

# Food Buying Guide for Child Nutrition Programs

## Section 4 Grains

### Section 4 - Grains

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
<b>BARLEY</b>					
<b>Barley (Group H)</b> <i>Hulled, Dry</i>	Pound	42.00	1/4 cup cooked	2.40	1 lb dry = about 2-1/3 cups dry barley
	Pound	21.20	1/2 cup cooked	4.80	
	Pound	14.10	3/4 cup cooked	7.10	
<b>BREAD</b>					
<b>Bread<sup>1</sup> (Group B)</b> <i>Sliced, Fresh, (Includes: All types Enriched White<sup>2</sup>, Whole Wheat and Enriched Flour Blend<sup>3</sup>, and Whole Wheat breads)</i>	Pound	32.00	1/2 slice provide 1.0 oz eq grains (must weigh at least 14 g or 1/2 oz)	3.20	
	Pound	16.00	1 slice provides 1 oz eq grains (must weigh at least 28 g or 1.0 oz)	6.30	
<b>BREAD STICKS</b>					
<b>Bread Sticks (Group A)</b> <i>(Includes: All types Enriched White<sup>2</sup>, Whole Wheat and Enriched Flour Blend<sup>3</sup>, and Whole Wheat), Hard</i>	Pound	45.30	2 sticks provide 0.5 oz eq grains (must weigh at least 11 g or 0.4 oz)	2.20	
	Pound	22.60	3 sticks provide 1.0 oz eq grains (must weigh at least 22 g or 0.8 oz)	4.50	
<b>BULGUR</b>					
<b>Bulgur (Group H)</b> <i>Dry</i>	Pound	39.20	1/4 cup cooked	2.60	1 lb dry = about 3 cups dry bulgur
	Pound	19.60	1/2 cup cooked	5.10	1 lb dry = about 3 cups dry bulgur
	Pound	13.00	3/4 cup cooked	7.70	1 lb dry = about 3 cups dry bulgur
<b>CEREAL GRAINS</b>					
<b>Cereal Grains Amaranth (Group H)</b> <i>Dry</i>	Pound	19.60	1/4 cup cooked	5.10	1 lb dry = about 2-1/3 cups dry or 2.70 lb (about 4-5/8 cups) cooked amaranth when prepared with 2 parts water to 1 part dry amaranth
	Pound	9.82	1/2 cup cooked	10.20	1 lb dry = about 2-1/3 cups dry or 2.70 lb (about 4-5/8 cups) cooked amaranth when prepared with 2 parts water to 1 part dry amaranth

## Section 4 - Grains

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<b>CEREAL GRAINS (continued)</b>					
<b>Cereal Grains Amaranth (Group H)</b> <i>Dry</i>	Pound	6.54	3/4 cup cooked	15.30	1 lb dry = about 2-1/3 cups dry or 2.70 lb (about 4-5/8 cups) cooked amaranth when prepared with 2 parts water to 1 part dry amaranth
<b>Cereal Grains Buckwheat (Group H)</b> <i>Dry</i>	Pound	22.80	1/4 cup cooked	4.40	1 lb dry = about 2-1/3 cups dry or 3.06 lb (about 5-2/3 cups) cooked buckwheat when prepared with 2 parts water to 1 part dry buckwheat
	Pound	11.40	1/2 cup cooked	8.80	1 lb dry = about 2-1/3 cups dry or 3.06 lb (about 5-2/3 cups) cooked buckwheat when prepared with 2 parts water to 1 part dry buckwheat
	Pound	7.61	3/4 cup cooked	13.20	1 lb dry = about 2-1/3 cups dry or 3.06 lb (about 5-2/3 cups) cooked buckwheat when prepared with 2 parts water to 1 part dry buckwheat
<b>Cereal Grains Cornmeal (Group H)</b> <i>Enriched<sup>2</sup>, Dry</i>	Pound	50.70	1/4 cup cooked	2.00	1 lb dry = about 3 cups dry enriched cornmeal
	Pound	25.30	1/2 cup cooked	4.00	1 lb dry = about 3 cups dry enriched cornmeal
	Pound	16.90	3/4 cup cooked	6.00	1 lb dry = about 3 cups dry enriched cornmeal
<b>Cereal Grains Cornmeal (Group H)</b> <i>Stone ground<sup>3</sup>, Dry, (Similar to Native Blue, White, and Yellow)</i>	Pound	57.30	1/4 cup cooked	1.80	1 lb dry = about 3-3/8 cups dry stone ground cornmeal
	Pound	28.60	1/2 cup cooked	3.50	1 lb dry = about 3-3/8 cups dry stone ground cornmeal
	Pound	19.10	3/4 cup cooked	5.30	1 lb dry = about 3-3/8 cups dry stone ground cornmeal
<b>Cereal Grains Corn Grits (Group H)</b> <i>Instant, Enriched<sup>2</sup>, Dry</i>	Pound	54.70	1/4 cup cooked	1.90	1 lb dry = about 5-3/4 cups dry instant enriched corn grits
	Pound	27.40	1/2 cup cooked	3.70	1 lb dry = about 5-3/4 cups dry instant enriched corn grits
	Pound	18.20	3/4 cup cooked	5.50	1 lb dry = about 5-3/4 cups dry instant enriched corn grits
<b>Cereal Grains Corn Grits (Group H)</b> <i>Quick, Enriched<sup>2</sup>, Dry</i>	Pound	45.00	1/4 cup cooked	2.30	1 lb dry = about 2-3/4 cups dry quick enriched grits
	Pound	22.40	1/2 cup cooked	4.50	1 lb dry = about 2-3/4 cups dry quick enriched grits
	Pound	15.00	3/4 cup cooked	6.70	1 lb dry = about 2-3/4 cups dry quick enriched grits
<b>Cereal Grains Corn Grits (Group H)</b> <i>Regular, Enriched<sup>2</sup>, Dry</i>	Pound	50.30	1/4 cup cooked	2.00	1 lb dry = about 2-3/4 cups dry regular enriched grits

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	Pound	25.10	1/2 cup cooked	4.00	1 lb dry = about 2-3/4 cups dry regular enriched grits
	Pound	16.70	3/4 cup cooked	6.00	1 lb dry = about 2-3/4 cups dry regular enriched grits
<b>Cereal Grains Corn Grits (Group H)</b> <i>Whole Corn, Regular, Dry</i>	Pound	43.50	1/4 cup cooked	2.30	1 lb dry = about 3 cups dry whole corn grits; 1 lb dry = about 10-7/8 cups cooked
	Pound	21.75	1/2 cup cooked	4.60	1 lb dry = about 3 cups dry whole corn grits; 1 lb dry = about 10-7/8 cups cooked
	Pound	14.50	3/4 cup cooked	6.90	1 lb dry = about 3 cups dry whole corn grits; 1 lb dry = about 10-7/8 cups cooked
<b>Cereal Grains Farina (Group H)</b> <i>Instant, Enriched<sup>2</sup>, Dry</i>	Pound	45.50	1/4 cup cooked	2.20	1 lb dry = about 2-3/8 cups dry instant enriched farina
	Pound	22.70	1/2 cup cooked	4.40	1 lb dry = about 2-3/8 cups dry instant enriched farina
	Pound	15.10	3/4 cup cooked	6.60	1 lb dry = about 2-3/8 cups dry instant enriched farina
<b>Cereal Grains Farina (Group H)</b> <i>Regular, Enriched<sup>2</sup>, Dry</i>	Pound	58.90	1/4 cup cooked	1.70	1 lb dry = about 2-1/2 cups dry regular enriched farina
	Pound	29.40	1/2 cup cooked	3.40	1 lb dry = about 2-1/2 cups dry regular enriched farina
	Pound	19.60	3/4 cup cooked	5.10	1 lb dry = about 2-1/2 cups dry regular enriched farina
<b>Cereal Grains Farina (Group H)</b> <i>Quick, Enriched<sup>2</sup>, Dry</i>	Pound	58.10	1/4 cup cooked	1.80	1 lb dry = about 2-1/2 cups dry quick enriched farina
	Pound	29.00	1/2 cup cooked	3.50	1 lb dry = about 2-1/2 cups dry quick enriched farina
	Pound	19.30	3/4 cup cooked	5.20	1 lb dry = about 2-1/2 cups dry quick enriched farina
<b>Cereal Grains Farina (Group H)</b> <i>Whole Wheat, Quick, Dry</i>	Pound	51.50	1/4 cup cooked	2.00	1 lb dry = about 2-1/2 cups dry whole wheat quick farina; 1 lb dry = about 12-7/8 cups cooked
	Pound	25.70	1/2 cup cooked	3.90	1 lb dry = about 2-1/2 cups dry whole wheat quick farina; 1 lb dry = about 12-7/8 cups cooked
	Pound	17.10	3/4 cup cooked	5.90	1 lb dry = about 2-1/2 cups dry whole wheat quick farina; 1 lb dry = about 12-7/8 cups cooked
<b>Cereal Grains Kasha (Group H)</b> <i>Dry</i>	Pound	21.10	1/4 cup cooked	4.80	1 lb dry = about 2-3/8 cups dry or 2.92 lb (about 5-1/4 cups) cooked kasha when prepared with 2 parts water to 1 part dry kasha

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<b>Cereal Grains Kasha (Group H)</b> <i>Dry</i>	Pound	10.50	1/2 cup cooked	9.60	1 lb dry = about 2-3/8 cups dry or 2.92 lb (about 5-1/4 cups) cooked kasha when prepared with 2 parts water to 1 part dry kasha
	Pound	7.05	3/4 cup cooked	14.20	1 lb dry = about 2-3/8 cups dry or 2.92 lb (about 5-1/4 cups) cooked kasha when prepared with 2 parts water to 1 part dry kasha
<b>Cereal Grains Millet (Group H)</b> <i>Dry</i>	Pound	22.90	1/4 cup cooked	4.40	1 lb dry = about 2-1/8 cups dry or 2.30 lb (about 5-5/8 cups) cooked millet when prepared with 1-1/2 parts water to 1 part dry millet
	Pound	11.40	1/2 cup cooked	8.80	1 lb dry = about 2-1/8 cups dry or 2.30 lb (about 5-5/8 cups) cooked millet when prepared with 1-1/2 parts water to 1 part dry millet
	Pound	7.64	3/4 cup cooked	13.10	1 lb dry = about 2-1/8 cups dry or 2.30 lb (about 5-5/8 cups) cooked millet when prepared with 1-1/2 parts water to 1 part dry millet
<b>Cereal Grains Oats (Group H)</b> <i>Rolled, Instant, Dry</i>	Pound	46.90	1/4 cup cooked	2.20	1 lb dry = about 5-2/3 cups dry instant rolled oats
	Pound	23.40	1/2 cup cooked	4.30	1 lb dry = about 5-2/3 cups dry instant rolled oats
	Pound	15.60	3/4 cup cooked	6.50	1 lb dry = about 5-2/3 cups dry instant rolled oats
<b>Cereal Grains Oats (Group H)</b> <i>Rolled, Quick, Dry, Includes USDA Foods</i>	Pound	47.60	1/4 cup cooked	2.10	1 lb dry = about 6-1/4 cups dry quick rolled oats
	Pound	23.80	1/2 cup cooked	4.20	1 lb dry = about 6-1/4 cups dry quick rolled oats
	Pound	15.80	3/4 cup cooked	6.40	1 lb dry = about 6-1/4 cups dry quick rolled oats
<b>Cereal Grains Oats (Group H)</b> <i>Rolled, Regular, Dry</i>	Pound	45.40	1/4 cup cooked	2.20	1 lb dry = about 6 cups dry regular rolled oats
	Pound	22.70	1/2 cup cooked	4.40	1 lb dry = about 6 cups dry regular rolled oats
	Pound	15.10	3/4 cup cooked	6.70	1 lb dry = about 6 cups dry regular rolled oats
<b>Cereal Grains Quinoa (Group H)</b> <i>Dry</i>	Pound	26.40	1/4 cup cooked	3.80	1 lb dry = about 2-1/2 cups dry or 2.51 lb (6-1/2 cups) cooked quinoa when prepared with 2 parts water to 1 part dry quinoa

## Section 4 - Grains

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	Pound	13.20	1/2 cup cooked	7.60	1 lb dry = about 2-1/2 cups dry or 2.51 lb (6-1/2 cups) cooked quinoa when prepared with 2 parts water to 1 part dry quinoa
	Pound	8.81	3/4 cup cooked	11.40	1 lb dry = about 2-1/2 cups dry or 2.51 lb (6-1/2 cups) cooked quinoa when prepared with 2 parts water to 1 part dry quinoa
<b>Cereal Grains Wheat Berries (Group H)</b> <i>Dry</i>	Pound	24.00	1/4 cup cooked	4.20	1 lb dry = about 2-1/4 cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries
	Pound	12.00	1/2 cup cooked	8.40	1 lb dry = about 2-1/4 cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries
	Pound	8.00	3/4 cup cooked	12.50	1 lb dry = about 2-1/4 cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries
<b>Cereal Grains Wheat Cereal (Group H)</b> <i>Instant, Enriched<sup>2</sup> or Whole Wheat, Dry</i>	Pound	49.10	1/4 cup cooked	2.10	1 lb dry = about 4 cups dry, instant wheat cereal
	Pound	24.50	1/2 cup cooked	4.10	1 lb dry = about 4 cups dry, instant wheat cereal
	Pound	16.30	3/4 cup cooked	6.20	1 lb dry = about 4 cups dry, instant wheat cereal
<b>Cereal Grains Wheat Cereal (Group H)</b> <i>Regular, Enriched<sup>2</sup> or Whole Wheat, Dry</i>	Pound	49.20	1/4 cup cooked	2.10	1 lb dry = about 3-1/3 cups dry regular wheat cereal
	Pound	24.60	1/2 cup cooked	4.10	1 lb dry = about 3-1/3 cups dry regular wheat cereal
	Pound	16.40	3/4 cup cooked	6.10	1 lb dry = about 3-1/3 cups dry regular wheat cereal
<b>Cereal Grains Wheat Rolled (Group H)</b> <i>Dry</i>	Pound	38.00	1/4 cup cooked	2.70	1 lb dry = about 2-3/8 cup dry or 4.83 lb (about 9-1/2 cups) cooked rolled oats when prepared with 3-1/2 parts water to 1 part dry rolled wheat
	Pound	19.00	1/2 cup cooked	5.30	1 lb dry = about 2-3/8 cup dry or 4.83 lb (about 9-1/2 cups) cooked rolled oats when prepared with 3-1/2 parts water to 1 part dry rolled wheat
	Pound	12.60	3/4 cup cooked	8.00	1 lb dry = about 2-3/8 cup dry or 4.83 lb (about 9-1/2 cups) cooked rolled oats when prepared with 3-1/2 parts water to 1 part dry rolled wheat

## Section 4 - Grains

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<b>CEREALS, READY-TO-EAT</b>					
<b>Cereals, Ready-to-eat Wheat, Corn, Rice, Oats, Granola<sup>2,3</sup> (Group I)</b> <i>Includes USDA Foods</i>	Single Serve Package	1.00	1 single serve package provides 1 grains serving (1 cup or 1 oz for flakes and rounds; 1-1/4 cups or 1 oz for puffed cereal; 1/4 cup or 1 oz for granola)	100.00	Package contents vary with the cereal-flakes, biscuits, shreds, granules, etc.
<b>CHOW MEIN NOODLES</b>					
<b>Chow Mein Noodles (Group A)</b> <i>Enriched<sup>2</sup>, Dry</i>	Pound	34.80	1/4 cup provides 1/2 grains servings (must weigh at least 11 g or 0.4 oz)	2.90	
	Pound	17.40	1/2 cup provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	5.80	
<b>CORN CHIPS (Tortilla Chips)</b>					
<b>Corn Chips<sup>2,3</sup> (Group B)</b>	Pound	20.00	3/4 grains serving (about 1/2 cup; must weigh at least 21 g or 0.75 oz)	5.00	
	Pound	15.00	1 grains serving (about 2/3 cup; must weigh at least 28 grams or 1.0 oz)	6.70	
<b>COUSCOUS</b>					
<b>Couscous (Group H)</b> <i>Regular, Enriched<sup>2</sup>, Dry</i>	Pound	29.10	1/4 cup cooked	3.50	1 lb dry = about 2-3/8 cups dry enriched couscous; Add 3-1/4 cups water to 1 lb dry enriched couscous; 1 lb dry = 2.55 lb (about 7-1/4 cups) cooked
	Pound	14.50	1/2 cup cooked	6.90	1 lb dry = about 2-3/8 cups dry enriched couscous; Add 3-1/4 cups water to 1 lb dry enriched couscous; 1 lb dry = 2.55 lb (about 7-1/4 cups) cooked
	Pound	9.71	3/4 cup cooked	10.30	1 lb dry = about 2-3/8 cups dry enriched couscous; Add 3-1/4 cups water to 1 lb dry enriched couscous; 1 lb dry = 2.55 lb (about 7-1/4 cups) cooked
<b>Couscous (Group H)</b> <i>Dry, Whole Wheat</i>	Pound	27.00	1/4 cup cooked	3.80	1 lb dry = about 2-1/2 cups dry whole wheat couscous; 1 lb dry = about 6-3/4 cups cooked
	Pound	13.50	1/2 cup cooked	7.50	1 lb dry = about 2-1/2 cups dry whole wheat couscous; 1 lb dry = about 6-3/4 cups cooked
	Pound	9.00	3/4 cup cooked	11.20	1 lb dry = about 2-1/2 cups dry whole wheat couscous; 1 lb dry = about 6-3/4 cups cooked

## Section 4 - Grains

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<b>CROUTONS</b>					
<b>Croutons (Group A)</b> <i>Prepackaged, Enriched<sup>2</sup>, Dry</i>	Pound	44.60	1/4 cup provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	2.30	1 lb dry = about 11-1/8 cups dry enriched croutons
	Pound	22.30	1/2 cup provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.50	1 lb dry = about 11-1/8 cups dry enriched croutons
<b>CEREAL GRAINS</b>					
<b>Farro, Pearled<sup>6</sup> (Group H)</b> <i>Dry</i>	Pound	24.00	1/4 cup cooked	4.20	1 lb dry = about 2-1/4 cups dry pearled farro; 1 lb dry = about 6 cups cooked
	Pound	12.00	1/2 cup cooked	8.40	1 lb dry = about 2-1/4 cups dry pearled farro; 1 lb dry = about 6 cups cooked
	Pound	8.00	3/4 cup cooked	12.60	1 lb dry = about 2-1/4 cups dry pearled farro; 1 lb dry = about 6 cups cooked
<b>GRAHAM CRACKERS</b>					
<b>Graham Crackers<sup>2,3</sup> (Group B)</b>	Pound	32.40	2 crackers provide 1/2 grains serving (must weigh at least 14 g or 1/2 oz)	3.10	1 lb AP = about 64 crackers
	Pound	21.30	4 crackers provides 1 grains serving (about 4 crackers; must weigh at least 28 g or 1 oz)	4.70	1 lb AP = about 64 crackers
<b>CEREAL GRAINS</b>					
<b>Hominy, Grits</b> <i>Regular, Dry</i>	Pound	50.30	1/4 cup cooked	2.00	1 lb dry = about 2-3/4 cups dry regular grits
	Pound	25.10	1/2 cup cooked	4.00	1 lb dry = about 2-3/4 cups dry regular grits
	Pound	16.70	3/4 cup cooked	6.00	1 lb dry = about 2-3/4 cups dry regular grits
<b>MELBA TOAST</b>					
<b>Melba Toast (Group A)</b> <i>Enriched<sup>2</sup></i>	Pound	37.80	2 pieces provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	3.10	
	Pound	22.20	5 pieces provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.70	
<b>PASTA</b>					
<b>Pasta (Group H)</b> <i>Bowties, Large size, Enriched<sup>2</sup>, Dry</i>	Pound	25.10	1/4 cup cooked (0.50 oz eq grains)	4.00	1 lb dry = about 7-1/2 cups dry enriched bowtie pasta; 1 lb dry = 2.66 lb (about 6-1/4 cups) cooked boiled 17 min

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<b>PASTA (continued)</b>					
<b>Pasta (Group H)</b> <i>Bowties, Large size, Enriched<sup>2</sup>, Dry</i>	Pound	12.50	1/2 cup cooked (1.00 oz eq grains)	8.00	1 lb dry = about 7-1/2 cups dry enriched bowtie pasta; 1 lb dry = 2.66 lb (about 6-1/4 cups) cooked boiled 17 min
	Pound	8.39	3/4 cup cooked (1.50 oz eq grains)	12.00	1 lb dry = about 7-1/2 cups dry enriched bowtie pasta; 1 lb dry = 2.66 lb (about 6-1/4 cups) cooked boiled 17 min
<b>Pasta (Group H)</b> <i>Bowties, Regular size, Whole Wheat Dry</i>	Pound	28.50	1/4 cup cooked (0.50 oz eq grains)	3.60	1 lb dry = about 5-3/4 cups dry whole wheat bowtie pasta; 1 lb dry = about 7-1/8 cups cooked
	Pound	14.20	1/2 cup cooked (1.00 oz eq grains)	7.10	1 lb dry = about 5-3/4 cups dry whole wheat bowtie pasta; 1 lb dry = about 7-1/8 cups cooked
	Pound	9.50	3/4 cup cooked (1.50 oz eq grains)	10.60	1 lb dry = about 5-3/4 cups dry whole wheat bowtie pasta; 1 lb dry = about 7-1/8 cups cooked
<b>Pasta (Group H)</b> <i>Elbow Macaroni, Regular, Enriched<sup>2</sup>, Dry</i>	Pound	39.00	1/4 cup cooked (0.50 oz eq grains)	2.60	1 lb dry = about 3-1/2 cups dry enriched elbow macaroni
	Pound	19.50	1/2 cup cooked (1.00 oz eq grains)	5.20	
	Pound	13.00	3/4 cup cooked (1.50 oz eq grains)	7.70	
<b>Pasta (Group H)</b> <i>Elbow Macaroni, Whole Wheat, Regular, Dry</i>	Pound	32.50	1/4 cup cooked (0.50 oz eq grains)	3.10	1 lb dry = about 3-5/8 cups dry whole wheat elbow macaroni; 1 lb dry = about 8-1/8 cups cooked.
<b>Pasta (Group H)</b> <i>Elbow Macaroni, Whole Wheat, Regular, Dry</i>	Pound	16.20	1/2 cup cooked (1.00 oz eq grains)	6.20	1 lb dry = about 3-5/8 cups dry whole wheat elbow macaroni; 1 lb dry = about 8-1/8 cups cooked.
	Pound	10.80	3/4 cup cooked (1.50 oz eq grains)	9.30	1 lb dry = about 3-5/8 cups dry whole wheat elbow macaroni; 1 lb dry = about 8-1/8 cups cooked.
<b>Pasta (Group H)</b> <i>Elbow Macaroni, Whole Wheat and Enriched Flour Blend<sup>3</sup>, Regular, Dry, Includes USDA Foods</i>	Pound	34.00	1/4 cup cooked (0.50 oz eq grains)	3.00	1 lb dry = about 3-3/4 cups dry whole wheat & enriched elbow macaroni; 1 lb dry = about 8-1/2 cups cooked
	Pound	17.00	1/2 cup cooked (1.00 oz eq grains)	5.90	1 lb dry = about 3-3/4 cups dry whole wheat & enriched elbow macaroni; 1 lb dry = about 8-1/2 cups cooked
	Pound	11.30	3/4 cup cooked (1.50 oz eq grains)	8.90	1 lb dry = about 3-3/4 cups dry whole wheat & enriched elbow macaroni; 1 lb dry = about 8-1/2 cups cooked
<b>Pasta (Group H)</b> <i>Elbow Pasta, Whole Grain, (brown rice), Regular, Dry</i>	Pound	34.50	1/4 cup cooked (0.50 oz eq grains)	2.90	1 lb dry = about 4-1/2 cups dry whole grain elbow pasta; 1 lb dry = about 8-5/8 cups cooked



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	Pound	17.20	1/2 cup cooked (1.00 oz eq grains)	5.90	1 lb dry = about 4-1/2 cups dry whole grain elbow pasta; 1 lb dry = about 8-5/8 cups cooked
	Pound	11.50	3/4 cup cooked (1.50 oz eq grains)	8.70	1 lb dry = about 4-1/2 cups dry whole grain elbow pasta; 1 lb dry = about 8-5/8 cups cooked
<b>Pasta (Group H)</b> <i>Noodles, Egg Medium, Enriched<sup>2</sup>, Dry</i>	Pound	40.30	1/4 cup cooked (0.50 oz eq grains)	2.50	1 lb dry = about 11-7/8 cups dry enriched egg noodles
	Pound	20.10	1/2 cup cooked (1.00 oz eq grains)	5.00	1 lb dry = about 11-7/8 cups dry enriched egg noodles
	Pound	13.40	3/4 cup cooked (1.50 oz eq grains)	7.50	1 lb dry = about 11-7/8 cups dry enriched egg noodles
<b>Pasta (Group H)</b> <i>Noodles, Lasagna, Enriched<sup>2</sup>, Dry</i>	Pound	28.30	1/4 cup cooked (0.50 oz eq grains)	3.60	1 lb dry = about 21 pieces dry enriched lasagna noodles; 1 lb dry = 2.66 lb (about 7 cups) cooked boiled 15 min
	Pound	14.10	1/2 cup cooked (1.00 oz eq grains)	7.10	1 lb dry = about 21 pieces dry enriched lasagna noodles; 1 lb dry = 2.66 lb (about 7 cups) cooked boiled 15 min
	Pound	9.46	3/4 cup cooked (1.50 oz eq grains)	10.60	1 lb dry = about 21 pieces dry enriched lasagna noodles; 1 lb dry = 2.66 lb (about 7 cups) cooked boiled 15 min
<b>Pasta (Group H)</b> <i>Noodles, Lasagna, Whole Wheat, Dry</i>	Pound	27.00	1/4 cup cooked (0.50 oz eq grains)	3.80	1 lb dry = about 4-5/8 cups dry pieces of whole wheat lasagna noodles; 1 lb dry = about 6-3/4 cups cooked pieces
	Pound	13.50	1/2 cup cooked (1.00 oz eq grains)	7.50	1 lb dry = about 4-5/8 cups dry pieces of whole wheat lasagna noodles; 1 lb dry = about 6-3/4 cups cooked pieces
	Pound	9.00	3/4 cup cooked (1.50 oz eq grains)	11.20	1 lb dry = about 4-5/8 cups dry pieces of whole wheat lasagna noodles; 1 lb dry = about 6-3/4 cups cooked pieces
<b>Pasta (Group H)</b> <i>Noodles, Lasagna, Whole Wheat and Enriched Flour Blend<sup>3</sup>, Dry</i>	Pound	32.50	1/4 cup cooked (0.50 oz eq grains)	3.10	1 lb dry = about 5-7/8 cups dry pieces of whole wheat & enriched lasagna noodles; 1 lb dry = about 8-1/8 cups cooked pieces
	Pound	16.20	1/2 cup cooked (1.00 oz eq grains)	6.20	1 lb dry = about 5-7/8 cups dry pieces of whole wheat & enriched lasagna noodles; 1 lb dry = about 8-1/8 cups cooked pieces
	Pound	10.80	3/4 cup cooked (1.50 oz eq grains)	9.30	1 lb dry = about 5-7/8 cups dry pieces of whole wheat & enriched lasagna noodles; 1 lb dry = about 8-1/8 cups cooked pieces

## Section 4 - Grains

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
<b>PASTA (continued)</b>					
<b>Pasta (Group H)</b> <i>Noodles, Lasagna sheets, Enriched<sup>2</sup>, Frozen</i>	Pound	13.90	1/4 cup cooked (0.50 oz eq grains)	7.20	1 lb frozen = about 3-3/4 frozen enriched lasagna sheets; 1 lb AP = 1.47 lb (about 2-1/2 sheets) cooked boiled 4 min
	Pound	6.96	1/2 cup cooked (1.00 oz eq grains)	14.40	1 lb frozen = about 3-3/4 frozen enriched lasagna sheets; 1 lb AP = 1.47 lb (about 2-1/2 sheets) cooked boiled 4 min
	Pound	4.64	3/4 cup cooked (1.50 oz eq grains)	21.60	1 lb frozen = about 3-3/4 frozen enriched lasagna sheets; 1 lb AP = 1.47 lb (about 2-1/2 sheets) cooked boiled 4 min
<b>Pasta (Group H)</b> <i>Noodles, Ramen, Enriched<sup>2</sup>, Dry</i>	Pound	25.40	1/4 cup cooked (0.50 oz eq grains)	4.00	1 lb dry = about 5-1/2 cups dry enriched ramen noodles; 1 lb dry = 3.07 lb (about 6-1/3 cups) cooked boiled 3 min
	Pound	12.70	1/2 cup cooked (1.00 oz eq grains)	7.90	1 lb dry = about 5-1/2 cups dry enriched ramen noodles; 1 lb dry = 3.07 lb (about 6-1/3 cups) cooked boiled 3 min
	Pound	8.48	3/4 cup cooked (1.50 oz eq grains)	11.80	1 lb dry = about 5-1/2 cups dry enriched ramen noodles; 1 lb dry = 3.07 lb (about 6-1/3 cups) cooked boiled 3 min
<b>Pasta (Group H)</b> <i>Orzo, Enriched<sup>2</sup>, Dry</i>	Pound	25.50	1/4 cup cooked (0.50 oz eq grains)	4.00	1 lb dry = about 2-3/8 cups dry enriched orzo pasta; 1 lb dry = 3.07 lb (about 6-3/8 cups) cooked boiled 14 min
	Pound	12.70	1/2 cup cooked (1.00 oz eq grains)	7.90	1 lb dry = about 2-3/8 cups dry enriched orzo pasta; 1 lb dry = 3.07 lb (about 6-3/8 cups) cooked boiled 14 min
	Pound	8.53	3/4 cup cooked (1.50 oz eq grains)	11.80	1 lb dry = about 2-3/8 cups dry enriched orzo pasta; 1 lb dry = 3.07 lb (about 6-3/8 cups) cooked boiled 14 min
<b>Pasta (Group H)</b> <i>Orzo, Whole Wheat, Dry</i>	Pound	30.00	1/4 cup cooked (0.50 oz eq grains)	3.40	1 lb dry = about 2-7/8 cups dry whole wheat orzo pasta; 1 lb dry = about 7-1/2 cups cooked
	Pound	15.00	1/2 cup cooked (1.00 oz eq grains)	6.70	1 lb dry = about 2-7/8 cups dry whole wheat orzo pasta; 1 lb dry = about 7-1/2 cups cooked
	Pound	10.00	3/4 cup cooked (1.50 oz eq grains)	10.00	1 lb dry = about 2-7/8 cups dry whole wheat orzo pasta; 1 lb dry = about 7-1/2 cups cooked
<b>Pasta (Group H)</b> <i>Penne, Enriched<sup>2</sup>, Dry</i>	Pound	31.20	1/4 cup cooked (0.50 oz eq grains)	3.20	1 lb dry = about 5-1/8 cups dry enriched penne pasta; 1 lb dry = 2.60 lb (about 7-3/4 cups) cooked boiled 14 min
	Pound	15.60	1/2 cup cooked (1.00 oz eq grains)	6.50	1 lb dry = about 5-1/8 cups dry enriched penne pasta; 1 lb dry = 2.60 lb (about 7-3/4 cups) cooked boiled 14 min

## Section 4 - Grains

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
<b>PASTA (continued)</b>					
	Pound	10.40	3/4 cup cooked (1.50 oz eq grains)	9.70	1 lb dry = about 5-1/8 cups dry enriched penne pasta; 1 lb dry = 2.60 lb (about 7-3/4 cups) cooked boiled 14 min
<b>Pasta (Group H)</b> <i>Penne, Whole Wheat, Dry</i>	Pound	34.50	1/4 cup cooked (0.50 oz eq grains)	2.90	1 lb dry = about 5-3/8 cups dry whole wheat penne pasta; 1 lb dry = about 8-5/8 cups cooked
	Pound	17.20	1/2 cup cooked (1.00 oz eq grains)	5.90	1 lb dry = about 5-3/8 cups dry whole wheat penne pasta; 1 lb dry = about 8-5/8 cups cooked
	Pound	11.50	3/4 cup cooked (1.50 oz eq grains)	8.70	1 lb dry = about 5-3/8 cups dry whole wheat penne pasta; 1 lb dry = about 8-5/8 cups cooked
<b>Pasta (Group H)</b> <i>Penne, Whole Wheat and Enriched Flour Blend<sup>3</sup>, Dry, Includes USDA Foods</i>	Pound	34.50	1/4 cup cooked (0.50 oz eq grains)	2.90	1 lb dry = about 4-3/8 cups dry whole wheat and enriched penne pasta; 1 lb dry = about 8-5/8 cups cooked
	Pound	17.20	1/2 cup cooked (1.00 oz eq grains)	5.90	1 lb dry = about 4-3/8 cups dry whole wheat and enriched penne pasta; 1 lb dry = about 8-5/8 cups cooked
	Pound	11.50	3/4 cup cooked (1.50 oz eq grains)	8.70	1 lb dry = about 4-3/8 cups dry whole wheat and enriched penne pasta; 1 lb dry = about 8-5/8 cups cooked
<b>Pasta (Group H)</b> <i>Shells, Large, Enriched<sup>2</sup>, (for stuffing), Dry</i>	Pound	30.50	1/4 cup cooked (0.50 oz eq grains)	3.30	1 lb dry = about 5-3/8 cups dry enriched shells pasta; 1 lb dry = about 7-5/8 cups cooked
	Pound	15.20	1/2 cup cooked (1.00 oz eq grains)	6.60	1 lb dry = about 5-3/8 cups dry enriched shells pasta; 1 lb dry = about 7-5/8 cups cooked
	Pound	10.10	3/4 cup cooked (1.50 oz eq grains)	10.00	1 lb dry = about 5-3/8 cups dry enriched shells pasta; 1 lb dry = about 7-5/8 cups cooked
<b>Pasta (Group H)</b> <i>Shells, Medium, Enriched<sup>2</sup>, Dry</i>	Pound	26.70	1/4 cup cooked (0.50 oz eq grains)	3.80	1 lb dry = about 6 cups dry, medium enriched shells pasta; 1 lb dry = 2.53 lb (about 6-2/3 cups) cooked pasta; 1/4 cup cooked = about 17 shells boiled 12 min
	Pound	13.30	1/2 cup cooked (1.00 oz eq grains)	7.60	1 lb dry = about 6 cups dry, medium enriched shells pasta; 1 lb dry = 2.53 lb (about 6-2/3 cups) cooked pasta; 1/4 cup cooked = about 17 shells boiled 12 min
	Pound	8.93	3/4 cup cooked (1.50 oz eq grains)	11.20	1 lb dry = about 6 cups dry, medium enriched shells pasta; 1 lb dry = 2.53 lb (about 6-2/3 cups) cooked pasta; 1/4 cup cooked = about 17 shells boiled 12 min

## Section 4 - Grains

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
<b>PASTA (continued)</b>					
<b>Pasta (Group H)</b> <i>Shells, Whole Wheat, Medium, Dry</i>	Pound	30.50	1/4 cup cooked (0.50 oz eq grains)	3.30	1 lb dry = about 5-3/8 cups dry whole wheat shells pasta; 1 lb dry = about 7-5/8 cups cooked
	Pound	15.20	1/2 cup cooked (1.00 oz eq grains)	6.60	1 lb dry = about 5-3/8 cups dry whole wheat shells pasta; 1 lb dry = about 7-5/8 cups cooked
	Pound	10.10	3/4 cup cooked (1.50 oz eq grains)	10.00	1 lb dry = about 5-3/8 cups dry whole wheat shells pasta; 1 lb dry = about 7-5/8 cups cooked
<b>Pasta (Group H)</b> <i>Shells, Whole Wheat and Enriched Flour Blend<sup>3</sup>, Medium, Dry</i>	Pound	38.50	1/4 cup cooked (0.50 oz eq grains)	2.60	1 lb dry = about 5-7/8 cups dry whole wheat and enriched shells pasta; 1 lb dry = about 9-5/8 cups cooked
	Pound	19.20	1/2 cup cooked (1.00 oz eq grains)	5.30	1 lb dry = about 5-7/8 cups dry whole wheat and enriched shells pasta; 1 lb dry = about 9-5/8 cups cooked
	Pound	12.80	3/4 cup cooked (1.50 oz eq grains)	7.90	1 lb dry = about 5-7/8 cups dry whole wheat and enriched shells pasta; 1 lb dry = about 9-5/8 cups cooked
<b>Pasta (Group H)</b> <i>Spaghetti, Regular, Enriched<sup>2</sup>, Dry, Includes USDA Foods</i>	Pound	21.20	1/4 cup cooked, pieces (0.50 oz eq grains)	4.80	1 lb dry = about 3-1/4 cups dry enriched spaghetti pieces; 1 lb dry = 2.37 lb (about 5-1/4 cups) al dente cooked boiled 8 min
	Pound	10.60	1/2 cup cooked, pieces (1.00 oz eq grains)	9.50	1 lb dry = about 3-1/4 cups dry enriched spaghetti pieces; 1 lb dry = 2.37 lb (about 5-1/4 cups) al dente cooked boiled 8 min
	Pound	7.06	3/4 cup cooked, pieces (1.50 oz eq grains)	14.20	1 lb dry = about 3-1/4 cups dry enriched spaghetti pieces; 1 lb dry = 2.37 lb (about 5-1/4 cups) al dente cooked boiled 8 min
<b>Pasta (Group H)</b> <i>Spaghetti, Whole Wheat, Regular, Dry</i>	Pound	34.00	1/4 cup cooked, pieces (0.50 oz eq grains)	3.00	1 lb dry = about 4-3/4 cups dry pieces of whole wheat spaghetti; 1 lb dry = about 8-1/2 cups cooked
	Pound	17.00	1/2 cup cooked, pieces (1.00 oz eq grains)	5.90	1 lb dry = about 4-3/4 cups dry pieces of whole wheat spaghetti; 1 lb dry = about 8-1/2 cups cooked
	Pound	11.30	3/4 cup cooked, pieces (1.50 oz eq grains)	8.90	1 lb dry = about 4-3/4 cups dry pieces of whole wheat spaghetti; 1 lb dry = about 8-1/2 cups cooked
<b>Pasta (Group H)</b> <i>Spaghetti, Whole Wheat and Enriched Flour Blend<sup>3</sup>, Regular, Dry, Includes USDA Foods</i>	Pound	35.50	1/4 cup cooked, pieces (0.50 oz eq grains)	2.90	1 lb dry = about 4-3/4 cups dry pieces of whole wheat and enriched spaghetti; 1 lb dry = about 8-7/8 cups cooked

## Section 4 - Grains

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
<b>PASTA (continued)</b>					
	Pound	17.70	1/2 cup cooked, pieces (1.00 oz eq grains)	5.70	1 lb dry = about 4-3/4 cups dry pieces of whole wheat and enriched spaghetti; 1 lb dry = about 8-7/8 cups cooked
	Pound	11.80	3/4 cup cooked, pieces (1.50 oz eq grains)	8.50	1 lb dry = about 4-3/4 cups dry pieces of whole wheat and enriched spaghetti; 1 lb dry = about 8-7/8 cups cooked
<b>Pasta (Group H)</b> <i>Spaghetti, Whole Grain, (brown rice), Regular, Dry</i>	Pound	24.50	1/4 cup cooked, pieces (0.50 oz eq grains)	4.10	1 lb dry = about 4 cups dry pieces of whole grain spaghetti; 1 lb dry = about 6-1/8 cups cooked
	Pound	12.20	1/2 cup cooked, pieces (1.00 oz eq grains)	8.20	1 lb dry = about 4 cups dry pieces of whole grain spaghetti; 1 lb dry = about 6-1/8 cups cooked
	Pound	8.10	3/4 cup cooked, pieces (1.50 oz eq grains)	12.40	1 lb dry = about 4 cups dry pieces of whole grain spaghetti; 1 lb dry = about 6-1/8 cups cooked
<b>Pasta (Group H)</b> <i>Spiral (Rotini), Enriched<sup>2</sup>, Dry</i>	Pound	33.80	1/4 cup cooked (0.50 oz eq grains)	3.00	1 lb dry = about 5-3/8 cups dry enriched spiral pasta
	Pound	16.90	1/2 cup cooked (1.00 oz eq grains)	6.00	1 lb dry = about 5-3/8 cups dry enriched spiral pasta
	Pound	11.20	3/4 cup cooked (1.50 oz eq grains)	9.00	1 lb dry = about 5-3/8 cups dry enriched spiral pasta
<b>Pasta (Group H)</b> <i>Spiral (Rotini), Whole Wheat, Dry</i>	Pound	38.00	1/4 cup cooked (0.50 oz eq grains)	2.70	1 lb dry = about 6-3/8 cups dry whole wheat spiral pasta; 1 lb dry = about 9-1/2 cups cooked
	Pound	19.00	1/2 cup cooked (1.00 oz eq grains)	5.20	1 lb dry = about 6-3/8 cups dry whole wheat spiral pasta; 1 lb dry = about 9-1/2 cups cooked
	Pound	12.60	3/4 cup cooked (1.50 oz eq grains)	8.00	1 lb dry = about 6-3/8 cups dry whole wheat spiral pasta; 1 lb dry = about 9-1/2 cups cooked
<b>Pasta (Group H)</b> <i>Spiral (Rotini), Whole Wheat and Enriched Flour Blend<sup>3</sup>, Dry, Includes USDA Foods</i>	Pound	33.00	1/4 cup cooked (0.50 oz eq grains)	3.10	1 lb dry = about 4-5/8 cups dry whole wheat and enriched spiral pasta; 1 lb dry = about 8-1/4 cups cooked
	Pound	16.50	1/2 cup cooked (1.00 oz eq grains)	6.10	1 lb dry = about 4-5/8 cups dry whole wheat and enriched spiral pasta; 1 lb dry = about 8-1/4 cups cooked
	Pound	11.00	3/4 cup cooked (1.50 oz eq grains)	9.10	1 lb dry = about 4-5/8 cups dry whole wheat and enriched spiral pasta; 1 lb dry = about 8-1/4 cups cooked
<b>Pasta (Group H)</b> <i>Wagon Wheels, Medium size, Enriched<sup>2</sup>, Dry</i>	Pound	31.10	1/4 cup cooked (0.50 oz eq grains)	3.30	1 lb dry = about 5 cups dry, enriched wagon wheels pasta; 1 lb dry = 2.79 lb (about 7-3/4 cups) cooked boiled 12 min

## Section 4 - Grains

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
<b>PASTA (continued)</b>					
<b>Pasta (Group H)</b> <i>Wagon Wheels, Medium size, Enriched<sup>2</sup>, Dry</i>	Pound	15.50	1/2 cup cooked (1.00 oz eq grains)	6.50	1 lb dry = about 5 cups dry, enriched wagon wheels pasta; 1 lb dry = 2.79 lb (about 7-3/4 cups) cooked boiled 12 min
	Pound	10.30	3/4 cup cooked (1.50 oz eq grains)	9.70	1 lb dry = about 5 cups dry, enriched wagon wheels pasta; 1 lb dry = 2.79 lb (about 7-3/4 cups) cooked boiled 12 min
<b>POPCORN</b>					
<b>Popcorn, popped</b> <i>(Similar to Popped Sorghum)</i>	Pound	64.00	3/4 cup popped provides 1/4 oz equivalent grains	1.60	
	Pound	32.00	1-1/2 cup popped provides 1/2 oz equivalent grains	3.20	
	Pound	16.00	3 cup popped provides 1 oz equivalent grains	6.30	
<b>RICE</b>					
<b>Rice (Group H)</b> <i>Black or Purple, Regular, Dry</i>	Pound	31.66	1/4 cup cooked (0.50 oz eq grains)	3.20	1 lb dry = about 2-1/2 cups dry black or purple rice; 1 lb dry = about 7-3/4 cups cooked black or purple rice
	Pound	15.83	1/2 cup cooked (1.00 oz eq grains)	6.40	1 lb dry = about 2-1/2 cups dry black or purple rice; 1 lb dry = about 7-3/4 cups cooked black or purple rice
	Pound	10.55	3/4 cup cooked (1.50 oz eq grains)	9.50	1 lb dry = about 2-1/2 cups dry black or purple rice; 1 lb dry = about 7-3/4 cups cooked black or purple rice
<b>Rice (Group H)</b> <i>Brown, Long grain, Instant, Dry</i>	Pound	25.16	1/4 cup cooked (0.50 oz eq grains)	4.00	1 lb dry = 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/3 cups cooked
	Pound	12.58	1/2 cup cooked (1.00 oz eq grains)	8.00	1 lb dry = 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/3 cups cooked
	Pound	8.38	3/4 cup cooked (1.50 oz eq grains)	12.00	1 lb dry = 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/3 cups cooked
<b>Rice (Group H)</b> <i>Brown, Long grain, Regular, Dry</i>	Pound	26.00	1/4 cup cooked (0.50 oz eq grains)	3.90	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/2 cups cooked
	Pound	13.00	1/2 cup cooked (1.00 oz eq grains)	7.70	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/2 cups cooked
	Pound	8.66	3/4 cup cooked (1.50 oz eq grains)	11.60	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/2 cups cooked
<b>Rice (Group H)</b> <i>Brown, Long grain, Parboiled, Dry, Includes USDA Foods</i>	Pound	31.00	1/4 cup cooked (0.50 oz eq grains)	3.30	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked

## Section 4 - Grains

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
<b>RICE (continued)</b>					
<b>Rice (Group H)</b> <i>Brown, Long grain, Parboiled, Dry, Includes USDA Foods</i>	Pound	15.50	1/2 cup cooked (1.00 oz eq grains)	6.50	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked
	Pound	10.30	3/4 cup cooked (1.50 oz eq grains)	9.80	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked
<b>Rice (Group H)</b> <i>Brown, Medium grain, Quick Cooking, Dry</i>	Pound	22.00	1/4 cup cooked (0.50 oz eq grains)	4.60	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 5-1/2 cups cooked brown rice
	Pound	11.00	1/2 cup cooked (1.00 oz eq grains)	9.10	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 5-1/2 cups cooked brown rice
	Pound	7.33	3/4 cup cooked (1.50 oz eq grains)	13.70	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 5-1/2 cups cooked brown rice
<b>Rice (Group H)</b> <i>White, Long grain, Parboiled, Enriched<sup>2</sup>, Dry, Includes USDA Foods</i>	Pound	28.00	1/4 cup cooked (0.50 oz eq grains)	3.60	1 lb dry = about 2-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 2-3/4 cups cooked
	Pound	14.00	1/2 cup cooked (1.00 oz eq grains)	7.20	1 lb dry = about 2-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 2-3/4 cups cooked
	Pound	9.33	3/4 cup cooked (1.50 oz eq grains)	10.80	1 lb dry = about 2-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 2-3/4 cups cooked
<b>Rice (Group H)</b> <i>White, Long grain, Instant, Enriched<sup>2</sup>, Dry</i>	Pound	28.00	1/4 cup cooked (0.50 oz eq grains)	3.60	1 lb dry = about 4-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 1-1/2 cups cooked
	Pound	14.00	1/2 cup prepared with boiling water (1.00 oz eq grains)	7.20	1 lb dry = about 4-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 1-1/2 cups cooked
	Pound	9.33	3/4 cup prepared with boiling water (1.50 oz eq grains)	10.80	1 lb dry = about 4-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 1-1/2 cups cooked
<b>Rice (Group H)</b> <i>White, Long grain, Regular, Enriched<sup>2</sup>, Dry</i>	Pound	30.00	1/4 cup cooked (0.50 oz eq grains)	3.40	1 lb dry = about 2-1/3 cups dry enriched rice; 1 lb dry = about 7-1/2 cups cooked; 1 cup dry = about 3-1/4 cups cooked
	Pound	15.00	1/2 cup cooked (1.00 oz eq grains)	6.70	1 lb dry = about 2-1/3 cups dry enriched rice; 1 lb dry = about 7-1/2 cups cooked; 1 cup dry = about 3-1/4 cups cooked
	Pound	10.00	3/4 cup cooked (1.50 oz eq grains)	10.00	1 lb dry = about 2-1/3 cups dry enriched rice; 1 lb dry = about 7-1/2 cups cooked; 1 cup dry = about 3-1/4 cups cooked

## Section 4 - Grains

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
<b>RICE (continued)</b>					
<b>Rice (Group H)</b> <i>White, Short/Medium grain, Regular, Enriched<sup>2</sup>, Dry</i>	Pound	27.00	1/4 cup cooked (0.50 oz eq grains)	3.80	1 lb dry = about 2-1/4 cups dry enriched rice; 1 lb dry = about 6-3/4 cups cooked; 1 cup dry = about 3 cups cooked
	Pound	13.50	1/2 cup cooked (1.00 oz eq grains)	7.50	1 lb dry = about 2-1/4 cups dry enriched rice; 1 lb dry = about 6-3/4 cups cooked; 1 cup dry = about 3 cups cooked
	Pound	9.00	3/4 cup cooked (1.50 oz eq grains)	11.20	1 lb dry = about 2-1/4 cups dry enriched rice; 1 lb dry = about 6-3/4 cups cooked; 1 cup dry = about 3 cups cooked
<b>RICE CAKES</b>					
<b>Rice Cakes (Group A)</b> <i>Puffed, (Includes: seeds, enriched or other whole grains)</i>	Package (average 5.25 oz)	10.70	1-1/2 cakes provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	9.30	1 lb AP = about 48 rice cakes
<b>RYE WAFERS</b>					
<b>Rye Wafers (Group A)</b>	Pound	36.00	2 wafers provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	2.80	
<b>SALTINES</b>					
<b>Saltines (Group A)</b> <i>Enriched<sup>2</sup></i>	Pound	41.20	4 crackers provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	2.50	
	Pound	20.60	8 crackers provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.90	
<b>SOBA NOODLES</b>					
<b>Soba Noodles (Group H)</b> <i>Whole Grain</i>	Pound	27.50	1/4 cup cooked, pieces	3.70	1 lb dry = about 4-3/4 cups dry pieces of whole grain soba noodles; 1 lb dry = about 6-7/8 cups cooked
	Pound	13.75	1/2 cup cooked, pieces	7.30	1 lb dry = about 4-3/4 cups dry pieces of whole grain soba noodles; 1 lb dry = about 6-7/8 cups cooked
	Pound	9.16	3/4 cup cooked, pieces	11.00	1 lb dry = about 4-3/4 cups dry pieces of whole grain soba noodles; 1 lb dry = about 6-7/8 cups cooked
<b>SODA CRACKERS</b>					
<b>Soda Crackers (Group A)</b> <i>Enriched<sup>2</sup></i>	Pound	45.00	2 crackers provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	2.30	
	Pound	22.50	8 crackers provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.50	



## Section 4 - Grains

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
<b>SORGHUM</b>					
Sorghum, Pearled <sup>®</sup> (Group H) <i>Dry</i>	Pound	27.33	1/4 cup cooked	3.70	1 lb dry = about 2-1/2 cups dry pearled sorghum; 1 lb dry = about 6-3/4 cups cooked
	Pound	13.67	1/2 cup cooked	7.40	1 lb dry = about 2-1/2 cups dry pearled sorghum; 1 lb dry = about 6-3/4 cups cooked
	Pound	9.11	3/4 cup cooked	11.00	1 lb dry = about 2-1/2 cups dry pearled sorghum; 1 lb dry = about 6-3/4 cups cooked
Sorghum (Group H) <i>Whole, Dry</i>	Pound	31.00	1/4 cup cooked	3.30	1 lb dry = about 2-1/4 cups dry whole sorghum; 1 lb dry = about 7-3/4 cups cooked
	Pound	15.50	1/2 cup cooked	6.50	1 lb dry = about 2-1/4 cups dry whole sorghum; 1 lb dry = about 7-3/4 cups cooked
	Pound	10.33	3/4 cup cooked	9.70	1 lb dry = about 2-1/4 cups dry whole sorghum; 1 lb dry = about 7-3/4 cups cooked
<b>TACO/TOSTADA SHELLS</b>					
Taco/Tostada Shells (Group B)	Dozen	12.00	1 taco/tostada shell provide 1/2 grains serving (must weigh at least 14 g or 0.5 oz)	8.40	
	Dozen	6.00	2 taco/tostada shells provide 1 grains serving (must weigh at least 28 g or 1.0 oz)	16.70	
<b>WHEAT GERM</b>					
Wheat Germ (Group I) <i>Toasted, Dry</i>	Pound	13.00	1/4 cup provides 1 grains serving (must weigh at least 28 g or 1 oz dry)	7.70	1 lb dry = about 3-1/4 cups dry wheat germ
<b>WILD RICE</b>					
Wild Rice <sup>®</sup> (Group H) <i>Dry</i>	Pound	34.80	1/4 cup cooked (0.50 oz eq grains)	2.90	1 lb dry = about 2-2/3 cups dry wild rice; Add 2-1/2 cups water to 1 cup dry rice; 1 lb dry = 2.55 lb (about 8-2/3 cups) cooked
	Pound	17.40	1/2 cup cooked (1.00 oz eq grains)	5.80	1 lb dry = about 2-2/3 cups dry wild rice; Add 2-1/2 cups water to 1 cup dry rice; 1 lb dry = 2.55 lb (about 8-2/3 cups) cooked
	Pound	11.60	3/4 cup cooked (1.50 oz eq grains)	8.70	1 lb dry = about 2-2/3 cups dry wild rice; Add 2-1/2 cups water to 1 cup dry rice; 1 lb dry = 2.55 lb (about 8-2/3 cups) cooked

## Section 4 - Grains

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
<b>WILD RICE (continued)</b>					
Wild Rice and Enriched White Rice Mix <sup>2,3</sup> (Group H) <i>Dry</i>	Pound	28.70	1/4 cup cooked (0.50 oz eq grains)	3.50	1 lb dry = about 2-3/8 cups dry wild rice and enriched white rice mix; Add 2-1/4 cups water to 1 cup dry rice; 1 lb dry = 3.21 lb (about 7-1/8 cups) cooked
	Pound	14.30	1/2 cup cooked (1.00 oz eq grains)	7.00	1 lb dry = about 2-3/8 cups dry wild rice and enriched white rice mix; Add 2-1/4 cups water to 1 cup dry rice; 1 lb dry = 3.21 lb (about 7-1/8 cups) cooked
	Pound	9.57	3/4 cup cooked (1.50 oz eq grains)	10.50	1 lb dry = about 2-3/8 cups dry wild rice and enriched white rice mix; Add 2-1/4 cups water to 1 cup dry rice; 1 lb dry = 3.21 lb (about 7-1/8 cups) cooked
<b>ZWIEBACK</b>					
Zwieback (Group A) <i>Enriched<sup>2</sup></i>	Pound	32.40	2 pieces provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	3.10	
	Pound	21.30	3 pieces provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.70	

## Footnotes: Grains

<sup>1</sup> The number of slices per purchase unit does not include the end slices.

<sup>2</sup> Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>3</sup> Must contain a minimum of 50% whole grains to meet the Food and Nutrition Service's whole grain-rich (WGR) criteria.

<sup>6</sup> Pearled grain items are processed in a manner that removes the bran, so they are not a whole grain; they must be included as an ingredient in an enriched product to be creditable in Child Nutrition Programs.

<sup>5</sup> The yield for rice differs depending on how it is cooked. The yields provided in this guide represent the lower range of the average yield for each type of rice.