DOCUMENT RESUME

ED 147 940 EA 010 134

AUTHOR Moss, Mary Ann; And Others
TITLE Food Buying Guide for Type A School Lunches.
INSTITUTION Agricultural Research Service (DOA), Hyattsville, Md. Consumer and Food Economics Research Div.; National Oceanic and Atmospheric Administration (DOC), Rockville, Md. National Marine Fisheries Service.
PUB DATE 77
NOTE 94p.
AVAILABLE FROM Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 (Stock No. 001-000-01454-4; $2.25)

EDRS PRICE MF-$0.83 HC-$4.67 Plus Postage.
DESCRIPTORS Elementary Secondary Education; Food; *Lunch Programs; *Merchandise Information; *Purchasing; Tables (Data)

ABSTRACT

This guide provides information for planning and calculating quantities of food to be purchased and used by schools serving Type A lunches in the National School Lunch Program. This edition includes changes resulting from new developments in food production and processing as well as changes in marketing procedures, packages, and quality of foods available today. Use and careful application of the information will help to ensure economical menu planning and food purchasing, and adequate amounts of various foods to prepare Type A lunches for the number of children to be served. The foods are listed in the following sections--bread, butter, milk; meat and meat alternates; vegetables and fruits; and other foods. The information is presented in tabular form for easy reference. The six columns contain information on food as purchased, purchase unit, servings per purchase unit, serving size or portion, purchase units for 100 servings, and additional yield information. (Author/IRT)

****
* Documents acquired by ERIC include many informal unpublished *
* materials not available from other sources. ERIC makes every effort *
* to obtain the best copy available. Nevertheless, items of marginal *
* reproducibility are often encountered and this affects the quality *
* of the microfiche and hardcopy reproductions ERIC makes available *
* via the ERIC Document Reproduction Service (EDRS). EDRS is not *
* responsible for the quality of the original document. Reproductions *
* supplied by EDRS are the best that can be made from the original. *
****

U S DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION

THIS DOCUMENT HAS BEEN REPRODUCED EXACTLY AS RECEIVED, FROM THE PERSON OR ORGANIZATION ORIGINATING IT POINTS OF VIEW OR OPINIONS STATED DO NOT NECESSARILY REPRESENT OFFICIAL NATIONAL INSTITUTE OF EDUCATION POSITION OR POLICY

ED147940

FOOD BUYING GUIDE

for TYPE A school lunches

Prepared by
Nutrition and Technical Services Staff
Food and Nutrition Service
and
Consumer and Food Economics Research Division
Agricultural Research Service
U.S. DEPARTMENT OF AGRICULTURE
and the
National Marine Fisheries Service
National Oceanic and Atmospheric Administration
U.S. DEPARTMENT OF COMMERCE

The following persons had major responsibility for this publication:

Food and Nutrition Service
Mary Ann Moss and Amelia Cazier

Agricultural Research Service
Elsie H. Dawson, Olive M. Batcher, and Mary S. March

National Marine Fisheries Service
Rose Kerr

EA 010 134

For sale by the Superintendent of Documents, U.S. Government Printing Office
Washington, D.C. 20402
Stock No. 001-000-01464-4

CONTENTS

	Page
Food Buying Guide for Type A School Lunches	1
Explanation of Tables	1
The Type A Lunch Pattern	2
The Type A School Lunch Guide to the Amounts of Food for Boys and Girls of Specified Ages	3
Abbreviations	4
Equivalent Common Food Measures	4
Measures for Portion Control	4
Decimal Equivalents in Parts of One Pound, One Cup, or One Gallon for Different Units	5
Common Can and Jar Sizes	6
Guide for Substituting Smaller Cans for No. 10 Can	6
How to Use Additional Yield Information in Column 6	7
How to Make Cost Comparisons	7
How to Calculate Quantity of Food Needed	8
Food Buying Guide	
Bread, Butter, Milk	9
Meat and Meat Alternates:	
Beans, Dry	15
Beef	16
Cheese	17
Cheese Food Products	18
Chicken	18
Chicken Food Products	21
Eggs	22
Frankfurters	23
Lamb	23
Luncheon Meats	23
Meat Food Products	23
Peanut Butter	28
Peas and Lentils, Dry	28
Pork	28
Seafood	30
Turkey	33
Turkey Food Products	35
Veal	36
Vegetables, Fruits	37
Other Foods	75
Index of Foods	85

FOOD BUYING GUIDE FOR TYPE A SCHOOL LUNCHES

This Food Buying Guide provides information for planning and calculating quantities of food to be purchased and used by schools serving Type A lunches in the National School Lunch Program.

This edition of the Food Buying Guide includes changes resulting from new developments in food production and processing as well as changes in marketing procedures, packaging, and quality of foods available today. The recommendations are based on yield data obtained from many food service units, food processors, and research laboratories. Yields of edible food vary with the quality and condition of the food purchased. Yields of foods also are influenced by care in storage of food, by kind of equipment used in preparation, by the cooking method, and the form of the food to be served. The number of servings used in this publication are average figures based on yields from good quality foods prepared by methods that result in a minimum of waste.

Use and careful application of the information in this buying guide by school lunch personnel and purchasing agents will help to insure:

- Economical menu planning and food purchasing.
- Adequate amounts of various foods to prepare Type A lunches for the number of children to be served.

EXPLANATION OF TABLES

Foods in this guide are classified according to the Type A lunch pattern of the National School Lunch Program (see page 2). In addition, there is a section on Other Foods used in the preparation of lunches.

The foods are listed in the following sections:

- Bread, Butter, Milk
- Meat and Meat Alternate
- Vegetables, Fruits
- Other Foods

The information in the Food Buying Guide is presented in tabular form for easy reference. The columns are identified by numbers from 1 through 6, as follows:

COLUMN 1—FOOD AS PURCHASED: Within each of the four major sections listed above, the individual foods are arranged in alphabetical order. The foods are listed according to the forms in which they are obtained on the market—fresh, canned, frozen, or dehydrated. These foods are further described as sliced, shelled, or without bone, to indicate preparation that is done by the food processor.

COLUMN 2—PURCHASE UNIT: The unit of purchase specified for most foods in this guide is one pound. In addition, the purchase units for many processed foods include an institutional pack and the net weight of its contents. Data on the one-pound unit of purchase can be used to determine number of servings for any other size purchase unit on the market.

COLUMN 3—SERVINGS PER PURCHASE UNIT: This column shows the number of servings or portions of a given size from each purchase unit. Numbers are reported in two decimals because they are used to calculate the number of servings from other purchase units on the market, and also to calculate the amount of food needed for large numbers of servings. It is because of the use of these figures, and not because the figures represent this degree of accuracy, that they have been reported to the nearest 0.01 of a serving for less than 10 servings per purchase unit. See page 8 for instructions on using data in column 3.

COLUMN 4—SERVING SIZE OR PORTION: The size of a serving or portion is given as a weight, measure, or number of pieces or slices. For such items as a raw apple or a piece of cooked chicken, the approximate yield in measure or weight is given in parentheses. The serving size given in this column for foods specified in the Type A lunch pattern will either meet the Type A lunch requirement or can be credited toward it. Most of the fruits and vegetables include 1/2 cup and 1/1 cup servings to help meet the nutritional needs of children in different age groups. The portion of some foods in the guide is determined by their use in lunches or in recipes.

COLUMN 5—PURCHASE UNITS FOR 100 SERVINGS: This column shows the number of purchase units needed for 100 servings or portions. The purchase unit listed in column 2 and the serving size (by weight) listed in column 4 were used to calculate the number of purchase units in column 5. The numbers in this column are reported in two decimals to assure enough food for 100 servings. Less than 1 purchase unit is reported in 2 decimals and more than 1 purchase unit is raised to the nearest 0.05. See page 8 "How to Calculate the Quantity of Food Needed" (Method 1) for instructions on using data in column 5 for other than 100 servings.

COLUMN 6—ADDITIONAL YIELD INFORMATION: In this column other information is given to help the food manager calculate the amount of food needed to prepare school lunches. For many foods, the quantity of ready-to-cook or cooked food obtained from a pound of food as purchased is shown. The weight or number of cups of drained fruit or vegetable from a No. 10 can is also given for many processed foods. See page 7, "How to Use Additional Yield Information in Column 6" for instructions on calculating the quantity of food to purchase to provide the amount of ready-to-cook food called for in a recipe.

THE TYPE A LUNCH PATTERN

THE TYPE A LUNCH PATTERN is a guide to well-balanced lunches. It is designed as an aid in planning lunches that will help meet the child's nutritional needs. To meet the requirements of the National School Lunch Program, the Type A lunch must contain as a minimum:

MEAT OR MEAT ALTERNATE

2 ounces (edible portion as served) of lean meat, poultry, or fish; or
2 ounces of cheese; or
1 egg and a half portion of meat or other meat alternate; or
1/2 cup of cooked dry beans or peas; or
4 tablespoons of peanut butter; or
An equivalent quantity of any combination of the above listed foods.

To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS

A 3/4-cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD

1 slice of whole-grain or enriched bread; or
1 serving of other bread such as cornbread, biscuits, rolls, muffins, made of whole-grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE

1 teaspoon of butter or fortified margarine.

This food may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the lunch.

WHOLE MILK

1/2 pint fluid whole milk served as a beverage.

The kinds and amounts of foods listed above are approximate amounts of foods to serve to 10- to 12-year-old boys and girls. When these foods are used in the amounts specified and in combination with OTHER FOODS needed to satisfy the appetite, the lunches will make a significant contribution toward the daily dietary allowances recommended by the National Research Council for 10- to 12-year-old boys and girls.

Since younger children are not always able to eat the full Type A lunch, the regulations permit serving these children lesser amounts of selected foods than are specified above.

To meet the nutritional needs of teenagers, the regulations endorse encouraging the serving to older boys and girls of larger amounts of selected foods than are specified in the Type A lunch requirements.

See the Type A School Lunch Guide to the Amounts of Food for Boys and Girls of Specified Ages on page 3.

THE TYPE A SCHOOL LUNCH GUIDE TO THE AMOUNTS OF FOOD FOR BOYS AND GIRLS OF SPECIFIED AGES

Pattern	Pre-school children (3 up to 6 years)	Elementary school children		Secondary schools girls and boys (12 up to 18 years)*[1]
		6 up to 10 years	10 up to 12 years	
Meat and/or alternate:				
One of the following or combinations to give equivalent quantities:				
Meat, poultry, fish	1-1/2 ounces	2 ounces	2 ounces	3 ounces
Cheese	1-1/2 ounces	2 ounces	2 ounces	3 ounces
Egg[2]	1	1	1	1
Cooked dry beans or peas	1/4 cup	1/3 cup	1/2 cup	3/4 to 1-1/4 cups
Peanut butter	2 tablespoons	3 tablespoons	4 tablespoons	4 to 5 tablespoons
Vegetable and/or fruit[3]	1/2 cup	3/4 cup	3/4 cup	1 to 1-1/2 cups
Bread[4]	1/2 slice	1 slice	1 slice	1 to 3 slices
Butter or fortified margarine	1/2 teaspoon	1 teaspoon	1 teaspoon	1 to 2 teaspoons
Milk	3/4 cup[5]	1/2 pint	1/2 pint	1/2 pint

[1] When a range in amounts is given, the smaller amounts are suggested for girls and the larger amounts for older boys. An amount midway between the amounts shown is suggested for younger boys.

[2] When egg is served as the main dish in the lunch, use in addition a half portion of meat or other meat alternate for all children except those 3 up to 6 years.

[3] Must include at least two kinds.

[4] Or a serving of cornbread, biscuits, rolls, muffins, etc., made of whole-grain or enriched meal or flour.

[5] If this is impractical, serve ½ pint.

**NOTE*: These portion sizes also serve as a guide for the amounts of foods to serve older boys and girls (12 and over) in the Special Food Service Program.

ABBREVIATIONS

AP	as purchased
EP	edible portion
Cyl	cylinder
pkg	package
tsp	teaspoon
Tbsp	tablespoon
lb	pound
pt	pint
qt	quart
gal	gallon
oz	ounce
fl oz	fluid ounce
No.	number
wt	weight
incl.	including
excl.	excluding

EQUIVALENT COMMON FOOD MEASURES

1 tablespoon	3 teaspoons
1/8 cup	2 tablespoons or 1 fluid ounce
1/4 cup	4 tablespoons
1/3 cup	5-1/3 tablespoons
1/2 cup	8 tablespoons
2/3 cup	10-2/3 tablespoons
3/4 cup	12 tablespoons
1 cup	16 tablespoons
1/2 pint	1 cup or 8 fluid ounces
1 pint	2 cups
1 quart	2 pints
1 gallon	4 quarts
1 peck	8 quarts or 2 gallons
1 bushel	4 pecks
1 pound	16 ounces

MEASURES FOR PORTION CONTROL

Scoops or dippers, ladles, and serving spoons of standard sizes are dependable measures available for serving food quickly.

SCOOPS OR DIPPERS

The number of the scoop indicates number of scoopfuls to make 1 quart. The following table shows the level measure of each scoop or dipper in cups or tablespoons:

Scoop or dipper No.	Level measure
6	2/3 cup
8	1/2 cup
10	2/5 cup
12	1/3 cup
16	1/4 cup
20	3-1/5 tablespoons
24	2-2/3 tablespoons
30	2-1/5 tablespoons
40	1-3/5 tablespoons

Scoops or dippers may be used for portioning such foods as drop cookies, muffins, meat patties, and some vegetables and salads.

LADLES

Ladles may be used to serve soups, stews, creamed dishes, sauces, gravies, and other similar products.

The following sizes of ladles are most frequently used for serving school lunches.

1/4 cup
1/2 cup
3/4 cup
1 cup

SERVING SPOONS

A serving spoon (solid or perforated) may be used instead of a scoop. Since these spoons are not identified by number, measure or weigh the quantity of food from various sizes of spoons used in order to obtain the approximate serving size desired (USDA Recipe Card File, PA-631).

DECIMAL EQUIVALENTS IN PARTS OF ONE POUND, ONE CUP, OR ONE GALLON FOR DIFFERENT UNITS

Number of units (ounces, tablespoons, or cups)[1]	+0 unit	+1/4 unit	+1/3 unit	+1/2 unit	+2/3 unit	+3/4 unit
	Decimal equivalent of one pound, one cup, or one gallon					
0	.....	0.016	0.021	0.031	0.042	0.047
1	0.062	.078	.083	.094	.104	.109
2	.125	.141	.146	.156	.167	.172
3	.188	.203	.208	.219	.229	.234
4	.250	.266	.271	.281	.292	.297
5	.312	.328	.333	.344	.354	.359
6	.375	.391	.396	.406	.417	.422
7	.438	.453	.458	.469	.479	.484
8	.500	.516	.521	.531	.542	.547
9	.562	.578	.583	.594	.604	.609
10	.625	.641	.646	.656	.667	.672
11	.688	.703	.708	.719	.729	.734
12	.750	.766	.771	.781	.792	.797
13	.812	.828	.833	.844	.854	.859
14	.875	.891	.896	.906	.917	.922
15	.938	.953	.958	.969	.979	.984

[1] The units are read at the side and top of the table. If the units are ounces, the decimal equivalents given in the body of the table are parts of one pound. If the units are tablespoons, the decimal equivalents are parts of one cup. If the units are cups, the decimal equivalents are parts of one gallon.

EXAMPLES OF USES:

Ounces to pounds.—To convert 10-1/2 ounces to the corresponding decimal equivalent of a pound, find 10 in the first column. Follow this line across to the column headed "+1/2 unit" which shows that 0.656 pound corresponds to 10-1/2 ounces.

Pounds to ounces.—To convert the decimal 0.531 pound to ounces, find 0.531 in the body of the table. Then, in the first column find the number which is on the same horizontal line, i.e., 8. Next, add the number from the heading of the column in which 0.531 was found, i.e., 1/2. Thus, 0.531 pound corresponds to 8-1/2 ounces.

Number of servings for different size cans.—To determine number of servings for can sizes not shown in this guide, use the net weight of the contents of the can as given on the label. If the net weight of a No. 2-1/2 can of apples is 1 lb 10 oz, find 10 in the first column of the table. Opposite 10 and under column heading "+0 unit" is 0.625. Therefore, 1 lb 10 oz = 1.625 lb. This number, 1.625, multiplied by 4.22 (number of 1/2-cup servings per pound of canned apples, page 39) = 6.86, number of 1/2-cup servings from a No. 2-1/2 can of apples.

COMMON CAN AND JAR SIZES

Can size (industry term)	Average net weight or fluid measure per can (see note)	Average cups per can	Cans per case	Principal products
		Number	*Number*	
No. 10	6 lb 3 oz (99 oz) *to* 7 lb 5 oz (117 oz)	12 to 13	6	Institution size—fruits, vegetables, and some other foods.
No. 3 Cyl	51 oz (3 lb 3 oz) *or* 46 fl oz (1 qt 14 fl oz)	5-3/4	12	Institution size—condensed soups, some vegetables, and meat and poultry products. Economy family size—fruit and vegetable juices.
No. 2-1/2	27 oz (1 lb 11 oz) *to* 29 oz (1 lb 13 oz)	3-1/2	24	Family size—fruits, some vegetables.
No. 2 Cyl	24 fl oz	3	24	Family size—juices, soups.
No. 2	20 oz (1 lb 4 oz) *or* 18 fl oz (1 pt 2 fl oz)	2-1/2	24	Family size—juices, ready-to-serve soups, and some fruits.
No. 303	16 oz (1 lb) to 17 oz (1 lb 1 oz)		24 or 36	Small cans—fruits and vegetables, some meat and poultry products, and ready-to-serve soups.
No. 300	14 oz to 16 oz (1 lb)	1-3/4	24	Small cans—some fruits and meat products.
No. 2 (vacuum)	12 oz	1-1/2	24	Principally for vacuum pack corn.
No. 1 (Picnic)	10-1/2 to 12 oz	1-1/4	48	Small cans—condensed soups, some fruits, vegetables, meat, and fish.
8 oz	8 oz	1	48 or 72	Small cans—ready-to-serve soups, fruits, vegetables.

NOTE: The net weight on can or jar labels differs among foods due to different densities of foods. For example: A No. 10 can contains 6 lb 3 oz sauerkraut or 7 lb 5 oz cranberry sauce. Meats, fish, and shellfish are known and sold by weight of contents of can.

GUIDE FOR SUBSTITUTING SMALLER CANS FOR NO. 10 CAN

Can size	Average net weight or fluid measure per can	Approximate number of cans to use in place of No. 10 can
No. 3 Cyl	46 fl oz or 51 oz	2.1
No. 2-1/2	27 oz to 29 oz	3.7
No. 2 Cyl	24 fl oz	4.2
No. 2	18 fl oz or 20 oz	5.3
No. 303	16 oz to 17 oz	6.5

HOW TO USE ADDITIONAL YIELD INFORMATION IN COLUMN 6

The yield information in column 6 may be used to determine the quantity of food required for a specified amount of ready-to-cook or cooked food listed in a recipe.

For example, a recipe for Baked Sweetpotatoes and Apples for 100 servings calls for 4 pounds of raw, sliced, pared apples. To determine the quantity of fresh apples needed, proceed as follows:

- Refer to yield information on fresh apples (page 39, column 6) which shows that 1 lb AP = 0.76 lb ready-to-cook pared apples.
- Divide the number of pounds (4) of raw, sliced apples listed in recipe by the quantity of ready-to-cook apples obtained from 1 lb as purchased, or 0.76 lb:

  4.00 lb ÷ 0.76 lb = 5.26 pounds or 5.30 pounds.
- Thus, about 5 pounds 5 ounces of fresh apples of good quality are needed to prepare Baked Sweetpotatoes and Apples for 100 servings.

HOW TO MAKE COST COMPARISONS

The food manager can compare the cost per serving for food purchased in different market forms by using the numbers in column 5.

To calculate the cost of a serving, find the number of purchase units for 100 servings in column 5, divide by 100 by moving the decimal two places to the left, and multiply this number by the cost of one purchase unit, as follows:

$$\frac{\text{Purchase units for 100 servings}}{\text{Divided by 100}} \times \text{Cost of purchase unit} = \text{Cost per serving}$$

Calculate the cost per serving of each market form being considered for purchase and compare them. For example, to determine whether ham with bone or ham without bone is the better buy, consider the cost per serving of each:

Food as purchased	Cost per pound	Number of purchase units to serve 100	Purchase units divided by 100 times the cost per pound	Cost per serving
Ham with bone	$0.72	18.70	0.1870 x $0.72	$0.14
Ham without bone	1.15	16.30	.1630 x 1.15	.19

Thus, the food cost per serving (2 ounces cooked lean meat) is 5 cents less when ham with bone rather than ham without bone is purchased.

HOW TO CALCULATE QUANTITY OF FOOD NEEDED

METHOD 1. (Use column 5)

The purchase units for 100 servings in column 5 may be used to determine the amount needed to prepare a specified number of servings of a given size.

Assume that beef patties (2 ounces cooked meat) will be served to 325 children. To determine the quantity of ground beef needed, proceed as follows:

- Refer to yield information on GROUND BEEF, Market style (page 16, column 5), which shows that 17.20 pounds are needed for 100 2-ounce servings of cooked meat.
- Multiply the number of servings needed (325) by the number of pounds (17.20) of ground beef needed for 100 servings. Divide the answer by 100 by moving the decimal two places to the left.

  325 x 17.20 pounds = 5590.00

  5590 ÷ 100 = 55.90 or about 56 pounds

  or

  As a shortcut, move the decimal in column 5 two places to the left and multiply this number by the number of servings needed (.1720 pounds x 325 = 55.90 or about 56 pounds).

METHOD 2. (Use column 3)

The number of servings per purchase unit in column 3 may also be used to determine the amount of food needed for a specified number of servings.

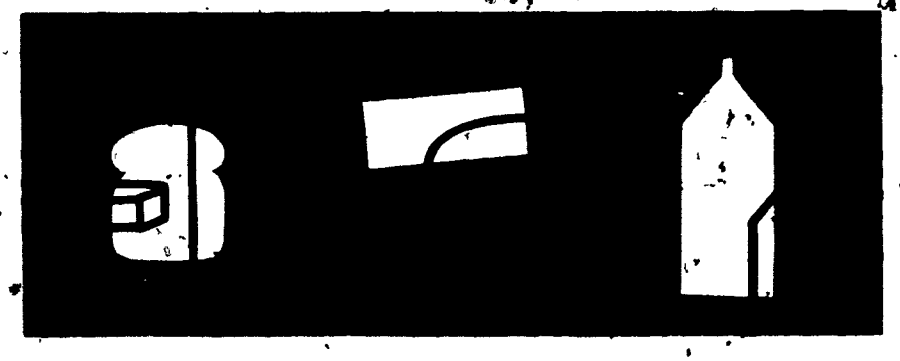
Assume that beef patties (2 ounces cooked meat) will be served to 325 children. To determine the quantity of ground beef needed, proceed as follows:

- Refer to yield information on GROUND BEEF, Market style (page 16, column 3), which shows that 5.84 2-ounce servings of cooked meat can be obtained from one pound of ground beef.
- Divide the number of servings needed (325) by the number of servings obtained from one pound (5.84):

  325 ÷ 5.84 = 55.65 or about 56 pounds

Thus, by either method of calculation about 56 pounds of ground beef of good quality is needed to provide 325 servings of beef patties.

Bread • Butter • Milk



CONTENTS

	Page
Bread, Rolls	11
Butter, Margarine	12
Milk	12

BREAD, BUTTER, MILK

This section includes yield information on three components of the Type A lunch—Bread, Butter or Fortified Margarine, and Fluid Whole Milk.

The data on BREADS includes yield information on common types of bakery breads that can be purchased sliced on the market. The size and shape of loaves and the thickness and number of slices per loaf will vary among bakers and localities.

Bench-made, hand-shaped breads such as the French and Vienna varieties differ greatly in length and width; therefore, the average number of slices per loaf could not be determined. A serving of such breads should be comparable in amount to regular sliced bread.

All breads—commercially baked and school-baked breads such as cornbread, biscuits, rolls, muffins—must be made of whole-grain or enriched flour or meal to meet the bread requirement of the Type A lunch (page 2).

BUTTER or FORTIFIED MARGARINE may be used as a spread on bread, as a seasoning, or in preparation of other foods in the lunch. One teaspoon of butter or fortified margarine meets the requirement of the Type A lunch.

One-half pint FLUID WHOLE MILK must be served as a beverage to meet the requirement of the Type A lunch.

BREAD, BUTTER, MILK

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
BREAD, ROLLS					
BREADS					
Raisin	1-lb loaf	16	1 slice	6.25	
	2-lb loaf	34	1 slice	2.94	
Rye	1-lb loaf	16	1 slice	6.25	
	1-1/2-lb loaf	25	1 slice	4.00	
	2-lb loaf	34	1 slice	2.94	
White	1-lb loaf	16	1 slice (3/8 inch thick)	6.25	
	1-1/2-lb loaf	25	1 slice (3/8 inch thick)	4.00	
	2-lb sandwich loaf.	26	1 slice (1/2 inch thick)	3.85	
		34	1 slice (3/8 inch thick)	2.94	
	3-lb sandwich loaf.	40	1 slice (1/2 inch thick)	2.50	
		52	1 slice (3/8 inch thick)	1.92	
Wheat	1-lb loaf	16	1 slice (3/8 inch thick)	6.25	
	2-lb loaf	34	1 slice (3/8 inch thick)	2.94	
	3-lb loaf	40	1 slice (1/2 inch thick)	2.50	
		52	1 slice (3/8 inch thick)	1.92	
ROLLS					
Rolls or buns	Dozen	12	1 roll or bun	8.50	

NOTE: The number of slices per purchase unit does not include the end slices.

BREAD, BUTTER, MILK

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
BUTTER, MARGARINE					
BUTTER	Pound	96	1 teaspoon	1.04	1 lb measures 2 cups.
MARGARINE, FORTIFIED	Pound	96	1 teaspoon	1.04	1 lb measures 2 cups.
MILK					
FLUID WHOLE MILK	Gallon	16	1/2 pint	6.25	
	Quart	4	1/2 pint	25.00	
	1/2 pint	1	1/2 pint	100.00	

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

Meat/Meat Alternates

CONTENTS

	Page
Beans, Dry	15
Beef	16
Cheese	17
Cheese Food Products	18
Chicken	18
Chicken Food Products	21
Eggs	22
Frankfurters	23
Lamb	23
Luncheon Meats	23
Meat Food Products	23
Peanut Butter	28
Peas and Lentils, Dry	28
Pork	28
Seafood	30
Turkey	33
Turkey Food Products	35
Veal	36

MEAT AND MEAT ALTERNATES

The foods in this section have been listed alphabetically according to the meat and meat alternate foods specified in the Type A lunch pattern. These foods include meats, poultry, fish, cheese, dry beans and peas, eggs, and peanut butter.

Information on Meats and Meat Alternates in this Guide Includes:

- Yield information on servings of fresh and frozen frying chickens, frozen cubed steaks, and frozen portions of fish. The cooked meat yield of the serving is given in parentheses.
- Yield information on USDA-donated foods such as canned and frozen meats not normally available on the market. These foods are listed as Special purchase. See definition below
- Yields of commercially prepared combination foods—including canned and frozen meat and poultry products which will provide at least one ounce of cooked meat or poultry per average size serving, canned bean soup which contains 1/2 cup beans per cup of soup, and canned pea soup which contains 1/4 cup peas per cup of soup.

Servings of Cooked Meat and Poultry

- A serving of cooked meat includes the lean meat with a small amount of edible fat as normally served.
- A serving of cooked chicken or turkey includes meat and skin as normally served unless otherwise indicated.

Commercially Prepared Combination Foods—The yields for commercially prepared combination foods listed under chicken food products, meat food products, and turkey food products are based on the minimum meat and poultry requirements for food products that are packed for interstate shipment under Federal Meat and Poultry Inspection.

Yields for Cured Ham and for Breaded Fish Portions—The yield for cured ham applies to both fully cooked cured ham and cured hams to be cooked, since research findings show no significant differences in the yields. The yields are the same for both raw and fried breaded portions or sticks, as purchased on the market, because "fried breaded fish portions or sticks" are only browned, not cooked.

Factors That Influence Yields of Meat and Poultry—Yields of cooked meat and poultry will vary with type, age, fatness, and weight of animal, and the method, time, and temperature of cooking. The quantities of food listed are based on average yields of cooked meat and poultry.

Special Purchase and Market Style or Pack in Column 1 Are Defined as:

- Special purchase—applies only to USDA-donated foods that are not normally available on the market.
- Market style or market pack—refers to foods available on the market, but the term is used only when necessary to distinguish special purchase foods from regular market foods.

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
BEANS, DRY					
DRY BEANS					
Blackeye beans or peas	Pound	8.32 16.64	1/2 cup cooked beans 1/4 cup cooked beans	12.10 6.05	1 lb dry = about 2-2/3 cups.
Great Northern	Pound	11.70 23.40	1/2 cup cooked beans 1/4 cup cooked beans	8.55 4.30	1 lb dry = about 2-1/2 cups.
Kidney	Pound	11.20 22.40	1/2 cup cooked beans 1/4 cup cooked beans	8.95 4.50	1 lb dry = about 2-1/2 cups.
Lima (large or small)	Pound	11.40 22.80	1/2 cup cooked beans 1/4 cup cooked beans	8.80 4.40	1 lb dry = about 2-1/2 cups.
Navy, pea	Pound	10.80 21.60	1/2 cup cooked beans 1/4 cup cooked beans	9.30 4.65	1 lb dry = about 2-1/4 cups.
Pinto	Pound	12.10 24.20	1/2 cup cooked beans 1/4 cup cooked beans	8.30 4.15	1 lb dry = about 2-1/3 cups.
Small white	Pound	9.72 19.44	1/2 cup cooked beans 1/4 cup cooked beans	10.30 5.15	1 lb dry = about 2-1/4 cups.
DRY BEANS, CANNED					
Beans (baked or in sauce)	No. 10 can (110 oz)	24.00 48.00	1/2 cup beans 1/4 cup beans	4.20 2.10	
	Pound	3.49	1/2 cup beans	28.70	
Blackeye, kidney, red, or white. (in brine)	No. 10 can (108 oz)	24.00 48.00	1/2 cup beans 1/4 cup beans	4.20 2.10	
	No. 3 Cyl (51 oz)	11.30 22.60	1/2 cup beans 1/4 cup beans	8.85 4.45	
	Pound	3.56	1/2 cup beans	28.10	
Lima (in brine)	No. 10 can (105 oz)	24.00 48.00	1/2 cup beans 1/4 cup beans	4.20 2.10	
	Pound	3.66	1/2 cup beans	27.40	
BEAN SOUP, CANNED					
Condensed (1 part soup to 1 part water)	No. 3 Cyl (54 oz)	11.00	1 cup reconstituted (1/2 cup beans)	9.10	Reconstitute 1 part soup with not more than 1 part water.
	Pound	3.26	1 cup reconstituted	30.70	
Ready-to-serve	8-oz can	1.00	1 cup serving (1/2 cup beans)	100.00	

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
BEEF, FRESH OR FROZEN					
BRISKET, FRESH					
With bone	Pound	4.35	2 ounces cooked meat	23.00	1 lb AP = 0.54 lb cooked meat.
Without bone	Pound	5.36	2 ounces cooked meat	18.70	1 lb AP = 0.67 lb cooked meat.
BRISKET, CORNED (without bone)	Pound	4.80	2 ounces cooked meat	20.90	1 lb AP = 0.60 lb cooked meat.
GROUND BEEF					
Market style (no more than 30 percent fat)	Pound	5.84	2 ounces cooked meat	17.20	1 lb AP = 0.73 lb cooked meat.
Special purchase, frozen (no more than 26 percent fat)	Pound	6.00	2 ounces cooked meat	16.70	1 lb AP = 0.75 lb cooked meat.
HEART (trimmed)	Pound	4.70	2 ounces cooked meat	21.30	1 lb AP = 0.59 lb cooked meat.
KIDNEY (trimmed)	Pound	4.17	2 ounces cooked meat	24.00	1 lb AP = 0.52 lb cooked meat.
LIVER (trimmed)	Pound	5.88	2 ounces cooked meat	17.10	1 lb AP = 0.74 lb cooked meat.
ROASTS OR POT ROASTS					
Chuck					
With bone	Pound	4.35	2 ounces cooked meat	23.00	1 lb AP = 0.54 lb cooked meat.
Without bone	Pound	6.00	2 ounces cooked meat	16.70	1 lb AP = 0.75 lb cooked meat.
Round					
With bone	Pound	5.52	2 ounces cooked meat	18.20	1 lb AP = 0.69 lb cooked meat.
Without bone	Pound	6.06	2 ounces cooked meat	16.50	1 lb AP = 0.76 lb cooked meat.
Rump					
With bone	Pound	4.64	2 ounces cooked meat	21.60	1 lb AP = 0.58 lb cooked meat.
Without bone	Pound	5.84	2 ounces cooked meat	17.20	1 lb AP = 0.73 lb cooked meat.
SHORTRIBS	Pound	2.00	2 ounces cooked meat	50.00	1 lb AP = 0.25 lb cooked meat.

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
BEEF, FRESH OR FROZEN —Continued					
STEAKS					
Chopped, frozen (boneless patty, about 3.1 oz raw)	Pound	5.16	1 steak (about 2.3 oz cooked meat)	19.40	1 lb AP = 0.75 lb cooked meat.
Cubed (boneless, preportioned, about 3.1 oz raw)	Pound	5.16	1 steak (about 2.3 oz cooked meat)	19.40	1 lb AP = 0.75 lb cooked meat.
Flank	Pound	5.36	2 ounces cooked meat	18.70	1 lb AP = 0.67 lb cooked meat.
Round (without bone)	Pound	6.06	2 ounces cooked meat	16.50	1 lb AP = 0.76 lb cooked meat.
STEW MEAT	Pound	5.28	2 ounces cooked meat	19.00	1 lb AP = 0.66 lb cooked meat.
TONGUE	Pound	4.50	2 ounces cooked meat	22.30	1 lb AP = 0.56 lb cooked meat.
BEEF, DRIED					
CHIPPED BEEF	Pound	10.00	2 ounces cooked meat	10.00	1 lb AP = 1.25 lb cooked meat.
CHEESE					
AMERICAN OR CHEDDAR (process)	5-lb loaf	40.00	2 ounces cheese (1 slice 3-1/4x3-1/2x 1/4 inch)	2.50	
	Pound	8.00	2 ounces cheese	12.50	
CHEDDAR (natural)	5 lb	40.00	2 ounces cheese	2.50	
	Pound	8.00	2 ounces cheese	12.50	
COTTAGE	Pound	8.00	2 ounces cheese (about 1/4 cup)	12.50	
MOZZARELLA	Pound	8.00	2 ounces cheese (1 slice 3-1/4x3-1/2x 1/4 inch)	12.50	
SWISS (natural or process)	Pound	8.00	2 ounces cheese (1 slice 3-1/4x3-1/2x 1/4 inch)	12.50	

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
CHEESE FOOD PRODUCTS					
CHEESE FOOD (process)	Pound	4.00	4-ounce serving (2 ounces cheese)	25.00	1 lb AP = 0.50 lb cheese.
	Pound	8.00	2-ounce serving (1 ounce cheese)	12.50	
CHEESE SPREAD (process)	2-lb loaf	8.00	4-ounce serving (2 ounces cheese)	12.50	1 lb AP = 0.50 lb cheese.
	Pound	4.00	4-ounce serving (2 ounces cheese)	25.00	
	Pound	8.00	2-ounce serving (1 ounce cheese)	12.50	
CHICKEN, FRESH OR FROZEN					
FRYING CHICKEN (market style) Whole, cut-up, 9 pieces (about 2-3/4 lb with neck and giblets)	Fryer	6.00	2 ounces or more cooked chicken meat. (one serving = 1/2 breast; 1 drumstick and 1 wing; 1 thigh and 1/2 of the back piece)	16.70	Chickens weighing 2-1/4 to 3-1/4 lb.
	Pound	2.18	2 ounces or more cooked chicken meat. (served as above)	45.90	
Chicken parts Breast halves with ribs (about 6.4 oz each)	Pound	2.50	1/2 breast (about 3.4 oz cooked chicken meat)	40.00	1 lb AP = 0.53 lb cooked chicken meat.
Legs (about 7.0 oz each)	Pound	2.29	1 leg (about 3.1 oz cooked chicken meat)	43.70	1 lb AP = 0.44 lb cooked chicken meat.
Drumsticks (about 3.3 oz each)	Pound	4.85	1 drumstick (about 1.4 oz cooked chicken meat)	20.70	1 lb AP = 0.42 lb cooked chicken meat.
Thighs (about 3.7 oz each)	Pound	4.32	1 thigh (about 1.7 oz cooked chicken meat)	23.20	1 lb AP = 0.45 lb cooked chicken meat.
Back pieces (about 5.2 oz each)	Pound	3.08	1 back piece (about 1.3 oz cooked chicken meat)	32.50	1 lb AP = 0.25 lb cooked chicken meat.
Wings (about 3.0 oz each)	Pound	2.67	2 wings (about 2.0 oz cooked chicken meat)	37.50	1 lb AP = 0.32 lb cooked chicken meat.
	Pound	5.33	1 wing (about 1.0 oz cooked chicken meat)	18.80	

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
***CHICKEN, FRESH OR FROZEN*—Continued**					
FRYING CHICKEN, FROZEN (special purchase, style 1)					
Whole, cut-up, 10 pieces (about 2-3/4 lb with giblets, without neck)					
With giblets	30-lb box	66.00	2 ounces or more cooked chicken meat served as pieces as shown below.	1.55	1 box contains about 11 chickens weighing 2-1/4 to 3-1/4 lb each.
	Fryer	6.00	2 ounces or more cooked chicken meat served as pieces as shown below.	16.70	
Without giblets	Pound	2.32	2 ounces or more cooked chicken meat served as pieces as shown below.	43.10	
Chicken parts					
Breast halves (about 5.9 oz each)	Pound	2.71	1/2 breast (about 3.2 oz cooked chicken meat)	36.90	1 lb AP = 0.55 lb cooked chicken meat.
Legs (about 7.0 oz each)	Pound	2.29	1 leg (about 3.1 oz cooked chicken meat)	43.70	1 lb AP = 0.44 lb cooked chicken meat.
Drumsticks (about 3.3 oz each)	Pound	4.85	1 drumstick (about 1.4 oz cooked chicken meat)	20.70	1 lb AP = 0.42 lb cooked chicken meat.
Thighs (about 3.7 oz each)	Pound	4.32	1 thigh (about 1.7 oz cooked chicken meat)	23.20	1 lb AP = 0.45 lb cooked chicken meat.
Lower back pieces (about 5.5 oz each)	Pound	2.91	1 back piece (about 1.4 oz cooked chicken meat)	34.40	1 lb AP = 0.25 lb cooked chicken meat.
Rib back pieces (about 4.3 oz each)	Pound	3.72	1 back piece (about 1.5 oz cooked chicken meat)	26.90	1 lb AP = 0.34 lb cooked chicken meat.
Wings (about 3.0 oz each)	Pound	2.67	2 wings (about 2.0 oz cooked chicken meat)	37.45	1 lb AP = 0.32 lb cooked chicken meat.
	Pound	5.33	1 wing (about 1.0 oz cooked chicken meat)	18.80	

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
***CHICKEN, FRESH OR FROZEN*—Continued**					
FRYING CHICKEN, FROZEN (special purchase, style 2)					
Whole, cut-up, 8 pieces (about 2-3/4 lb with giblets, without neck)					
With giblets	30-lb box	66.00	2 ounces or more cooked chicken meat served as pieces as shown below.	1.55	1 box contains about 11 chickens weighing 2-1/4 to 3-1/4 lb each.
	Fryer	6.00	2 ounces or more cooked chicken meat served as pieces as shown below.	16.70	
Without giblets	Pound	2.32	2 ounces or more cooked chicken meat served as pieces as shown below.	43.10	
Chicken parts					
Breast halves with backs (about 6.9 oz each)	Pound	2.32	1/2 breast with back (about 3.0 oz cooked chicken meat)	43.00	1 lb. AP = 0.44 lb cooked chicken meat.
Drumsticks (about 3.3 oz each)	Pound	4.85	1 drumstick (about 1.4 oz cooked chicken meat)	20.70	1 lb AP = 0.42 lb cooked chicken meat.
Wings (about 3.0 oz each)	Pound	5.33	1 wing (about 1.9 oz cooked chicken meat)	18.80	1 lb AP = 0.32 lb cooked chicken meat.
Thighs with backs (about 7.3 oz each)	Pound	2.19	1 thigh with back (about 2.9 oz cooked chicken meat)	45.70	1 lb AP = 0.40 lb cooked chicken meat.
CHICKEN FOR COMBINATION DISHES					
Whole (with neck and giblets)	Pound	3.25	2 ounces cooked chicken meat incl. neck meat and giblets.	30.80	1 lb AP = 0.41 lb cooked chicken meat.
	Pound	3.04	2 ounces cooked chicken meat excl. neck meat and giblets.	32.90	1 lb AP = 0.38 lb cooked chicken meat.
Breasts with ribs	Pound	4.26	2 ounces cooked chicken meat.	23.50	1 lb AP = 0.53 lb cooked chicken meat.
Breasts without ribs	Pound	4.40	2 ounces cooked chicken meat.	22.80	1 lb AP = 0.55 lb cooked chicken meat.
Drumsticks	Pound	3.32	2 ounces cooked chicken meat.	30.20	1 lb AP = 0.42 lb cooked chicken meat.
Thighs	Pound	3.59	2 ounces cooked chicken meat.	27.90	1 lb AP = 0.45 lb cooked chicken meat.

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
***CHICKEN, FRESH OR FROZEN*—Continued**					
CHICKEN FOR COMBINATION DISHES —Continued					
Back, whole (1 piece)	Pound	1.97	2 ounces cooked chicken meat.	50.80	1 lb AP = 0.25 lb cooked chicken meat.
Back, lower and rib (2 pieces)	Pound	2.40	2 ounces cooked chicken meat.	41.70	1 lb AP = 0.30 lb cooked chicken meat.
Necks	Pound	3.02	2 ounces cooked chicken meat.	33.20	1 lb AP = 0.38 lb cooked chicken meat.
Wings	Pound	2.60	2 ounces cooked chicken meat.	38.50	1 lb AP = 0.32 lb cooked chicken meat.
Giblets					
Gizzard	Pound	4.10	2 ounces cooked chicken gizzards.	24.40	1 lb AP = 0.51 lb cooked gizzards.
Heart	Pound	4.00	2 ounces cooked chicken hearts.	25.00	1 lb AP = 0.50 lb cooked hearts.
Liver	Pound	5.20	2 ounces cooked chicken livers.	19.30	1 lb AP = 0.65 lb cooked livers.
CHICKEN FOOD PRODUCTS, CANNED OR FROZEN					
BONED CHICKEN					
Boned	Pound	7.11	1/4 cup serving (about 2 ounces chicken meat)	14.10	1 lb AP = 0.90 lb cooked chicken meat.
Boned, solid pack	Pound	7.11	1/4 cup serving (about 2 ounces chicken meat)	14.10	1 lb AP = 0.95 lb cooked chicken meat.
Boned, with broth	Pound	7.11	1/4 cup serving (about 1-3/4 ounces chicken meat)	14.10	1 lb AP = 0.80 lb cooked chicken meat.
Shredded (solid or dry pack)	Pound	7.11	1/4 cup serving (about 1-3/4 ounces chicken meat)	14.10	1 lb AP = 0.80 lb cooked chicken meat.
CHICKEN A LA KING	Pound	2.37	3/4 cup serving (about 1-1/3 ounces chicken meat)	42.20	1 lb AP = 0.20 lb cooked chicken meat.

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
CHICKEN FOOD PRODUCTS CANNED OR FROZEN —Continued					
CHICKEN BARBECUE	Pound	3.56	1/2 cup serving (about 1-3/4 ounces chicken meat)	28.10	1 lb AP = 0.40 lb cooked chicken meat.
CHICKEN HASH	Pound	2.67	2/3 cup serving (about 1-3/4 ounces chicken meat and 1/4 cup vegetable)	37.50	1 lb AP = 0.30 lb cooked chicken meat.
CHICKEN NOODLES OR DUMPLINGS.	Pound	1.78	1 cup serving (about 1-1/3 ounces chicken meat)	56.20	1 lb AP = 0.15 lb cooked chicken meat.
CHICKEN SALAD	Pound	2.67	2/3 cup serving (about 1-1/2 ounces chicken meat)	37.50	1 lb AP = 0.25 lb cooked chicken meat.
CHICKEN WITH GRAVY	Pound	2.67	2/3 cup serving (about 2 ounces chicken meat)	37.50	1 lb AP = 0.35 lb cooked chicken meat.
CREAMED CHICKEN	Pound	2.37	3/4 cup serving (about 1-1/3 ounces chicken meat)	42.20	1 lb AP = 0.20 lb cooked chicken meat.
SLICED CHICKEN WITH GRAVY.	Pound	2.67	2/3 cup serving (about 2 ounces chicken meat)	37.50	1 lb AP = 0.35 lb cooked chicken meat.
EGGS					
FRESH SHELL EGGS* (large size)	Dozen (24 oz)	12.00	1 egg	8.35	1 qt (2 lb 2 oz) = about 19 large whole eggs, or 29 whites, or 55 yolks.
FROZEN WHOLE EGGS	Pound	9.00	1 egg	11.20	1 lb frozen = about 2 cups (9 large eggs).
DRIED WHOLE EGGS** Market pack	Pound	32.00	1 egg	3.15	1 lb AP = about 5-1/3 cups.
Special purchase	No. 10 can (48 oz)	96.00	1 egg	1.05	2 cups (6 oz) dried eggs and 2 cups water = 1 dozen large eggs.

* To determine the equivalent of other sizes of eggs to buy and to use in place of large size eggs, multiply the number (or dozens or cases) of large size eggs by a factor as follows: Extra large size, 0.9; medium size, 1.1; small size, 1.25.

** Quantities are for dried whole eggs. For blends and specialty egg products, use equivalents on package label.

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
FRANKFURTERS					
FRANKFURTERS (excluding meat by-products, cereals, or extenders)					
8 per pound	Pound	8.00	1 frankfurter (2 ounces meat)	12.50	
10 per pound	Pound	10.00	1 frankfurter (1.6 ounces meat)	10.00	
LAMB, FRESH OR FROZEN					
CHOPS, SHOULDER (with bone)	Pound	4.56	2 ounces cooked meat	22.00	1 lb AP = 0.57 lb cooked meat.
GROUND LAMB Market style	Pound	5.44	2 ounces cooked meat	18.40	1 lb AP = 0.68 lb cooked meat.
Special purchase, frozen (no more than 23 percent fat)	Pound	5.60	2 ounces cooked meat	17.90	1 lb AP = 0.70 lb cooked meat.
ROASTS OR POT ROASTS					
Leg					
With bone	Pound	4.32	2 ounces cooked meat	23.20	1 lb AP = 0.54 lb cooked meat.
Without bone	Pound	5.60	2 ounces cooked meat	17.90	1 lb AP = 0.70 lb cooked meat.
Shoulder					
With bone	Pound	4.48	2 ounces cooked meat	22.40	1 lb AP = 0.56 lb cooked meat.
Without bone	Pound	5.84	2 ounces cooked meat	17.20	1 lb AP = 0.73 lb cooked meat.
STEW MEAT	Pound	5.28	2 ounces cooked meat	19.00	1 lb AP = 0.66 lb cooked meat.
LUNCHEON MEATS, CHILLED					
LUNCHEON MEATS (excluding meat by-products, cereals, or extenders)	Pound	8.00	2 ounces meat	12.50	
MEAT FOOD PRODUCTS, CANNED OR FROZEN					
BARBECUE SAUCE WITH BEEF.	Pound	2.67	2/3 cup serving (about 2 ounces meat)	37.50	

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
MEAT FOOD PRODUCTS CANNED OR FROZEN —Continued					
BARBECUE SAUCE WITH LAMB.	Pound	2.67	2/3 cup serving (about 2 ounces meat)	37.50	1 lb AP = 0.35 lb cooked meat.
BARBECUE SAUCE WITH PORK.	Pound	2.67	2/3 cup serving (about 2 ounces meat)	37.50	1 lb AP = 0.35 lb cooked meat.
BARBECUE SAUCE WITH VEAL.	Pound	2.67	2/3 cup serving (about 2 ounces meat)	37.50	1 lb AP = 0.35 lb cooked meat.
BARBECUED BEEF	Pound	3.56	1/2 cup serving (about 2 ounces meat)	28.10	1 lb AP = 0.49 lb cooked meat.
BARBECUED LAMB	Pound	3.56	1/2 cup serving (about 2 ounces meat)	28.10	1 lb AP = 0.49 lb cooked meat.
BARBECUED PORK	Pound	3.56	1/2 cup serving (about 2 ounces meat)	28.10	1 lb AP = 0.49 lb cooked meat.
BARBECUED VEAL	Pound	3.56	1/2 cup serving (about 2 ounces meat)	28.10	1 lb AP = 0.49 lb cooked meat.
BEANS WITH BACON IN SAUCE.	Pound	2.37	3/4 cup serving (about 1/2 cup beans)	42.20	
BEANS WITH FRANKFURTERS IN SAUCE.	Pound	2.67	About 2/3 cup serving (equivalent to a 2-ounce serving meat)	37.50	
BEANS WITH HAM IN SAUCE	Pound	2.67	2/3 cup serving (equivalent to a 2-ounce serving meat)	37.50	
BEEF AND DUMPLINGS WITH GRAVY.	Pound	2.37	3/4 cup serving (about 1 ounce meat)	42.20	1 lb AP = 0.18 lb cooked meat.
BEEF AND GRAVY WITH DUMPLINGS.	Pound	2.37	3/4 cup serving (about 1 ounce meat)	42.20	1 lb AP = 0.18 lb cooked meat.
BEEF HASH	Pound	2.67	2/3 cup serving (about 2 ounces meat and 1/4 cup vegetable)	37.50	1 lb AP = 0.35 lb cooked meat.
BEEF SALAD	Pound	2.67	2/3 cup serving (about 2 ounces meat)	37.50	1 lb AP = 0.35 lb cooked meat.
BEEF STEW	Pound	2.37	3/4 cup serving (about 1 ounce meat and 1/4 cup vegetable)	42.20	1 lb AP = 0.18 lb cooked meat.
BEEF WITH BARBECUE SAUCE.	Pound	5.33	1/3 cup serving (about 1-1/2 ounces meat)	18.80	1 lb AP = 0.50 lb cooked meat.

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
MEAT FOOD PRODUCTS, CANNED OR FROZEN —Continued					
BEEF WITH GRAVY Canned	Pound	5.33	1/3 cup serving (about 1-1/2 ounces meat)	18.80	1 lb AP = 0.50 lb cooked meat.
BEEF WITH NATURAL JUICES Canned (special purchase)	6-lb can (pullman style)	33.60	2 ounces meat	3.00	
	No. 2-1/2 can (29 oz)	10.10	2 ounces meat	9.90	
	Pound	5.60	2 ounces meat	17.90	1 lb AP = 0.70 lb cooked meat.
BRUNSWICK STEW	Pound	2.37	3/4 cup serving (about 1 ounce meat and 1/4 cup vegetable)	42.20	1 lb AP = 0.18 lb cooked meat.
CHILI CON CARNE	Pound	2.37	3/4 cup serving (about 1-3/4 ounces meat)	42.20	1 lb AP = 0.28 lb cooked meat.
CHILI CON CARNE WITH BEANS.	Pound	2.67	2/3 cup serving (equivalent to a 2-ounce serving of meat)	37.50	
CHOPPED HAM	Pound	8.00	2 ounces meat	12.50	
CHOPPED MEAT WITH NATURAL JUICES Canned (special purchase)	No. 2-1/2 can (30 oz)	13.50	2 ounces meat	7.45	
	Pound	7.12	2 ounces meat	14.10	1 lb AP = 0.89 lb cooked meat.
CORNED BEEF	Pound	8.00	2 ounces meat	12.50	
CORNED BEEF AND CABBAGE.	Pound	1.78	1 cup serving (about 1-1/2 ounces meat and 1/2 cup vegetable)	56.20	1 lb AP = 0.18 lb cooked meat.

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
MEAT FOOD PRODUCTS, CANNED OR FROZEN —Continued					
CORNED BEEF HASH	Pound	2.67	2/3 cup serving (about 2 ounces meat and 1/4 cup vegetable)	37.50	1 lb AP = 0.35 lb cooked meat.
GOULASH	Pound	2.37	3/4 cup serving (about 1 ounce meat and 1/4 cup vegetable)	42.20	1 lb AP = 0.18 lb cooked meat.
GRAVY AND SWISS STEAK	Pound	2.67	2/3 cup serving (about 2 ounces meat)	37.50	1 lb AP = 0.35 lb cooked meat.
GRAVY WITH BEEF	Pound	2.67	2/3 cup serving (about 2 ounces meat)	37.50	1 lb AP = 0.35 lb cooked meat.
HAM A LA KING	Pound	2.37	3/4 cup serving (about 1-1/3 ounces meat)	42.20	1 lb AP = 0.20 lb cooked meat.
HAM SALAD	Pound	3.56	1/2 cup serving (about 1-1/2 ounces meat)	28.10	1 lb AP = 0.35 lb cooked meat.
HAM SPREAD	Pound	7.11	1/4 cup serving (about 1 ounce meat)	14.10	1 lb AP = 0.50 lb cooked meat.
HAM WITH NATURAL JUICES.	Pound	7.36	2 ounces meat	13.60	1 lb AP = 0.92 lb cooked meat.
LAMB STEW	Pound	2.37	3/4 cup serving (about 1 ounce meat and 1/4 cup vegetable)	42.20	1 lb AP = 0.18 lb cooked meat.
LIMA BEANS WITH HAM IN SAUCE.	Pound	2.67	2/3 cup serving (equivalent to a 2-ounce serving of meat)	37.50	
PORK AND DRESSING	Pound	3.56	1/2 cup serving (about 2-1/4 ounces meat)	28.10	1 lb AP = 0.50 lb cooked meat.
PORK LUNCHEON MEAT Canned (special purchase)	6-lb can (96 oz)	42.70	2 ounces meat	2.35	
	Pound	7.12	2 ounces meat	14.10	1 lb AP = 0.89 lb cooked meat.
PORK SALAD	Pound	2.67	2/3 cup serving (about 2 ounces meat)	37.50	1 lb AP = 0.35 lb cooked meat.

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
MEAT FOOD PRODUCTS, CANNED OR FROZEN —Continued					
PORK STEW	Pound	2.37	3/4 cup serving (about 1 ounce meat and 1/4 cup vegetable)	42.20	1 lb AP = 0.18 lb cooked meat.
PORK WITH BARBECUE SAUCE.	Pound	5.33	1/3 cup serving (about 1-1/2 ounces meat)	18.80	1 lb AP = 0.50 lb cooked meat.
PORK WITH DRESSING AND GRAVY.	Pound	2.67	2/3 cup serving (about 1-3/4 ounces meat)	37.50	1 lb AP = 0.30 lb cooked meat.
PORK WITH NATURAL JUICES Canned (special purchase)	No. 2-1/2 can (29 oz)	10.10	2 ounces meat	9.90	
	Pound	5.60	2 ounces meat	17.90	1 lb AP = 0.70 lb cooked meat.
ROAST BEEF HASH	Pound	2.67	2/3 cup serving (about 2 ounces meat and 1/4 cup vegetable)	37.50	1 lb AP = 0.35 lb cooked meat.
SCALLOPED POTATOES AND HAM.	Pound	2.37	3/4 cup serving (about 1-1/3 ounces meat and 1/3 cup vegetable)	42.20	1 lb AP = 0.20 lb cooked meat.
SWISS STEAK WITH GRAVY	Pound	5.33	1/3 cup serving (about 1-1/2 ounces meat)	18.80	1 lb AP = 0.50 lb cooked meat.
VEAL SALAD	Pound	2.67	2/3 cup serving (about 2 ounces meat)	37.50	1 lb AP = 0.35 lb cooked meat.
VEAL STEW	Pound	2.37	3/4 cup serving (about 1 ounce meat and 1/4 cup vegetable)	42.20	1 lb AP = 0.18 lb cooked meat.
VIENNA SAUSAGE	Pound (drained weight)	8.00	2 ounces meat	12.50	

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
PEANUT BUTTER, CANNED					
PEANUT BUTTER	No. 10 can (108 oz)	47.80	4 tablespoons (1/4 cup)	2.10	
		95.60	2 tablespoons	1.05	
	Pound	7.09	4 tablespoons (1/4 cup)	14.10	
		14.18	2 tablespoons	7.05	
PEAS AND LENTILS, DRY					
DRY PEAS					
Split peas	Pound	11.40	1/2 cup cooked peas	8.80	1 lb dry = about 2-1/4 cups.
		22.80	1/4 cup cooked peas	4.40	
Whole peas	Pound	12.20	1/2 cup cooked peas	8.20	1 lb dry = about 2-1/3 cups.
		24.40	1/4 cup cooked peas	4.10	
LENTILS	Pound	13.20	1/2 cup cooked lentils	7.60	1 lb dry = about 2-1/2 cups.
		26.40	1/4 cup cooked lentils	3.80	
PEA SOUP, CANNED*					
Condensed (1 part soup to 1 part water)	No. 3 Cyl (50 oz)	11.00	1 cup reconstituted (1/4 cup peas)	9.10	Reconstitute 1 part soup with not more than 1 part water.
	Pound	3.52	1 cup reconstituted	28.50	
Ready-to-serve	8-oz can	1.00	1 cup serving (1/4 cup peas)	100.00	
PORK, FRESH OR FROZEN					
CHOPS, LOIN					
With bone	Pound	4.30	2 ounces cooked meat	23.30	1 lb AP = 0.54 lb cooked meat.
Without bone (tenderloin)	Pound	6.00	2 ounces cooked meat	16.70	1 lb AP = 0.75 lb cooked meat.
GROUND PORK					
Special purchase, frozen (no more than 26 percent fat)	Pound	5.84	2 ounces cooked meat	17.20	1 lb AP = 0.73 lb cooked meat.

* Pea soup includes cream of pea soup.

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
PORK, FRESH OR FROZEN —Continued					
HEART (trimmed)	Pound	4.36	2 ounces cooked meat	23.00	1 lb AP = 0.54 lb cooked meat.
LIVER (trimmed)	Pound	5.28	2 ounces cooked meat	19.00	1 lb AP = 0.66 lb cooked meat.
ROASTS					
Leg, fresh ham With bone	Pound	4.38	2 ounces cooked meat	22.90	1 lb AP = 0.55 lb cooked meat.
Without bone	Pound	5.40	2 ounces cooked meat	18.60	1 lb AP = 0.68 lb cooked meat.
Loin With bone	Pound	3.98	2 ounces cooked meat	25.20	1 lb AP = 0.50 lb cooked meat.
Without bone	Pound	6.16	2 ounces cooked meat	16.30	1 lb AP = 0.77 lb cooked meat.
Shoulder, Boston butt With bone	Pound	4.96	2 ounces cooked meat	20.20	1 lb AP = 0.62 lb cooked meat.
Without bone	Pound	5.44	2 ounces cooked meat	18.40	1 lb AP = 0.68 lb cooked meat.
Shoulder, picnic With bone	Pound	3.87	2 ounces cooked meat	25.90	1 lb AP = 0.48 lb. cooked meat.
Without bone	Pound	5.12	2 ounces cooked meat	19.60	1 lb AP = 0.64 lb cooked meat.
SAUSAGE, BULK OR LINK	Pound	4.08	2 ounces cooked meat	24.60	1 lb AP = 0.51 lb cooked meat.
SPARERIBS	Pound	2.06	2 ounces cooked meat	48.60	1 lb AP = 0.26 lb cooked meat.
PORK, MILD CURED					
HAM With bone	Pound	5.36	2 ounces cooked meat	18.70	1 lb AP = 0.67 lb cooked meat.
Without bone	Pound	6.16	2 ounces cooked meat	16.30	1 lb AP = 0.77 lb cooked meat.

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
PORK, MILD CURED —Continued					
SHOULDER, BOSTON BUTT					
With bone	Pound	5.36	2 ounces cooked meat	18.70	1 lb AP = 0.67 lb cooked meat.
Without bone	Pound	5.92	2 ounces cooked meat	16.90	1 lb AP = 0.74 lb cooked meat.
SHOULDER, PICNIC					
With bone	Pound	4.50	2 ounces cooked meat	22.30	1 lb AP = 0.56 lb cooked meat.
Without bone	Pound	5.92	2 ounces cooked meat	16.90	1 lb AP = 0.74 lb cooked meat.
SEAFOOD, FRESH OR FROZEN					
CLAMS, SHUCKED	Pound (1 pt)	3.84	2 ounces cooked clams	26.10	1 lb AP = 0.48 lb cooked clams.
CRAB MEAT	Pound	7.76	2 ounces cooked crab meat.	12.90	1 lb AP = 0.97 lb cooked crab meat.
FISH FILLETS	Pound	5.12	2 ounces cooked fish	19.60	1 lb AP = 0.64 lb cooked fish.
FISH PORTIONS, FROZEN					
Fried breaded (65 percent fish)					
4-oz portion	Pound	4.00	1 portion (2.3 oz cooked fish)	25.00	1 lb AP = 0.58 lb cooked fish.
3-oz portion	Pound	5.33	1 portion (1.6 oz cooked fish)	18.80	1 lb AP = 0.54 lb cooked fish.
2-oz portion	Pound	8.00	1 portion (1.1 oz cooked fish)	12.50	1 lb AP = 0.53 lb cooked fish.
Raw breaded (75 percent fish)					
4-oz portion	Pound	4.00	1 portion (2.3 oz cooked fish)	25.00	1 lb AP = 0.58 lb cooked fish.
3-oz portion	Pound	5.33	1 portion (1.6 oz cooked fish)	18.80	1 lb AP = 0.54 lb cooked fish.
2-oz portion	Pound	8.00	1 portion (1.1 oz cooked fish)	12.50	1 lb AP = 0.53 lb cooked fish.

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
***SEAFOOD, FRESH OR FROZEN*—Continued**					
FISH PORTIONS, FROZEN —Continued					
Unbreaded 3-oz portion	Pound	5.33	1 portion (2.1 oz cooked fish)	18.80	1 lb AP = 0.69 lb cooked fish.
2-oz portion	Pound	8.00	1 portion (1.4 oz cooked fish)	12.50	1 lb AP = 0.68 lb cooked fish.
FISH STEAKS	Pound	4.64	2 ounces cooked fish	21.60	1 lb AP = 0.58 lb cooked fish.
FISH STICKS, FROZEN					
Fried breaded (60 percent fish) 1-oz stick	Pound	4.00	4 sticks (2.0 oz cooked fish)	25.00	1 lb AP = 0.50 lb cooked fish.
	Pound	5.33	3 sticks (1.5 oz cooked fish)	18.80	1 lb AP = 0.50 lb cooked fish.
	Pound	8.00	2 sticks (1.0 oz cooked fish)	12.50	1 lb AP = 0.50 lb cooked fish.
	Pound	16.00	1 stick (0.5 oz cooked fish)	6.25	1 lb AP = 0.50 lb cooked fish.
Raw breaded (72 percent fish) 1-oz stick	Pound	4.00	4 sticks (2.0 oz cooked fish)	25.00	1 lb AP = 0.50 lb cooked fish.
	Pound	5.33	3 sticks (1.5 oz cooked fish)	18.80	1 lb AP = 0.50 lb cooked fish.
	Pound	8.00	2 sticks (1.0 oz cooked fish)	12.50	1 lb AP = 0.50 lb cooked fish.
	Pound	16.00	1 stick (0.5 oz cooked fish)	6.25	1 lb AP = 0.50 lb cooked fish.
OYSTERS, SHUCKED	Pound (1 pt)	3.20	2 ounces cooked oysters	31.30	1 lb AP = 0.40 lb cooked oysters.
SCALLOPS	Pound	5.04	2 ounces cooked scallops	19.90	1 lb AP = 0.63 lb cooked scallops.

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
***SEAFOOD, FRESH OR FROZEN*—Continued**					
SEAFOOD CAKES, FROZEN (70 percent seafood)					
3-oz cake	Pound	5.33	1 cake (2.0 oz cooked seafood)	18.80	1 lb AP = 0.67 lb cooked seafood.
2-1/2-oz cake	Pound	6.40	1 cake (1.7 oz cooked seafood)	15.70	1 lb AP = 0.67 lb cooked seafood.
2-oz cake	Pound	8.00	1 cake (1.3 oz cooked seafood)	12.50	1 lb AP = 0.67 lb cooked seafood.
SHRIMP					
Cooked, peeled, and cleaned	Pound	8.00	2 ounces cooked shrimp	12.50	1 lb AP = 1.00 lb cooked shrimp.
Raw breaded, frozen (50 percent shrimp)	Pound	3.33	2 ounces cooked shrimp	30.00	1 lb AP = 0.42 lb cooked shrimp.
Raw, in shell	Pound	4.00	2 ounces cooked shrimp	25.00	1 lb AP = 0.50 lb cooked shrimp.
WHOLE FISH	Pound	2.16	2 ounces cooked fish	46.30	1 lb AP = 0.27 lb cooked fish.
SEAFOOD, CANNED					
CLAMS, MINCED	51-oz can	12.00	2 ounces clams	8.35	1 can = 24 oz drained clams.
	7-1/2-oz can	1.87	2 ounces clams	53.50	1 can = 3-3/4 oz drained clams.
CRAB MEAT	6-1/2-oz can	2.75	2 ounces crab meat	36.40	1 can = 5-1/2 oz drained crab meat.
FLAKED FISH	48-oz can	20.50	2 ounces fish	4.90	1 can = 0.41 oz drained fish.
	7-oz can	3.00	2 ounces fish	33.40	1 can = 6 oz drained fish.
MACKEREL	15-oz can	6.25	2 ounces mackerel	16.00	1 can = 12-1/2 oz drained mackerel.
MAINE SARDINES	3-3/4- to 4-oz can.	1.87	2 ounces sardines	53.50	1 can = 3-3/4 oz drained sardines.
OYSTERS	5-oz can (drained weight)	2.50	2 ounces oysters	40.00	1 can = 5 oz drained oysters.

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
SEAFOOD, CANNED **—Continued**					
PACIFIC SARDINES	15-oz can	5.75	2 ounces sardines	17.40	1 can = 11-1/2 oz drained sardines.
SALMON	64-oz can	25.00	2 ounces salmon	4.00	1 can = 50 oz drained salmon.
	16-oz can	6.50	2 ounces salmon	15.40	1 can = 13 oz drained salmon.
SHRIMP	13-1/2-oz can (drained weight)	6.75	2 ounces shrimp	14.90	1 can = 13-1/2 oz drained shrimp.
	4-1/2-oz can (drained weight)	2.25	2 ounces shrimp	44.50	1 can = 4-1/2 oz drained shrimp.
TUNA	60- to 66-1/2-oz can.	29.00	2 ounces tuna	3.45	1 can = 58 oz drained tuna.
	6- to 7-oz can.	3.00	2 ounces tuna	33.40	1 can = 6 oz drained tuna.
SEAFOOD, DRIED					
SALT COD	Pound	5.76	2 ounces cooked fish	17.40	1 lb AP = 0.72 lb cooked fish.
TURKEY, FRESH OR FROZEN					
TURKEY (ready-to-cook) Whole (with neck and giblets)	Pound	3.80	2 ounces cooked turkey meat incl. meat from neck, giblets, and skin.	26.40	1 lb AP = 0.48 lb cooked turkey meat.
	Pound	3.78	2 ounces cooked turkey meat excl. meat from neck and giblets.	26.50	1 lb AP = 0.47 lb cooked turkey meat.
	Pound	3.24	2 ounces cooked turkey meat excl. meat from neck, giblets, and skin.	30.90	1 lb AP = 0.40 lb cooked turkey meat.
Halves	Pound	4.16	2 ounces cooked turkey meat incl. skin.	24.10	1 lb AP = 0.52 lb cooked turkey meat.
	Pound	3.64	2 ounces cooked turkey meat excl. skin.	27.50	1 lb AP = 0.46 lb cooked turkey meat.

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
***TURKEY, FRESH OR FROZEN*—Continued**					
TURKEY—Continued					
Breast quarters	Pound	4.08	2 ounces cooked turkey meat incl. skin.	24.60	1 lb AP = 0.51 lb cooked turkey meat.
	Pound	3.60	2 ounces cooked turkey meat excl. skin.	27.80	1 lb AP = 0.45 lb cooked turkey meat.
Leg quarters	Pound	3.84	2 ounces cooked turkey meat incl. skin.	26.10	1 lb AP = 0.48 lb cooked turkey meat.
	Pound	3.44	2 ounces cooked turkey meat excl. skin.	29.10	1 lb AP = 0.43 lb cooked turkey meat.
TURKEY PARTS					
Breasts (whole or halves)	Pound	4.66	2 ounces cooked turkey meat incl. skin.	21.50	1 lb AP = 0.58 lb cooked turkey meat.
	Pound	4.06	2 ounces cooked turkey meat excl. skin.	24.70	1 lb AP = 0.51 lb cooked turkey meat.
Drumsticks	Pound	3.70	2 ounces cooked turkey meat incl. skin.	27.10	1 lb AP = 0.46 lb cooked turkey meat.
	Pound	3.28	2 ounces cooked turkey meat excl. skin.	30.50	1 lb AP = 0.41 lb cooked turkey meat.
Thighs	Pound	4.21	2 ounces cooked turkey meat incl. skin.	23.80	1 lb AP = 0.53 lb cooked turkey meat.
	Pound	3.89	2 ounces cooked turkey meat excl. skin.	25.80	1 lb AP = 0.49 lb cooked turkey meat.
Backs	Pound	2.97	2 ounces cooked turkey meat incl. skin.	33.70	1 lb AP = 0.37 lb cooked turkey meat.
	Pound	2.46	2 ounces cooked turkey meat excl. skin.	40.70	1 lb AP = 0.31 lb cooked turkey meat.
Necks	Pound	3.66	2 ounces cooked turkey meat.	27.40	1 lb AP = 0.46 lb cooked turkey meat.
Wings	Pound	2.97	2 ounces cooked turkey meat excl. skin.	33.70	1 lb AP = 0.37 lb cooked turkey meat.
TURKEY GIBLETS					
Gizzards	Pound	3.94	2 ounces cooked turkey gizzard incl. shell.	25.40	1 lb AP = 0.49 lb cooked whole gizzard.
	Pound	2.82	2 ounces cooked turkey gizzard excl. shell.	35.50	1 lb AP = 0.35 lb cooked gizzard without shell.
Hearts	Pound	4.55	2 ounces cooked turkey heart.	22.00	1 lb AP = 0.57 lb cooked heart.
Livers	Pound	5.62	2 ounces cooked turkey liver.	17.80	1 lb AP = 0.70 lb cooked liver.

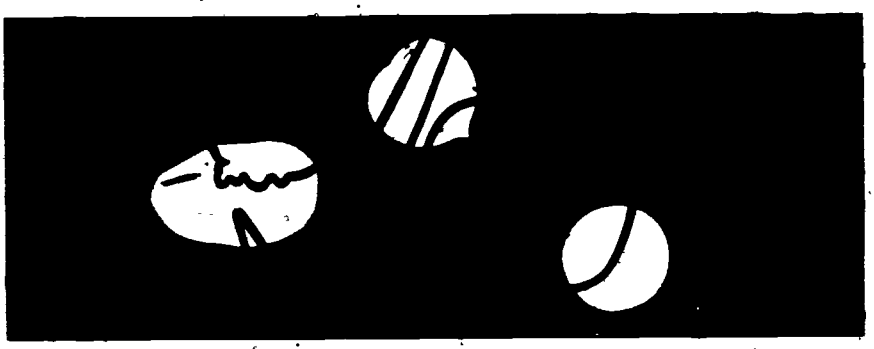
MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
***TURKEY, FRESH OR FROZEN*—Continued**					
TURKEY, COOKED, DICED	Pound	7.36	2 ounces turkey meat	13.60	1 lb AP=0.92 lb. turkey meat.
TURKEY ROASTS OR ROLLS (boneless)					
Raw, ready-to-cook (no more than 15 percent skin or fat)	Pound	5.63	2 ounces cooked turkey meat.	17.80	1 lb AP=0.70 lb cooked turkey meat.
Cooked (no more than 1/4 inch skin and fat at any point)	Pound	7.36	2 ounces turkey meat	13.60	1 lb AP=0.92 lb turkey meat.
TURKEY FOOD PRODUCTS, CANNED OR FROZEN					
BONED TURKEY					
Boned	Pound	7.11	1/4 cup serving (about 2 ounces turkey meat)	14.10	1 lb AP=0.90 lb cooked turkey meat.
Boned, solid pack	Pound	7.11	1/4 cup serving (about 2 ounces turkey meat)	14.10	1 lb AP=0.95 lb cooked turkey meat.
Boned, with broth	Pound	7.11	1/4 cup serving (about 1-3/4 ounces turkey meat)	14.10	1 lb AP=0.80 lb cooked turkey meat.
Shredded (solid or dry pack)	Pound	7.11	1/4 cup serving (about 1-3/4 ounces turkey meat)	14.10	1 lb AP=0.80 lb cooked turkey meat.
CREAMED TURKEY	Pound	2.37	3/4 cup serving (about 1-1/3 ounces turkey meat)	42.20	1 lb AP=0.20 lb cooked turkey meat.
SLICED TURKEY WITH GRAVY.	Pound	2.67	2/3 cup serving (about 2 ounces turkey meat)	37.50	1 lb AP=0.35 lb cooked turkey meat.
TURKEY A LA KING	Pound	2.37	3/4 cup serving (about 1-1/3 ounces turkey meat)	42.20	1 lb AP=0.20 lb cooked turkey meat.
TURKEY BARBECUE	Pound	3.56	1/2 cup serving (about 1-3/4 ounces turkey meat)	28.10	1 lb AP=0.40 lb cooked turkey meat
TURKEY HASH	Pound	2.67	2/3 cup serving (about 1-3/4 ounces turkey meat and 1/4 cup vegetable)	37.50	1 lb AP=0.30 lb cooked turkey meat
TURKEY NOODLES OR DUMPLINGS.	Pound	1.78	1 cup serving (about 1-1/3 ounces turkey meat)	56.20	1 lb AP=0.15 lb cooked turkey meat

MEAT AND MEAT ALTERNATES

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
***TURKEY FOOD PRODUCTS, CANNED OR FROZEN*—Continued**					
TURKEY SALAD	Pound	2.67	2/3 cup serving (about 1-1/2 ounces turkey meat)	37,50	1 lb AP=0.25 lb cooked turkey meat.
TURKEY WITH GRAVY	Pound	2.67	2/3 cup serving (about 2 ounces turkey meat)	37.50	1 lb AP=0.35 lb cooked turkey meat.
VEAL, FRESH OR FROZEN					
CHOPS, LOIN (with bone)	Pound	4.88	2 ounces cooked meat	20.50	1 lb AP=0.61 lb cooked meat.
CUTLETS, LEG With bone	Pound	5.60	2 ounces cooked meat	17.90	1 lb AP=0.70 lb cooked meat.
Without bone	Pound	6.24	2 ounces cooked meat	16.10	1 lb AP=0.78 lb cooked meat.
GROUND VEAL	Pound	5.84	2 ounces cooked meat	17.20	1 lb AP=0.73 lb cooked meat.
HEART (trimmed)	Pound	4.82	2 ounces cooked meat	20.80	1 lb AP=0.60 lb cooked meat.
LIVER, CALF (trimmed)	Pound	4.96	2 ounces cooked meat	20.20	1 lb AP=0.62 lb cooked meat.
ROASTS Chuck With bone	Pound	3.68	2 ounces cooked meat	27.20	1 lb AP=0.46 lb cooked meat.
Without bone	Pound	5.28	2 ounces cooked meat	19.00	1 lb AP=0.66 lb cooked meat.
Leg With bone	Pound	3.92	2 ounces cooked meat	25.60	1 lb AP=0.49 lb cooked meat.
Without bone	Pound	5.52	2 ounces cooked meat	18.20	1 lb AP=0.69 lb cooked meat.
Shoulder (without bone)	Pound	5.28	2 ounces cooked meat	19.00	1 lb AP=0.66 lb cooked meat.
STEAKS, CHOPPED OR CUBED, FROZEN. (boneless patty, about 3.1 oz raw)	Pound	5.16	1 steak (about 2.3 oz cooked meat)	19.40	1 lb AP=0.75 lb cooked meat.
STEW MEAT	Pound	5.28	2 ounces cooked meat	19.00	1 lb AP=0.66 lb cooked meat.

Vegetables/Fruits



CONTENTS

	Page
Apples—Avocados	39
Bananas—Brussels Sprouts	42
Cabbage—Cucumbers	46
Dates	50
Eggplant—Endive	50
Figs—Fruit Pie Fillings	50
Grapefruit—Grapes	51
Honeydew Melon	52
Kale—Kohlrabi	52
Lemons—Limes	53
Mangoes—Mustard Greens	53
Nectarines	54
Okra—Oranges	54
Parsley—Pumpkin Pie Filling	56
Radishes—Rutabagas	65
Sauerkraut—Sweetpotatoes	67
Tangerines—Turnips	70
Vegetables, Mixed	72
Watercress—Watermelon	72
Juices	73
Soups	74

VEGETABLES AND FRUITS

About 100 different vegetables and fruits—in fresh, canned, frozen, and dehydrated form—are listed alphabetically in this section. Canned and frozen juices and canned soups are listed at the end of the section.

Vegetable and Fruit Information in this Guide Includes:

- Yield information on common institution size packs and a one-pound unit of many canned and frozen vegetables and fruits on the market.
- Yields in terms of 1/2 and [illegible] cup servings to simplify menu planning and food buying in relation to the vegetable and fruit requirement of the Type A lunch.
- Yields of whole vegetables and fruits (raw or cooked) given in parentheses to describe the serving.
- Yield information on canned and frozen juices.
- Yield information on canned soups that contain at least 1/4 cup vegetable per cup of soup.

Serving of Cooked Vegetables and Fruits:

- A serving of cooked vegetable is drained vegetable as usually served.
- A serving of cooked fruit consists of fruit and juice even where the serving is described as "cooked."
- A serving of thawed frozen fruit is fruit and the juice that accumulated during thawing.
- A serving of fruit may include "sugar added" when the fruit was cooked. Enough sugar was added to some fresh, dehydrated, or frozen fruits to serve as sweetened fruit.

Yields of vegetables and fruits vary in the number of servings per purchase unit, according to the form of food used. For example:

- Frozen vegetables usually yield more servings per pound than fresh vegetables since the frozen products are already prepared for cooking and serving.
- Net weight of contents of the can is given under the can size in column 2. Volume and weight of drained fruit or vegetable for the No. 10 can are usually given in column 6.
- Tomato paste, tomato puree, and tomato sauce yields were determined by volume of the concentrated mixture as well as by volume of reconstituted juice.
- Dehydrated vegetables and fruits yield more servings per pound than fresh, frozen, or canned because they gain weight and volume as they absorb water during soaking and cooking. Some dehydrated products, particularly fruits, continue to expand while cooling.

Dehydrated Vegetables and Fruits in Column 1 Include:

- Low moisture—dehydrated to 2-1/2 to 5 percent moisture content.
- Regular moisture—dried to 18 to 25 percent moisture content.

Pound of Canned Food—the number of 1/2 cup servings per pound of product is based on the net weight (food and liquid) of the No. 10 can.

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
APPLES					
Fresh	Pound	4.00	1 small raw apple (about 1/2 cup)	25.00	
	Pound	5.79	1/2 cup raw diced	17.30	1 lb AP = 0.76 lb ready-to-cook or serve raw.
		11.58	1/4 cup raw diced	8.65	
	Pound	3.00	1 medium baked apple (about 1/2 cup cooked)	33.40	
	Pound	3.13	1/2 cup cooked sliced	32.00	1 lb AP = 0.72 lb cooked.
		6.26	1/4 cup cooked sliced	16.00	
Canned (slices, solid pack)	No. 10 can (96 oz)	25.30	1/2 cup fruit	3.95	1 can = about 12-1/2 cups fruit.
		50.60	1/4 cup fruit	2.00	
	No. 2-1/2 can (26 oz)	6.86	1/2 cup fruit	14.60	
		13.72	1/4 cup fruit	7.30	
	Pound	4.22	1/2 cup fruit	23.70	
Frozen (slices)	30-lb can	99.30	1/2 cup fruit, thawed	1.05	
		198.60	1/4 cup fruit, thawed	.50	
	2-1/2-lb pkg.	8.28	1/2 cup fruit, thawed	12.10	
		16.56	1/4 cup fruit, thawed	6.05	
	Pound	3.31	1/2 cup fruit, thawed	30.30	
		6.62	1/4 cup fruit, thawed	15.20	
	Pound	3.51	1/2 cup cooked, sugar added.	28.50	
		7.02	1/4 cup cooked, sugar added.	14.30	
Dehydrated					
Low moisture (slices or wedges)	No. 10 can (30 oz)	41.20	1/2 cup cooked	2.45	
		82.40	1/4 cup cooked	1.25	
	Pound	21.90	1/2 cup cooked	4.60	1 lb dry = about 8 cups.
		43.80	1/4 cup cooked	2.30	
Regular moisture (slices)	Pound	15.40	1/2 cup cooked	6.50	1 lb dry = about 4-1/2 cups.
		30.80	1/4 cup cooked	3.25	
APPLESAUCE					
Canned	No. 10 can (108 oz)	24.00	1/2 cup fruit	4.20	1 can = about 12 cups fruit.
		48.00	1/4 cup fruit	2.10	
	No. 2-1/2 can (29 oz)	6.44	1/2 cup fruit	15.60	
		12.88	1/4 cup fruit	7.80	
	Pound	3.56	1/2 cup fruit	28.10	

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
APPLESAUCE—Continued					
Dehydrated					
Low moisture (nuggets)	No. 10 can (40 oz)	69.40	1/2 cup cooked, sugar added.	1.45	
		138.80	1/4 cup cooked, sugar added.	.72	
	Pound	27.70	1/2 cup cooked, sugar added.	3.65	1 lb dry = about 4-1/2 cups.
		55.40	1/4 cup cooked, sugar added.	1.80	
APRICOTS					
Fresh	Pound	6.00	2 medium raw apricots (about 1/2 cup)	16.70	
	Pound	5.43	1/2 cup raw halves	18.50	1 lb AP = 0.93 lb ready-to-serve raw.
		10.86	1/4 cup raw halves	9.25	
Canned (halves, unpeeled or whole, peeled)	No. 10 can (108 oz)	23.60	1/2 cup fruit and juice	4.25	1 can = about 7-2/3 cups (60 oz) drained fruit.
		47.20	1/4 cup fruit and juice	2.15	
	No. 2-1/2 can (30 oz)	6.58	1/2 cup fruit and juice	15.20	
		13.16	1/4 cup fruit and juice	7.60	
	Pound	3.51	1/2 cup fruit and juice	28.50	
Frozen (halves)	25-lb can	90.50	1/2 cup cooked	1.10	
		181.00	1/4 cup cooked	.55	
	8-1/2-lb can	30.70	1/2 cup cooked	3.30	
		61.40	1/4 cup cooked	1.65	
	Pound	3.62	1/2 cup cooked	27.70	
		7.24	1/4 cup cooked	13.90	
	Pound	3.52	1/2 cup fruit, thawed	28.50	
		7.04	1/4 cup fruit, thawed	14.20	
Dehydrated					
Low moisture					
Nuggets	Pound	15.30	1/2 cup cooked, sugar added.	6.55	1 lb dry = about 3-1/3 cups.
		30.30	1/4 cup cooked, sugar added.	3.30	
Slices	Pound	16.30	1/2 cup cooked, sugar added.	6.15	1 lb dry = about 3-3/4 cups.
		32.60	1/4 cup cooked, sugar added.	3.10	

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
APRICOTS—Continued					
Dehydrated—Continued					
Regular moisture (halves)	Pound	12.70	1/2 cup cooked, sugar added.	7.90	1 lb dry = 3-1/4 cups.
		25.40	1/4 cup cooked, sugar added.	3.95	
ASPARAGUS					
Fresh	Pound	2.47	1/2 cup cooked spears (about 4 medium)	40.50	1 lb AP = 0.56 lb ready-to-cook.
	Pound	3.06	1/2 cup cooked cuts and tips.	32.70	1 lb AP = 0.49 lb cooked.
		6.12	1/4 cup cooked cuts and tips.	16.40	
Canned					
Spears	No. 10 can (102 oz)	17.10	1/2 cup vegetable (about 6 spears)	5.85	1 can = 63 oz drained vegetable.
	Pound	2.68	1/2 cup vegetable	37.40	
		5.36	1/4 cup vegetable	18.70	
Cuts and tips	No. 10 can (103 oz)	18.90	1/2 cup vegetable	5.30	1 can = 60 oz drained vegetable.
		37.80	1/4 cup vegetable	2.65	
	Pound	2.94	1/2 cup vegetable	34.10	
		5.88	1/4 cup vegetable	17.10	
Frozen					
Spears	2-1/2-lb pkg	10.00	1/2 cup cooked spears (about 4 medium)	10.00	
	Pound	4.03	1/2 cup cooked spears	24.90	
		8.06	1/4 cup cooked spears	12.50	
Cuts and tips	2-1/2-lb pkg	10.00	1/2 cup cooked	10.00	
		20.00	1/4 cup cooked	5.00	
	Pound	4.03	1/2 cup cooked	24.90	
		8.06	1/4 cup cooked	12.50	
AVOCADOS					
Fresh	Pound	4.36	1/2 cup raw diced, sliced, or wedged.	23.00	1 lb AP = 0.72 lb ready-to-serve raw.
		8.72	1/4 cup raw diced, sliced, or wedged.	11.50	
	Pound	2.84	1/2 cup raw mashed	35.30	
		5.68	1/4 cup raw mashed	17.70	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
BANANAS					
Fresh	Pound	3.00	1 small banana (about 1/2 cup)	33.40	1 lb AP = 0.67 lb ready-to-serve raw.
	Pound	4.06	1/2 cup raw sliced	24.70	
		8.12	1/4 cup raw sliced	12.40	
	Pound	2.70	1/2 cup raw mashed	37.10	
		5.40	1/4 cup raw mashed	18.60	
Canned Mashed	No. 10 can (116 oz)	25.40	1/2 cup fruit	3.95	
		50.80	1/4 cup fruit	2.00	
	Pound	3.52	1/2 cup fruit	28.50	
BEANS, GREEN OR WAX					
Fresh	Pound	6.11	1/2 cup cooked pieces	16.40	1 lb AP = 0.88 lb ready-to-cook.
		12.22	1/4 cup cooked pieces	8.20	
Canned	No. 10 can (101 oz)	25.50	1/2 cup vegetable	3.95	1 can = 63 oz drained vegetable.
		51.00	1/4 cup vegetable	2.00	
	No. 2-1/2 can (28 oz)	6.64	1/2 cup vegetable	15.10	
		13.28	1/4 cup vegetable	7.55	
	Pound	4.04	1/2 cup vegetable	24.80	
Frozen	20-lb pkg	125.00	1/2 cup cooked	.80	
		250.00	1/4 cup cooked	.40	
	2-1/2-lb pkg	15.60	1/2 cup cooked	6.45	
		31.20	1/4 cup cooked	3.25	
	Pound	6.25	1/2 cup cooked	16.00	
		12.50	1/4 cup cooked	8.00	
BEANS, LIMA					
Fresh (shelled)	Pound	5.44	1/2 cup cooked	18.40	1 lb in pod = 0.39 lb ready-to-cook.
		10.88	1/4 cup cooked	9.20	
Canned (green)	No. 10 can (105 oz)	24.00	1/2 cup vegetable	4.20	1 can = 72 oz drained vegetable.
		48.00	1/4 cup vegetable	2.10	
	Pound	3.66	1/2 cup vegetable	27.40	

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
BEANS, LIMA—Continued					
Frozen (Fordhook)	20-lb pkg	113.00	1/2 cup cooked	.88	
		226.00	1/4 cup cooked	.44	
	2-1/2-lb pkg	14.10	1/2 cup cooked	7.10	
		28.20	1/4 cup cooked	3.55	
	Pound	5.65	1/2 cup cooked	17.70	
		11.30	1/4 cup cooked	8.85	
BEAN SPROUTS					
Canned	No. 10 can (104 oz)	21.60	1/2 cup vegetable	4.65	1 can = 53 oz drained vegetable.
		43.20	1/4 cup vegetable	2.35	
	Pound	3.33	1/2 cup vegetable	30.10	
BEET GREENS					
Fresh (untrimmed)	Pound	2.75	1/2 cup cooked	36.40	1 lb AP = 0.56 lb ready-to-cook.
		5.50	1/4 cup cooked	18.20	
BEETS					
Fresh (without tops)	Pound	4.05	1/2 cup cooked diced or sliced.	24.70	1 lb AP = 0.76 lb cooked.
		8.10	1/4 cup cooked diced or sliced.	12.40	
Canned Diced (Harvard or plain)	No. 10 can (104 oz)	24.00	1/2 cup vegetable	4.20	1 can plain beets = 72 oz drained vegetable.
		48.00	1/4 cup vegetable	2.10	
	Pound	3.69	1/2 cup vegetable	27.10	
Shoestring	No. 10 can (104 oz)	22.60	1/2 cup vegetable	4.45	1 can = 68 oz drained vegetable.
		45.20	1/4 cup vegetable	2.25	
	Pound	3.49	1/2 cup vegetable	28.70	
Sliced (Harvard, pickled, or plain)	No. 10 can (104 oz)	22.60	1/2 cup vegetable	4.45	1 can pickled or plain beets = 68 oz drained vegetable.
		45.20	1/4 cup vegetable	2.25	
	Pound	3.49	1/2 cup vegetable	28.70	
Whole, baby beets (pickled or plain)	No. 10 can (104 oz)	24.40	1/2 cup vegetable	4.10	1 can = 69 oz drained vegetable.
		48.80	1/4 cup vegetable	2.05	
	Pound	3.76	1/2 cup vegetable	26.60	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
BLACKBERRIES					
Fresh	Quart (1.46 lb)	8.83	1/2 cup raw berries	11.40	1 qt AP = about 4-1/2 cups (1.40 lb) ready-to-serve raw.
		17.66	1/4 cup raw berries	5.70	
	Pound	6.05	1/2 cup raw berries	16.60	1 lb AP = 0.96 lb ready-to-serve raw.
		12.10	1/4 cup raw berries	8.30	
	Pound	3.38	1/2 cup cooked, sugar added.	29.60	1 lb AP = 0.99 lb cooked, sugar added.
		6.76	1/4 cup cooked, sugar added.	14.80	
Canned	No. 10 can (105 oz)	23.90	1/2 cup fruit and juice	4.20	1 can = about 7-1/2 cups drained fruit.
		47.80	1/4 cup fruit and juice	2.10	
	Pound	3.65	1/2 cup fruit and juice	27.40	
Frozen	30-lb can	112.00	1/2 cup cooked, sugar added.	.89	
		224.00	1/4 cup cooked, sugar added.	.45	
	Pound	3.75	1/2 cup cooked, sugar added.	26.70	
		7.50	1/4 cup cooked, sugar added.	13.40	
	Pound	3.64	1/2 cup fruit, thawed	27.50	
		7.28	1/4 cup fruit, thawed	13.80	
BLACKEYE PEAS					
Fresh (shelled)	Pound	5.11	1/2 cup cooked	19.60	1 lb AP = 0.93 lb cooked.
		10.22	1/4 cup cooked	9.80	
Canned (green)	No. 10 can (104 oz)	19.80	1/2 cup vegetable	5.05	1 can = 72 oz drained vegetable.
		39.60	1/4 cup vegetable	2.55	
	Pound	3.05	1/2 cup vegetable	32.80	
Frozen	2-1/2-lb pkg	12.40	1/2 cup cooked	8.10	
		24.80	1/4 cup cooked	4.05	
	Pound	4.96	1/2 cup cooked	20.20	
		9.92	1/4 cup cooked	10.10	
BLUEBERRIES					
Fresh	Pint (0.91 lb)	5.40	1/2 cup raw berries	18.60	1 pt AP = about 2-3/4 cups (0.86 lb) ready-to-serve raw.
		10.80	1/4 cup raw berries	9.30	
Canned	No. 10 can (105 oz)	24.00	1/2 cup fruit and juice	4.20	1 can = about 9 cups drained fruit.
		48.00	1/4 cup fruit and juice	2.10	
	Pound	3.67	1/2 cup fruit and juice	27.30	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
BLUEBERRIES—Continued					
Frozen	30-lb can	129.00	1/2 cup cooked, sugar added.	.78	
		258.00	1/4 cup cooked, sugar added.	.39	
	2-1/2-lb pkg	10.70	1/2 cup cooked, sugar added.	9.35	
		21.40	1/4 cup cooked, sugar added.	4.70	
	Pound	4.30	1/2 cup cooked, sugar added.	23.30	
		8.60	1/4 cup cooked, sugar added.	11.70	
	Pound	6.13	1/2 cup fruit, thawed	16.40	
		12.26	1/4 cup fruit, thawed	8.20	
BOYSENBERRIES					
Canned	No. 10 can (106 oz)	24.60	1/2 cup fruit and juice	4.10	1 cup = about 6-1/3 cups drained fruit.
		49.20	1/4 cup fruit and juice	2.05	
	Pound	3.72	1/2 cup fruit and juice	26.90	
BROCCOLI					
Fresh	Pound	3.62	1/2 cup cooked spears (about 2 medium)	27.70	1 lb AP = 0.61 lb ready-to-cook.
	Pound	3.62	1/2 cup cooked cuts	27.70	
		7.24	1/4 cup cooked cuts	13.90	
Frozen					
Spears	2-lb pkg	8.64	1/2 cup cooked spears (about 2 medium)	11.60	
	Pound	4.32	1/2 cup cooked spears	23.20	
		8.64	1/4 cup cooked spears	11.60	
Cut or chopped	2-1/2-lb pkg	10.80	1/2 cup cooked	9.30	
		21.60	1/4 cup cooked	4.65	
	Pound	4.32	1/2 cup cooked	23.20	
		8.64	1/4 cup cooked	11.60	
BRUSSELS SPROUTS					
Fresh	Pound	4.50	1/2 cup cooked	22.30	1 lb AP = 0.74 lb ready-to-cook.
		9.00	1/4 cup cooked	11.20	
Frozen	2-1/2-lb pkg	14.60	1/2 cup cooked	6.85	
		29.20	1/4 cup cooked	3.45	
	Pound	5.84	1/2 cup cooked	17.20	
		11.68	1/4 cup cooked	8.60	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
CABBAGE					
Fresh	Head (1 lb)	8.00	1/8 small head (about 1/2 cup)	12.50	
	Pound	8.00	1/2 cup raw chopped	12.50	1 lb AP = 0.79 lb ready-to-cook or serve raw.
		16.00	1/4 cup raw chopped	6.25	
	Pound	10.10	1/2 cup raw shredded	9.90	
		20.20	1/4 cup raw shredded	4.95	
	Pound	6.57	1/2 cup raw shredded for slaw.	15.30	
		13.14	1/4 cup raw shredded for slaw.	7.65	
	Pound	5.66	1/2 cup cooked shredded	17.70	1 lb AP = 0.79 lb ready-to-cook shredded.
		11.32	1/4 cup cooked shredded	8.85	
	Pound	4.32	1/2 cup cooked wedges	23.20	1 lb AP = 0.84 lb ready-to-cook wedges.
		8.64	1/4 cup cooked wedges	11.60	
CABBAGE, CELERY OR CHINESE					
Fresh	Pound	10.60	1/2 cup raw pieces	9.45	1 lb AP = 0.88 lb ready-to-serve raw.
		21.20	1/4 cup raw pieces	4.75	
CABBAGE, RED					
Canned	No. 10 can (104 oz)	24.40	1/2 cup vegetable	4.10	
		48.80	1/4 cup vegetable	2.05	
	Pound	3.76	1/2 cup vegetable	26.60	
CANTALOUP					
Fresh	Melon (1-1/2 lb)	4.00	1/4 small melon (about 1/2 cup)	25.00	
	Pound	2.84	1/2 cup cubed or diced	35.30	1 lb AP = 0.50 lb ready-to-serve raw.
		5.68	1/4 cup cubed or diced	17.70	
CARROTS					
Fresh (without tops)	Pound	12.20	1/4 cup raw strips (about 6 strips—4 x 1/2 inch)	8.20	1 lb AP = 0.82 lb ready-to-cook or serve raw.
	Pound	6.60	1/2 cup raw shredded	15.20	
		13.20	1/4 cup raw shredded	7.60	
	Pound	4.55	1/2 cup raw shredded for salad.	22.00	
		9.10	1/4 cup raw shredded for salad.	11.00	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
CARROTS—Continued					
Fresh—Continued					
	Pound	5.95	1/2 cup raw sliced	16.90	
		11.90	1/4 cup raw sliced	8.40	
	Pound	4.26	1/2 cup cooked sliced	23.50	1 lb AP = 0.73 lb cooked.
		8.52	1/4 cup cooked sliced	11.80	
Canned (diced or sliced)	No. 10 can (105 oz)	25.10	1/2 cup vegetable	4.00	1 can = 69 oz drained vegetable.
		50.20	1/4 cup vegetable	2.00	
	Pound	3.84	1/2 cup vegetable	26.10	
Frozen (diced or sliced)	20-lb pkg	113.00	1/2 cup cooked	.88	
		226.00	1/4 cup cooked	.44	
	2-1/2-lb pkg	14.10	1/2 cup cooked	7.10	
		28.20	1/4 cup cooked	3.55	
	Pound	5.67	1/2 cup cooked	17.70	
		11.34	1/4 cup cooked	8.85	
CAULIFLOWER					
Fresh (trimmed)	Pound	5.87	1/2 cup raw slices	17.10	1 lb AP = 0.55 lb read to-cook or serve ra
		11.74	1/4 cup raw slices	8.55	
	Pound	4.97	1/2 cup raw florets	20.20	
		9.94	1/4 cup raw florets	10.10	
	Pound	3.85	1/2 cup cooked florets	26.00	1 lb AP = 0.53 lb cooked.
		7.70	1/4 cup cooked florets	13.00	
Frozen	2-lb pkg	9.56	1/2 cup cooked	10.50	
		19.12	1/4 cup cooked	5.25	
	Pound	4.78	1/2 cup cooked	21.00	
		9.56	1/4 cup cooked	10.50	
CELERY					
Fresh (untrimmed)	Pound	11.30	1/4 cup raw sticks or strips. (about 4 sticks—4 x 1/2 inch)	8.85	
	Pound	5.66	1/2 cup raw chopped or diced.	17.70	1 lb AP = 0.75 lb read to-cook or serve ra
		11.32	1/4 cup raw chopped or diced.	8.85	
	Pound	4.24	1/2 cup cooked diced	23.60	1 lb AP = 0.70 lb cooked.
		8.48	1/4 cup cooked diced	11.80	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
CHARD, SWISS					
Fresh (untrimmed)	Pound	3.50	1/2 cup cooked	28.60	1 lb AP = 0.77 lb ready-to-cook.
		7.00	1/4 cup cooked	14.30	
CHERRIES					
Fresh	Pound	4.28	2/3 cup raw whole cherries. (about 1/2 cup pitted)	23.40	1 lb AP = 0.98 lb ready-to-serve raw with pits.
	Pound	5.20	1/2 cup raw pitted	19.30	1 lb AP = 0.89 lb pitted.
		10.40	1/4 cup raw pitted	9.65	
	Pound	2.94	1/2 cup cooked pitted, sugar added.	34.10	
Canned					
Red, tart, pitted	No. 10 can (103 oz)	23.90	1/2 cup fruit and juice	4.20	1 can = 74 oz drained fruit.
		47.80	1/4 cup fruit and juice	2.10	
	Pound	3.72	1/2 cup fruit and juice	26.90	
Sweet	No. 10 can (108 oz)	23.80	1/2 cup fruit and juice	4.20	1 can = about 10-3/4 cups (66 oz) drained fruit.
		47.60	1/4 cup fruit and juice	2.10	
	No. 2-1/2 can (30 oz)	6.62	1/2 cup fruit and juice	15.20	
		13.24	1/4 cup fruit and juice	7.55	
	Pound	3.53	1/2 cup fruit and juice	28.40	
Frozen (red, tart, pitted)	30-lb can	98.90	1/2 cup cooked	1.05	
		197.80	1/4 cup cooked	.51	
	Pound	3.30	1/2 cup cooked	30.30	
		6.60	1/4 cup cooked	15.20	
	Pound	3.49	1/2 cup fruit, thawed	28.70	1 lb AP = 0.80 lb (1-2/3 cups) thawed fruit, drained.
		6.98	1/4 cup fruit, thawed	14.40	
COLLARDS					
Fresh (untrimmed)	Pound	5.06	1/2 cup cooked	19.80	1 lb AP = 0.70 lb ready-to-cook.
		10.12	1/4 cup cooked	9.90	
Canned	No. 10 can (98 oz)	14.60	1/2 cup vegetable	6.85	1 can = about 58 oz drained vegetable.
		29.20	1/4 cup vegetable	3.45	
	Pound	2.38	1/2 cup vegetable	42.10	
Frozen (chopped or whole leaf)	3-lb pkg	14.00	1/2 cup cooked	7.15	
		28.00	1/4 cup cooked	3.60	
	Pound	4.69	1/2 cup cooked	21.40	
		9.38	1/4 cup cooked	10.70	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
CORN					
Fresh					
With husks	Pound	2.00	1 medium ear (about 1/2 cup cooked)	50.00	1 lb AP = 0.37 lb edible portion cooked.
	Pound	2.03	1/2 cup cooked	49.30	
		4.06	1/4 cup cooked	24.70	
Without husks	Pound	3.00	1 medium ear (about 1/2 cup cooked)	33.40	
	Pound	3.13	1/2 cup cooked	32.00	1 lb AP = 0.57 lb raw cut corn.
		6.26	1/4 cup cooked	16.00	
Canned					
Cream style	No. 10 can (106 oz)	23.40	1/2 cup vegetable	4.30	
		46.80	1/4 cup vegetable	2.15	
	Pound	3.54	1/2 cup vegetable	28.30	
Whole kernel (vacuum)	No. 10 can	20.20	1/2 cup vegetable	4.95	1 can = 75 oz vegetable.
		40.40	1/4 cup vegetable	2.50	
	Pound	4.32	1/2 cup vegetable	23.20	
Whole kernel (wet pack)	No. 10 can (106 oz)	22.50	1/2 cup vegetable	4.45	1 can = 70 oz drained vegetable.
		45.00	1/4 cup vegetable	2.25	
	Pound	3.41	1/2 cup vegetable	29.40	
Frozen (whole kernel)	20-lb pkg	106.00	1/2 cup cooked	.94	
		212.00	1/4 cup cooked	.47	
	2-1/2-lb pkg	13.30	1/2 cup cooked	7.55	
		26.60	1/4 cup cooked	3.80	
	Pound	5.33	1/2 cup cooked	18.80	
		10.66	1/4 cup cooked	9.40	
CRANBERRIES					
Fresh	Pound	8.00	1/2 cup raw chopped	12.50	1 lb AP = 0.97 lb ready-to-cook or serve raw
		16.00	1/4 cup raw chopped	6.25	
	Pound	6.46	1/2 cup cooked, sugar added.	15.50	
		12.92	1/4 cup cooked, sugar added.	7.75	
CRANBERRY RELISH OR SAUCE					
Canned	No. 10 can (117 oz)	23.90	1/2 cup fruit	4.20	1 can = about 12 cups fruit.
		47.80	1/4 cup fruit	2.10	
	Pound	3.28	1/2 cup fruit	30.50	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
CUCUMBERS					
Fresh	Pound	4.62	1/2 cup pared diced or sliced.	21.70	1 lb AP = 0.74 lb ready-to-serve raw pared.
		9.24	1/4 cup pared diced or sliced.	10.90	
DATES					
Dehydrated					
Low moisture (pieces)	Pound	5.78	1/2 cup dry fruit	17.30	1 lb dry = about 3 cups.
		11.56	1/4 cup dry fruit	8.65	
Regular moisture (cut or chopped)	Pound	5.10	1/2 cup dry fruit	19.70	1 lb dry = about 2-1/2 cups.
		10.20	1/4 cup dry fruit	9.80	
EGGPLANT					
Fresh	Pound	3.41	1/2 cup cooked cubed	29.40	1 lb AP = 0.81 lb ready-to-cook.
		6.82	1/4 cup cooked cubed	14.70	
ENDIVE, CHICORY, ESCAROLE					
Fresh	Pound	7.59	1/2 cup for salad	13.20	1 lb AP = 0.74 lb ready-to-serve raw.
		15.18	1/4 cup for salad	6.60	
FIGS					
Fresh	Pound	4.00	3 small raw figs (about 1/2 cup)	25.00	
Canned	No. 10 can (110 oz)	24.10	1/2 cup fruit and juice (about 2-1/2 figs)	4.15	1 can = about 8-1/3 cups (63 oz) drained fruit.
	No. 2-1/2 can (30 oz)	6.58	1/2 cup fruit and juice	15.20	
		13.16	1/4 cup fruit and juice	7.60	
	Pound	3.51	1/2 cup fruit and juice	28.50	
FRUIT COCKTAIL					
Canned	No. 10 can (108 oz)	24.00	1/2 cup fruit and juice	4.20	1 can = about 9-1/2 cups (71 oz) drained fruit.
		48.00	1/4 cup fruit and juice	2.10	
	No. 2-1/2 can (30 oz)	6.67	1/2 cup fruit and juice	15.00	
		13.34	1/4 cup fruit and juice	7.50	
	Pound	3.56	1/2 cup fruit and juice	28.10	

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
FRUIT COCKTAIL—Continued					
Dehydrated					
Low moisture	No. 10 can (44 oz)	57.90	1/2 cup cooked, sugar added.	1.75	
		115.80	1/4 cup cooked, sugar added.	.86	
	Pound	21.00	1/2 cup cooked, sugar added.	4.80	1 lb dry=4-1/2 cups.
		42.00	1/4 cup cooked, sugar added.	2.40	
FRUIT DESSERT FILLINGS					
Dehydrated					
Low moisture					
Apple	Pound	13.70	1/2 cup fruit	7.30	
		27.40	1/4 cup fruit	3.65	
Apple (blueberry, cherry, or raspberry flavor.)	Pound	9.95	1/2 cup fruit	10.10	
		19.90	1/4 cup fruit	5.05	
FRUIT FOR SALAD					
Canned	No. 10 can (108 oz)	24.10	1/2 cup fruit and juice	4.15	1 can=about 8 cups (64 oz) drained fru
		48.20	1/4 cup fruit and juice	2.10	
	No. 2-1/2 can (29 oz)	6.47	1/2 cup fruit and juice	15.50	
		12.94	1/4 cup fruit and juice	7.75	
	Pound	3.57	1/2 cup fruit and juice	28.10	
FRUIT PIE FILLINGS					
Canned (apple, apricot, blueberry, cherry, peach, pineapple)	No. 10 can (112 oz)	24.00	1/2 cup fruit	4.20	
		48.00	1/4 cup fruit	2.10	
	Pound	3.43	1/2 cup fruit	29.20	
GRAPEFRUIT					
Fresh	Pound	1.93	1/2 cup sections and juice (no membrane).	51.90	1 lb AP=0.49 lb ready-to-serve raw.
		3.86	1/4 cup sections and juice (no membrane).	26.00	
	Pound	1.73	1/2 cup juice	57.80	1 lb AP=0.47 lb (3/4 cup) juice.
		3.46	1/4 cup juice	28.90	
GRAPEFRUIT AND ORANGE SECTIONS					
Canned	No. 3 Cyl (50 oz)	11.30	1/2 cup fruit and juice	8.85	1 can=about 3-1/2 c (28 oz) drained fru
		22.60	1/4 cup fruit and juice	4.45	
	Pound	3.64	1/2 cup fruit and juice	27.50	
GRAPEFRUIT SECTIONS					
Canned	No. 3 Cyl (50 oz)	11.10	1/2 cup fruit and juice	9.05	1 can=about 3-1/3 c (28 oz) drained fr
		22.20	1/4 cup fruit and juice	4.50	
	Pound	3.57	1/2 cup fruit and juice	28.10	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
GRAPEFRUIT SECTIONS —Continued					
Frozen	3-lb can	11.00	1/2 cup fruit and juice, thawed.	9.10	
		22.00	1/4 cup fruit and juice, thawed.	4.55	
	Pound	3.69	1/2 cup fruit and juice, thawed.	27.10	
		7.38	1/4 cup fruit and juice, thawed.	13.60	
GRAPES					
Fresh Seedless	Pound	5.39	1/2 cup raw grapes	18.60	1 lb AP = 0.95 lb ready-to-serve raw.
		10.78	1/4 cup raw grapes	9.30	
Other (with seeds)	Pound	8.08	1/3 cup raw whole grapes (about 1/4 cup seeded halves)	12.40	1 lb AP = 0.92 lb raw seeded.
	Pound	5.22	1/2 cup raw seeded halves.	19.20	
		10.44	1/4 cup raw seeded halves.	9.60	
Canned (seedless)	No. 10 can (110 oz)	24.30	1/2 cup fruit and juice	4.15	1 can = about 9 cups (62 oz) drained fruit.
		48.60	1/4 cup fruit and juice	2.10	
	No. 2-1/2 can (30 oz)	6.64	1/2 cup fruit and juice	15.10	
		13.28	1/4 cup fruit and juice	7.55	
	Pound	3.54	1/2 cup fruit and juice	28.30	
HONEYDEW MELON					
Fresh	Pound	3.08	1/2 cup cubed or diced	32.50	1 lb AP = 0.57 lb ready-to-serve raw.
		6.16	1/4 cup cubed or diced	16.30	
KALE					
Fresh (untrimmed)	Pound	5.27	1/2 cup cooked	19.00	1 lb AP = 0.74 lb ready-to-cook.
		10.54	1/4 cup cooked	9.50	
Canned	No. 10 can (98 oz)	14.40	1/2 cup vegetable	6.95	1 can = 58 oz drained vegetable.
		28.80	1/4 cup vegetable	3.50	
	No. 2-1/2 can (27 oz)	4.60	1/2 cup vegetable	21.80	
		9.20	1/4 cup vegetable	10.90	
	Pound	2.36	1/2 cup vegetable	42.40	
Frozen (chopped or whole leaf)	3-lb pkg	13.40	1/2 cup cooked	7.50	
		26.80	1/4 cup cooked	3.75	
	Pound	4.48	1/2 cup cooked	22.40	
		8.96	1/4 cup cooked	11.20	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
KOHLRABI					
Fresh	Pound	2.75	1/2 cup cooked pieces	36.40	1 lb AP = 0.54 lb ready-to-cook.
		5.50	1/4 cup cooked pieces	18.20	
LEMONS					
Fresh	Pound	1.60	1/2 cup juice	62.50	1 lb AP = 0.43 lb (3/4 cup) juice.
		3.20	1/4 cup juice	31.30	
LETTUCE, HEAD					
Fresh	Pound	12.30	1/2 cup raw pieces	8.15	1 lb AP = 0.75 lb ready-to-serve raw.
		24.60	1/4 cup raw pieces	4.10	
	Pound	8.25	1/2 cup for salad	12.20	
		16.50	1/4 cup for salad	6.10	
LETTUCE, LEAF					
Fresh	Pound	11.00	1/2 cup raw pieces	9.10	1 lb AP = 0.67 lb ready-to-serve raw.
		22.00	1/4 cup raw pieces	4.55	
	Pound	7.37	1/2 cup for salad	13.60	
		14.74	1/4 cup for salad	6.80	
LETTUCE, ROMAINE					
Fresh	Pound	10.50	1/2 cup raw pieces	9.55	1 lb AP = 0.64 lb ready-to-serve raw
		21.00	1/4 cup raw pieces	4.80	
	Pound	7.04	1/2 cup for salad	14.20	
		14.08	1/4 cup for salad	7.10	
LIMES					
Fresh	Pound	1.77	1/2 cup juice	56.50	1 lb AP = 0.48 lb (about 1 cup) juic
		3.54	1/4 cup juice	28.30	
MANGOES					
Fresh	Pound	3.74	1/2 cup cubed or sliced	26.80	1 lb AP = 0.68 lb ready-to-serve raw
		7.48	1/4 cup cubed or sliced	13.40	
MUSHROOMS					
Fresh	Pound	3.48	1/2 cup cooked sliced	28.80	1 lb AP = 0.97 lb ready-to-cook.
		6.96	1/4 cup cooked sliced	14.40	
Canned	No. 10 can	24.10	1/2 cup serving	4.15	1 can = 68 oz drained vegetable.
		48.20	1/4 cup serving	2.10	
	Pound (drained weight)	5.67	1/2 cup serving	17.70	
		11.34	1/4 cup serving	8.85	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
MUSTARD GREENS					
Fresh (untrimmed)	Pound	3.82	1/2 cup cooked	26.20	1 lb AP=0.70 lb. ready-to-cook.
		7.64	1/4 cup cooked	13.10	
Canned	No. 10 can (98 oz)	16.10	1/2 cup vegetable	6.25	1 can=58 oz drained vegetable.
		32.20	1/4 cup vegetable	3.15	
	No. 2-1/2 can (27 oz)	5.14	1/2 cup vegetable	19.50	
		10.28	1/4 cup vegetable	9.75	
	Pound	2.63	1/2 cup vegetable	38.10	
Frozen (chopped)	3-lb pkg	14.80	1/2 cup cooked	6.80	
		29.60	1/4 cup cooked	3.40	
	Pound	4.96	1/2 cup cooked	20.20	
		9.92	1/4 cup cooked	10.10	
NECTARINES					
Fresh	Pound	4.00	1 medium raw nectarine (about 1/2 cup)	25.00	1 lb AP=0.89 lb ready-to-serve raw.
	Pound	4.54	1/2 cup raw slices	22.10	
		9.08	1/4 cup raw slices	11.10	
OKRA					
Fresh	Pound	5.45	1/2 cup cooked sliced	18.40	1 lb AP=0.78 lb ready-to-cook.
		10.90	1/4 cup cooked sliced	9.20	
Canned (cut or whole)	No. 10 can (99 oz)	18.80	1/2 cup vegetable	5.35	1 can=60 oz drained vegetable.
		37.60	1/4 cup vegetable	2.70	
	Pound	3.04	1/2 cup vegetable	32.90	
Frozen (sliced)	3-lb pkg	14.80	1/2 cup cooked	6.80	
		29.60	1/4 cup cooked	3.40	
	Pound	4.96	1/2 cup cooked	20.20	
		9.92	1/4 cup cooked	10.10	
OKRA WITH TOMATOES					
Canned	No. 10 can (101 oz)	24.00	1/2 cup vegetable	4.20	
		48.00	1/4 cup vegetable	2.10	
	Pound	3.81	1/2 cup vegetable	26.30	

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
OLIVES					
Canned					
Green whole, large size (with pits)	Gallon	176.00	3 olives (about 2 Tbsp sliced)	.57	1 can = about 88 oz drained fruit or about 525 olives.
	Pound (drained)	32.00	3 olives	3.15	
Ripe, chopped or minced	No. 10 can	24.00 48.00	1/2 cup fruit 1/4 cup fruit	4.20 2.10	1 can = about 100 oz drained fruit.
	Pound (drained)	6.72	1/2 cup fruit	14.90	
Ripe whole, large size (with pits)	No. 10 can	134.00	3 olives	.75	1 can = about 405 olives.
	Pound (drained)	32.60	3 olives	3.10	91 to 105 large olives weigh 1 lb.
Ripe whole, large size (pitted)	No. 10 can	134.00	3 olives	.75	1 can = about 66 oz drained fruit or about 405 olives.
	Pound (drained)	6.35	1/2 cup whole	15.80	91 to 105 large olives weigh 1 lb.
ONIONS, GREEN					
Fresh	Pound	5.73 11.46	1/2 cup raw chopped 1/4 cup raw chopped	17.50 8.75	1 lb AP = 0.63 lb ready-to-serve raw
ONIONS, MATURE					
Fresh	Pound	4.75 9.50	1/2 cup raw chopped 1/4 cup raw chopped	21.10 10.60	1 lb AP = 0.89 lb ready-to-cook or serve raw.
	Pound	7.01 14.02	1/2 cup raw sliced 1/4 cup raw sliced	14.30 7.15	
	Pound	3.85 7.70	1/2 cup cooked halves or pieces. 1/4 cup cooked halves or pieces.	26.00 13.00	1 lb AP = 0.76 lb cooked.
Fresh, pearl	Pound	3.82 7.64	1/2 cup cooked whole 1/4 cup cooked whole	26.20 13.10	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
ORANGES.					
Fresh					
Size 138 (Calif., Ariz.)	Pound	3.00	1 medium orange (about 1/2 cup fruit and juice)	33.40	
Size 200 (Fla., Texas)	Pound	3.00	1 medium orange (about 1/2 cup fruit and juice)	33.40	
All sizes	Pound	2.75	1/2 cup sections and juice (with membrane).	36.40	1 lb AP = 0.73 lb ready-to-serve.
		5.50	1/4 cup sections and juice (with membrane).	18.20	
	Pound	2.42	1/2 cup sections (no membrane).	41.40	1 lb AP = 0.56 lb ready-to-serve.
		4.84	1/4 cup sections (no membrane).	20.70	
	Pound	1.83	1/2 cup juice	54.70	1 lb AP = 0.50 lb (1 cup) juice.
		3.66	1/4 cup juice	27.40	
Canned Mandarin	Pound	3.64	1/2 cup fruit and juice	27.50	
		7.28	1/4 cup fruit and juice	13.80	
PARSLEY Fresh	Pound	10.20	1/2 cup chopped	9.80	1 lb AP = 0.68 lb ready-to-serve raw.
PARSNIPS Fresh	Pound	4.91	1/2 cup cooked pieces	20.40	1 lb AP = 0.85 lb ready-to-cook.
		9.82	1/4 cup cooked pieces	10.20	
PEACHES Fresh	Pound	4.00	1 medium raw peach (about 1/2 cup)	25.00	1 lb AP = 0.76 lb ready-to-cook or serve raw.
	Pound	3.73	1/2 cup raw diced	26.90	
		7.46	1/4 cup raw diced	13.40	
	Pound	4.05	1/2 cup raw sliced	24.70	
		8.10	1/4 cup raw sliced	12.40	
	Pound	3.73	1/2 cup cooked sliced, sugar added.	26.90	1 lb AP = 0.99 lb cooked, sugar added.
		7.46	1/4 cup cooked sliced, sugar added.	13.40	

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
PEACHES—Continued					
Canned					
Halves	No. 10 can (108 oz)	23.80	1/2 cup fruit and juice (about 1/2 peach with juice)	4.20	1 can = about 8-1/3 cups (66 oz) drained fruit.
	No. 2-1/2 can (29 oz)	6.40	1/2 cup fruit and juice (about 1/2 peach with juice)	15.70	
	Pound	3.53	1/2 cup fruit and juice	28.40	
Slices	No. 10 can (108 oz)	23.80 47.60	1/2 cup fruit and juice 1/4 cup fruit and juice	4.20 2.10	1 can = about 8-1/3 cups (66 oz) drained fruit.
	No. 2-1/2 can (29 oz)	6.40 12.80	1/2 cup fruit and juice 1/4 cup fruit and juice	15.70 7.85	
	Pound	3.53	1/2 cup fruit and juice	28.40	
Whole spiced	Pound	3.50	2 small peaches (about 1/4 cup fruit)	28.60	1 lb AP = about 7 small peaches with sirup.
Frozen					
Sliced	30-lb can	109.00 218.00	1/2 cup fruit, thawed 1/4 cup fruit, thawed	.92 .46	
	8-1/2-lb can	30.80 61.60	1/2 cup fruit, thawed 1/4 cup fruit, thawed	3.25 1.65	
	Pound	3.64 7.28	1/2 cup fruit, thawed 1/4 cup fruit, thawed	27.50 13.80	
	Pound	3.59 7.18	1/2 cup cooked, sugar added. 1/4 cup cooked, sugar added.	27.90 14.00	
Dehydrated					
Low moisture (slices)	No. 10 can (36 oz)	43.20 86.40	1/2 cup cooked, sugar added. 1/4 cup cooked, sugar added.	2.35 1.20	
	Pound	19.20 38.40	1/2 cup cooked, sugar added. 1/4 cup cooked, sugar added.	5.25 2.60	1 lb dry = about 4 cups.

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
PEACHES—Continued					
Dehydrated—Continued					
Regular moisture (halves)	Pound	16.50	1/2 cup cooked, sugar added.	6.10	1 lb dry = about 2-3/4 cups.
		33.00	1/4 cup cooked, sugar added.	3.05	
PEARS					
Fresh	Pound	4.00	1 small raw pear (about 1/2 cup)	25.00	1 lb AP = 0.78 lb ready-to-cook or serve raw.
	Pound	4.16	1/2 cup raw cubed or sliced.	24.10	
		8.32	1/4 cup raw cubed or sliced.	12.10	
	Pound	4.04	1/2 cup cooked halves, sugar added.	24.80	1 lb AP = 1.08 lb cooked, sugar added.
		8.08	1/4 cup cooked halves, sugar added.	12.40	
Canned					
Halves	No. 10 can (106 oz)	23.50	1/2 cup fruit and juice (about 1-1/2 medium halves)	4.30	1 can = about 7-3/4 cups (62 oz) drained fruit.
	No. 2-1/2 can (29 oz)	6.44	1/2 cup fruit and juice	15.60	
	Pound	3.56	1/2 cup fruit and juice	28.10	
Slices or quarters	No. 10 can (106 oz)	25.60	1/2 cup fruit and juice	3.95	1 can = 65 oz drained fruit.
		51.20	1/4 cup fruit and juice	1.95	
	No. 2-1/2 can (29 oz)	7.00	1/2 cup fruit and juice	14.30	
		14.00	1/4 cup fruit and juice	7.15	
	Pound	3.86	1/2 cup fruit and juice	26.00	
PEAS AND CARROTS					
Canned	No. 10 can (105 oz)	23.90	1/2 cup vegetable	4.20	1 can = 71 oz drained vegetable.
		47.80	1/4 cup vegetable	2.10	
	Pound	3.65	1/2 cup vegetable	27.40	

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
PEAS AND CARROTS —Continued					
Frozen	20-lb pkg	111.00	1/2 cup cooked	.90	
		222.00	1/4 cup cooked	.45	
	2-1/2-lb pkg	13.90	1/2 cup cooked	7.20	
		27.80	1/4 cup cooked	3.60	
	Pound	5.56	1/2 cup cooked	18.00	
		11.12	1/4 cup cooked	9.00	
PEAS, GREEN					
Fresh (shelled)	Pound	5.45	1/2 cup cooked	18.40	1 lb in pod = 0.38 lb ready-to-cook.
		10.90	1/4 cup cooked	9.20	
Canned	No. 10 can (105 oz)	22.40	1/2 cup vegetable	4.50	1 can = 67 oz drained vegetable.
		44.80	1/4 cup vegetable	2.25	
	Pound	3.42	1/2 cup vegetable	29.30	
Frozen	20-lb pkg	100.00	1/2 cup cooked	1.00	
		200.00	1/4 cup cooked	.50	
	2-1/2-lb pkg	12.60	1/2 cup cooked	7.95	
		25.20	1/4 cup cooked	4.00	
	Pound	5.05	1/2 cup cooked	19.80	
		10.10	1/4 cup cooked	9.90	
PEPPERS, GREEN					
Fresh	Pound	14.90	1/4 cup raw strips (about 1/6 of a large pepper)	6.75	1 lb AP = 0.82 lb ready-to-cook or serve raw.
	Pound	4.97	1/2 cup raw chopped or diced.	20.20	
		9.94	1/4 cup raw chopped or diced.	10.10	
	Pound	5.04	1/2 cup cooked strips	19.90	1 lb AP = 0.75 lb cooked.
		10.08	1/4 cup cooked strips	9.95	
Frozen (diced)	2-1/2-lb pkg	16.30	1/2 cup raw	6.15	
		32.60	1/4 cup raw	3.10	
	Pound	6.53	1/2 cup raw	15.40	
		13.06	1/4 cup raw	7.70	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
PEPPERS, SWEET (green or red)					
Canned (diced)	No. 10 can (102 oz)	19.60 39.20	1/2 cup vegetable 1/4 cup vegetable	5.10 2.55	1 can = 82 oz drained vegetable.
	Pound	3.08	1/2 cup vegetable	32.50	
PIMIENTOS					
Canned (chopped, diced, or whole)	No. 10 can (109 oz)	17.50 35.00	1/2 cup vegetable 1/4 cup vegetable	5.75 2.90	1 can = 70 oz drained vegetable.
	No. 2-1/2 can (28 oz)	5.02 10.04	1/2 cup vegetable 1/4 cup vegetable	20.00 10.00	
	Pound	2.58	1/2 cup vegetable	38.80	
PINEAPPLE					
Fresh	Pound	3.04 6.08	1/2 cup raw cubed 1/4 cup raw cubed	32.90 16.50	1 lb AP = 0.52 lb ready-to-serve raw.
Canned					
Chunks or tidbits	No. 10 can (107 oz)	23.70 47.40	1/2 cup fruit and juice 1/4 cup fruit and juice	4.25 2.15	1 can = about 9-1/4 cups (65 oz) drained fruit.
	No. 2-1/2 can (29 oz)	6.44 12.88	1/2 cup fruit and juice 1/4 cup fruit and juice	15.60 7.80	
	Pound	3.56	1/2 cup fruit and juice	28.10	
Crushed	No. 10 can (109 oz)	23.80 47.60	1/2 cup fruit and juice [illegible] cup fruit and juice	4.20 2.10	1 can = about 8-3/4 cups (78 oz) drained fruit.
	No. 2-1/2 can (30 oz)	6.55 13.10	1/2 cup fruit and juice 1/4 cup fruit and juice	15.30 7.65	
	Pound	3.49	1/2 cup fruit and juice	28.70	
Slices	No. 10 can (108 oz)	24.00	1/2 cup fruit and juice (about 1 large or 2 medium slices)	4.20	1 can = about 9-1/3 cups (61 oz) drained fruit.
	No. 2-1/2 can (29 oz)	6.56	1/2 cup fruit and juice (about 1 large or 2 medium slices)	15.30	
	Pound	3.56	1/2 cup fruit and juice	28.10	

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed. (See Method 1, page 8).

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
PINEAPPLE—Continued					
Frozen (chunks)	30-lb can	111.00	1/2 cup fruit, thawed	.90	
		222.00	1/4 cup fruit, thawed	.45	
	10-lb can	37.00	1/2 cup fruit, thawed	2.70	
		74.00	1/4 cup fruit, thawed	1.35	
	Pound	3.70	1/2 cup fruit, thawed	27.10	1 lb AP = 0.63 lb (1-1/2 cups), thawed fruit, drained.
		7.40	1/4 cup fruit, thawed	13.60	
PLUMS					
Fresh	Pound	4.00	2 small raw plums (about 1/2 cup)	25.00	1 lb AP = 0.94 lb ready-to-cook or serve raw.
	Pound	5.01	1/2 cup raw halved or sliced.	20.00	
		10.02	1/4 cup raw halved or sliced.	10.00	
	Pound	3.08	1/2 cup cooked halves, sugar added.	32.50	
		6.16	1/4 cup cooked halves, sugar added.	16.30	
Canned (purple, whole)	No. 10 can (108 oz)	23.80	1/2 cup fruit and puice	4.20	1 can = about 7-2/3 cups (60 oz) drained fruit.
		47.60	1/4 cup fruit and juice	2.10	
	No. 2-1/2 can (30 oz)	6.64	1/2 cup fruit and juice	15.10	
		13.28	1/4 cup fruit and juice	7.55	
	Pound	3.54	1/2 cup fruit and juice	28.20	
POTATOES, WHITE					
Fresh	Pound	4.00	1 medium whole baked (about 1/2 cup)	25.00	1 lb AP = 0.74 lb baked excl. skin.
	Pound	4.00	1 medium whole boiled (about 1/2 cup)	25.00	1 lb AP = 0.87 lb boiled excl. skin.
	Pound	4.79	1/2 cup pared, cooked, diced or sliced.	20.90	1 lb AP = 0.81 lb ready-to-cook pared.
		9.58	1/4 cup pared, cooked, diced or sliced.	10.50	
	Pound	3.45	1/2 cup cooked mashed	29.00	
		6.90	1/4 cup cooked mashed	14.50	
	Pound	3.45	1/2 cup sliced, scalloped	29.00	
		6.90	1/4 cup sliced, scalloped	14.50	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
POTATOES, WHITE —Continued					
Canned (small, whole)	No. 10 can (102 oz)	23.40	1/2 cup vegetable (about 5 potatoes)	4.30	1 can = 74 oz drained vegetable.
		46.80	1/4 cup vegetable	2.15	
	No. 2-1/2 can (29 oz)	6.01	1/2 cup vegetable	16.70	
		12.02	1/4 cup vegetable	8.35	
	Pound	3.67	1/2 cup vegetable	27.30	
Frozen					
French Fries—Regular Crinkle cut	30-lb case	220.00	1/2 cup heated (about 9 pieces, 3 inches long)	.45	
	5-lb pkg	36.80	1/2 cup heated	2.75	
		73.60	1/4 cup heated	1.40	
	Pound	7.36	1/2 cup heated	13.60	
Straight cut	30-lb case	230.00	1/2 cup heated (about 10 pieces, 3 inches long)	.43	
	5-lb pkg	38.40	1/2 cup heated	2.60	
		76.80	1/4 cup heated	1.30	
	Pound	7.69	1/2 cup heated	13.00	
French Fries—Shoestring Crinkle cut	27-lb case	213.00	1/2 cup heated (about 26 pieces, 3 inches long)	.47	
	4-1/2-lb pkg	35.50	1/2 cup heated	2.85	
		71.00	1/4 cup heated	1.45	
	Pound	7.91	1/2 cup heated	12.70	
Straight cut	27-lb case	237.00	1/2 cup heated (about 23 pieces, 3 inches long)	.42	
	4-1/2-lb pkg	39.50	1/2 cup heated	2.55	
		79.00	1/4 cup heated	1.30	
	Pound	8.78	1/2 cup heated	11.40	

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
POTATOES, WHITE FROZEN—Continued					
French Fries—Thin Crinkle cut	30-lb case	240.00	1/2 cup heated (about 11 pieces, 3 inches long)	.42	
	5-lb pkg	40.00	1/2 cup heated	2.50	
		80.00	1/4 cup heated	1.25	
	Pound	8.00	1/2 cup heated	12.50	
Straight cut	30-lb case	249.00	1/2 cup heated (about 14 pieces, 3 inches long)	.40	
	5-lb pkg	41.60	1/2 cup heated	2.40	
		83.20	1/4 cup heated	1.20	
	Pound	8.33	1/2 cup heated	12.00	
Hash Browns Diced	30-lb case	128.00	1/2 cup heated	.78	
		256.00	1/4 cup heated	.39	
	5-lb pkg	21.40	1/2 cup heated	4.70	
		42.80	1/4 cup heated	2.35	
	Pound	4.29	1/2 cup heated	23.40	
Shredded, preportioned (3 oz raw)	18-lb case	96.00	1 portion (about 1/2 cup heated)	1.05	1 case = 96 3-oz raw portions.
	15-lb case	80.00	1 portion (about 1/2 cup heated)	1.25	1 case = 80 3-oz raw portions.
	Pound	5.33	1 portion (about 1/2 cup heated)	18.80	
Potato Rounds*	30-lb case	196.00	1/2 cup heated (about 9 pieces)	.51	
	5-lb pkg	32.70	1/2 cup heated	3.10	
		65.40	1/4 cup heated	1.55	
	Pound	6.55	1/2 cup heated	15.30	
Dehydrated					
Low moisture Diced	No. 10 can (36 oz)	50.00	1/2 cup reconstituted	2.00	
		100.00	1/4 cup reconstituted	1.00	
	Pound	22.20	1/2 cup reconstituted	4.50	
		44.40	1/4 cup reconstituted	2.25	

* Shaped shredded potatoes available by brand names such as Tater Tots, etc.

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
POTATOES, WHITE —Continued					
Dehydrated—Continued					
Low Moisture—Continued					
Flakes	No. 10 can (40 oz)	60.70	1/2 cup reconstituted	1.65	
		121.40	1/4 cup reconstituted	.82	
	Pound	24.30	1/2 cup reconstituted	4.15	
		48.60	1/4 cup reconstituted	2.10	
Granules	No. 10 can (98 oz)	148.00	1/2 cup reconstituted	.68	
		296.00	1/4 cup reconstituted	.34	
	Pound	24.30	1/2 cup reconstituted	4.15	1 lb dry = about 2-1/4 cups.
		48.60	1/4 cup reconstituted	2.10	
Sliced	No. 10 can (20 oz)	25.00	1/2 cup reconstituted	4.00	
		50.00	1/4 cup reconstituted	2.00	
	Pound	20.00	1/2 cup reconstituted	5.00	
		40.00	1/4 cup reconstituted	2.50	
PRUNES, DRY					
Canned					
Market pack	No. 10 can (110 oz)	23.40	1/2 cup fruit and juice	4.30	1 can = about 10-1/4 cups (70 oz) drained fruit.
		46.80	1/4 cup fruit and juice	2.15	
	No. 2-1/2 can (30 oz)	6.40	1/2 cup fruit and juice	15.70	
		12.80	1/4 cup fruit and juice	7.85	
	Pound	3.41	1/2 cup fruit and juice	29.40	
Special purchase	No. 10 can (116 oz)	33.30	1/2 cup fruit and juice	3.00	1 can = 110 oz drained fruit.
		66.60	1/4 cup fruit and juice	1.50	
	Pound	4.60	1/2 cup fruit and juice	21.80	
Dehydrated					
Low moisture (pitted, whole)	No. 10 can (48 oz)	44.60	1/2 cup cooked, sugar added.	2.25	
		89.20	1/4 cup cooked, sugar added.	1.15	
	Pound	14.80	1/2 cup cooked, sugar added.	6.80	1 lb dry = about 3-3/4 cups.
		29.60	1/4 cup cooked, sugar added.	3.40	
Regular moisture (with pits)	Pound	9.83	6 medium prunes, dry (about 1/2 cup cooked fruit and juice)	10.20	1 lb dry = about 2-1/2 cups.
	Pound	9.51	1/2 cup cooked	10.60	
		19.02	1/4 cup cooked	5.30	
	Pound	11.30	1/2 cup cooked, sugar added.	8.85	
		22.60	1/4 cup cooked, sugar added.	4.45	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
PUMPKIN					
Fresh	Pound	2.36	1/2 cup cooked mashed	42.40	1 lb AP = 0.70 lb ready-to-cook.
		4.72	1/4 cup cooked mashed	21.20	
Canned	No. 10 can (106 oz)	24.50	1/2 cup vegetable	4.10	
		49.00	1/4 cup vegetable	2.05	
	No. 2-1/2 can (29 oz)	6.71	1/2 cup vegetable	14.90	
		13.42	1/4 cup vegetable	7.45	
	Pound	3.70	1/2 cup vegetable	27.10	
PUMPKIN PIE FILLING					
Canned	No. 10 can (112 oz)	24.00	1/2 cup vegetable	4.20	
		48.00	1/4 cup vegetable	2.10	
	Pound	3.43	1/2 cup vegetable	29.20	
RADISHES					
Fresh (without tops)	Pound	12.30	4 small radishes (about 1/4 cup)	8.15	1 lb without tops = 0.90 lb ready-to-serve raw.
	Pound	7.09	1/2 cup raw sliced	14.10	
		14.18	1/4 cup raw sliced	7.05	
RAISINS					
Dehydrated Regular moisture (seedless)	Pound	9.41	1/3 cup dry raisins (about 1/2 cup cooked fruit and juice)	10.70	1 lb dry = about 3 cups.
	Pound	9.12	1/2 cup cooked	11.00	
		18.24	1/4 cup cooked	5.50	
RASPBERRIES					
Fresh	Pint (.71 lb)	5.03	1/2 cup raw whole	19.90	1 pt AP = 2-1/2 cups (0.68 lb) ready-to-serve raw.
		10.06	1/4 cup raw whole	9.95	
	Pound	7.08	1/2 cup raw whole	14.20	1 lb AP = 0.96 lb ready-to-serve raw.
		14.16	1/4 cup raw whole	7.10	
Canned (red)	No. 10 can (108 oz)	25.20	1/2 cup fruit and juice	4.00	1 can = about 6 cups (53 oz) drained fru
		50.40	1/4 cup fruit and juice	2.00	
	Pound	3.74	1/2 cup fruit and juice	26.80	

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
RASPBERRIES—Continued					
Frozen	28-lb can	101.00	1/2 cup fruit and juice, thawed.	.99	
		202.00	1/4 cup fruit and juice, thawed.	.50	
	6-1/2-lb can	23.50	1/2 cup fruit and juice, thawed.	4.30	
		47.00	1/4 cup fruit and juice, thawed.	2.15	
	Pound	3.63	1/2 cup fruit and juice, thawed.	27.60	
		7.26	1/4 cup fruit and juice, thawed.	13.80	
RHUBARB					
Fresh (without leaves)	Pound	3.46	1/2 cup cooked, sugar added.	28.90	1 lb AP = 0.86 lb ready-to-cook.
		6.92	1/4 cup cooked, sugar added.	14.50	
Frozen	30-lb can	131.00	1/2 cup cooked, sugar added.	.76	
		262.00	1/4 cup cooked, sugar added.	.38	
	6-1/2-lb can	28.40	1/2 cup cooked, sugar added.	3.55	
		56.80	1/4 cup cooked, sugar added.	1.80	
	Pound	4.38	1/2 cup cooked, sugar added.	22.90	
		8.76	1/4 cup cooked, sugar added.	11.50	
RUTABAGAS					
Fresh	Pound	4.21	1/2 cup cooked cubed	23.80	1 lb AP = 0.85 lb ready-to-cook.
		8.42	1/4 cup cooked cubed	11.90	
	Pound	2.91	1/2 cup cooked mashed	34.40	
		5.82	1/4 cup cooked mashed	17.20	

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
SAUERKRAUT					
Canned	No. 10 can (99 oz)	24.60	1/2 cup vegetable	4.10	1 can = 80 oz drained vegetable.
		49.20	1/4 cup vegetable	2.05	
	No. 2-1/2 can (27 oz)	7.08	1/2 cup vegetable	14.20	
		14.16	1/4 cup vegetable	7.10	
	Pound	3.98	1/2 cup vegetable	25.20	
SPINACH					
Fresh (partly trimmed)	Pound	15.10	1/2 cup raw pieces	6.65	1 lb AP = 0.92 lb ready-to-cook or serve raw.
		30.20	1/4 cup raw pieces	3.35	
	Pound	10.10	1/2 cup for salad	9.90	
		20.20	1/4 cup for salad	4.95	
	Pound	5.00	1/2 cup cooked	20.00	
		10.00	1/4 cup cooked	10.00	
Canned	No. 10 can (98 oz)	14.90	1/2 cup vegetable	6.75	1 can = 58 oz drained vegetable.
		29.80	1/4 cup vegetable	3.40	
	No. 2-1/2 can (27 oz)	4.77	1/2 cup vegetable	21.00	
		9.54	1/4 cup vegetable	10.50	
	Pound	2.44	1/2 cup vegetable	41.00	
Frozen Chopped	3-lb pkg	10.20	1/2 cup cooked	9.80	
		20.40	1/4 cup cooked	4.90	
	Pound	3.40	1/2 cup cooked	29.50	
		6.80	1/4 cup cooked	14.80	
Whole leaf	3-lb pkg	11.00	1/2 cup cooked	9.10	
		22.00	1/4 cup cooked	4.5[illegible]	
	Pound	3.68	1/2 cup cooked	27.[illegible]	
		7.36	1/4 cup cooked	13.60	
SQUASH, SUMMER					
Fresh	Pound	3.06	1/2 cup cooked mashed	32.70	1 lb AP = 0.95 lb ready to-cook.
		6.12	1/4 cup cooked mashed	16.40	
	Pound	4.08	1/2 cup cooked sliced	24.60	1 lb AP = 0.[illegible]1 lb cooke
		8.16	1/4 cup cooked sliced	12.30	
Canned (sliced)	No. 10 can (105 oz)	19.90	1/2 cup vegetable	5.05	1 can = 70 oz drained vegetable.
		39.80	1/4 cup vegetable	2.55	
	Pound	3.04	1/2 cup vegetable	32.90	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
SQUASH, SUMMER —Continued					
Frozen					
Yellow (sliced)	2-1/2-lb pkg	11.00	1/2 cup cooked	9.10	
		22.00	1/4 cup cooked	4.55	
	Pound	4.41	1/2 cup cooked	22.70	
		8.82	1/4 cup cooked	11.40	
Zucchini (sliced)	2-1/2-lb pkg	9.03	1/2 cup cooked	11.10	
		18.06	1/4 cup cooked	5.55	
	Pound	3.61	1/2 cup cooked	27.70	
		7.22	1/4 cup cooked	13.90	
SQUASH, WINTER					
Fresh					
Acorn	1 squash (1/2 lb)	2.00	1/2 small squash baked in skin (about 1/4 cup vegetable).	50.00	
	Pound	2.04	1/2 cup cooked	49.10	1 lb AP = 0.88 lb ready-to-cook in skin.
		4.08	1/4 cup cooked	24.60	
Butternut	Pound	3.90	1/2 cup cooked cubed	25.70	1 lb AP = 0.86 lb ready-to-cook pared.
		7.80	1/4 cup cooked cubed	12.90	
	Pound	2.78	1/2 cup cooked mashed	36.00	
		5.56	1/4 cup cooked mashed	18.00	
Hubbard	Pound	2.24	1/2 cup cooked cubed	44.70	1 lb AP = 0.66 lb ready-to-cook pared.
		4.48	1/4 cup cooked cubed	22.40	
	Pound	2.11	1/2 cup cooked mashed	47.40	
		4.22	1/4 cup cooked mashed	23.70	
Canned (mashed)	No. 10 can (106 oz)	25.30	1/2 cup vegetable	3.95	
		50.60	1/4 cup vegetable	2.00	
	No. 2-1/2 can (29 oz)	6.94	1/2 cup vegetable	14.50	
		13.88	1/4 cup vegetable	7.20	
	Pound	3.83	1/2 cup vegetable	26.20	
Frozen (mashed)	2-1/2-lb pkg	9.03	1/2 cup cooked	11.10	
		18.06	1/4 cup cooked	5.55	
	Pound	3.61	1/2 cup cooked	27.70	
		7.22	1/4 cup cooked	13.90	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
STRAWBERRIES					
Fresh	Quart (1.57 lb)	8.50	1/2 cup raw whole	11.80	1 qt AP = 4-1/4 cups (1.40 lb) ready-to-serve raw.
		17.00	1/4 cup raw whole	5.90	
	Pound	5.41	1/2 cup raw whole	18.50	1 lb AP = 0.89 lb ready-to-serve raw.
		10.82	1/4 cup raw whole	9.25	
Canned	No. 10 can (108 oz)	25.20	1/2 cup fruit and juice	4.00	
		50.40	1/4 cup fruit and juice	2.00	
	Pound	3.75	1/2 cup fruit and juice	26.70	
Frozen (whole or sliced)	30-lb can	106.00	1/2 cup fruit and juice, thawed.	.94	
		212.00	1/4 cup fruit and juice, thawed.	.47	
	10-lb can	35.50	1/2 cup fruit and juice, thawed.	2.85	
		71.00	1/4 cup fruit and juice, thawed.	1.45	
	6-lb can	21.30	1/2 cup fruit and juice, thawed.	4.70	
		42.60	1/4 cup fruit and juice, thawed.	2.35	
	Pound	3.56	1/2 cup fruit and juice, thawed.	28.10	
		7.12	1/4 cup fruit and juice, thawed.	14.10	
SUCCOTASH					
Canned	No. 10 can (105 oz)	20.10	1/2 cup vegetable	5.00	1 can = 70 oz drained vegetable.
		40.20	1/4 cup vegetable	2.50	
	Pound	3.06	1/2 cup vegetable	32.70	
Frozen	20-lb pkg	113.00	1/2 cup cooked	.88	
		226.00	1/4 cup cooked	.44	
	2-1/2-lb pkg	14.10	1/2 cup cooked	7.10	
		28.20	1/4 cup cooked	3.55	
	Pound	5.65	1/2 cup cooked	17.70	
		11.30	1/4 cup cooked	8.85	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
SWEETPOTATOES					
Fresh	Pound	4.00	1/2 medium baked (about 1/3 cup vegetable)	25.00	1 lb AP = 0.61 lb baked excl. skin.
	Pound	2.88	1/2 cup cooked mashed	34.80	1 lb AP = 0.81 lb cooked mashed.
		5.76	1/4 cup cooked mashed	17.40	
	Pound	3.69	1/2 cup cooked sliced	27.10	
		7.38	1/4 cup cooked sliced	13.60	
Canned					
Sirup pack	No. 10 can (102 oz)	21.90	1/2 cup vegetable	4.60	1 can = 72 oz drained vegetable.
		43.80	1/4 cup vegetable	2.30	
	No. 3 vacuum (23 oz)	4.57	1/2 cup vegetable	21.90	
		9.14	1/4 cup vegetable	11.00	
	Pound	3.44	1/2 cup vegetable	29.10	
Vacuum pack	No. 3 vacuum (17 oz)	4.43	1/2 cup vegetable	22.60	
		8.86	1/4 cup vegetable	11.30	
	Pound	4.17	1/2 cup vegetable	24.00	
Frozen (sliced or whole)	3-lb pkg	13.30	1/2 cup cooked	7.55	
		26.60	1/4 cup cooked	3.80	
	Pound	4.45	1/2 cup cooked	22.50	
		8.90	1/4 cup cooked	11.30	
Dehydrated					
Low moisture (flakes)	No. 10 can (56 oz)	32.40	1/2 cup reconstituted	3.10	
		64.80	1/4 cup reconstituted	1.55	
	Pound	9.28	1/2 cup reconstituted	10.80	1 lb dry = about 3-3/4 cups.
		18.56	1/4 cup reconstituted	5.40	
TANGERINES					
Fresh	Pound	4.00	1 medium tangerine (about 1/2 cup fruit and juice)	25.00	1 lb AP = 0.74 lb ready-to-serve.
	Pound	3.44	1/2 cup sections	29.10	
		6.88	1/4 cup sections	14.60	
TOMATOES					
Fresh	Pound	4.00	1 small tomato (about 1/2 cup)	25.00	1 lb AP = 0.91 lb ready-to-serve raw.
	Pound	4.51	1/2 cup raw diced or sliced.	22.20	
		9.02	1/4 cup raw diced or sliced.	11.10	

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
TOMATOES—Continued					
Canned	No. 10 can (102 oz)	24.00 48.00	1/2 cup vegetable 1/4 cup vegetable	4.20 2.10	
	No. 2-1/2 can (28 oz)	6.59 13.18	1/2 cup vegetable 1/4 cup vegetable	15.20 7.60	
	Pound	3.76	1/2 cup vegetable	26.60	
TOMATO PASTE Canned	No. 10 can (111 oz)	24.00 48.00	1/2 cup vegetable 1/4 cup vegetable	4.20 2.10	
	Pound	3.46	1/2 cup vegetable	28.90	
	No. 10 can (111 oz)	96.00	1/2 cup reconstituted tomato juice.	1.05	1 No. 10 can paste + 4 cans water = 48 cups tomato juice.
		192.00	1/4 cup reconstituted tomato juice.	.52	1 No. 10 can paste + 1 can water = 24 cups tomato puree.
	Pound	14.52	1/2 cup reconstituted tomato juice.	6.90	
TOMATO PUREE Canned	No. 10 can (105 oz)	24.00 48.00	1/2 cup vegetable 1/4 cup vegetable	4.20 2.10	
	Pound	3.63	1/2 cup vegetable	27.60	
	No. 10 can (105 oz)	48.00	1/2 cup reconstituted tomato juice.	2.10	1 No. 10 can puree + 1 can water = 24 cups tomato juice.
		96.00	1/4 cup reconstituted tomato juice.	1.05	
	Pound	7.26	1/2 cup reconstituted tomato juice.	13.80	
TOMATO SAUCE Canned	No. 10 can (106 oz)	24.00 48.00	1/2 cup vegetable 1/4 cup vegetable	4.20 2.10	
	No. 2-1/2 can (29 oz)	6.59 13.18	1/2 cup vegetable 1/4 cup vegetable	15.20 7.60	
	Pound	3.76	1/2 cup vegetable	26.60	
TURNIP GREENS Fresh (untrimmed)	Pound	3.00 6.00	1/2 cup cooked 1/4 cup cooked	33.40 16.70	1 lb AP = 0.64 lb ready-to-cook.
Canned	No. 10 can (98 oz)	14.60 29.20	1/2 cup vegetable 1/4 cup vegetable	6.85 3.4[illegible]	1 can = 58 oz drained vegetable.
	No. 2-1/2 can (27 oz)	4.65 9.30	1/2 cup vegetable 1/4 cup vegetable	21.60 10.80	
	Pound	2.38	1/2 cup vegetable	42.10	

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
TURNIP GREENS—Continued					
Frozen (chopped or whole leaf)	3-lb pkg	13.80	1/2 cup cooked	7.25	
		27.60	1/4 cup cooked	3.65	
	Pound	4.62	1/2 cup cooked	21.70	
		9.24	1/4 cup cooked	10.90	
TURNIPS					
Fresh (without tops)	Pound	5.51	1/2 cup raw cubed or diced.	18.20	1 lb AP = 0.81 lb ready-to-cook or serve raw.
		11.02	1/4 cup raw cubed or diced.	9.10	
	Pound	4.50	1/2 cup cooked cubed	22.30	1 lb AP = 0.77 lb cooked.
		9.00	1/4 cup cooked cubed	11.20	
	Pound	3.03	1/2 cup cooked mashed	33.00	
		6.06	1/4 cup cooked mashed	16.50	
VEGETABLES, MIXED					
Canned	No. 10 can (104 oz)	24.50	1/2 cup vegetable	4.10	1 can = 70 oz drained vegetable.
		49.00	1/4 cup vegetable	2.05	
	Pound	3.78	1/2 cup vegetable	26.50	
Frozen	20-lb pkg	97.60	1/2 cup cooked	1.05	
		195.20	1/4 cup cooked	.51	
	2-1/2-lb pkg	12.20	1/2 cup cooked	8.20	
		24.40	1/4 cup cooked	4.10	
	Pound	4.88	1/2 cup cooked	20.50	
		9.76	1/4 cup cooked	10.30	
WATERCRESS					
Fresh	Pound	23.70	1/2 cup raw sprigs or pieces.	4.25	1 lb AP = 0.92 lb ready-to-serve raw.
WATERMELON					
Fresh	Melon (7 lb)	16.00	1/16 of a melon (about 1/2 cup fruit)	6.25	
	Pound	2.67	1/2 cup cubed	37.50	1 lb AP = 0.47 lb ready-to-serve raw.
		5.34	1/4 cup cubed	18.80	

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left; then multiply this number by the number of servings needed (See Method 1, page 8).

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
JUICES					
Canned*					
Single strength (100% juice)	No. 10 can (96 fl oz)	24.00	1/2 cup juice	4.20	1 can = 12 cups juice.
		48.00	1/4 cup juice	2.10	
Any vegetable or fruit (such as apple, apricot, cranberry, grapefruit, lemon, orange, pineapple, tomato, vegetable)	No. 3 Cyl (46 fl oz)	11.50	1/2 cup juice	8.70	
		23.00	1/4 cup juice	4.35	
	No. 2 Cyl (23 fl oz)	5.75	1/2 cup juice	17.40	
		11.50	1/4 cup juice	8.70	
Half strength (50% juice)	No. 10 can (96 fl oz)	96.00	1/2 cup reconstituted juice drink. (1/4 cup juice)	1.05	1 can reconstituted = 48 cups juice drink. Reconstitute 1 part juice with not more than 3 parts water.
Any vegetable or fruit (such as orange, pineapple)	No. 3 Cyl (46 fl oz)	46.00	1/2 cup reconstituted juice drink. (1/4 cup juice)	2.20	
Frozen*					
Concentrated (1 part juice to 3 parts water)	32-fl oz can (about 38 oz)	32.00	1/2 cup reconstituted juice.	3.15	1 can reconstituted = 16 cups (128 fl oz). Reconstitute 1 part juice with not more than 3 parts water.
		64.00	1/4 cup reconstituted juice.	1.60	
Any fruit (such as grape, grapefruit, orange and grapefruit, pineapple, tangerine)	12-fl oz can (about 14 oz)	12.00	1/2 cup reconstituted juice.	8.35	1 can reconstituted = 6 cups (48 fl oz).
		24.00	1/4 cup reconstituted juice.	4.20	
	6-fl oz can (about 7 oz)	6.00	1/2 cup reconstituted juice.	16.70	1 can reconstituted = 3 cups (24 fl oz).
		12.00	1/4 cup reconstituted juice.	8.35	

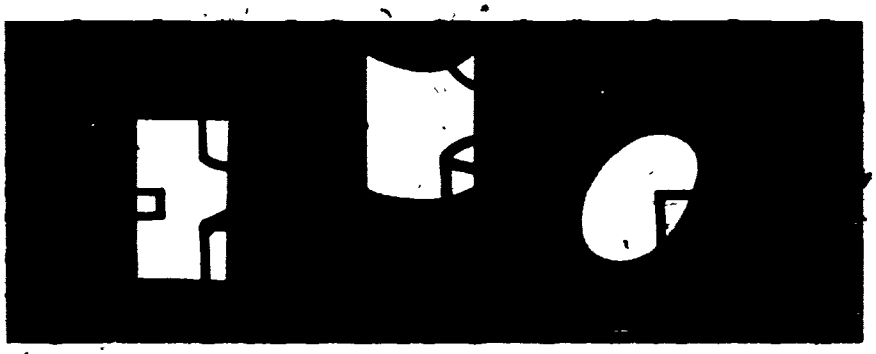
* The canned and frozen juices listed in column 1 are usually available in the can sizes listed in column 2.

VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
SOUPS, CANNED					
Condensed soups* (1 part soup to 1 part water)					
• Clam chowder • Minestrone • Tomato	No. 3 Cyl (about 50 oz)	11.00	1 cup reconstituted (about 1/4 cup vegetable)	9.10	Reconstitute 1 part soup with not more than 1 part water.
• Tomato with other basic components such as rice.	Pound	3.68	1 cup reconstituted (about 1/4 cup vegetable)	27.20	
• Vegetable (all vegetable)					
• Vegetable with other basic components such as meat or poultry.					
Ready-to-serve soups*					
• Clam chowder • Minestrone • Tomato	8-oz can (1 cup)	1.00	1 cup serving (about 1/4 cup vegetable)	100.00	
• Tomato with other basic components such as rice.					
• Vegetable (all vegetable)					
• Vegetable with other basic components such as meat or poultry.					

* The canned soups listed in column 1 are usually available in the can sizes listed in column 2.

Other Foods



CONTENTS

	Page
Catsup, Chili Sauce, Mustard	77
Cereal Products	77
Crackers	78
Dairy Products	78
Marshmallows	79
Nuts	79
Pickles and Relishes	80
Potato Chips and Sticks	80
Preserves and Sirups	80
Salad Dressings	80
Vegetables for Seasoning, Dry	81
Yeast	83

OTHER FOODS

The foods in this section are used in many ways in Type A lunches. Although these foods are not specified in the Type A pattern, they are customarily used to help round out the lunch, improve acceptability, and satisfy children's appetites.

Many of these foods supply extra calories which help to meet the energy needs of growing boys and girls. Some of these foods also contribute varying amounts of nutrients such as protein, vitamins, and minerals essential for good nutrition. Thus, OTHER FOODS help to meet the nutritional goal of the Type A lunch which will make a significant contribution toward the daily dietary allowances recommended by the National Research Council for 10- to 12-year-old boys and girls.

The cornmeal, rice, and white flour donated to schools under the National School Lunch Act are enriched with vitamins and minerals in compliance with the regulations promulgated under the Federal Food, Drug, and Cosmetic Act. When these foods and other cereal products such as macaroni, noodles, and spaghetti are purchased by schools, they should be in the enriched form so they will contribute additional vitamins and minerals essential for good nutrition.

Dry vegetables that are used for seasoning are included in this section. The number of cups of dry vegetable in a pound or another purchase unit is shown. The amounts to use for flavoring in place of the fresh product are given in column 6.

Foods other than those listed in this section are often used in Type A lunches. Primarily, the foods included are those for which yield information is needed in planning and preparing lunches.

Special Purchase and Market Pack in Column 1 Are Defined As:

- Special purchase—applies only to USDA-donated foods not normally available on the market.
- Market pack—refers to foods that are available on the market.

OTHER FOODS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
CATSUP, CHILI SAUCE, MUSTARD					
CATSUP, TOMATO	No. 10 can (115 oz)	12.00 96.00	1 cup 2 tablespoons	8.35 1.05	
	Pound	1.67	1 cup	59.90	
CHILI SAUCE	No. 10 can (105 oz)	12.00 96.00	1 cup 2 tablespoons	8.35 1.05	
	Pound	1.83	1 cup	54.70	
MUSTARD, PREPARED	1 gallon (about 140 oz)	16.00 128.00	1 cup 2 tablespoons	6.25 .78	
	Pound	1.81	1 cup	55.30	
CEREAL PRODUCTS					
BULGUR, CRACKED WHEAT (special purchase)	Pound	19.00	1/2 cup cooked	5.30	1 lb dry = about 2-3/4 cups.
CORNMEAL	Pound	23.70	1/2 cup cooked	4.25	1 lb dry = about 3 cups.
FARINA	Pound	32.50	1/2 cup cooked	3.10	1 lb dry = about 2-1/3 cups.
GRITS, CORN	Pound	22.70	1/2 cup cooked	4.45	1 lb dry = about 2-3/4 cups.
MACARONI, ELBOW	Pound	22.60	1/2 cup cooked	4.45	1 lb dry = about 3-2/3 cups.
NOODLES	Pound	17.60	1/2 cup cooked	5.70	1 lb. dry = about 7-1/4 cups.
OATS, ROLLED					
Market pack	Pound	24.70	1/2 cup cooked	4.05	1 lb. dry = about 5-2/3 cups.
Special purchase	Pound	24.20	1/2 cup cooked	4.15	1 lb dry = about 5 cups.
RICE					
Market pack					
Long grain	Pound	15.50	1/2 cup cooked	6.45	1 lb dry = about 2-1/2 cups.
Parboiled	Pound	17.90	1/2 cup cooked	5.60	1 lb dry = about 2-1/2 cups.
Special purchase	Pound	17.00	1/2 cup cooked	5.90	1 lb dry = about 2-1/4 cups.

OTHER FOODS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
CEREAL PRODUCTS —Continued					
SPAGHETTI	Pound	18.10	1/2 cup cooked	5.55	1 lb dry = about 5 cups.
WHEAT, ROLLED (special purchase)	Pound	21.00	1/2 cup cooked	4.80	1 lb dry = about 5-1/3 cups.
CRACKERS					
GRAHAM	Pound	30.00	2 crackers (2-1/2 inches square)	3.35	
SALTINES	Pound	28.00	4 crackers (2 inches square)	3.60	
SODA	Pound	41.00	2 crackers (2-1/2 inches square)	2.45	
DAIRY PRODUCTS					
CREAM					
Light	Quart	32.00	2 tablespoons	3.15	
Heavy	Quart	100.00	1-1/4 tablespoons whipped.	1.00	Volume doubles when whipped.
CREAM CHEESE	Pound	15.60	2 tablespoons	6.45	
ICE CREAM					
Brick	Quart	8.00	1 slice (1/2 cup)	12.50	
Bulk	Gallon	25.00	1/3 cup serving (No. 12 scoop)	4.00	
Container (individual)	3-ounce cup	1.00	1 container	[illegible].00	
MILK					
Dry					
Whole	Pound	14.20	1 cup reconstituted	7.05	1 qt (18 oz) dry + 3-1/2 qt water = 1 gal fluid whole milk.
Nonfat Instant	Pound	18.20	1 cup reconstituted	5.50	5-1/3 cups (14 oz) dry + 3-3/4 qt water = 1 gal fluid skim milk.
Non-instant (special purchase)	Pound	18.20	1 cup reconstituted	5.50	3 cups (14 oz) dry + 3-3/4 qt water = 1 gal fluid skim milk.

OTHER FOODS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
DAIRY PRODUCTS —Continued					
MILK—Continued					
Evaporated	No. 10 can (128 oz)	28.00	1 cup reconstituted	3.60	Dilute 1 part evaporated milk with 1 part water.
	Pound	3.50	1 cup reconstituted	28.60	
MARSHMALLOWS					
MARSHMALLOWS	Pound	40.00	2 large marshmallows	2.50	
NUTS					
ALMONDS (shelled)	Pound	3.48	1 cup chopped nutmeats	28.80	1 lb in shell = about 0.40 lb (1-1/3 cups) nut meats.
BRAZIL NUTS (shelled)	Pound	3.24	1 cup whole nutmeats	30.90	1 lb in shell = about 0.48 lb (1-1/2 cups) nutmeats.
CASHEWS, ROASTED (shelled)	Pound	3.24	1 cup chopped nutmeats	30.90	
COCONUT					
Fresh (in shell)	Pound	2.95	1 cup grated	33.90	1 lb AP = 0.52 lb ready-to-serve.
Canned, dried, or frozen	Pound	5.33	1 cup shredded	18.80	
FILBERTS (shelled)	Pound	3.94	1 cup chopped nutmeats	25.40	1 lb in shell = about 0.46 lb (1-3/4 cups) nutmeats.
PEANUTS, ROASTED (shelled)	Pound	3.15	1 cup chopped nutmeats	31.80	1 lb in shell = about 0.68 lb (2-1/4 cups) nutmeats.
PECANS (shelled)	Pound	3.85	1 cup chopped nutmeats	26.00	1 lb in shell = about 0.53 lb (2 cups) nutmeats.
WALNUTS, BLACK (shelled)	Pound	3.63	1 cup chopped nutmeats	27.60	1 lb in shell = about 0.22 lb (3/4 cup) nutmeats.
WALNUTS, ENGLISH (shelled)	Pound	3.78	1 cup chopped nutmeats	26.50	1 lb in shell = about 0.45 lb (1-3/4 cups) nutmeats.

OTHER FOODS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
PICKLES AND RELISHES					
PICKLES					
Gherkin	Gallon	112.00	2 pickles	.89	
Large	Gallon	100.00	1/4 pickle	1.00	
Small	Gallon	80.00	1 pickle	1.25	
PICKLE RELISH	Gallon	128.00	2 tablespoons	.78	
	Pound	14.80	2 tablespoons	6.80	
POTATO CHIPS AND STICKS					
POTATO CHIPS	Pound	32.00	1/2 ounce (about 2/3 cup)	3.15	
	3/4-oz pkg	1.00	1 package (about 2/3 cup)	100.00	
POTATO STICKS	Pound	32.00	1/2 ounce (about 1/2 cup)	3.15	
PRESERVES AND SIRUPS					
HONEY, STRAINED	Pound	1.34 10.60	1 cup 2 tablespoons	74.70 9.45	
JAMS, JELLIES, PRESERVES	No. 10 can (about 144 oz)	12.00 192.00	1 cup 1 tablespoon	8.35 .52	
SIRUPS (cane, maple, molasses)	Gallon (about 176 oz)	16.00 128.00	1 cup 2 tablespoons	6.25 .78	
SALAD DRESSINGS					
COOKED	Gallon	16.00	1 cup	6.25	
	Quart	64.00	1 tablespoon	1.60	
FRENCH	Gallon	16.00	1 cup	6.25	
	Quart	64.00	1 tablespoon	1.60	
MAYONNAISE	Gallon	16.00	1 cup	6.25	
	Quart	64.00	1 tablespoon	1.60	

OTHER FOODS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
VEGETABLES FOR SEASONING, DRY					
CARROTS					
Diced	Pound	5.33	1 cup dry		
	No. 10 can (36 oz)	12.00	1 cup dry		
Sliced	Pound	8.00	1 cup dry		
	No. 10 can (24 oz)	12.00	1 cup dry		
CELERY (flakes)	Ounce	1.39	1 cup dry		For flavor, use 1 oz dry in place of 22 oz (5-1/4 cups) fresh chopped celery.
	Pound	22.20	1 cup dry		
CHIVES Chopped (freeze-dried)	Ounce	3.47	1 cup dry		
	Pound	55.50	1 cup dry		
GARLIC (minced)	Ounce	2.96	1 tablespoon dry		For flavor, use 1 oz dry in place of 3 oz (1-1/2 cups) fresh minced garlic.
	Pound	2.96	1 cup dry		
MIXED VEGETABLES (flakes)	Ounce	6.88	1 tablespoon dry		
	Pound	6.88	1 cup dry		
ONIONS Chopped or minced	Ounce	3.96	1 tablespoon dry		For flavor, use 1 oz dry in place of 7.7 oz (1-1/4 cups) fresh chopped onion.
	Pound	3.96	1 cup dry		
	No. 10 can (28 oz)	6.93	1 cup dry		
Sliced	Ounce	6.67	1 tablespoon dry		For flavor, use 1 oz dry in place of 8.5 oz (2 cups) fresh sliced onion.
	Pound	6.67	1 cup dry		
	No. 10 can (28 oz)	11.60	1 cup dry		

OTHER FOODS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
VEGETABLES FOR SEASONING, DRY **—Continued**					
PARSLEY (flakes)	Ounce	1.27	1 cup dry		For flavor, use 1 oz dry in place of 20 oz (9-1/4 cups) fresh chopped parsley.
	Pound	20.30	1 cup dry		
	No. 2-1/2 can (1.50 oz)	1.90	1 cup dry		
PEPPER					
Green (flakes)	Ounce	12.10	1 tablespoon dry		For flavor, use 1 oz dry in place of 12 oz (2-1/4 cups) fresh chopped pepper.
	Pound	12.10	1 cup dry		
	No. 2-1/2 can (4.25 oz)	3.22	1 cup dry		
Mixed (green and red flakes)	Ounce	10.30	1 tablespoon dry		
	Pound	10.30	1 cup dry		
	No. 2-1/2 can (5.40 oz)	3.50	1 cup dry		
Red (flakes)	Ounce	7.48	1 tablespoon dry		
	Pound	7.48	1 cup dry		
	No. 2-1/2 can (7.50 oz)	3.50	1 cup dry		
TOMATOES (flakes)	Ounce	7.48	1 tablespoon dry		
	Pound	7.48	1 cup dry		
	No. 2-1/2 can (7.50 oz)	3.50	1 cup dry		

NOTE: To determine the quantity of food to buy for the number of servings needed in a school, move the decimal in column 5 two places to the left, then multiply this number by the number of servings needed (See Method 1, page 8).

OTHER FOODS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
YEAST					
ACTIVE DRY	Pound		As needed		1 lb = about 3 cups.
	8 packages (2.24 oz)		As needed		8 packages = about 1/2 cup.
	1 package (0.28 oz)		As needed		1 package = about 1 tablespoon.
COMPRESSED	Pound		As needed		1 lb = about 2 cups.
	8 cakes (4.80 oz)		As needed		8 cakes = about 2/3 cup.
	1 cake (0.60 oz)		As needed		1 cake = about 4 teaspoons, packed.

INDEX OF FOODS

	Page
A	
Almonds	79
Apples	
canned	39
dehydrated (low or regular moisture)	39
fresh	39
frozen	39
Applesauce	
canned	39
dehydrated (low moisture)	40
Apricots	
canned	40
dehydrated (low or regular moisture)	40
fresh	40
frozen	40
Asparagus	
canned	41
fresh	41
frozen	41
Avocados, fresh	41
B	
Bananas	
canned	42
fresh	42
Barbecue sauce with beef	23
Barbecue sauce with lamb	24
Barbecue sauce with pork	24
Barbecue sauce with veal	24
Barbecued beef	24
Barbecued lamb	24
Barbecued pork	24
Barbecued veal	24
Beans, dry	15
Beans, green or wax	
canned	42
fresh	42
frozen	42
Beans, lima	
canned	42
fresh	42
frozen	43
Bean soup, canned	15
Bean sprouts, canned	43
Beans with bacon in sauce	24
Beans with frankfurters in sauce	24
Beans with ham in sauce	24
Beef and dumplings with gravy	24
Beef and gravy with dumplings	24
Beef, dried	
chipped beef	17
Beef, fresh or frozen	
brisket, corned	16
brisket, fresh	16
ground beef	16
heart	16
kidney	16
liver	16
roasts or pot roasts	16
shortribs	16
steaks	17
stew meat	17
tongue	17
Beef hash	24
Beef salad	24
Beef stew	24

INDEX OF FOODS—Continued

	Page
Beef with barbecue sauce	24
Beef with gravy	25
Beef with natural juices, canned	25
Beet greens, fresh	43
Beets	
canned	43
fresh	43
Blackberries	
canned	44
fresh	44
frozen	44
Blackeye peas	
canned	44
fresh	44
frozen	44
Blueberries	
canned	44
fresh	44
frozen	45
Boned chicken, canned	21
Boned turkey, canned	35
Boysenberries, canned	45
Brazil nuts	79
Breads	11
Broccoli	
fresh	45
frozen	45
Brunswick stew	25
Brussels sprouts	
fresh	45
frozen	45
Bulgur, cracked wheat	77
Butter	12

C

	Page
Cabbage, celery or Chinese, fresh	46
Cabbage, fresh	46
Cabbage, red, canned	46
Cantaloup, fresh	46
Carrots	
canned	47
dry for seasoning	81
fresh	46
frozen	47
Cashews, roasted	79
Catsup, tomato	77
Cauliflower	
fresh	47
frozen	47
Celery	
dry for seasoning	81
fresh	47
Chard, Swiss, fresh	48
Cheese	
American or cheddar (process)	17
cheddar (natural)	17
cottage	17
mozzarella	17
Swiss	17
Cheese, cream	78
Cheese food	18
Cheese spread	18
Cherries	
canned	48
fresh	48
frozen	48
Chicken a la king	21

	Page
Chicken barbecue	22
Chicken food-products, canned or frozen	21
Chicken for combination dishes	20
Chicken, fresh or frozen	
frying chicken	18
frying chicken, frozen only	19
Chicken hash	22
Chicken noodles or dumplings	22
Chicken salad	22
Chicken with gravy	22
Chili con carne	25
Chili con carne with beans	25
Chili sauce	77
Chives, dry for seasoning	81
Chopped ham	25
Chopped meat with natural juices, canned	25
Clams	
canned, minced	32
fresh or frozen, shucked	30
Clam chowder, canned	74
Coconut	
canned	79
dried	79
fresh	79
frozen	79
Collards	
canned	48
fresh	48
frozen	48
Corn	
canned	49
fresh	49
frozen	49
Corned beef	25
Corned beef and cabbage	25
Corned beef hash	26
Cornmeal	77
Crab meat	
canned	32
fresh or frozen	30
Crackers	78
Cranberries, fresh	49
Cranberry relish or sauce, canned	49
Cream	78
Cream cheese	78
Creamed chicken	22
Creamed turkey	35
Cucumbers, fresh	50
D	
Dates, dehydrated (low or regular moisture)	50
Dry beans, canned	15
Dry peas	28
E	
Eggplant, fresh	50
Eggs	
dried whole eggs	22
fresh shell eggs	22
frozen whole eggs	22
Endive, chickory, escarole, fresh	50
F	
Farina	77
Figs	
canned	50
fresh	50
Filberts	79
Fish	
flaked, canned	32
whole, fresh or frozen	32

INDEX OF FOODS—Continued

	Page
Fish fillets, fresh or frozen	30
Fish portions, frozen	30
Fish steaks, fresh or frozen	31
Fish sticks, frozen	31
Frankfurters	23
French dressing	80
Fruit cocktail	
canned	50
dehydrated (low moisture)	51
Fruit dessert filling, dehydrated (low moisture)	51
Fruit for salad, canned	51
Fruit pie fillings, canned	51
G	
Garlic, dry for seasoning	81
Goulash	26
Graham crackers	78
Grapefruit and orange sections, canned	51
Grapefruit, fresh	51
Grapefruit sections	
canned	51
frozen	52
Grapes	
canned	52
fresh	52
Gravy and Swiss steak	26
Gravy with beef	26
Grits, corn	77
H	
Ham a la king	26
Ham salad	26
Ham spread	26
Ham with natural juices, canned	26
Honey, strained	80
Honeydew melon, fresh	52
I	
Ice cream	78
J	
Jams	80
Jellies	80
Juices, vegetable and fruit	
canned	73
frozen	73
K	
Kale	
canned	52
fresh	52
frozen	52
Kohlrabi, fresh	53
L	
Lamb, fresh or frozen	
chops, shoulder	23
ground lamb	23
roasts or pot roasts	23
stew meat	23
Lamb stew	26
Lemons, fresh	53
Lentils, dry	28
Lettuce, head, fresh	53
Lettuce, leaf, fresh	53
Lettuce, romaine, fresh	53
Lima beans with ham in sauce	26
Limes, fresh	53
Luncheon meats	23
M	
Macaroni, elbow	77
Mackerel, canned	32
Mangoes, fresh	53
Margarine, fortified	12
Marshmallows	79
Mayonnaise	80

INDEX OF FOODS—Continued

	Page
Meat food products, canned or frozen	23
Milk	
dry	78
evaporated	79
fluid whole	12
Mixed vegetables, dry for seasoning	81
Mushrooms	
canned	53
fresh	53
Mustard greens	
canned	54
fresh	54
frozen	54
Mustard, prepared	77
N	
Nectarines, fresh	54
Noodles	77
Nuts	79
O	
Oats, rolled	77
Okra	
canned	54
fresh	54
frozen	54
Okra with tomatoes, canned	54
Olives, canned	55
Onions, green, fresh	55
Onions, mature	
dry for seasoning	81
fresh or fresh, pearl	55
Oranges	
canned, Mandarin	56
fresh	56
Oysters	
canned	32
fresh or frozen, shucked	31
P	
Parsley	
dry for seasoning	82
fresh	56
Parsnips, fresh	56
Peaches	
canned	57
dehydrated (low and regular moisture)	57
fresh	56
frozen	57
Peanut butter	28
Peanuts, roasted	79
Pears	
canned	58
fresh	58
Peas and carrots	
canned	58
frozen	59
Peas and lentils, dry	28
Peas, dry	28
Peas, green	
canned	59
fresh	59
frozen	59
Pea soup, canned	28
Pecans	79
Peppers, green	
dry for seasoning, green, mixed, red	82
fresh	59
frozen	59
Peppers, sweet, canned	60
Pickle relish	80
Pickles	80
Pimientos, canned	60

INDEX OF FOODS—Continued

	Page
Pineapple	
canned	60
fresh	60
frozen	61
Plums	
canned	61
fresh	61
Pork and dressing	26
Pork, fresh and frozen	
chops, loin	28
ground pork	28
heart	29
liver	29
roasts	29
spareribs	29
Pork luncheon meat	26
Pork, mild cured	
ham	29
shoulder, Boston butt	30
shoulder, picnic	30
Pork salad	26
Pork stew	27
Pork with barbecue sauce	27
Pork with dressing and gravy	27
Pork with natural juices, canned	27
Potato chips	80
Potato sticks	80
Potatoes, white	
canned	62
dehydrated (low moisture)	63
fresh	61
frozen	62
Preserves	80
Prunes, dry	
canned	64
dehydrated (low and regular moisture)	64
Pumpkin	
canned	65
fresh	65
Pumpkin pie filling, canned	65
R	
Radishes, fresh	65
Raisins, dehydrated (low moisture)	65
Raspberries	
canned	65
fresh	65
frozen	66
Rhubarb	
fresh	66
frozen	66
Ri[illegible]	77
Roast beef hash	27
Rolls or bu[illegible]	11
Rutabagas, fre[illegible]	66
S	
Salad dressing, cooked	80
Salmon, canned	33
Salt cod, dried	33
Saltines	78
Sardines	
Maine, canned	32
Pacific, canned	33
Sauerkraut, canned	67
Sausage, bulk or link	[illegible]
Scalloped potatoes and ham	27

	Page
Scallops, fresh or frozen	31
Seafood	
canned	32
dried	33
fresh or frozen	30
Seafood cakes, frozen	32
Shrimp	
canned	33
fresh or frozen	32
Sirups	80
Sliced chicken with gravy	22
Sliced turkey with gravy	35
Soda crackers	78
Soups, canned	
dry bean	15
dry pea	28
with vegetable credit	74
Spaghetti	78
Spinach	
canned	67
fresh	67
frozen	67
Squash, summer	
canned	67
fresh	67
frozen	68
Squash, winter	
canned	68
fresh	68
frozen	68
Strawberries	
canned	69
fresh	69
frozen	69
Succotash	
canned	69
frozen	69
Sweetpotatoes	
canned	70
dehydrated (low moisture)	70
fresh	70
frozen	70
Swiss steak with gravy	27

T

Tangerines, fresh	70
Tomatoes	
canned	71
dry for seasoning	82
fresh	70
Tomato paste, canned	71
Tomato puree, canned	71
Tomato sauce, canned	71
Tuna, canned	33
Turkey a la king	35
Turkey barbecue	35
Turkey food products, canned or frozen	35
Turkey, cooked, diced	35
Turkey, fresh or frozen	
turkey	33
turkey giblets	34
turkey parts	34
turkey roasts or rolls	35
Turkey hash	35
Turkey noodles or dumplings	35
Turkey salad	36
Turkey with gravy	36

Page

Turnip greens ..
canned 71
fresh 71
frozen 72
Turnips, fresh 72

V

Veal, barbecued 24
Veal, fresh or frozen
chops, loin 36
cutlets, leg 36
ground veal 36
heart 36
liver, calf 36
roasts 36
steaks, chopped or cubed, frozen 36
stew meat 36
Veal salad 27
Veal stew 27
Vegetables, mixed
canned 72
dry for seasoning 81
frozen 72
Vienna sausage 27

W

Walnuts, black 79
Walnuts, English 79
Watercress, fresh 72
Watermelon, fresh 72
Wheat, rolled 78
Wieners (see frankfurter) 23

Y

Yeast, active dry, compressed 83

☆ U.S. GOVERNMENT PRINTING OFFICE : 1977 O—236-697