

Food Buying Guide for Child Nutrition Programs

Section 6 Other Foods

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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
BUTTER, MARGARINE					
Butter	Pound	96.00	1 teaspoon butter	1.10	1 lb = 2 cups
Margarine	Pound	96.00	1 teaspoon margarine	1.10	1 lb = 2 cups
CATSUP (KETCHUP)					
Catsup (Ketchup) <i>Tomato</i>	No. 10 Can (115 oz)	11.40	1 cup catsup		1 No. 10 can = about 11-1/2 cups
	No. 10 Can (115 oz)	183.00	1 tablespoon catsup	0.60	1 No. 10 can = about 11-1/2 cups
	20 oz Bottle	32.00	1 tablespoon catsup	3.20	
	Pound	1.60	1 cup catsup		
CHILI SAUCE					
Chili Sauce	No. 10 Can (113 oz)	12.90	1 cup sauce		
	19 oz Bottle	2.20	1 cup sauce		
	Pound	1.80	1 cup sauce		
COCONUT					
Coconut, dried <i>Flakes</i>	Pound	5.10	1 cup coconut		
Coconut, dried <i>Shredded</i>	Pound	4.90	1 cup coconut		
CREAM					
Cream, fresh <i>Light</i>	Quart	64.00	1 tablespoon cream	1.60	
Cream, fresh <i>Heavy Whipping</i>	Quart	128.00	1 tablespoon whipped cream	0.79	Volume doubles when whipped
	Pint	64.00	1 tablespoon whipped cream	1.60	
CREAM CHEESE					
Cream Cheese	Pound	15.60	2 tablespoon cream cheese	6.50	
EGG PRODUCT					
Egg Product, frozen, Egg Whites	Pound	7.51	1/4 cup portion	13.40	1 lb frozen = about 1-5/8 cups thawed egg whites
Egg Product, frozen, Egg Yolks	Pound	7.51	1/4 cup portion	13.40	1 lb frozen = about 1-5/8 cups thawed egg yolks

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FROZEN DESSERTS					
Frozen Desserts, Ice cream, Ice milk, Sherbet <i>Brick</i>	Quart	8.00	1 slice (1/2 cup)	12.50	
Frozen Desserts, Ice cream, Ice milk, Sherbet, Frozen yogurt <i>Bulk, Hardened or Soft serve</i>	Gallon	32.00	1/2 cup	3.20	
	Gallon	64.00	1/4 cup	1.60	
HONEY					
Honey <i>Strained</i>	Pound	1.40	1 cup honey		
	Pound	22.30	1 tablespoon honey	4.50	
JAMS, JELLIES and PRESERVES					
Jams, Jellies and Preserves	Gallon	16.00	1 cup jam		
	Gallon	256.00	1 tablespoon jelly	0.40	
	Quart	4.00	1 cup jam		
	Quart	64.00	1 tablespoon jam	1.60	
	Pound	1.40	1 cup jam		
	Pound	22.60	1 tablespoon jam	4.50	
MILK, DRIED					
Milk, dried <i>Whole, Regular</i>	Pound	14.20	1 cup reconstituted		4.5 oz (1 cup) dry + 3-1/2 cups water = about 1 qt fluid whole milk
	Pound	3.50	1 cup dry milk		about 1 qt fluid whole milk
Milk, dried <i>Nonfat, Instant</i>	Pound	20.00	1 cup reconstituted milk		3.2 oz (1-1/3 cups) dry + 3-3/4 cups water = about 1 qt fluid skim milk
	Pound	6.60	1 cup dry milk		
Milk, dried <i>Non-instant, USDA Commodity</i>	Pound	20.00	1 cup reconstituted milk		3.2 oz (3/4 cup) dry + 3-3/4 cups water = about 1 qt fluid skim milk
	Pound	3.70	1 cup dry milk		
MILK, EVAPORATED					
Milk, evaporated, canned	No. 10 Can (97 oz)	12.00	1 cup concentrated milk		to reconstitute, add 1 part evaporated milk with 1 part water
Milk, Evaporated, canned	13 oz Can	1.60	1 cup concentrated milk		To reconstitute, add 1 part evaporated milk with 1 part water
MUSTARD					
Mustard <i>Prepared</i>	Gallon (about 142 oz)	16.00	1 cup mustard		

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MUSTARD (continued)					
Mustard Prepared	Gallon (about 142 oz)	256.00	1 tablespoon mustard	0.40	
	Quart (about 35 oz)	64.00	1 tablespoon mustard	1.60	
	Pound	1.80	1 cup mustard		
PICKLE RELISH					
Pickle Relish	Gallon (about 147 oz)	16.00	1 cup relish		1 gal = about 58 oz drained (about 8 cups)
	Gallon (about 147 oz)	256.00	1 tablespoon relish	0.40	
	Quart (about 35 oz)	64.00	1 tablespoon relish	1.60	
	Pound	1.80	1 cup relish		
PORK					
Pork, fresh, Pig Ears Lobe off, Square cut	Pound	15.60	1 oz cooked pig's ear	6.50	1 lb AP = 0.98 lb cooked pig's ears
	Pound	10.40	1-1/2 oz cooked pig's ear	9.70	1 lb AP = 0.98 lb cooked pig's ears
Pork, fresh, Pig Feet Front, (Like IMPS #420)	Pound	0.64	1 oz cooked pig's feet	156.30	1 lb AP = 0.04 lb cooked, skinned, boned meat
	Pound	0.42	1-1/2 oz cooked pig's feet	238.10	1 lb AP = 0.04 lb cooked, skinned, boned meat
Pork, fresh, Pig Feet Hind, (Like IMPS #420A)	Pound	0.32	1 oz cooked pig's feet	312.50	1 lb AP = 0.02 lb cooked, skinned, boned meat
	Pound	0.21	1-1/2 oz cooked pig's feet	476.20	1 lb AP = 0.02 lb cooked, skinned, boned meat
PORK, MILD CURED					
Pork, Mild Cured, chilled or frozen Bacon Slices, Precooked	Pound	116.00	1 bacon slice (approximately 0.17 oz)	0.87	1 lb AP = 0.86 lb cooked bacon (about 6 cups thawed, cooked, and chopped)
Pork, Mild Cured, chilled or frozen Bacon Slices, Raw	Pound	23.00	1 bacon slice (approximately 0.31 oz)	4.40	1 lb AP = 0.38 lb cooked bacon (about 5 cups chopped)
Pork, Mild Cured, chilled or frozen Ham Hocks Cured and Smoked, (Like IMPS #560)	Pound	0.32	1 oz cooked ham hocks	312.50	1 lb AP = 0.02 lb cooked meat from ham hocks
	Pound	0.21	1-1/2 oz cooked ham hocks	476.20	1 lb AP = 0.02 lb cooked meat from ham hocks
POTATO CHIPS					
Potato Chips	Pound	32.00	1/2 oz chips (about 1/2 cup)	3.20	
POTATO STICKS					
Potato Sticks	Pound	32.00	1/2 oz sticks (about 3/8 cup)	3.20	

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PUDDING					
 pudding, canned <i>Ready-to-serve, Butterscotch, Chocolate, Vanilla, etc.</i>	No. 10 Can (112 oz)	47.90	1/4 cup pudding	2.10	1 can = about 12 cups ready-to-serve pudding
	No. 10 Can (112 oz)	23.90	1/2 cup pudding	4.20	1 can = about 12 cups ready-to-serve pudding
SALAD DRESSINGS					
Salad Dressings <i>French, Mayonnaise, Mayonnaise type</i>	Gallon	16.00	1 cup dressing		
	Gallon	256.00	1 tablespoon dressing	0.40	
	Quart	4.00	1 cup dressing		
	Quart	64.00	1 tablespoon dressing	1.60	
SYRUPS					
Syrups <i>Cane, Corn, Maple, Molasses, etc.</i>	Gallon (about 183 oz)	16.00	1 cup syrup		
	Gallon (about 183 oz)	128.00	2 tablespoon syrup	0.79	
	Quart	4.00	1 cup syrup		
	Quart	32.00	2 tablespoon syrup	3.20	
VEGETABLES FOR SEASONING					
Vegetables for Seasoning, dried, Celery Flakes	Ounce	1.30	1 cup dry flakes		For flavor, use 1 oz dry in place of 11.3 oz (2-2/3 cups) fresh chopped celery
	Pound	21.60	1 cup dry flakes		For flavor, use 1 oz dry in place of 11.3 oz (2-2/3 cups) fresh chopped celery
Vegetables for Seasoning, dried, Chives <i>Freeze-dried, Flakes</i>	Ounce	2.80	1 cup flakes		For flavor, use 1 oz dry in place of 14.7 oz (8-2/3 cups) fresh chopped chives
	Pound	46.20	1 cup flakes		For flavor, use 1 oz dry in place of 14.7 oz (8-2/3 cups) fresh chopped chives
Vegetables for Seasoning, dried, Garlic Minced	Ounce	2.60	1 tablespoon garlic		For flavor, use 1/4 tsp. dry in place of 2 cloves fresh minced garlic
	Pound	42.00	1 tablespoon garlic		For flavor, use 1/4 tsp. dry in place of 2 cloves fresh minced garlic
Vegetables for Seasoning, dried, Mixed vegetables <i>Flakes</i>	Ounce	7.20	1 tablespoon flakes		
	Pound	7.80	1 cup flakes		

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VEGETABLES FOR SEASONING (continued)					
Vegetables for Seasoning, dried, Onions <i>Chopped</i>	Ounce	6.00	1 tablespoon onions		For flavor, use 1 oz dry in place of about 9.1 oz (1-1/2 cups) fresh chopped onion
	Pound	5.20	1 cup onions		For flavor, use 1 oz dry in place of about 9.1 oz (1-1/2 cups) fresh chopped onion
Vegetables for Seasoning, dried, Onions <i>Minced</i>	Ounce	6.00	1 tablespoon onions		
	Pound	4.50	1 cup onions		
Vegetables for Seasoning, dried, Onions <i>Flakes</i>	Ounce	6.00	1 tablespoon flakes	1.00	
	Pound	7.60	1 cup flakes	1.00	
Vegetables for Seasoning, dried, Parsley <i>Flakes</i>	Ounce	21.80	1 tablespoon flakes		For flavor, use 1 oz dry in place of about 2.9 oz (4 cups) fresh chopped parsley
	Pound	20.60	1 cup flakes		For flavor, use 1 oz dry in place of about 2.9 oz (4 cups) fresh chopped parsley
Vegetables for Seasoning, dried, Pepper, Green or Red <i>Flakes</i>	Ounce	11.30	1 tablespoon flakes		For flavor, use 1 oz dry in place of about 8.8 oz (1-2/3 cups) fresh chopped green pepper
	Pound	11.30	1 cup flakes		For flavor, use 1 oz dry in place of about 8.8 oz (1-2/3 cups) fresh chopped green pepper
YEAST					
Yeast <i>Active Dry</i>	Pound	3.10	1 cup yeast		1 package (1/4 oz) = about 1 tablespoon
Yeast <i>Compressed</i>	Pound	25.20	1 cake yeast		1 cake (5/8 oz) = 1 package; (1/4 oz) active dry yeast