen <i>Unsweetened, Chunks</i>	Pound	7.30	1/4 cup thawed, drained fruit	13.70	1 lb AP = 0.61 lb (about 1-1/3 cups) thawed, drained pineapple
PLUMS					
Plums, fresh <i>Italian, 1.5-inch by 2-inch, Whole</i>	Pound	9.32	1/4 cup quartered fruit (about 5 quarters)	10.80	1 lb AP = 0.93 lb (about 2-1/3 cups) ready-to-serve or -cook unpeeled, pitted, quartered raw plums
	Pound	6.81	1/4 cup fruit and liquid	14.70	
Plums, fresh <i>Purple, Red, or Black, 2-inch diameter, Whole</i>	Pound	4.99	1 whole, raw plum (about 1/2 cup fruit and liquid)	20.10	
	Pound	10.70	1/4 cup quartered fruit (about 2 quarters)	9.40	1 lb AP = 0.98 lb (about 2-2/3 cups) ready-to-serve or -cook unpeeled, pitted, raw plums
Plums, fresh <i>Purple, Red, or Black 2-1/2 inch diameter, Whole</i>	Pound	4.00	1 whole, pitted plum (about 5/8 cup fruit)	25.00	1 lb AP = 0.97 lb (about 2-7/8 cups) pitted plums
Plums, fresh <i>Japanese or Hybrid, Whole, Size 60 & 65</i>	Pound	6.40	1 whole, raw plum (about 3/8 cup fruit and liquid)	15.70	1 plum = about 1-1/2 inch diameter
Plums, canned <i>Purple or Red, Halves, Unpeeled, No pits, Includes USDA Foods</i>	No. 10 Can (105 oz)	49.20	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-1/8 cups plums and liquid without pits
	No. 10 Can (105 oz)	24.70	1/4 cup drained fruit	4.10	1 No. 10 can = about 54.4 oz (6-1/8 cups) drained plums without pits

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

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
PLUMS (continued)					
Plums, canned <i>Purple or Red, Unpeeled, With pits, Whole, Includes USDA Foods</i>	No. 10 Can (106 oz)	48.50	1/4 cup pitted, fruit and liquid	2.10	1 No. 10 can = about 12 cups plums with pits and liquid
	No. 10 Can (106 oz)	27.80	1/4 cup pitted, drained, fruit	3.60	1 No. 10 can = about 58.2 oz (6-7/8 cups) drained plums with pits
	No. 2-1/2 Can (30 oz)	14.50	1/4 cup pitted, fruit and liquid	6.90	
	No. 2-1/2 Can (30 oz)	8.00	1/4 cup pitted, drained, fruit	12.50	1 No. 2-1/2 can = about 16.5 oz (2 cups) drained plums with pits
	Pound	7.32	1/4 cup pitted, fruit and liquid	13.70	
	Pound	4.19	1/4 cup pitted, drained, fruit	23.90	1 lb AP = 8.8 oz (1 cup) drained plums with pits
Plums, dried (Prunes), canned <i>With pits</i>	No. 10 Can (108 oz)	46.00	1/4 cup fruit and liquid (about 4 prunes with liquid)	2.20	
	No. 10 Can (108 oz)	28.50	1/4 cup pitted, drained, fruit	3.60	1 No. 10 can = about 57.0 oz (7-1/8 cups) drained, pitted prunes
	25 oz Jar	10.60	1/4 cup fruit and liquid	9.50	
	25 oz Jar	6.66	1/4 cup pitted, drained, fruit	15.10	25 oz jar = about 13.2 oz (1-2/3 cups) drained, pitted prunes
Plums, dried (Prunes) <i>Whole, Without pits, Includes USDA Foods</i>	Pound	10.60	1/4 cup dried fruit (about 6 medium prunes, credits as 1/2 cup fruit in NSLP/SBP and CACFP)	9.50	1 lb dry = about 2-2/3 cups dried plums without pits
Plums, dried (Prunes), canned <i>Paste or Puree¹, Includes USDA Foods</i>	Gallon (11 lb)	64.00	1/4 cup fruit	1.60	1 gallon (11 lb) = 16 cups dried plum juice
	Pound	6.38	1/4 cup fruit	15.70	1 lb AP = about 1-1/2 cups juice
Plums, dried (Prunes) <i>Whole, Regular moisture, With pits</i>	Pound	9.60	1/4 cup dried fruit (about 6 medium dried prunes, credits as 1/2 cup fruit in NSLP/SBP and CACFP)	10.50	1 lb dry = about 2-3/8 cups dried plums with pits
	Pound	12.90	1/4 cup cooked fruit and liquid	7.80	
Plums, dried (Prunes) <i>Whole, Without pits, Includes USDA Foods</i>	Pound	14.70	1/4 cup cooked fruit and liquid	6.90	

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

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
POMEGRANATE					
Pomegranate, fresh <i>Whole</i>	Pound	2.70	1/4 cup juice and pulp (no seeds)	37.10	1 lb AP = 0.35 lb (about 2/3 cups) ready-to-serve, peeled, raw pomegranate juice and pulp without seeds
	Pound	6.34	1/4 cup fruit kernels	15.80	1 lb AP = about 1-1/2 cups peeled, pomegranate kernels
RAISINS					
Raisins <i>Regular moisture, Seedless, Includes USDA Foods</i>	Pound	12.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	8.00	1 lb AP = about 3-1/8 cups raisins
	Package (1.3 oz to 1.5 oz)	1.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	100.00	
	Pound	21.40	1/4 cup cooked fruit	4.70	
RASPBERRIES					
Raspberries, fresh <i>Whole</i>	Pint (11-1/2 oz)	8.70	1/4 cup raw, whole fruit	11.50	1 pt AP = 0.69 lb (about 2-1/8 cups) ready-to-serve raw raspberries
	Pound	12.10	1/4 cup raw, whole fruit	8.30	1 lb AP = 0.96 lb (about 3 cups) ready-to-serve raw raspberries
Raspberries, canned <i>Red, Whole</i>	No. 10 Can (103 oz)	48.00	1/4 cup fruit and liquid	2.10	1 No. 10 can = 53.0 oz drained raspberries
	Pound	7.45	1/4 cup fruit and liquid	13.50	1 lb AP = about 8.25 oz drained raspberries
Raspberries, frozen <i>Unsweetened, Fruit and liquid</i>	Pound	7.20	1/4 cup thawed, fruit and liquid	13.90	
Raspberries, frozen <i>Red, Unsweetened Puree¹, Includes USDA Foods</i>	Pound	7.69	1/4 cup thawed fruit puree	13.10	1 lb AP = about 1-7/8 cups thawed fruit puree
	5 lb 12 oz Container	44.20	1/4 cup thawed fruit puree	2.30	5 lb 12 oz container = about 11 cups thawed fruit puree
Raspberries, frozen <i>Red, Whole, Unsweetened, Grade A, Individually-quick frozen</i>	Pound	12.50	1/4 cup thawed, drained fruit	8.00	1 lb AP = 1 lb (about 3 cups) ready-to-serve, thawed, drained raspberries
RHUBARB					
Rhubarb, fresh <i>Without leaves</i>	Pound	6.20	1/4 cup cooked fruit, sugar added	16.20	1 lb AP = 0.86 lb ready-to-cook rhubarb
Rhubarb, frozen <i>Unsweetened</i>	Pound	10.00	1/4 cup cooked fruit, sugar added	10.00	

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

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
STARFRUIT (CARAMBOLA)					
Starfruit (Carambola), fresh <i>Whole</i>	Pound	13.50	1/4 cup sliced fruit	7.50	1 lb AP = 0.97 lb (about 3-7/8 cups) ready-to-serve 1/4-inch sliced (about 46 slices) Starfruit
	Pound	9.50	1/4 cup chopped fruit	10.30	1 lb AP = 0.97 lb (or about 2-7/8 cups) chopped Starfruit
STRAWBERRIES					
Strawberries, fresh <i>Whole</i>	Pint (11-1/2 oz)	7.90	1/4 cup raw, whole fruit	12.00	1 pt AP = about 0.66 lb ready-to-serve raw strawberries
	Pound	10.50	1/4 cup raw, whole fruit	9.60	1 lb AP = 0.88 lb ready-to-serve raw strawberries
Strawberries, frozen <i>Sliced, Unsweetened, Includes USDA Foods</i>	Pound	7.28	1/4 cup thawed, fruit and liquid	13.80	1 lb AP = 1 lb (about 1-3/4 cups) ready-to-serve thawed strawberries and liquid
Strawberries, frozen <i>Sliced, Sweetened, Includes USDA Foods</i>	Pound	7.10	1/4 cup thawed, fruit and liquid	14.10	
Strawberries, frozen <i>Whole, Grade A, Unsweetened, Individually- quick-frozen, Includes USDA Food</i>	Pound	11.90	1/4 cup thawed fruit	8.50	1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve, thawed strawberries
Strawberries, dried	Pound	10.90	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	9.20	1 lb AP (dried) = 1 lb (about 2-2/3 cups) ready-to-serve dried strawberries
TANGELOS					
Tangelos, fresh <i>Whole</i>	Pound	6.67	1/4 cup peeled fruit sections	15.00	1 lb AP = 0.74 lb (about 1-2/3 cups) ready-to-serve peeled, tangelos sections
TANGERINES					
Tangerines, fresh <i>120 count, Whole</i>	Pound	4.00	1 whole, raw tangerine (about 3/8 cup fruit and liquid)	25.00	
Tangerines, fresh <i>121 count, Whole</i>	Pound	7.78	1/4 cup peeled fruit sections	12.90	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve peeled, tangerine sections
Tangerines, fresh <i>150 count, Whole</i>	Pound	5.00	1 whole, peeled tangerine (about 1/2 cup fruit)	20.00	1 lb AP = 0.85 lb (about 2-1/2 cups) peeled, tangerine sections
Tangerines, canned <i>Mandarin Oranges</i>	Pound	7.30	1/4 cup fruit and liquid	13.70	
Tangerines, canned <i>Mandarin Oranges</i>	Pound	6.00	1/4 cup drained fruit	16.67	1 lb AP = about 0.61 lb (about 1-1/2 cups) drained tangerines

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

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
UGLI FRUIT					
Ugli Fruit, fresh <i>Whole</i>	Pound	6.33	1/4 cup peeled, chopped fruit	15.80	1 lb AP = 0.67 lb (about 1-1/2 cups) ready-to-serve, raw, peeled, chopped ugli fruit. One 32-count ugli fruit = about 14.6 oz
WATERMELON					
Watermelon, fresh ³ <i>Whole</i>	Melon (about 27 lb)	168.90	1/4 cup fruit	0.60	
	Pound	6.10	1/4 cup diced fruit without rind	16.40	1 lb AP = 0.61 lb (about 1-1/2 cups) ready-to-serve raw, 1/2-inch diced watermelon without rind

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

Footnotes: Fruits

¹ Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as juice if included in a beverage.

² Note: Fried banana chips are not creditable towards meal pattern requirements.

³ In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.

⁴ According to the Food and Drug Administration, unpasteurized juice may contain harmful bacteria that may put children, pregnant women, the elderly, and persons with weakened immune systems at risk for serious illness or even death. Unpasteurized juice is normally found in the refrigerated section of grocery or health food stores or at cider mills or farm markets. Unpasteurized juice should have warning information on the label or on a nearby sign at the point of purchase. When serving juice, use only pasteurized juice. Pasteurized juice is normally found as frozen concentrated juice or in non-refrigerated shelf-stable containers, such as juice boxes, bottles, or cans. Pasteurized juice can also be found in the refrigerated sections of stores.

⁵ The canned and frozen juices listed in Column 1 are usually available in the can size listed in Column 2.