

# Food Buying Guide for Child Nutrition Programs

## Section 1

### Meat/Meat Alternates<sup>1</sup>

Section 1-Meat/Meat Alternates					
1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>BEANS, BLACK (TURTLE)</b>					
<b>Beans, Black (Turtle), dry, canned</b> <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (110 oz)	27.80	1/4 cup heated, drained beans	3.6	1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans
	No. 10 can (110 oz)	18.50	3/8 cup heated, drained beans	5.5	
	No. 300 can (15-1/2 oz)	5.91	1/4 cup heated, drained beans	17.0	
	No. 300 can (15-1/2 oz)	3.94	3/8 cup heated, drained beans	25.4	
<b>Beans, Black (Turtle), dry</b> <i>Whole</i>	Pound	18.30	1/4 cup cooked beans	5.5	1 lb dry = 2-1/4 cups dry beans
	Pound	12.20	3/8 cup cooked beans	8.2	
<b>BEANS, BLACK-EYED or PEAS</b>					
<b>Beans, Black-eyed (or Peas), dry, canned</b> <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (108 oz)	37.70	1/4 cup heated, drained beans	2.7	1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans
	No. 10 can (108 oz)	25.10	3/8 cup heated, drained beans	4.0	
	No. 300 can (15 oz)	4.91	1/4 cup heated, drained beans	20.4	
	No. 300 can (15 oz)	3.27	3/8 cup heated, drained beans	30.6	
<b>Beans, Black-eyed or (Peas), dry</b> <i>Whole</i> <i>Includes USDA Foods</i>	Pound	28.30	1/4 cup cooked beans	3.6	1 lb dry = about 2-3/4 cups dry beans
	Pound	18.80	3/8 cup cooked beans	5.4	

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

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<b>BEANS, GARBANZO or CHICKPEAS</b>					
<b>Beans, Garbanzo or Chickpeas, dry, canned</b> <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (105 oz)	42.00	1/4 cup drained beans	2.4	1 No. 10 can = about 68.4 oz (about 10-1/2 cups) drained, unheated beans
	No. 10 can (105 oz)	28.00	3/8 cup drained beans	3.6	
	No. 300 can (15 oz)	6.70	1/4 cup drained beans	15.0	1 No. 300 can = about 9.6 oz (1-2/3 cups) drained, unheated beans
	No. 300 can (15 oz)	4.46	3/8 cup drained beans	22.5	
	Pound	6.31	1/4 cup drained beans	15.9	
	Pound	4.20	3/8 cup drained beans	23.9	
<b>Beans, Garbanzo or Chickpeas, dry</b> <i>Whole</i>	Pound	24.60	1/4 cup cooked beans	4.1	1 lb dry = about 2-1/2 cups dry beans
	Pound	16.40	3/8 cup cooked beans	6.1	
<b>BEANS, GREAT NORTHERN</b>					
<b>Beans, Great Northern, dry, canned</b> <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (110 oz)	32.40	1/4 cup heated, drained beans	3.1	1 No. 10 can = about 68.5 oz (about 8-1/8 cups) heated, drained beans
	No. 10 can (110 oz)	21.60	3/8 cup heated, drained beans	4.7	
	No. 300 can (14 oz)	4.37	1/4 cup heated, drained beans	22.9	
	No. 300 can (14 oz)	2.91	3/8 cup heated, drained beans	34.4	
<b>Beans, Great Northern, dry</b> <i>Whole</i> <i>Includes USDA Foods</i>	Pound	25.50	1/4 cup cooked beans	4.0	1 lb dry = about 2-1/2 cups dry beans
	Pound	17.00	3/8 cup cooked beans	5.9	

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<b>BEANS, KIDNEY</b>					
<b>Beans, Kidney, dry, canned</b> <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (108 oz)	38.90	1/4 cup heated, drained beans	2.6	1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans
	No. 10 can (108 oz)	25.90	3/8 cup heated, drained beans	3.9	
	No. 10 can (108 oz)	43.40	1/4 cup drained beans	2.4	
	No. 10 can (108 oz)	28.90	3/8 cup drained beans	3.5	1 No. 10 can = about 71.0 oz (10-3/4 cups) drained, unheated beans
	No. 2-1/2 can (30 oz)	11.60	1/4 cup heated, drained beans	8.7	
	No. 2-1/2 can (30 oz)	7.73	3/8 cup heated, drained beans	13.0	
	No. 2-1/2 can (30 oz)	12.60	1/4 cup drained beans	8.0	
	No. 2-1/2 can (30 oz)	8.40	3/8 cup drained beans	12.0	
	No. 300 can (15-1/2 oz)	5.61	1/4 cup heated, drained beans	17.9	1 No. 300 can = about 9.5 oz (1-3/8 cups) heated, drained beans
	No. 300 can (15-1/2 oz)	3.74	3/8 cup heated, drained beans	26.8	
	No. 300 can (15-1/2 oz)	5.88	1/4 cup drained beans	17.1	1 No. 300 can = about 10.0 oz (1-3/8 cups) drained, unheated beans
No. 300 can (15-1/2 oz)	3.92	3/8 cup drained beans	25.6		
<b>Beans, Kidney, dry</b> <i>Whole</i> <i>Includes USDA Foods</i>	Pound	24.80	1/4 cup cooked beans	4.1	1 lb dry = about 2-1/2 cups dry beans
	Pound	16.50	3/8 cup cooked beans	6.1	

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<b>BEANS, LIMA</b>					
<b>Beans, Lima, dry, canned</b> <i>Green Whole Includes USDA Foods</i>	No. 10 can (105 oz)	42.40	1/4 cup heated, drained beans	2.4	1 No. 10 can = about 70.9 oz (11-3/4 cup) drained, unheated beans
	No. 10 can (105 oz)	28.20	3/8 cup heated, drained beans	3.6	
	No. 2-1/2 can (40 oz)	15.70	1/4 cup heated, drained beans	6.4	1 No. 2-1/2 can = about 27.0 oz (4-1/2 cups) drained, unheated beans
	No. 2-1/2 can (40 oz)	10.40	3/8 cup heated, drained beans	9.7	
	Pound	6.46	1/4 cup heated, drained beans	15.5	1 lb AP = about 11.0 oz (1-3/4 cups) drained, unheated beans
	Pound	4.30	3/8 cup heated, drained beans	23.3	
<b>Beans, Lima, dry</b> <i>Baby Whole Includes USDA Foods</i>	Pound	23.40	1/4 cup cooked beans	4.3	1 lb dry = about 2-3/8 cups dry beans
	Pound	15.60	3/8 cup cooked beans	6.5	
<b>Beans, Lima, dry</b> <i>Fordhook (large) Whole</i>	Pound	27.00	1/4 cup cooked beans	3.8	1 lb dry = about 2-5/8 cups dry beans
	Pound	18.00	3/8 cup cooked beans	5.6	
<b>BEANS, MUNG</b>					
<b>Beans, Mung, dry</b> <i>Whole</i>	Pound	28.10	1/4 cup cooked beans	3.6	1 lb dry = about 2-1/4 cups dry beans
	Pound	18.70	3/8 cup cooked beans	5.4	

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<b>BEANS, NAVY or PEA</b>					
<b>Beans, Navy or Pea, dry</b> <i>Whole</i> <i>Includes USDA Foods</i>	Pound	23.90	1/4 cup cooked beans	4.2	1 lb dry = about 2-1/4 cups dry beans
	Pound	15.90	3/8 cup cooked beans	6.3	
<b>BEANS, PINK</b>					
<b>Beans, Pink, dry, canned</b> <i>Includes USDA Foods</i>	No. 10 can (110 oz)	34.00	1/4 cup heated, drained beans	3.0	1 No. 10 can = about 12-1/4 cups drained, unheated beans or about 8-1/2 cups heated, drained beans
	No. 10 can (110 oz)	22.60	3/8 cup heated, drained beans	4.5	
<b>Beans, Pink, dry</b> <i>Includes USDA Foods</i>	Pound	19.30	1/4 cup cooked, drained beans	5.2	1 lb dry = 2-1/4 cups dry beans
	Pound	12.80	3/8 cup cooked, drained beans	7.9	
<b>BEANS, PINTO</b>					
<b>Beans, Pinto, dry, canned</b> <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (108 oz)	37.20	1/4 cup heated, drained beans	2.7	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans
	No. 10 can (108 oz)	24.80	3/8 cup heated, drained beans	4.1	
	Pound	5.51	1/4 cup heated, drained beans	18.2	
	Pound	3.67	3/8 cup heated, drained beans	27.3	

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<b>BEANS, PINTO<sup>2</sup> (continued)</b>					
<b>Beans, Pinto, dry</b> <i>Whole</i> <i>Includes USDA Foods</i>	Pound	21.00	1/4 cup cooked, drained beans	4.8	1 lb dry = 2-3/8 cups dry beans
	Pound	14.00	3/8 cup cooked, drained beans	7.2	
<b>Beans, Pinto, Dehydrated<sup>2</sup></b>	Pound	21.70	1/4 cup cooked beans	4.7	1 lb AP = 3-3/4 cups dehydrated beans
	Pound	14.40	3/8 cup cooked beans	7.0	1 lb AP = about 5-1/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1
<b>BEANS, RED, SMALL</b>					
<b>Beans, Red, Small, dry, canned</b> <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (111 oz)	31.90	1/4 cup heated, drained beans	3.2	1 No. 10 can = about 71.2 oz (8 cups) heated, drained beans
	No. 10 can (111 oz)	21.20	3/8 cup heated, drained beans	4.8	
	No. 300 can (15-1/2 oz)	4.94	1/4 cup heated, drained beans	20.3	1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans
	No. 300 can (15-1/2 oz)	3.29	3/8 cup heated, drained beans	30.4	
<b>Beans, Red, Small, dry</b> <i>Whole</i> <i>Includes USDA Foods</i>	Pound	20.40	1/4 cup cooked, drained beans	5.0	1 lb dry = about 2-1/8 cups dry beans
	Pound	13.60	3/8 cup cooked, drained beans	7.4	
<b>BEANS, SOY</b>					

<sup>2</sup> Dehydrated pinto beans are whole dry beans that have been cooked and then dehydrated.

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<b>Beans, Soy, dry, canned</b>	Pound	7.30	1/4 cup heated, drained beans	13.7	
	Pound	4.86	3/8 cup heated, drained beans	20.6	
<b>Beans, Soy, dry</b>	Pound	25.90	1/4 cup cooked, drained beans	3.9	1 lb dry = about 2-1/2 cups dry beans
	Pound	17.20	3/8 cup cooked, drained beans	5.9	
<b>Beans, Soy, fresh (Edamame) Shelled</b>	Pound	10.70	1/4 cup cooked, drained vegetable	9.4	
	Pound	7.13	3/8 cup cooked, drained vegetable	14.1	
<b>Beans, Soy, fresh (Edamame) Whole In shell</b>	Pound	6.90	1/4 cup cooked, drained, shelled vegetable	14.5	1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans
	Pound	4.60	3/8 cup cooked, drained vegetable	21.75	
<b>BEAN PRODUCTS</b>					
<b>Bean Products, dry beans, canned Beans Baked or in Sauce with Pork</b>	No. 10 can (110 oz)	48.90	1/4 cup heated beans	2.1	
	No. 10 can (110 oz)	32.60	3/8 cup heated beans	3.1	
	No. 2-1/2 can (30 oz)	13.30	1/4 cup heated beans	7.6	
	No. 2-1/2 can (30 oz)	8.86	3/8 cup heated beans	11.3	
	No. 300 can (16 oz)	7.10	1/4 cup heated beans	14.1	
	No. 300 can (16 oz)	4.73	3/8 cup heated beans	21.2	

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<b>BEAN PRODUCTS (continued)</b>					
Bean Products, dry beans, canned <b>Beans Baked in Sauce, Vegetarian</b> <i>Includes USDA Foods</i>	No. 10 can (108 oz)	47.10	1/4 cup heated beans with sauce	2.2	1 No. 10 can = about 11-3/4 cups heated beans with sauce
	No. 10 can (108 oz)	31.40	3/8 cup heated beans with sauce	3.2	
	No. 300 can (16 oz)	6.94	1/4 cup heated beans with sauce	14.5	1 No. 300 can = about 1-3/4 cups heated beans with sauce
	No. 300 can (16 oz)	4.62	3/8 cup heated beans with sauce	21.7	
Bean Products, dry beans, canned <b>Beans with Bacon in Sauce</b>	Pound	4.70	3/8 cup serving (about 1/4 cup heated beans)	21.3	
	Pound	3.13	1/2-cup plus 1 Tbsp. serving (about 3/8-cup heated beans)	32.0	
Bean Products, dry beans, canned <b>Beans with Frankfurters in Sauce</b>	Pound	5.30	1/3 cup serving (about 1.0 oz meat/meat alternate)	18.9	
	Pound	3.53	1/2-cup serving (about 1.5 oz meat/meat alternate)	28.4	
Bean, Products, dry beans, canned <b>Refried Beans</b> <i>Includes USDA Foods</i>	No. 10 can (115 oz)	49.60	1/4 cup heated beans	2.1	1 No. 10 can = about 12-1/4 cups heated refried beans
	No. 10 can (115 oz)	33.00	3/8 cup heated beans	3.1	
	No. 300 can (16 oz)	7.08	1/4 cup heated beans	14.2	1 No. 300 can = about 1-3/4 cups heated refried beans



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<b>BEAN PRODUCTS<sup>3</sup> (continued)</b>					
Bean, Products, dry beans, canned <b>Refried Beans</b> <i>Includes USDA Foods</i>	No. 300 can (16 oz)	4.72	3/8 cup heated beans	21.2	
Bean Products, dehydrated <b>Refried Beans<sup>3</sup></b>	Pound	20.50	1/4 cup cooked beans	4.9	1 lb AP = about 3-1/2 cups dehydrated beans
	Pound	13.60	3/8 cup cooked beans	7.4	1 lb AP = about 5-1/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1
<b>BEAN SOUP, canned</b>					
<b>Bean Soup, dry beans, canned</b> <i>Condensed (1 part soup to 1 part water)</i>	No. 3 Cyl (54 oz)	23.00	1/2 cup reconstituted (1/4 cup heated beans)	4.4	Reconstitute 1 part soup with not more than 1 part water
	No. 3 Cyl (54 oz)	15.30	3/4 cup reconstituted (3/8 cup heated beans)	6.6	
	Pound	6.80	1/2 cup reconstituted (1/4 cup heated beans)	14.8	
	Pound	4.53	3/4 cup reconstituted (3/8 cup heated beans)	22.1	
<b>Bean Soup, dry beans, canned</b> <i>Ready-to-Serve</i>	8 oz can	1.00	1 cup serving (1/2 cup heated beans)	100.0	
	8 oz can	0.66	3/4 cup serving (3/8 cup heated beans)	151.6	
<b>BEEF, FRESH OR FROZEN</b>					
<b>BEEF BRISKET, fresh or frozen</b>					
<b>Beef Brisket, fresh or frozen</b> <i>Without bone 1/4-inch trim</i>	Pound	7.36	1 oz cooked lean meat	13.6	1 lb AP = 0.46 lb cooked, lean meat
	Pound	4.90	1-1/2 oz cooked lean meat	20.5	

<sup>3</sup> Dehydrated refried beans are dry beans that have been cooked, mashed, and then dehydrated.

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<b>BEEF BRISKET, fresh or frozen (continued)</b>					
<b>Beef Brisket, fresh or frozen</b> <i>Without bone</i>	Pound	11.00	1 oz cooked lean meat	9.1	1 lb AP = 0.69 lb cooked, sliced lean meat
<i>Practically-free-of-fat</i>	Pound	7.36	1-1/2 oz cooked lean meat	13.6	
<b>BEEF BRISKET, CORNED, chilled</b>					
<b>Beef Brisket, Corned, chilled</b> <i>Without bone</i>	Pound	11.20	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked, sliced lean meat
<i>1/4-inch trim</i>	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
<b>BEEF CHEEK MEAT, fresh or frozen</b>					
<b>Beef Cheek Meat, fresh or frozen</b> <i>no more than 25% fat</i>	Pound	12.30	1 oz cooked lean meat	8.2	1 lb AP = 0.77 lb cooked, drained, lean meat
	Pound	8.21	1-1/2 oz cooked lean meat	12.2	
<b>BEEF CHUCK ROAST, fresh or frozen<sup>4,5</sup></b>					
<b>Beef Chuck Roast, fresh or frozen<sup>4</sup></b> <i>With bone</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked lean meat
<i>Practically-free-of-fat</i>	Pound	5.76	1-1/2 oz cooked lean meat	17.4	
<b>Beef Chuck Roast, fresh or frozen<sup>5</sup></b> <i>Without bone</i>	Pound	10.00	1 oz lean cooked meat	10.0	1 lb AP = 0.63 lb cooked lean meat
<i>Practically-free-of-fat</i>	Pound	6.72	1-1/2 oz lean cooked meat	14.9	

<sup>4</sup> If you do not know the specific cut of beef chuck roast **with** bone you will purchase or have purchased, use the yield data given for "beef chuck roast, fresh or frozen, with bone, practically-free-of-fat" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

<sup>5</sup> If you do not know the specific cut of beef chuck roast **without** bone you will purchase or have purchased, use the yield data given for "beef chuck roast, fresh or frozen, without bone, practically-free-of-fat" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

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<b>BEEF CHUCK ROAST, fresh or frozen<sup>5</sup> (continued)</b>					
<b>Beef Chuck Roast, fresh or frozen<sup>5</sup></b> <i>Eye roll Without bone Practically-free-of- fat (Like IMPS #116D)</i>	Pound	7.20	1 oz cooked lean meat	13.9	1 lb AP = 0.45 lb cooked, trimmed, sliced lean meat
	Pound	4.80	1-1/2 oz cooked lean meat	20.9	
<b>Beef Chuck Roast, fresh or frozen<sup>5</sup></b> <i>Pectoral meat Without bone Practically-free-of- fat</i>	Pound	7.84	1 oz cooked lean meat	12.8	1 lb AP = 0.49 lb cooked, drained, lean meat
	Pound	5.22	1-1/2 oz cooked lean meat	19.2	
<b>Beef Chuck Roast, fresh or frozen<sup>5</sup></b> <i>Roll Without bone Practically-free-of- fat (Like IMPS #116A)</i>	Pound	6.56	1 oz cooked lean meat	15.3	1 lb AP = 0.41 lb cooked, trimmed, sliced lean meat
	Pound	4.37	1-1/2 oz cooked lean meat	22.9	
<b>Beef Chuck Roast, fresh or frozen<sup>5</sup></b> <i>Shoulder clod Without bone 1/4-inch trim (Like IMPS #114)</i>	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked, trimmed, sliced lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.4	

<sup>5</sup> If you do not know the specific cut of beef chuck roast **without** bone you will purchase or have purchased, use the yield data given for "beef chuck roast, fresh or frozen, without bone, practically-free-of-fat" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

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<b>Beef Chuck Roast, fresh or frozen<sup>5</sup></b> <i>Shoulder clod Arm Without bone 1/4-inch trim (Like IMPS #114E)</i>	Pound	9.60	1 oz cooked lean meat	10.5	1 lb AP = 0.60 lb cooked, trimmed, sliced, lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.7	
<b>Beef Chuck Roast, fresh or frozen<sup>5</sup></b> <i>Shoulder clod Arm Without bone Practically-free-of-fat (Like IMPS #114E)</i>	Pound	9.12	1 oz cooked lean meat	11.0	1 lb AP = 0.57 lb cooked, trimmed, sliced, lean meat
	Pound	6.08	1-1/2 oz cooked lean meat	16.5	
<b>Beef Chuck Roast, fresh or frozen<sup>5</sup></b> <i>Square cut Divided Blade Without bone 1/4-inch trim (Like IMPS #113A)</i>	Pound	8.48	1 oz cooked lean meat	11.8	1 lb AP = 0.53 lb cooked, trimmed, sliced, lean meat
	Pound	5.65	1-1/2 oz cooked lean meat	17.7	
<b>Beef Chuck Roast, fresh or frozen<sup>5</sup></b> <i>Under blade Without bone 1/4-inch trim (Like IMPS #116E)</i>	Pound	10.20	1 oz cooked lean meat	9.9	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
	Pound	6.82	1-1/2 oz cooked lean meat	14.7	

<sup>5</sup> If you do not know the specific cut of beef chuck roast **without** bone you will purchase or have purchased, use the yield data given for "beef chuck roast, fresh or frozen, without bone, practically-free-of-fat" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

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<b>Beef Chuck Roast, fresh or frozen<sup>5</sup></b> <i>Under blade Without bone Practically-free-of-fat (Like IMPS #116E)</i>	Pound	10.40	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked, trimmed, sliced, lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.5	
<b>BEEF CHUCK STEAK, fresh or frozen</b>					
<b>Beef Chuck Steak, fresh or frozen</b> <i>Eye roll Without bone Practically-free-of-fat (Like IMPS #1116D)</i>	Pound	11.80	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
<b>BEEF FLANK STEAK, fresh or frozen</b>					
<b>Beef Flank Steak, fresh or frozen</b> <i>1/4-inch Trim</i>	Pound	10.7	1 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.1	
<b>Beef Flank Steak, fresh or frozen</b> <i>Practically-free-of-fat</i>	Pound	11.60	1 oz cooked lean meat	8.7	1 lb AP (and sliced) = 0.73 lb cooked lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.9	

<sup>5</sup> If you do not know the specific cut of beef chuck roast **without** bone you will purchase or have purchased, use the yield data given for "beef chuck roast, fresh or frozen, without bone, practically-free-of-fat" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>BEEF, GROUND fresh or frozen<sup>6, 7, 8</sup></b>					
<b>Beef, Ground, fresh or frozen</b> <i>Market Style<sup>6, 8</sup></i> <i>no more than</i> <i>30% fat</i> <i>(Like IMPS #136)</i>	Pound	11.20	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked, drained, lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than</i> <i>26% fat</i> <i>(Like IMPS #136)</i>	Pound	11.50	1 oz cooked lean meat	8.7	1 lb AP = 0.72 lb cooked, drained lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than</i> <i>24% fat</i> <i>(Like IMPS #136)</i>	Pound	11.60	1 oz cooked lean meat	8.7	1 lb AP = 0.73 lb cooked, drained lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.9	
<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than</i> <i>20% fat</i> <i>Includes USDA</i> <i>Foods</i> <i>(Like IMPS #136)</i>	Pound	11.80	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than</i> <i>15% fat</i> <i>(Like IMPS #136)</i>	Pound	12.00	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked, drained lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.5	

<sup>6</sup> Ground Beef, Market Style (no more than 30 percent fat) is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef.

<sup>7</sup> Ground Beef is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef, but with maximum fat content as listed here.

<sup>8</sup> USDA recommends that the very young, the very old, and those with weakened immune systems not eat undercooked ground beef. To be sure all bacteria are destroyed, cook meat loaf, meat balls, casseroles, hamburgers, and other dishes containing ground beef to the temperature set by your local and State standards and check by using a thermometer.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>BEEF, GROUND fresh or frozen<sup>7,8</sup></b>					
<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than 10% fat (Like IMPS #136)</i>	Pound	12.10	1 oz cooked lean meat	8.3	1 lb AP = 0.76 lb cooked, drained lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.4	
<b>BEEF HEART, fresh or frozen</b>					
<b>Beef Heart, fresh or frozen</b> <i>Trimmed</i>	Pound	8.96	1 oz cooked lean meat	11.2	1 lb AP = 0.56 lb cooked, trimmed, lean heart
	Pound	5.97	1-1/2 oz cooked lean meat	16.8	
<b>BEEF KIDNEY, fresh or frozen</b>					
<b>Beef Kidney, fresh or frozen</b> <i>Trimmed</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked kidney
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	
<b>BEEF LIVER, fresh or frozen</b>					
<b>Beef Liver, fresh or frozen</b> <i>Trimmed</i>	Pound	11.20	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked liver
	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
<b>BEEF LOIN STEAK, fresh or frozen</b>					
<b>Beef Loin Steak, fresh or frozen</b> <i>Bottom sirloin butt Tri-tip steak Defatted Without bone Practically-free-of-fat (Like IMPS #1185D)</i>	Pound	10.80	1 oz cooked lean meat	9.3	1 lb AP = 0.68 lb cooked, trimmed, sliced, lean meat
	Pound	7.25	1-1/2 oz cooked lean meat	13.8	

<sup>7</sup> Ground Beef is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef, but with maximum fat content as listed here.

<sup>8</sup> USDA recommends that the very young, the very old, and those with weakened immune systems not eat undercooked ground beef. To be sure all bacteria are destroyed, cook meat loaf, meat balls, casseroles, hamburgers, and other dishes containing ground beef to the temperature set by your local and State standards and check by using a thermometer

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>BEEF LION STEAK, fresh or frozen (continued)</b>					
<b>Beef Loin Steak, fresh or frozen</b> <i>Tenderloin steak</i> <i>Side muscle on</i> <i>Defatted</i>	Pound	12.00	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked lean meat
<i>1/4-inch trim</i> <i>(Like IMPS #1189A)</i>	Pound	8.00	1-1/2 oz cooked lean meat	12.5	
<b>BEEF OXTAIL, fresh or frozen</b>					
<b>Beef Oxtail, fresh or frozen</b> <i>Trimmed</i> <i>With bone</i> <i>(Like IMPS #721)</i>	Pound	4.96	1 oz cooked lean meat	20.2	1 lb AP = 0.31 lb cooked, defatted, boned, lean meat
	Pound	3.30	1-1/2 oz cooked lean meat	30.4	
<b>BEEF PLATE, fresh or frozen</b>					
<b>Beef Plate, fresh or frozen</b> <i>Inside skirt steak</i> <i>(Like IMPS #1121D)</i>	Pound	10.20	1 oz cooked lean meat	9.9	1 lb AP = 0.64 lb sliced, cooked lean meat
	Pound	6.82	1-1/2 oz cooked lean meat	14.7	
<b>Beef Plate, fresh or frozen</b> <i>Outside skirt steak</i> <i>Skinned</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #1121E)</i>	Pound	11.30	1 oz cooked lean meat	8.9	1 lb AP = 0.71 lb sliced, cooked lean meat
	Pound	7.57	1-1/2 oz cooked lean meat	13.3	
<b>BEEF RIB, RIBEYE, fresh or frozen</b>					
<b>Beef Rib, Ribeye, fresh or frozen</b> <i>Roll roast or steak</i> <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #112)</i>	Pound	10.00	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked, trimmed, sliced, lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.9	



## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>BEEF RIB ROAST, fresh or frozen</b>					
<b>Beef Rib Roast, fresh or frozen</b> <i>Blade meat Without bone Practically-free-of-fat (Like IMPS #109B)</i>	Pound	8.96	1 oz cooked lean meat	11.2	1 lb AP = 0.56 lb cooked, trimmed, sliced, lean meat
	Pound	5.97	1-1/2 oz cooked lean meat	16.8	
<b>BEEF ROUND ROAST, fresh or frozen<sup>9</sup></b>					
<b>Beef Round Roast, fresh or frozen</b> <i>Without bone 1/4-inch trim</i>	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.4	
<b>Beef Round Roast, fresh or frozen</b> <i>Bottom (Gooseneck) Heel out Without bone 1/4-inch trim (Like IMPS #170A)</i>	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, sliced, lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.2	
<b>Beef Round Roast, fresh or frozen</b> <i>Eye of round Without bone Practically-free-of-fat (Like IMPS #171C)</i>	Pound	9.44	1 oz cooked lean meat	10.6	1 lb AP = 0.59 lb cooked, sliced, lean meat
	Pound	6.29	1-1/2 oz cooked lean meat	15.9	
<b>Beef Round Roast, fresh or frozen</b> <i>Knuckle Peeled Without bone Practically-free-of-fat (Like IMPS #167A)</i>	Pound	9.60	1 oz cooked lean meat	10.5	1 lb AP = 0.60 lb cooked, trimmed sliced, lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.7	

<sup>9</sup> If you do not know the specific cut of beef round roast without bone you will purchase or have purchased, use the yield data given for "beef round roast, fresh or frozen, without bone, 1/4-inch trim" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>BEEF ROUND ROAST, fresh or frozen<sup>9</sup> (continued)</b>					
<b>Beef Round Roast, fresh or frozen<sup>9</sup></b> <i>Outside</i>	Pound	10.40	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked, trimmed, sliced, lean meat
<i>Without bone 1/4-inch trim (Like IMPS #171B)</i>	Pound	6.93	1-1/2 oz cooked lean meat	14.5	
<b>Beef Round Roast, fresh or frozen<sup>9</sup></b> <i>Outside</i>	Pound	10.00	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked, sliced, lean meat
<i>Without bone Practically-free-of- fat (Like IMPS #171B)</i>	Pound	6.72	1-1/2 oz cooked lean meat	14.9	
<b>Beef Round Roast, fresh or frozen<sup>9</sup></b> <i>Top (Inside)</i>	Pound	10.00	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked, trimmed, sliced, lean meat
<i>Without bone (Like IMPS #169)</i>	Pound	6.72	1-1/2 oz cooked lean meat	14.9	
<b>Beef Round Roast, fresh or frozen<sup>9</sup></b> <i>Top (Inside, Cap off)</i>	Pound	10.70	1 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked, sliced, lean meat
<i>Without bone (Like IMPS #169A)</i>	Pound	7.14	1-1/2 oz cooked lean meat	14.1	
<b>BEEF ROUND STEAK, fresh or frozen</b>					
<b>Beef Round Steak, fresh or frozen</b> <i>Bottom</i>	Pound	11.00	1 oz cooked lean meat	9.1	1 lb AP = 0.69 lb cooked lean meat
<i>(Gooseneck) Without bone (Like IMPS #1170A)</i>	Pound	7.36	1-1/2 oz cooked lean meat	13.6	

<sup>9</sup> If you do not know the specific cut of beef round roast without bone you will purchase or have purchased, use the yield data given for "beef round roast, fresh or frozen, without bone, 1/4-inch trim" for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>BEEF ROUND STEAK, fresh or frozen (continued)</b>					
<b>Beef Round Steak, fresh or frozen</b> <i>Knuckle Peeled Without bone (Like IMPS #1167A)</i>	Pound	10.40	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.5	
<b>Beef Round Steak, fresh or frozen</b> <i>Top (Inside) Without bone (Like IMPS #1169)</i>	Pound	11.20	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked, trimmed, sliced, lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
<b>Beef Round Steak, fresh or frozen</b> <i>Whole With bone Practically-free-of- fat</i>	Pound	10.00	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.9	
<b>BEEF RUMP ROAST, fresh or frozen</b>					
<b>Beef Rump Roast, fresh or frozen</b> <i>With bone</i>	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.2	
<b>Beef Rump Roast, fresh or frozen</b> <i>Without bone</i>	Pound	10.80	1 oz cooked lean meat	9.3	1 lb AP = 0.68 lb cooked lean meat
	Pound	7.25	1-1/2 oz cooked lean meat	13.8	
<b>BEEF SPECIAL TRIM, fresh or frozen <sup>10</sup></b>					
<b>Beef Special Trim, fresh or frozen <sup>10</sup></b> <i>Without Bone Practically-free-of- fat (Like IMPS #139)</i>	Pound	9.12	1 oz cooked lean meat	11.0	1 lb AP = 0.57 lb cooked, sliced, lean meat
	Pound	6.08	1-1/2 oz cooked lean meat	16.5	

<sup>10</sup> "Beef Special Trim" is beef trimmings where each piece has a surface area on one side not less than 8 square inches and no less than 1/2-inch thick at any point.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>BEEF, STEAK, frozen</b>					
<b>Beef Steak, frozen</b> <i>Cubed Steak</i> <i>(Like IMPS #1100)</i>	Pound	3.55	One 4.5 oz raw steak when cooked provides 3 oz cooked lean meat	28.2	1 lb AP = 0.67 lb cooked lean meat
	Pound	5.33	One 3.0 oz raw steak when cooked provides 2 oz cooked lean meat	18.8	
	Pound	10.70	1 oz cooked lean meat	9.4	
	Pound	7.14	1-1/2 oz cooked lean meat	14.1	
<b>Beef Steak, frozen</b> <i>Sandwich Steak</i> <i>Flaked, Chopped,</i> <i>Formed and Wafer</i> <i>sliced</i> <i>(Like IMPS</i> <i>#1138A)</i>	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.2	
<b>Beef Steak, frozen</b> <i>Flaked and</i> <i>Formed</i> <i>Sliced</i> <i>(Like IMPS #1138)</i>	Pound	12.60	1 oz cooked lean meat	8.0	1 lb AP = 0.79 lb cooked lean meat
	Pound	8.42	1-1/2 oz cooked lean meat	11.9	
<b>Beef Steak , frozen</b> <i>Sliced and Formed</i> <i>(Like IMPS</i> <i>#1138B)</i>	Pound	10.70	1 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.1	
<b>BEEF STEW MEAT, fresh or frozen</b>					
<b>Beef Stew Meat, fresh or frozen</b> <i>Composite of</i> <i>trimmed retail cuts</i> <i>Without bone</i> <i>Practically-free-of-</i> <i>fat</i>	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.4	

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>BEEF TONGUE, fresh or frozen</b>					
<b>Beef Tongue, fresh or frozen</b>	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked tongue
	Pound	6.18	1-1/2 oz cooked lean meat	16.2	
<b>BEEF TRIPE, fresh or frozen</b>					
<b>Beef Tripe, fresh or frozen</b> <i>Scalded, Bleached, (Denuded)</i> <i>Honeycomb (Like IMPS #726)</i>	Pound	12.30	1 oz cooked lean meat	8.2	1 lb AP = 0.77 lb cooked lean meat
	Pound	8.21	1-1/2 oz cooked lean meat	12.2	
<b>BEEF, COOKED</b>					
<b>BEEF, canned<sup>11</sup></b>					
<b>Beef, canned</b> <i>Beef with Natural Juices</i> <i>USDA Foods<sup>11</sup></i>	No. 2-1/2 can (29 oz)	14.70	1 oz heated lean meat	6.9	1 lb AP = 0.51 lb heated meat
	No. 2-1/2 can (29 oz)	9.86	1-1/2 oz heated lean meat	10.2	
	Pound	8.16	1 oz heated lean meat	12.3	
	Pound	5.44	1-1/2 oz heated lean meat	18.4	
<b>BEEF PRODUCTS, canned or frozen<sup>12, 13</sup></b>					
<b>Beef Products</b> <b>Barbecue Sauce with Beef<sup>12, 13</sup></b>	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.25 lb cooked lean meat
<b>Beef Products</b> <b>Beef and Dumplings with Gravy<sup>12, 13</sup></b>	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat

<sup>11</sup> Based on USDA specification for beef with natural juices, canned.

<sup>12</sup> Yield data is based on the *Food Buying Guide* yield for raw beef stew meat, practically-free-of-fat.

<sup>13</sup> Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the "As Purchased" description in Column 1.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>BEEF PRODUCTS, canned or frozen<sup>12, 13</sup>(continued)</b>					
Beef Products <b>Beef Goulash<sup>12,13</sup></b>	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products <b>Beef Hash<sup>12, 13</sup></b>	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products <b>Beef Salad<sup>12, 13</sup></b>	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products <b>Beef Stew<sup>12, 13</sup></b>	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products <b>Beef Taco Filling<sup>12, 13</sup></b>	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.28 lb cooked lean meat
Beef Products <b>Beef with Barbecue Sauce<sup>12, 13</sup></b>	Pound	7.00	1/4 cup serving (about 1 oz cooked lean meat)	14.3	1 lb AP = 0.50 lb cooked lean meat
Beef Products <b>Beef and Gravy<sup>12, 13</sup></b>	Pound	7.00	1/4 cup serving (about 1 oz cooked lean meat)	14.3	1 lb AP = 0.50 lb cooked lean meat
Beef Products <b>Chili con Carne<sup>12, 13</sup></b>	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.28 lb cooked lean meat
Beef Products <b>Chili con Carne with Beans<sup>12, 13</sup></b>	Pound	2.33	3/4 cup serving (about 1 oz lean cooked meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products <b>Corned Beef and Cabbage<sup>12, 13</sup></b>	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.25 lb cooked lean meat
Beef Products <b>Corned Beef Hash<sup>12, 13</sup></b>	Pound	4.66	3/8 cup serving (about 1 oz cooked meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products <b>Gravy and Beef<sup>12, 13</sup></b>	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.25 lb cooked lean meat

<sup>12</sup> Yield data is based on the *Food Buying Guide* yield for raw beef stew meat, practically-free-of-fat.

<sup>13</sup> Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the "As Purchased" description in Column 1.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>BEEF PRODUCTS, canned or frozen<sup>12, 13</sup>(continued)</b>					
Beef Products <b>Gravy and Swiss Steak</b> <sup>12, 13</sup>	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked meat
Beef Products <b>Swiss Steak and Gravy</b> <sup>12, 13</sup>	Pound	7.00	1/4 cup serving (about 1 oz cooked lean meat)	14.3	1 lb AP = 0.50 lb cooked meat
<b>CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)<sup>14, 15</sup></b>					
Cheese <b>American, Cheddar, Mozzarella, or Swiss</b> <sup>14</sup>	Pound	16.00	1 oz cheese	6.3	1 lb = about 4 cups shredded cheese
<i>Natural or Process</i> <i>Includes USDA Foods</i>	Pound	10.60	1-1/2 oz cheese	9.5	1 lb AP = about 2 cups cubed cheese
Cheese <b>Feta, Brie, Camembert</b> <sup>14, 15</sup>	Pound	16.00	1 oz cheese	6.3	
<i>Natural</i>	Pound	10.60	1-1/2 oz cheese	9.5	
Cheese <b>Cottage or Ricotta</b> <sup>14</sup>	Pound	8.00	2 oz serving – about 1/4 cup (1 oz meat alternate)	12.5	1 lb = about 2 cups cheese
	Pound	5.33	3 oz serving-about 3/8 cup (1-1/2 oz meat alternate)	18.8	
Cheese <b>Parmesan or Romano</b> <sup>14</sup>	Pound	16.00	1 oz cheese (3/8 cup serving)	6.3	1 lb = about 5-2/3 cups grated cheese
<i>Grated</i>	Pound	10.60	1-1/2 oz cheese (5/8 cup serving)	9.5	
Cheese <b>Cheese food</b> <sup>14</sup>	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	
<i>Process</i>					

<sup>12</sup> Yield data is based on the *Food Buying Guide* yield for raw beef stew meat, practically-free-of-fat.

<sup>13</sup> Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the "As Purchased" description in Column 1.

<sup>14</sup> Any item labeled with the wording "imitation" cheese or cheese "product" does not meet the requirements for use in food-based menu planning approaches and are **not creditable** toward meal pattern.

<sup>15</sup> Due to increased number of illnesses associated with *Listeria monocytogenes*, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat soft cheese such as Feta, Brie, and Camembert cheeses, blue-veined cheeses, and Mexican-style cheese such as "queso blanco fresco."

## Section 1-Meat/Meat Alternates

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<b>CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)<sup>14</sup></b>					
Cheese <b>Cheese food<sup>14</sup></b> <i>Process</i>	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	
Cheese <b>Cheese spread<sup>14</sup></b> <i>Process</i>	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	
	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	
<b>CHEESE SUBSTITUTES<sup>14, 16</sup> (includes reduced fat, lowfat, nonfat, and lite versions of cheese substitute, cheese food substitute, and cheese spread substitute)</b>					
Cheese Substitutes <b>American, Cheddar, Mozzarella, or Swiss Cheese Substitute<sup>14, 16</sup></b> <i>Natural or Process</i>	Pound	16.00	1 oz cheese substitute	6.3	1 lb = about 4 cups shredded cheese
	Pound	10.60	1-1/2 oz cheese substitute	9.5	1 lb AP = about 2 cups cubed cheese
Cheese Substitutes <b>Parmesan or Romano cheese substitute<sup>14, 16</sup></b> <i>Grated</i>	Pound	16.00	1 oz cheese substitute (3/8 cup serving)	6.3	1 lb = about 5-2/3 cup cheese
	Pound	10.60	1-1/2 oz cheese substitute (5/8 cup serving)	9.5	
Cheese Substitutes <b>Cheese food Substitute<sup>14, 16</sup></b> <i>Process</i>	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	1 lb = about 5-2/3 cup cheese
	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	
Cheese Substitutes <b>Cheese spread substitute<sup>14, 16</sup></b> <i>Process</i>	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	1 lb = about 5-2/3 cup cheese
	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	

<sup>14</sup> Any item labeled with the wording "imitation" cheese or cheese "product" does not meet the requirements for use in food-based menu planning approaches and are **not creditable** toward meal pattern.

<sup>16</sup> "Cheese Substitute", "cheese food substitute", and "cheese spread substitute" must meet the FDA Standard of Identity for substitute foods and be labeled as "\_\_\_\_ Cheese Substitute", "cheese food substitute", or "cheese spread substitute." The standard requires that a "cheese substitute" is not nutritionally inferior to the standardized cheese for which it is substituting.



## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>CHICKEN, FRESH OR FROZEN</b>					
<b>CHICKEN, WHOLE, fresh or frozen</b>					
<b>Chicken, Whole, fresh or frozen</b> <i>With Neck and Giblets</i>	Pound	5.76	1 oz cooked poultry excluding neck meat and giblets	17.4	1 lb AP = 0.36 lb cooked, boned, chicken meat without skin, excluding neck meat and giblets
	Pound	3.84	1-1/2 oz cooked poultry excluding neck meat and giblets	26.1	
	Pound	6.56	1 oz cooked poultry with neck meat and giblets	15.3	1 lb AP = 0.41 lb cooked, boned, chicken meat without skin, with neck meat and giblets
	Pound	4.37	1-1/2 oz cooked poultry with neck meat and giblets	22.9	
<b>Chicken, Whole, fresh or frozen</b> <i>Without neck and giblets</i>	Pound	7.04	1 oz cooked poultry with skin	14.3	1 lb AP = 0.44 lb cooked, boned, chicken meat with skin
	Pound	4.69	1-1/2 oz cooked poultry with skin	21.4	1 lb AP = 0.36 lb cooked, boned, chicken meat without skin
	Pound	5.76	1 oz cooked poultry without skin	17.4	
	Pound	3.84	1-1/2 oz cooked poultry without skin	26.1	

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>CHICKEN, WHOLE, fresh or frozen (continued)</b>					
<b>Chicken, Whole, fresh or frozen</b> <i>Cut up</i> <i>8 Pieces</i> <i>(about 2-3/4 lb without neck and giblets)</i> <i>USDA Foods</i>  <i>Chicken pieces:</i> <i>2 breast pieces,</i> <i>2 drumsticks</i> <i>2 thighs with back</i> <i>2 wings</i>	40 lb box (frying chicken)	(about 83)	2 oz or more cooked poultry with skin (1 serving = 1 breast piece, or 1 drumstick and 1 wing, or 1 thigh with back)	(about 1.3)	1 box contains about 14 chickens weighing 2-1/2 to 3-1/4 lb
<b>Chicken, Whole, fresh or frozen</b> <i>Cut up</i> <i>8 Pieces</i> <i>(about 3-3/4 lb without neck and giblets)</i> <i>USDA Foods Only</i>  <i>Chicken pieces:</i> <i>2 breast pieces,</i> <i>2 drumsticks</i> <i>2 thighs with back</i> <i>2 wings</i>	40 lb box (frying chicken)	(about 83)	1 wing (about 1.2 oz cooked meat with skin)  1 half breast (about 5.45 oz cooked meat with skin)  1 thigh (about 3.2 oz cooked meat with skin)  1 drumstick (about 2.0 oz cooked meat with skin)	(about 1.3)	1 box contains about 14 chickens weighing about 3-3/4 lb
<b>CHICKEN PARTS, fresh or frozen <sup>17</sup></b>					
Chicken Parts, fresh or frozen <b>Back <sup>17</sup></b> <i>Pieces</i> <i>With skin</i> <i>(about 6.0 oz each)</i>	Pound	2.66	1 back piece (about 1.9 oz cooked poultry with skin)	37.6	1 lb AP = 0.32 lb cooked, boned, chicken meat with skin
	Pound	2.66	1 back piece (about 1.4 oz cooked poultry without skin)	37.6	1 lb AP = 0.24 lb cooked, boned, chicken meat without skin
	Pound	5.12	1 oz cooked poultry with skin	19.6	
	Pound	3.84	1 oz cooked poultry without skin	26.1	

<sup>17</sup> If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>CHICKEN PARTS, fresh or frozen<sup>17</sup>(continued)</b>					
Chicken Parts, fresh or frozen <b>Back</b> <sup>17</sup> <i>Pieces With skin (about 6.0 oz each)</i>	Pound	3.41	1-1/2 oz cooked poultry with skin	29.4	
	Pound	2.56	1-1/2 oz cooked poultry without skin	39.1	
Chicken Parts, fresh or frozen <b>Breast</b> <sup>17</sup> <i>Halves with Backs With skin (about 7.5 oz each) from 8 piece cut</i>	Pound	2.13	1 breast half with back (about 4.1 oz cooked poultry with skin)	47.0	1 lb AP = 0.55 lb cooked, boned, chicken meat with skin
	Pound	2.13	1 breast half with back (about 3.5 oz cooked poultry without skin)	47.0	1 lb AP = 0.47 lb cooked, boned, chicken meat without skin
	Pound	8.80	1 oz cooked poultry with skin	11.4	
	Pound	7.52	1 oz cooked poultry without skin	13.3	
	Pound	5.86	1-1/2 oz cooked poultry with skin	17.1	
	Pound	5.01	1-1/2 oz cooked poultry without skin	20.0	
Chicken Parts, fresh or frozen <b>Breast</b> <sup>17</sup> <i>Halves with Ribs With skin (about 6.1 oz each)</i>	Pound	2.62	1 breast half (about 4.0 oz cooked poultry with skin)	38.2	1 lb AP = 0.66 lb cooked, boned, chicken meat with skin
	Pound	2.62	1 breast half (about 3.4 oz cooked poultry without skin)	38.2	1 lb AP = 0.56 lb cooked, boned, chicken meat without skin
	Pound	10.50	1 oz cooked poultry with skin	9.6	

<sup>17</sup> If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>CHICKEN PARTS, fresh or frozen<sup>17</sup>(continued)</b>					
Chicken Parts, fresh or frozen <b>Breast<sup>17</sup></b> <i>Halves with Ribs With skin (about 6.1 oz each)</i>	Pound	8.96	1 oz cooked poultry without skin	11.2	
	Pound	7.04	1-1/2 oz cooked poultry with skin	14.3	
	Pound	5.97	1-1/2 oz cooked poultry without skin	16.8	
Chicken Parts, fresh or frozen <b>Breast<sup>17</sup></b> <i>Portions without Backs With skin about 3.9 oz each (from 9 piece cut)</i>	Pound	4.10	1 breast portion without back (about 2.4 oz cooked poultry with skin)	24.4	1 lb AP = 0.64 lb cooked, boned, chicken meat with skin
	Pound	4.10	1 breast portion without back (about 2.0 oz cooked poultry without skin)	24.4	1 lb AP = 0.52 lb cooked, boned, chicken meat without skin
	Pound	10.20	1 oz cooked poultry with skin	9.9	
	Pound	8.32	1 oz cooked poultry without skin	12.1	
	Pound	6.82	1-1/2 oz cooked poultry with skin	14.7	
	Pound	5.54	1-1/2 oz cooked poultry without skin	18.1	
Chicken Parts, fresh or frozen <b>Breast<sup>17</sup></b> <i>Portions with Backs With skin about 5.9 oz each (from 9 piece cut)</i>	Pound	2.71	1 breast portion with back (about 2.8 oz cooked poultry with skin)	37.0	1 lb AP = 0.48 lb cooked, boned, chicken meat with skin
	Pound	2.71	1 breast portion with back (about 2.3 oz cooked poultry without skin)	37.0	1 lb AP = 0.40 lb cooked, boned, chicken meat without skin
	Pound	7.68	1 oz cooked poultry with skin	13.1	

<sup>17</sup> If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>CHICKEN PARTS, fresh or frozen<sup>17</sup>(continued)</b>					
Chicken Parts, fresh or frozen <b>Breast</b> <sup>17</sup> <i>Portions with Backs With skin about 5.9 oz each (from 9 piece cut)</i>	Pound	6.40	1 oz cooked poultry without skin	15.7	
	Pound	5.12	1-1/2 oz cooked poultry with skin	19.6	
	Pound	4.26	1-1/2 oz cooked poultry without skin	23.5	
Chicken Parts, fresh or frozen <b>Drumsticks</b> <sup>17</sup> <i>With bone With skin (about 3.7 oz each)</i>	Pound	4.32	1 drumstick (about 1.8 oz cooked chicken with skin)	23.2	1 lb AP = 0.49 lb cooked, boned, chicken meat and skin
	Pound	4.32	1 drumstick (about 1.5 oz cooked chicken without skin)	23.2	1 lb AP = 0.41 lb cooked, boned, chicken, meat without skin
	Pound	7.84	1 oz cooked poultry with skin	12.8	
	Pound	6.56	1 oz cooked poultry without skin	15.3	
	Pound	5.22	1-1/2 oz cooked poultry with skin	19.2	
	Pound	4.37	1-1/2 oz cooked poultry without skin	22.9	
Chicken Parts, fresh or frozen <b>Drumsticks</b> <sup>17</sup> <i>With bone Without skin (about 2.5 oz each)</i>	Pound	6.40	1 drumstick (1.1 oz cooked poultry meat)	15.7	1 lb AP = 0.47 lb cooked, boned, chicken meat
	Pound	7.52	1 oz cooked poultry meat	13.3	
	Pound	5.01	1-1/2 oz cooked poultry meat	20.0	

<sup>17</sup> If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>CHICKEN PARTS, fresh or frozen<sup>17</sup>(continued)</b>					
Chicken Parts, fresh or frozen <b>Leg Quarters</b> <sup>17</sup> <i>With bone Without skin (about 7.0 oz each)</i>	Pound	2.28	1 leg quarter (3.1 oz cooked poultry meat)	43.9	1 lb AP = 0.45 lb cooked, boned, chicken meat
	Pound	7.20	1 oz cooked poultry meat	13.9	
	Pound	4.80	1-1/2 oz cooked poultry meat	20.9	
Chicken Parts, fresh or frozen <b>Leg Quarters</b> <sup>17</sup> <i>With bone With Skin (9.5 oz each)</i>	Pound	1.68	1 leg quarter (3.9 oz cooked poultry with skin)	59.6	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
	Pound	6.72	1 oz cooked poultry with skin	14.9	
	Pound	4.48	1-1/2 oz cooked poultry with skin	22.4	
Chicken Parts, fresh or frozen <b>Leg Quarters</b> <sup>17</sup> <i>With bone With Skin (10.2 oz each)</i>	Pound	1.57	1 leg quarter (4.8 oz cooked poultry with skin)	63.7	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
	Pound	6.72	1 oz cooked poultry with skin	14.9	
	Pound	4.48	1-1/2 oz cooked poultry with skin	22.4	
Chicken Parts, fresh or frozen <b>Thighs</b> <sup>17</sup> <i>With backs With bone With skin (about 8.7 oz each)</i>	Pound	1.83	1 thigh with back (about 3.6 oz cooked poultry with skin)	54.7	1 lb AP = 0.42 lb cooked, boned, chicken with skin
	Pound	1.83	1 thigh with back (about 2.8 oz cooked poultry without skin)	54.7	1 lb AP = 0.33 lb cooked, boned, chicken without skin
	Pound	6.72	1 oz cooked poultry with skin	14.9	
	Pound	5.28	1 oz cooked poultry without skin	19.0	

<sup>17</sup> If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>CHICKEN PARTS, fresh or frozen<sup>17</sup>(continued)</b>					
Chicken Parts, fresh or frozen <b>Thighs</b> <sup>17</sup> <i>With backs With bone With skin (about 8.7 oz each)</i>	Pound	4.48	1-1/2 oz cooked poultry with skin	22.4	
	Pound	3.52	1-1/2 oz cooked poultry without skin	28.5	
Chicken Parts, fresh or frozen <b>Thighs</b> <sup>17</sup> <i>With bone With skin (about 4.0 oz each)</i>	Pound	4.00	1 thigh (about 2.0 oz cooked poultry with skin)	25.0	1 lb AP = 0.52 lb cooked, boned, chicken meat with skin
	Pound	4.00	1 thigh (about 1.7 oz cooked poultry without skin)	25.0	1 lb AP = 0.43 lb cooked, boned, chicken meat without skin
	Pound	8.32	1 oz cooked poultry with skin	12.1	
	Pound	6.88	1 oz cooked poultry without skin	14.6	
	Pound	5.54	1-1/2 oz cooked poultry with skin	18.1	
	Pound	4.58	1-1/2 oz cooked poultry without skin	21.9	
Chicken Parts, fresh or frozen <b>Thighs</b> <sup>17</sup> <i>With bone Without skin (about 2.8 oz each)</i>	Pound	5.71	1 thigh (about 1.4 oz cooked poultry meat)	17.6	1 lb AP thawed = 0.53 lb cooked, boned, chicken meat
	Pound	8.48	1 oz cooked poultry meat	11.8	
	Pound	5.65	1-1/2 oz cooked poultry meat	17.7	

<sup>17</sup> If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>CHICKEN PARTS, fresh or frozen<sup>17</sup>(continued)</b>					
Chicken Parts, fresh or frozen <b>Wings<sup>17</sup></b> <i>Whole</i>	Pound	5.16	1 wing (about 1.0 oz cooked poultry with skin)	19.4	1 lb AP = 0.34 lb cooked, boned chicken meat with skin
<i>With bone</i>	Pound	5.16	1 wing (about 0.8 oz cooked poultry without skin)	19.4	1 lb AP = 0.26 lb cooked, boned chicken meat without skin
<i>With skin</i> <i>(about 3.1 oz</i> <i>each)</i>	Pound	5.44	1 oz cooked poultry with skin	18.4	
	Pound	4.16	1 oz cooked poultry without skin	24.1	
	Pound	3.62	1-1/2 oz cooked poultry with skin	27.7	
	Pound	2.77	1-1/2 oz cooked poultry without skin	36.2	
Chicken Parts, fresh or frozen <b>Wing Drumettes</b> <i>(First section of</i> <i>wing)</i>	Pound	5.76	1 oz cooked poultry with skin	17.4	1 lb AP = 0.36 lb cooked, boned, chicken meat with skin
<i>With bone</i>	Pound	3.84	1-1/2 oz cooked poultry with skin	26.1	
<i>With skin</i>					
Chicken Parts, fresh or frozen <b>Wing Portions</b> <i>(Two sections of</i> <i>wing without tip)</i>	Pound	3.84	1 oz cooked poultry without skin	26.1	1 lb AP = 0.24 lb cooked, boned, chicken meat without skin
<i>With bone</i>	Pound	2.56	1-1/2 oz cooked poultry without skin	39.1	
<i>With skin</i>					

<sup>17</sup> If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.



## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>CHICKEN, BONELESS, fresh or frozen</b>					
<b>Chicken, Boneless, fresh or frozen</b> <i>With skin in natural proportions</i>	Pound	11.20	1 oz cooked poultry with skin	9.0	1 lb AP = 0.70 lb cooked chicken meat with skin
	Pound	7.46	1-1/2 oz cooked poultry with skin	13.5	
Chicken Boneless, fresh or frozen <b>Tenders</b> <i>Tenderloins (boneless, chicken breast pieces without skin)</i>	Pound	11.60	1 oz cooked poultry	8.7	1 lb AP = 0.73 lb cooked chicken meat
	Pound	7.78	1-1/2 oz cooked poultry	12.9	
<b>CHICKEN GIBLETS, fresh or frozen</b>					
Chicken Giblets, fresh or frozen <b>Gizzards</b>	Pound	9.28	1 oz cooked poultry	10.8	1 lb AP = 0.58 lb cooked gizzards
	Pound	6.18	1-1/2 oz cooked poultry	16.2	
Chicken Giblets, fresh or frozen <b>Hearts</b>	Pound	9.28	1 oz cooked poultry	10.8	1 lb AP = 0.58 lb cooked hearts
	Pound	6.18	1-1/2 oz cooked poultry	16.2	
Chicken Giblets, fresh or frozen <b>Livers</b>	Pound	9.92	1 oz cooked poultry	10.1	1 lb AP = 0.62 lb cooked livers
	Pound	6.61	1-1/2 oz cooked poultry	15.2	
<b>CHICKEN, GROUND, frozen</b>					
<b>Chicken, Ground, frozen</b> <i>With skin in natural proportions</i>	Pound	11.20	1 oz cooked poultry	9.0	1 lb = 0.70 cooked chicken meat with skin
	Pound	7.46	1-1/2 oz cooked poultry	13.5	

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
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### CHICKEN, COOKED

#### CHICKEN, canned

<b>Chicken, canned</b> <i>Boned poultry with broth</i>	No. 2-1/2 can (29 oz)	20.80	1 oz heated, drained poultry	4.9	1 No. 2-1/2 can = about 20.8 oz heated, drained chicken meat and skin
	No. 2-1/2 can (29 oz)	13.80	1-1/2 oz heated, drained poultry	7.3	
	No. 2-1/2 can (29 oz)	20.80	1.2 oz unheated, drained chicken (1 oz cooked poultry)	4.9	
	No. 2-1/2 can (29 oz)	13.80	1.8 oz unheated, drained chicken (1-1/2 oz cooked poultry)	7.3	
	Pound	11.50	1 oz heated, drained poultry	8.7	
	Pound	7.66	1-1/2 oz heated, drained poultry	13.1	
	Pound	11.50	1.2 oz unheated, drained chicken (1 oz cooked poultry)	8.7	
	Pound	7.66	1.8 oz unheated, drained chicken (1-1/2 oz cooked poultry)	13.1	
<b>Chicken, canned</b> <i>Boned Solid pack</i>	Pound	14.80	1/8 cup serving (about 1 oz cooked, drained poultry with skin)	6.8	1 lb AP = 0.93 lb cooked chicken meat with skin

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>CHICKEN, canned (continued)</b>					
<b>Chicken, canned</b> <i>Boned</i>	50 oz can	46.50	1 oz heated, drained poultry	2.2	50 oz can = about 46.5 oz heated, drained chicken meat with skin
	50 oz can	31.00	1-1/2 oz heated, drained poultry	3.3	
	No. 2-1/2 can (29 oz)	26.30	1 oz heated poultry	3.9	1 No. 2-1/2 can = about 26.3 oz heated, drained chicken meat with skin
	No. 2-1/2 can (29 oz)	17.50	1-1/2 oz heated poultry	5.8	
	Pound	14.70	1 oz heated poultry	6.9	1 lb AP = 0.92 lb heated, drained chicken meat with skin
	Pound	9.81	1-1/2 oz heated poultry	10.2	
<b>CHICKEN, COOKED, frozen</b>					
Chicken, cooked, frozen <b>Diced or Pulled</b> <i>no skin, wing meat, neck meat, giblet, or kidneys</i> <i>Includes USDA Foods</i>	Pound	16.00	1 oz cooked poultry	6.3	1 lb AP = 1.0 lb cooked chicken meat
	Pound	10.60	1-1/2 oz cooked poultry	9.5	
	40 lb pkg	640.00	1 oz cooked poultry	0.16	
	40 lb pkg	426.60	1-1/2 oz cooked poultry	0.24	

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>CHICKEN, COOKED, frozen (continued)</b>					
Chicken, cooked, frozen <b>Whole, Cut up, Breaded</b> <i>8 Pieces Breaded (about 2-3/4 lb without neck and giblets)</i>  <i>Chicken pieces: 2 breast pieces, 2 drumsticks 2 thighs with back 2 wings</i>	30 lb box (pre-cooked breaded)	(about 66)	2 oz or more cooked poultry with skin (1 serving = 1 breast piece, or 1 drumstick and 1 wing, or 1 thigh with back)	(about 1.6)	1 box contains about 10 chickens weighing 2-1/2 to 3-3/4 lb
<b>CHICKEN PRODUCTS, canned or frozen</b> <sup>18, 19</sup>					
Chicken Products <b>Chicken a La King</b> <sup>18,19</sup>	Pound	2.30	3/4-cup serving (about 1.3 oz cooked poultry)	43.5	1 lb AP = 0.20 lb cooked chicken meat with skin
Chicken Products <b>Chicken Barbeque, Minced</b> <sup>18,19</sup>	Pound	3.50	1/2-cup serving (about 1.8 oz cooked poultry)	28.6	1 lb AP = 0.40 lb cooked chicken meat with skin
Chicken Products <b>Chicken Chili</b> <sup>18,19</sup>	Pound	2.30	3/4-cup serving (about 1.9 oz cooked poultry)	43.5	1 lb AP = 0.28 lb cooked chicken meat with skin
Chicken Products <b>Chicken Chili with Beans</b> <sup>18,19</sup>	Pound	2.62	2/3-cup serving (about 1.0 oz cooked meat)	38.2	1 lb AP = 0.17 lb cooked chicken meat with skin
Chicken Products <b>Chicken Hash</b> <sup>18,19</sup>	Pound	2.60	2/3-cup serving (about 1.8 oz cooked poultry)	38.5	1 lb AP = 0.30 lb cooked chicken meat with skin
Chicken Products <b>Chicken Salad</b> <sup>18,19</sup>	Pound	3.46	1/2-cup serving (about 1.1 oz cooked poultry with skin)	29.0	1 lb AP = 0.25 lb cooked chicken meat with skin

<sup>18</sup> Yield data is based on minimum percent meat as required by FSIS Standard of Identity regulations found in 9 CFR.

<sup>19</sup> Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the "As Purchased" description in Column 1.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>CHICKEN PRODUCTS, canned or frozen <sup>18, 19</sup> (continued)</b>					
Chicken Products <b>Chicken with Gravy</b> <sup>18,19</sup>	Pound	5.30	1/3-cup serving (about 1.0 oz cooked poultry)	18.9	1 lb AP = 0.35 lb cooked chicken meat with skin
Chicken Products <b>Chicken with Noodles or Dumplings</b> <sup>18,19</sup>	Pound	1.70	1 cup serving (about 1.4 oz cooked poultry)	58.9	1 lb AP = 0.15 lb cooked chicken meat with skin
Chicken Products <b>Creamed Chicken</b> <sup>18,19</sup>	Pound	2.30	3/4-cup serving (about 1.3 oz cooked poultry)	43.5	1 lb AP = 0.20 lb cooked chicken meat with skin
<b>CHICKPEAS (see BEANS, GARBANZO)</b>					
<b>EGGS <sup>20, 21, 22</sup></b>					
Eggs <b>Shell Eggs, fresh</b> <sup>20,21</sup> <i>Large Whole</i>	Dozen (24 oz)	12.00	1 large egg	8.4	1 qt (34 oz) about 19 large whole eggs, or 29 whites, or 57 yolks
	Dozen (24 oz)	24.00	1/2 large egg	4.2	
Eggs <b>Frozen Whole Eggs</b> <i>Pasteurized Includes USDA Foods</i>	5 lb pkg	45.00	1 large egg	2.3	1 lb frozen = about 1-7/8 cups (9 large eggs)
Eggs <b>Frozen Whole Eggs</b> <i>Pasteurized Includes USDA Foods</i>	5 lb pkg	90.0	1/2 large egg	1.2	
	Pound	9.00	1 large egg	11.2	
	Pound	18.0	1/2 large egg	5.6	

<sup>18</sup> Yield data is based on minimum percent meat as required by FSIS Standard of Identity regulations found in 9 CFR.

<sup>19</sup> Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the "As Purchased" description in Column 1.

<sup>20</sup> For other sizes of eggs to use in place of large size eggs, multiply the number (or dozens or cases) of large eggs by a factor as follows: Extra large size, 0.87; medium size, 1.14; small size, 1.35.

<sup>21</sup> The Food and Drug Administration (FDA) has issued a warning for the consumption of raw shell eggs. Susceptible populations such as young children, pregnant women, the elderly, and those with compromised immune systems should avoid eating raw, undercooked, or unpasteurized fresh eggs to avoid foodborne illness.

<sup>22</sup> Quantities are for dried whole eggs. For blends and specialty egg products, use CN-labeled product or manufacturer's documentation.

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>EGGS</b> <sup>22</sup>					
Eggs <b>Dried Whole Eggs</b> <sup>22</sup>	No. 10 can (48 oz)	96.00	1 large egg	1.1	1 lb AP = about 5-1/3 cups dried eggs
	No. 10 can (48 oz)	192.00	1/2 large egg	0.6	2 cups (6 oz) dried eggs and 2 cups water = 1 dozen large eggs
	Pound	32.00	1 large egg	3.2	
	Pound	64.00	1/2 large egg	1.6	
<b>FRANKFURTERS, BOLOGNA</b> <sup>23, 24</sup>					
<b>Bologna</b> <sup>23,24</sup>	Pound	16.00	1 oz serving	6.3	
<b>Frankfurters</b> <sup>23,24</sup> <i>8 per pound</i>	Pound	8.00	2 oz frankfurter	12.5	
<b>Frankfurters</b> <sup>23,24</sup> <i>10 per pound</i>	Pound	10.00	1.6 oz frankfurter	10.0	
<b>Knockwurst</b> <sup>23,24</sup>	Pound	16.00	1 oz serving	6.3	
<b>Vienna Sausage</b> <sup>23,24</sup>	Pound (drained weight)	16.00	1 oz serving	6.3	
<b>GAME, fresh or frozen</b> <sup>25</sup>					
Game <sup>25</sup> <b>Buffalo Ground</b>	Pound	11.50	1 oz cooked lean meat	8.7	1 lb AP = 0.72 lb cooked, drained lean buffalo
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	

<sup>22</sup> Quantities are for dried whole eggs. For blends and specialty egg products, use CN-labeled product or manufacturer's documentation.

<sup>23</sup> Includes meat and poultry products. Yields are based on products that do not contain meat or poultry byproducts, cereals, binders or extenders, except to include those products containing Alternate Protein Products (APP) within the limits specified in 9 CFR 319.180(e) and meeting the requirements of Appendix A of 7 CFR 210, 220, 225, and 226. No other binders and extenders may be used in conjunction with the APP to receive the ounce per ounce crediting.

<sup>24</sup> Due to increased number of illnesses associated with *Listeria monocytogenes* and the consumption of unheated hot dogs and luncheon meats, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat hot dogs or luncheon meats unless they are reheated until steaming hot.

<sup>25</sup> All game meat must be purchased from USDA inspected establishments, or State Meat and Poultry Inspection Programs. Uninspected game meat is **not** allowed to be served in FNS Child Nutrition Programs except when facilities, including schools, and sites operated by Indian tribes and tribal organizations, that primarily serve Indians accept donations of game meat (See SP 42-2015, CACFP 19-2015, SFSP 21-2015: Service of Traditional Foods in Public Facilities).

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>GAME, fresh or frozen<sup>25</sup> (continued)</b>					
Game <sup>25</sup> <b>Goat Roast</b>	Pound	8.00	1 oz cooked lean meat	12.5	1 lb AP = 0.50 lb cooked, trimmed, sliced lean goat
	Pound	5.33	1-1/2 oz cooked lean meat	18.8	
Game <sup>25</sup> <b>Ostrich Medallions</b>	Pound	11.20	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked lean ostrich
	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
Game <sup>25</sup> <b>Venison (Deer) Ground (Like IMPS #996)</b>	Pound	11.50	1 oz cooked lean meat	8.7	1 lb AP = 0.72 lb cooked, drained lean venison
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
<b>LAMB, FRESH OR FROZEN</b>					
<b>LAMB, CHOPS, fresh or frozen</b>					
<b>Lamb, Chops, fresh or frozen</b> <i>Shoulder chops With bone</i>	Pound	7.36	1 oz cooked lean meat	13.6	1 lb AP= 0.46 lb cooked lean lamb
	Pound	4.90	1-1/2 oz cooked lean meat	20.5	
<b>LAMB, GROUND, frozen</b>					
<b>Lamb, Ground, frozen</b>	Pound	10.20	1 oz cooked lean meat	9.9	1 lb AP = 0.64 lb cooked, drained lean lamb
	Pound	6.82	1-1/2 oz cooked lean meat	14.7	
<b>LAMB, LEG ROAST, fresh or frozen</b>					
<b>Lamb, Leg Roast, fresh or frozen</b> <i>Without bone</i>	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean lamb
	Pound	6.50	1-1/2 oz cooked lean meat	15.4	
<b>LAMB, SHOULDER ROAST, fresh or frozen</b>					
<b>Lamb, Shoulder Roast, fresh or frozen</b> <i>Without bone</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked lean lamb
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	

<sup>25</sup> All game meat must be purchased from USDA inspected establishments, or State Meat and Poultry Inspection Programs. Uninspected game meat is **not** allowed to be served in FNS Child Nutrition Programs except when facilities, including schools, and sites operated by Indian tribes and tribal organizations, that primarily serve Indians accept donations of game meat (See SP 42-2015, CACFP 19-2015, SFSP 21-2015: Service of Traditional Foods in Public Facilities).

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>LAMB, STEW MEAT, fresh or frozen</b>					
<b>Lamb, Stew Meat, fresh or frozen</b>	Pound	10.40	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked lean lamb
<i>Without bone</i>	Pound	6.93	1-1/2 oz cooked lean meat	14.5	
<b>LENTILS, dry</b>					
<b>Lentils, dry</b>	Pound	29.6	1/4 cup cooked lentils	3.4	1 lb = about 2-3/8 cups dry
	Pound	19.7	3/8 cup cooked lentils	5.1	
<b>NUTS: TREE NUTS and OTHER NUTS, shelled<sup>26</sup></b>					
Tree Nuts <b>Almonds<sup>26</sup></b> <i>Includes USDA Foods</i>	Pound	16.00	1 oz nuts	6.3	1 lb = about 3-1/2 cups chopped almonds
	2 lb pkg	32.00	1 oz nuts	3.2	
	25 lb pkg	400.00	1 oz nuts	0.25	
Tree Nuts <b>Brazil nuts<sup>26</sup></b>	Pound	16.00	1 oz nuts	6.3	1 lb = about 3-1/4 cups whole Brazil nuts
Tree Nuts <b>Cashew nuts<sup>26</sup></b>	Pound	16.00	1 oz nuts	6.3	1 lb = about 3-1/3 cups cashews nuts, whole or halves
Tree Nuts <b>Filberts (Hazelnuts)<sup>26</sup></b>	Pound	16.00	1 oz nuts	6.3	1 lb = about 4 cups chopped filberts
Tree Nuts <b>Macadamia nuts<sup>26</sup></b>	Pound	16.00	1 oz nuts	6.3	1 lb = about 3-1/3 cups whole macadamia nuts
Tree Nuts <b>Pecans<sup>26</sup></b>	Pound	16.00	1 oz nuts	6.3	1 lb = about 3-3/4 cups chopped pecans
Tree Nuts <b>Pine nuts (Pinyons)<sup>26</sup></b>	Pound	16.00	1 oz nuts	6.3	1 lb = about 2-7/8 cups whole pine nuts

<sup>26</sup> Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.



## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>NUTS: TREE NUTS and OTHER NUTS, shelled<sup>26</sup> (continued)</b>					
Tree Nuts <b>Pistachio nuts<sup>26</sup></b>	Pound	16.00	1 oz nuts	6.3	1 lb = about 3-1/2 cups pistachio nuts
Tree Nuts <b>Walnuts<sup>26</sup></b> <i>Black</i>	Pound	16.00	1 oz nuts	6.3	1 lb = about 3-5/8 cups chopped black walnuts
Tree Nuts <b>Walnuts<sup>26</sup></b> <i>English</i> <i>Includes USDA Foods</i>	Pound  30 lb pkg	16.00  480.00	1 oz nuts  1 oz nuts	6.3  0.21	1 lb = about 3-3/4 cups pieces English walnuts
Other Nuts <b>Peanut granules<sup>26</sup></b>	Pound	16.00	1 oz nuts	6.3	1 lb = about 3-1/4 cups peanut granules
Other Nuts <b>Peanuts<sup>26</sup></b> <i>Includes USDA Foods</i>	No. 10 can (64 oz)  Pound  12 oz can	64.00  16.00  12.00	1 oz nuts  1 oz nuts  1 oz nuts	1.6  6.3  8.4	1 No. 10 can = about 12 cups roasted peanuts  1 lb = about 3 cups whole peanuts
Other Nuts <b>Soy nuts<sup>26</sup></b>	Pound	16.00	1 oz nuts	6.3	1 lb = about 4-1/4 cups whole soy nuts

<sup>26</sup> Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PEANUT BUTTER and OTHER NUT or SEED BUTTERS</b>					
<b>Almond butter</b>	No. 10 can (108 oz)	97.50	2 tablespoons nut/seed butter (1 oz meat alternate)	1.1	2 Tbsp = about 1.1 oz nut/seed butter
<b>Cashew nut butter</b>					
<b>Peanut butter</b>					
<b>Reduced fat peanut butter</b>	No. 10 can (108 oz)	65.00	3 tablespoons nut/seed butter (1-1/2 oz meat alternate)	1.6	
<b>Sesame seed butter</b>					
<b>Soy nut butter</b>	32 oz jar	28.80	2 tablespoons nut/seed butter (1 oz meat alternate)	3.5	
<b>Sunflower seed butter</b>					
<i>Includes USDA Foods peanut butter and Sunflower seed butter</i>	32 oz jar	19.20	3 tablespoons nut/seed butter (1-1/2 oz meat alternate)	5.3	
	Pound	14.40	2 tablespoons nut/seed butter (1 oz meat alternate)	7.0	
	Pound	9.62	3 tablespoons nut/seed butter (1-1/2 oz meat alternate)	10.4	
<b>PEAS, dry</b>					
<b>Peas, dry</b>	Pound	23.10	1/4 cup cooked peas	4.4	1 lb dry = about 2-1/4 cups dry peas
<i>Split</i>	Pound	15.40	3/8 cup cooked peas	6.5	
<b>Peas, dry</b>	Pound	25.60	1/4 cup cooked peas	4.0	1 lb dry = about 2-1/3 cups dry peas
<i>Whole</i>	Pound	17.00	3/8 cup cooked peas	5.9	
<b>PEAS, BLACKEYED (see BEANS, BLACKEYED)</b>					
<b>PEA SOUP</b>					
<b>Pea Soup, dry peas, canned</b>	No. 3 Cyl (50 oz)	23.00	1/2 cup reconstituted (1/4 cup cooked peas)	4.4	Reconstitute 1 part soup with not more than 1 part water
<i>Condensed (1 part soup to 1 part water) Includes Cream of pea soup</i>	Pound	7.30	1/2 cup reconstituted (1/4 cup cooked peas)	13.7	

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PEA SOUP (continued)</b>					
Pea Soup, dry peas, canned <i>Ready-to-serve</i>	8 oz can	1.00	1 cup serving (1/2 cup cooked peas)	100.0	
<b>PORK, FRESH OR FROZEN</b>					
<b>PORK, GROUND, fresh or frozen<sup>27, 28</sup></b>					
<b>Pork, Ground fresh or frozen<sup>27</sup></b> <i>no more than 30% fat</i>	Pound	11.20	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
<b>Pork, Ground fresh or frozen<sup>28</sup></b> <i>Market Style</i> <i>(Like IMPS #496)</i>	Pound	11.50	1 oz cooked lean meat	8.7	1 lb AP = 0.72 lb cooked lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
<b>Pork, Ground fresh or frozen<sup>28</sup></b> <i>no more than 26% fat</i> <i>(Like IMPS #496)</i>	Pound	11.60	1 oz cooked lean meat	8.7	1 lb AP = 0.73 lb cooked lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.9	
<b>Pork, Ground fresh or frozen<sup>28</sup></b> <i>no more than 24% fat</i> <i>(Like IMPS #496)</i>	Pound	11.80	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
<b>Pork, Ground fresh or frozen<sup>28</sup></b> <i>no more than 20% fat</i> <i>Includes USDA Foods</i> <i>(Like IMPS #496)</i>	Pound	12.00	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.5	
<b>Pork, Ground fresh or frozen<sup>28</sup></b> <i>no more than 15% fat</i> <i>(Like IMPS #496)</i>	Pound	12.10	1 oz cooked lean meat	8.3	1 lb AP = 0.76 lb cooked lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.4	

<sup>27</sup> Ground Pork, Market Style (no more than 30 percent fat) is based on USDA standard as referenced in FSIS Policy Book. Must comply with Code of Federal Regulations, Title 9, Part 319.15(a).

<sup>28</sup> Ground Pork is based on USDA standard as referenced in FSIS Policy Book. Must comply with Code of Federal Regulations, Title 9, Part 319.15(a), but with maximum fat content as is listed here.

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PORK, HEART, fresh or frozen</b>					
<b>Pork, Heart, fresh or frozen</b> <i>Trimmed</i>	Pound	9.12	1 oz cooked lean meat	11.0	1 lb AP = 0.57 lb cooked pork heart
	Pound	6.08	1-1/2 oz cooked lean meat	16.5	
<b>Pork, Heart, fresh or frozen</b> <i>Untrimmed</i>	Pound	8.16	1 oz cooked lean meat	12.3	1 lb AP = 0.51 lb cooked, trimmed pork heart
	Pound	5.44	1-1/2 oz cooked lean meat	18.4	
<b>PORK LEG (FRESH HAM), fresh or frozen</b>					
<b>Pork Leg (Fresh Ham), fresh or frozen</b> <i>Short shank</i> <i>With bone</i> <i>(Like IMPS #401A)</i>	Pound	7.20	1 oz cooked lean meat	13.9	1 lb AP = 0.45 lb cooked, trimmed, boned, sliced lean meat
	Pound	4.80	1-1/2 oz cooked lean meat	20.9	
<b>Pork Leg (Fresh Ham), fresh or frozen</b> <i>Outside, Roast</i> <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #402E)</i> <i>Includes USDA Foods</i>	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.2	
<b>Pork Leg (Fresh Ham), fresh or frozen</b> <i>Inside roast</i> <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #402F)</i> <i>Includes USDA Foods</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked, trimmed, sliced lean meat
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PORK LEG (FRESH HAM), fresh or frozen (continued)</b>					
<b>Pork Leg (Fresh Ham), fresh or frozen</b> <i>Pork leg tip Without bone Practically-free-of-fat (Like IMPS #402H)</i>	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.2	
<b>PORK LIVER, fresh or frozen</b>					
<b>Pork Liver, fresh or frozen</b> <i>Whole Untrimmed (Like IMPS #710)</i>	Pound	12.40	1 oz cooked lean meat	8.1	1 lb AP = 0.78 lb cooked, trimmed, sliced pork liver
	Pound	8.32	1-1/2 oz cooked lean meat	12.1	
<b>PORK LOIN CHOPS, fresh or frozen</b>					
<b>Pork Loin Chops, fresh or frozen</b> <i>With bone 1/4-inch trim</i>	Pound	7.20	1 oz cooked lean meat	13.9	1 lb AP = 0.45 lb cooked lean meat
	Pound	4.80	1-1/2 oz cooked lean meat	20.9	
<b>Pork Loin Chops, fresh or frozen</b> <i>Without bone 1/4-inch trim (Like IMPS #1413)</i>	Pound	9.44	1 oz cooked lean meat	10.6	1 lb AP = 0.59 lb cooked, trimmed, sliced lean meat
	Pound	6.29	1-1/2 oz cooked lean meat	15.9	
<b>Pork Loin Chops, fresh or frozen</b> <i>Without bone, Practically-free-of-fat (Like IMPS #1413)</i>	Pound	11.20	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.5	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PORK LOIN END CHOPS, fresh or frozen</b>					
<b>Pork Loin End Chops, fresh or frozen</b>	Pound	5.60	1 oz cooked lean meat	17.9	1 lb AP = 0.35 lb cooked, trimmed, boned sliced lean meat
<i>With bone 1/4-inch trim (Like IMPS #1410B)</i>	Pound	3.73	1-1/2 oz cooked lean meat	26.9	
<b>Pork Loin End Chops, fresh or frozen</b>	Pound	6.56	1 oz cooked lean meat	15.3	1 lb AP = 0.41 lb cooked, boned, trimmed, sliced lean meat
<i>With bone Practically-free-of-fat (Like IMPS #1410B)</i>	Pound	4.37	1-1/2 oz cooked lean meat	22.9	
<b>PORK LOIN END CHOPS, fresh or frozen</b>					
<b>Pork Loin End Chops, fresh or frozen</b>	Pound	8.48	1 oz cooked lean meat	11.8	1 lb AP = 0.53 lb cooked, trimmed, sliced lean meat
<i>Without bone 1/4-inch trim (Like IMPS #1413B)</i>	Pound	5.65	1-1/2 oz cooked lean meat	17.7	
<b>Pork Loin End Chops, fresh or frozen</b>	Pound	10.70	1 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked lean meat
<i>Without bone Practically-free-of-fat (Like IMPS #1413B)</i>	Pound	7.14	1-1/2 oz cooked lean meat	14.1	
<b>PORK LOIN ROAST, fresh or frozen</b>					
<b>Pork Loin Roast, fresh or frozen</b>	Pound	7.68	1 oz cooked lean meat	13.1	1 lb AP = 0.48 lb cooked, trimmed, boned, sliced lean meat
<i>With bone 1/4-inch trim (Like IMPS #410)</i>	Pound	5.12	1-1/2 oz cooked lean meat	19.6	
<b>Pork Loin Roast, fresh or frozen</b>	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat
<i>Without bone 1/4-inch trim (Like IMPS #413)</i>	Pound	6.18	1-1/2 oz cooked lean meat	16.2	

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<b>PORK LOIN ROAST, fresh or frozen (continued)</b>					
<b>Pork Loin Roast, fresh or frozen</b> <i>Without bone Practically-free-of-fat (Like IMPS #413)</i>	Pound	10.20	1 oz cooked lean meat	9.9	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
	Pound	6.82	1-1/2 oz cooked lean meat	14.7	
<b>Pork Loin Roast, fresh or frozen</b> <i>Center cut 11 Ribs With bone 1/4-inch trim (Like IMPS #412C)</i>	Pound	5.28	1 oz cooked lean meat	19.0	1 lb AP = 0.33 lb cooked, boned, trimmed, sliced lean meat
	Pound	3.52	1-1/2 oz cooked lean meat	28.5	
<b>Pork Loin Roast, fresh or frozen</b> <i>Center cut 11 Ribs With bone Practically free of fat (Like IMPS #412C)</i>	Pound	8.16	1 oz cooked lean meat	12.3	1 lb AP = 0.51 lb cooked, boned, trimmed, sliced lean meat
	Pound	5.44	1-1/2 oz cooked lean meat	18.4	
<b>Pork Loin Roast, fresh or frozen</b> <i>Center cut 11 ribs Without bone 1/4-inch trim (Like IMPS #412E)</i>	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked, trimmed, sliced lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.2	
<b>PORK SAUSAGE fresh or frozen<sup>29</sup></b>					
<b>Pork Sausage, fresh or frozen</b> <i>Bulk, Link, or Patty<sup>29</sup> Market Style Raw</i>	Pound	7.52	1 oz cooked lean meat	13.3	1 lb AP = 0.47 lb cooked lean meat
	Pound	5.01	1-1/2 oz cooked lean meat	20.0	

<sup>29</sup> Fresh Pork Sausage, Market Style (no more than 50 percent trimmable fat) is based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 319.141 Fresh Pork Sausage.

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PORK SAUSAGE fresh or frozen<sup>30</sup>(continued)</b>					
<b>Pork Sausage, fresh or frozen</b> <i>Italian style<sup>30</sup></i> <i>no more than 35% fat)</i> <i>(3% water maximum)</i> <i>Raw</i> <i>(Like IMPS #818)</i>	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked, drained Italian sausage
	Pound	6.61	1-1/2 oz cooked lean meat	15.2	
<b>PORK SHOULDER, BOSTON BUTT, fresh or frozen</b>					
<b>Pork Shoulder, Boston Butt, fresh or frozen</b> <i>With bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #406)</i>	Pound	8.32	1 oz cooked lean meat	12.1	1 lb AP = 0.52 lb cooked, boned, trimmed, sliced lean meat
	Pound	5.54	1-1/2 oz cooked lean meat	18.1	
<b>Pork Shoulder, Boston Butt, fresh or frozen</b> <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #406A)</i>	Pound	9.60	1 oz cooked lean meat	10.5	1 lb AP = 0.60 lb cooked lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.7	
<b>PORK SHOULDER, PICNIC, fresh or frozen</b>					
<b>Pork Shoulder, Picnic, fresh or frozen</b> <i>With Bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #405)</i>	Pound	6.88	1 oz cooked lean meat	14.6	1 lb AP = 0.43 lb cooked, boned, trimmed, sliced lean meat
	Pound	4.58	1-1/2 oz cooked lean meat	21.9	
<b>Pork Shoulder, Picnic, fresh or frozen</b> <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #405A)</i> <i>Includes USDA</i> <i>Foods</i>	Pound	9.12	1 oz cooked lean meat	11.0	1 lb AP = 0.57 lb cooked, trimmed, sliced lean meat
	Pound	6.08	1-1/2 oz cooked lean meat	16.5	

<sup>30</sup> Sausage, Italian, products (total fat content no more than 35 percent). May be made with Pork, beef, and/or Veal, based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 319.145.



## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PORK SHOULDER, PICNIC, fresh or frozen (continued)</b>					
<b>Pork Shoulder, Picnic, fresh or frozen</b>	Pound	10.40	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked, sliced lean meat
<i>Cushion Without bone Practically-free-of-fat (Like IMPS #405B)</i>	Pound	6.93	1-1/2 oz cooked lean meat	14.5	
<b>PORK SIRLOIN, ROAST, fresh or frozen</b>					
<b>Pork Sirloin Roast, fresh or frozen</b>	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked, sliced lean meat
<i>Without bone 1/4-inch trim (Like IMPS #414A)</i>	Pound	6.61	1-1/2 oz cooked lean meat	15.2	
<b>Pork Sirloin Roast, fresh or frozen</b>	Pound	9.12	1 oz cooked lean meat	11.0	1 lb AP = 0.57 lb cooked, sliced lean meat
<i>Without bone Practically-free-of-fat (Like IMPS #414A)</i>	Pound	6.08	1-1/2 oz cooked lean meat	16.5	
<b>PORK SPARERIBS, fresh or frozen</b>					
<b>Pork Spareribs, fresh or frozen</b>	Pound	6.24	1 oz cooked lean meat	16.1	1 lb AP = 0.39 lb cooked lean meat
	Pound	4.16	1-1/2 oz cooked lean meat	24.1	
<b>PORK STEAK, frozen</b>					
<b>Pork Steak, fresh or frozen</b>	Pound	5.16	One 3.1 oz raw steak when cooked provides 2 oz cooked lean meat)	19.4	1 lb AP = 0.65 lb cooked lean meat
<i>Cubed (Like IMPS #1400)</i>	Pound	3.40	One 4.7 oz raw steak when cooked provides 3 oz cooked lean meat	29.5	
	Pound	10.40	1 oz cooked lean meat	9.7	
	Pound	6.93	1-1/2 oz cooked lean meat	14.5	

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PORK, STEAK, frozen (continued)</b>					
<b>Pork Steak, fresh or frozen</b> <i>Flaked and Formed 4 oz raw steaks (Like IMPS #1438)</i>	Pound	4.00	One 4.0 oz raw steak when cooked provides 2.7 oz cooked lean meat	25.0	1 lb AP = 0.68 lb cooked lean meat
<b>PORK STEW MEAT, fresh or frozen</b>					
<b>Pork Stew Meat, fresh or frozen</b> <i>Composite of trimmed retail cuts Without bone 1/4-inch trim (Like IMPS #435A)</i>	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, drained lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.2	
<b>PORK STOMACH (MAWS), fresh or frozen</b>					
<b>Pork Stomach (Maws), fresh or frozen</b> <i>Scalded (Like IMPS #729)</i>	Pound	11.30	1 oz cooked lean meat	8.9	1 lb AP = 0.71 lb cooked, drained pork stomach
	Pound	7.57	1-1/2 oz cooked lean meat	13.3	
<b>PORK, MILD CURED</b>					
<b>PORK, MILD CURED, Ready-to-cook, chilled or frozen<sup>31</sup></b>					
<b>Pork, Mild Cured, Ready-to-cook, chilled or frozen</b> <b>Canadian bacon<sup>31</sup></b>	Pound	11.00	1 oz cooked lean meat	9.1	1 lb AP = 0.69 lb cooked lean meat
	Pound	7.36	1-1/2 oz cooked lean meat	13.6	
<b>Pork, Mild Cured, Ready-to-cook, chilled or frozen</b> <b>Pork shoulder Boston butt<sup>31</sup></b> <i>With bone</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked lean meat
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	

<sup>31</sup> Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the "As Purchased" description in Column 1.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PORK, MILD CURED, Ready-to-cook, chilled or frozen<sup>31</sup></b>					
Pork, Mild Cured, Ready-to-cook, chilled or frozen <b>Pork shoulder Boston butt<sup>31</sup></b> <i>Without bone</i>	Pound	9.60	1 oz cooked lean meat	10.5	1 lb AP = 0.60 lb cooked lean meat
	Pound	6.40	1-1/2 oz cooked lean meat		
Pork, Mild Cured, Ready-to-cook, chilled or frozen <b>Pork shoulder Picnic<sup>31</sup></b> <i>With bone</i>	Pound	6.72	1 oz cooked lean meat	14.9	1 lb AP = 0.42 lb cooked lean meat
	Pound	4.48	1-1/2 oz cooked lean meat	22.4	
Pork, Mild Cured, Ready-to-cook, chilled or frozen <b>Pork Shoulder Picnic<sup>31</sup></b> <i>Without bone</i>	Pound	8.48	1 oz cooked lean meat	11.8	1 lb AP = 0.53 lb cooked lean meat
	Pound	5.65	1-1/2 oz cooked lean meat	17.7	
Pork, Mild Cured, Ready-to-cook, chilled or frozen <b>Ham<sup>31</sup></b> <i>Without bone</i>	Pound	10.00	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.9	
<b>PORK, MILD CURED, Fully Cooked chilled or frozen<sup>31</sup></b>					
Pork, Mild Cured, Fully Cooked, chilled or frozen <b>Ham With natural juices<sup>31</sup></b> <i>Boiled Without bone (Like IMPS #508 Style B)</i>	Pound	14.20	1.12 oz ham with natural juices (provides 1 oz cooked lean meat)	7.0	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)
	Pound	9.58	1.67 oz ham with natural juices (provides 1-1/2 oz cooked lean meat)	10.5	

<sup>31</sup> Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the "As Purchased" description in Column 1.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PORK, MILD CURED, Fully Cooked chilled or frozen<sup>31,32</sup></b>					
Pork, Mild Cured, Fully Cooked, chilled or frozen <b>Ham With natural juices<sup>31</sup></b> <i>Smoked Without bone (Like IMPS #509 Style B)</i>	Pound	14.20	1.12 oz ham with natural juices (provides 1 oz cooked lean meat)	7.0	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)
	Pound	9.58	1.67 oz ham with natural juices (provides 1-1/2 oz cooked lean meat)	10.5	
Pork, Mild Cured, Fully Cooked, chilled or frozen <b>Ham Water added<sup>31</sup></b> <i>Smoked Rolled Fully cooked (Like IMPS# 505 Style C) USDA Foods</i>	Pound	13.10	1.22 oz ham water added (provides 1 oz cooked lean meat)	7.7	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)
	Pound	8.74	1.83 oz ham water added (provides 1-1/2 oz cooked lean meat)	11.5	
Pork, Mild Cured, Fully Cooked, chilled or frozen <b>Ham Water added<sup>31</sup></b> <i>Boiled Without bone (Like IMPS #508 Style C)</i>	Pound	13.10	1.22 oz ham (provides 1 oz cooked lean meat)	7.7	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)
	Pound	8.74	1.83 oz ham (provides 1-1/2 oz cooked lean meat)	11.5	

<sup>31</sup> Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the "As Purchased" description in Column 1.

<sup>32</sup> For products labeled "Ham and Water Products X% of weight is added ingredients" to be properly utilized in Child Nutrition Programs, you should either 1) purchase a CN labeled product or 2) take out the percent of added water/ingredients by multiplying the finished weight by the percent added ingredients and then subtracting that amount from the finished weight, divide by the manufacturers cooking yield to obtain the raw weight of the product and then multiply the *Food Buying Guide* yield for the specific cut of pork used to process the product.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PORK, MILD CURED, Fully Cooked, chilled or frozen<sup>31</sup> (continued)</b>					
Pork, Mild Cured, Fully Cooked, chilled or frozen <b>Pork Shoulder Boston butt Water added<sup>31</sup></b> <i>Without bone Smoked Special (Like IMPS #531 Style C)</i>	Pound	11.50	1.39 oz cooked pork water added (provides 1.0 oz cooked lean meat)	8.7	1 lb AP = 0.72 lb cooked pork shoulder water added (Protein fat free value = 16.5)
	Pound	7.61	2.1 oz cooked pork water added (provides 1-1/2 oz cooked lean meat)	13.2	
<b>PORK, MILD CURED, canned<sup>31</sup></b>					
Pork, Mild Cured, canned <b>Ham<sup>31</sup></b>	Pound	10.20	1 oz heated lean meat	9.9	1 lb AP = 0.64 lb cooked lean meat
	Pound	6.82	1-1/2 oz heated lean meat	14.7	
	Pound	10.20	1.2 oz unheated meat (provides 1.0 oz heated lean meat)	9.9	
	Pound	6.82	1.8 oz unheated meat (provides 1.5 oz cooked lean meat)	14.7	
<b>PORK, COOKED</b>					
<b>PORK, CANNED</b>					
<b>Pork, canned</b> <i>Pork with Natural Juices USDA Foods</i>	No. 2-1/2 can (29 oz)	14.70	1 oz heated, drained lean meat	6.9	1 lb AP = 0.51 lb heated, drained pork
	No. 2-1/2 can (29 oz)	9.86	1-1/2 oz heated, drained lean meat	10.2	
	Pound	8.16	1 oz heated, drained lean meat	12.3	
	Pound	5.44	1-1/2 oz heated, drained lean meat	18.4	

<sup>31</sup> Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the "As Purchased" description in Column 1.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>SEAFOOD</b>					
<b>Seafood, CLAMS, fresh, frozen or canned</b>					
Seafood, fresh or frozen <b>Clams</b> <i>Shucked</i>	Pound	8.00	1 oz cooked clams	12.5	1 lb AP = 0.50 lb cooked clams
<i>Drained</i>	Pound	5.33	1-1/2 oz cooked clams	18.8	
Seafood, fresh or frozen <b>Clams</b> <i>Minced</i>	Pound	10.50	1 oz cooked clams	9.6	1 lb AP = 0.66 lb cooked clams  51 oz can = about 22.0 oz drained, unheated clams
	Pound	7.04	1-1/2 oz cooked clams	14.3	
	51 oz can	19.30	1 oz heated clams	5.2	
	51 oz can	12.80	1-1/2 oz heated clams	7.9	
	7-1/2 oz can	2.83	1 oz heated clams	35.4	
	7-1/2 oz can	1.89	1-1/2 oz heated clams	53.0	
<b>Seafood, CRAB, fresh or frozen</b>					
Seafood, fresh or frozen <b>Crab</b> <i>Meat</i>	Pound	15.50	1 oz heated crab	6.5	1 lb AP = 0.97 lb heated crab meat
<i>Cooked</i>	Pound	10.30	1-1/2 oz heated crab	9.8	
<b>Seafood, CRAWFISH, fresh or frozen</b>					
Seafood, fresh <b>Crawfish</b> <i>Whole</i>	Pound	1.28	1 oz cooked crawfish	78.2	1 lb AP = 0.08 lb cooked, shelled crawfish tail meat
<i>In shell</i> <i>Live</i>	Pound	0.85	1-1/2 oz cooked crawfish	117.7	

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>Seafood, CRAWFISH, fresh or frozen (continued)</b>					
Seafood, fresh or frozen <b>Crawfish</b> <i>Tail meat Peeled and Deveined Cooked</i>	Pound	14.40	1 oz heated crawfish	7.0	1 lb AP = 0.90 lb heated crawfish tail meat
	Pound	9.60	1-1/2 oz heated crawfish	10.5	
<b>Seafood, FISH FILLETS and STEAKS, fresh or frozen</b>					
Seafood, fresh or frozen <b>Fish Fillets</b>	Pound	11.20	1 oz cooked fish	9.0	1 lb AP = 0.70 lb cooked fish
	Pound	7.46	1-1/2 oz cooked fish	13.5	
Seafood, fresh or frozen <b>Fish Steaks</b> <i>Cross cut With bone</i>	Pound	10.50	1 oz cooked fish	9.6	1 lb AP = 0.66 lb cooked fish
	Pound	7.04	1-1/2 oz cooked fish	14.3	
<b>Seafood, FISH PORTIONS <sup>33, 34</sup></b>					
Seafood, frozen <b>Fish Portions<sup>33</sup></b> <i>Fried battered (45 percent fish)<sup>34</sup> (Not from minced fish)</i>					
<i>3 oz portion</i>	Pound	5.33	1 portion (about 1.1 oz cooked fish)	18.8	1 lb AP = 0.37 lb cooked fish
<i>2 oz portion</i>	Pound	8.00	1 portion (about 0.7 oz cooked fish)	12.5	1 lb AP = 0.37 lb cooked fish

<sup>33</sup> The fish portions and fish sticks provided in this guide are made using compressed fish fillet block (labeled as fish) which provides 0.78 lb cooked fish from 1 lb frozen fish block whereas compressed minced fish (labeled as minced fish) obtains 0.75 lb cooked fish from 1 lb frozen minced fish block.

<sup>34</sup> There is no standard for this product. It is recommended that you use products with CN labels or specify "FISH PORTIONS, FROZEN, FRIED, BATTERED (45 PERCENT) FISH" and request a Certificate of Inspection from the processor.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>Seafood, FISH PORTIONS <sup>33, 35, 36</sup> (continued)</b>					
Seafood, frozen <b>Fish Portions<sup>33</sup></b> <i>Fried breaded (65 percent fish)<sup>35</sup></i> <i>(Not from minced fish)</i>  <i>4 oz portion</i>	Pound	4.00	1 portion (about 2.2 oz cooked fish)	25.0	1 lb AP = 0.54 lb cooked fish
	Pound	5.33	1 portion (about 1.6 oz cooked fish)	18.8	1 lb AP = 0.54 lb cooked fish
	Pound	8.00	1 portion (about 1.1 oz cooked fish)	12.5	1 lb AP = 0.54 lb cooked fish
Seafood, frozen <b>Fish Portions<sup>33</sup></b> <i>Raw breaded (75 percent fish)<sup>36</sup></i> <i>(Not from minced fish)</i>  <i>4 oz portion</i>	Pound	4.00	1 portion (about 2.3 oz cooked fish)	25.0	1 lb AP = 0.58 lb cooked fish
	Pound	5.33	1 portion (about 1.7 oz cooked fish)	18.8	1 lb AP = 0.58 lb cooked fish
	Pound	8.00	1 portion (about 1.2 oz cooked fish)	12.5	1 lb AP = 0.58 lb cooked fish

<sup>33</sup> The fish portions and fish sticks provided in this guide are made using compressed fish fillet block (labeled as fish) which provides 0.78 lb cooked fish from 1 lb frozen fish block whereas compressed minced fish (labeled as minced fish) obtains 0.75 lb cooked fish from 1 lb frozen minced fish block.

<sup>35</sup> Fish Portions, Frozen, Fried, breaded is based on the National Oceanic and Atmospheric Administration's (NOAA) Fishery Products Inspection Manual 25 Part II Chapter 4, section 07 which specifies the product must contain a minimum of 65 percent fish.

<sup>36</sup> Fish Portions, Frozen, Raw, Breaded is based on the NOAA's Fishery Products Inspection Manual 25 Part II Chapter 4, section 05 which specifies the product must contain a minimum of 75 percent fish.



## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>Seafood, FISH PORTIONS<sup>33</sup> (continued)</b>					
Seafood, frozen <b>Fish Portions<sup>33</sup></b> <i>Raw unbreaded (not from minced fish)</i> <i>4 oz portion</i>	Pound	4.00	1 portion (about 3.1 oz cooked fish)	25.0	1 lb AP = 0.78 lb cooked fish
<i>3 oz portion</i>	Pound	5.33	1 portion (about 2.3 oz cooked fish)	18.8	1 lb AP = 0.78 lb cooked fish
<i>2 oz portion</i>	Pound	8.00	1 portion (about 1.6 oz cooked fish)	12.5	1 lb AP = 0.78 lb cooked fish
<b>Seafood, FISH STICKS<sup>33, 37</sup></b>					
Seafood, frozen <b>Fish Sticks<sup>33</sup></b> <i>Fried breaded (60 percent fish)<sup>37</sup> (Not from minced fish)</i> <i>1 oz stick</i>	Pound	16.00	1 stick (about 0.5 oz cooked fish)	6.3	1 lb AP = 0.49 lb cooked fish
	Pound	8.00	2 sticks (about 1.0 oz cooked fish)	12.5	
	Pound	5.33	3 sticks (about 1.5 oz cooked fish)	18.8	
	Pound	4.00	4 sticks (about 2.0 oz cooked fish)	25.0	
Seafood, frozen <b>Fish Sticks<sup>33</sup></b> <i>Raw breaded (72 percent fish) (Not from minced fish)</i> <i>1 oz stick</i>	Pound	16.00	1 stick (about 0.6 oz cooked fish)	6.3	1 lb AP = 0.56 lb cooked fish
	Pound	8.00	2 sticks (about 1.1 oz cooked fish)	12.5	
	Pound	5.33	3 sticks (about 1.7 oz cooked fish)	18.8	
	Pound	4.00	4 sticks (about 2.2 oz cooked fish)	25.0	

<sup>33</sup> The fish portions and fish sticks provided in this guide are made using compressed fish fillet block (labeled as fish) which provides 0.78 lb cooked fish from 1 lb frozen fish block whereas compressed minced fish (labeled as minced fish) obtains 0.75 lb cooked fish from 1 lb frozen minced fish block.

<sup>37</sup> Fish Sticks, Frozen, Fried, Breaded is based the National Oceanic and Atmospheric Administration's (NOAA) Fishery Products Inspection Manual 25 Part II Chapter 4, section 06 which specifies that the product must contain a minimum of 60 percent fish.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>Seafood, MACKEREL, chilled, frozen, or canned</b>					
Seafood, chilled or frozen <b>Mackerel</b> <i>Smoked, Cooked</i> <i>Whole</i> <i>Split</i> <i>With bone</i> <i>With skin</i>	Pound	9.76	1 oz fish without bone or skin	10.3	1 lb AP = 0.61 lb deheaded, skinned, boned, mackerel
	Pound	6.50	1-1/2 oz fish without bone or skin	15.4	
Seafood, canned <b>Mackerel</b>	No. 300 can (15 oz)	8.87	1 oz drained fish	11.3	1 No. 300 can = about 8-7/8 oz drained, unheated mackerel
	No. 300 can (15 oz)	5.91	1-1/2 oz drained fish	17.0	
	No. 300 can (15 oz)	7.95	1 oz heated, drained fish	12.6	
	No. 300 can (15 oz)	5.30	1-1/2 oz heated, drained fish	18.9	
<b>Seafood, OYSTERS</b>					
Seafood, fresh or frozen <b>Oysters</b> <i>Shucked</i> <i>Drained</i>	Pound	8.00	1 oz cooked oysters	12.5	1 lb AP = 0.50 lb cooked oysters
	Pound	5.33	1-1/2 oz cooked oysters	18.8	
<b>Seafood, SALMON, pouch pack or canned</b>					
Seafood, pouch pack <b>Salmon</b> <i>Without bone</i> <i>Without skin</i> <i>Water-packed</i> <i>Includes USDA</i> <i>Foods</i>	Pound	13.70	1 oz drained fish	7.3	1 lb AP = 0.86 lb drained salmon
	Pound	9.17	1-1/2 oz drained fish	11.0	
	4 lb pouch	55.00	1 oz drained fish	1.9	
	4 lb Pouch	36.60	1-1/2 oz drained fish	2.8	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>Seafood, SALMON, pouch pack or canned (continued)</b>					
Seafood, canned <b>Salmon</b> <i>Pink</i>	64 oz can	48.00	1 oz heated fish	2.1	64 oz can = about 52.0 oz drained, unheated pink salmon
	64 oz can	32.00	1-1/2 oz heated fish	3.2	
Seafood, canned <b>Salmon</b> <i>Water-packed</i> <i>Includes USDA Foods</i>	15-1/2 oz can	11.60	1 oz heated fish	8.7	15-1/2 oz can = about 12-3/4 oz drained, unheated salmon with bones and skin
	15-1/2 oz can	7.73	1-1/2 oz heated fish	13.0	
	14-3/4 oz can	9.09	1 oz heated fish	11.1	14-3/4 oz can = 10.0 oz drained, unheated salmon with bones and skin
	14-3/4 oz can	6.06	1-1/2 oz heated fish	16.6	
<b>Seafood, SARDINES, canned</b>					
Seafood, canned <b>Sardines</b> <i>Whole</i>	15 oz can	13.20	1 oz sardines	7.6	15 oz can = about 13-1/4 oz drained sardines
	15 oz can	8.80	1-1/2 oz sardines	11.4	
<b>Seafood, SCALLOPS, frozen</b>					
Seafood, frozen <b>Scallops</b>	Pound	8.48	1 oz cooked scallops	11.8	1 lb AP = 0.53 lb cooked scallops
	Pound	5.65	1-1/2 oz cooked scallops	17.7	

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>Seafood, SHRIMP, fresh or frozen</b>					
Seafood, fresh or frozen <b>Shrimp</b> <i>In shell</i> <i>Deheaded</i> <i>Undeveined</i>	Pound	8.64	1 oz cooked shrimp	11.6	1 lb AP = 0.54 lb cooked shrimp
	Pound	5.76	1-1/2 oz cooked shrimp	17.4	
Seafood, fresh or frozen <b>Shrimp</b> <i>Peeled</i> <i>Undeveined</i> <i>60/70 count/lb</i> <i>(medium)</i>	Pound	11.50	1 oz cooked shrimp	8.7	1 lb AP = 0.72 lb cooked shrimp
	Pound	7.68	1-1/2 oz cooked shrimp	13.1	
Seafood, fresh or frozen <b>Shrimp</b> <i>Peeled</i> <i>Deveined</i>	Pound	9.92	1 oz cooked shrimp	10.1	1 lb AP = 0.62 lb cooked shrimp
	Pound	6.61	1-1/2 oz cooked shrimp	15.2	
<b>Seafood, SHRIMP, COOKED, frozen</b>					
Seafood, cooked, frozen <b>Shrimp</b> <i>Peeled</i> <i>Deveined</i> <i>All sizes except for salad size</i>	Pound (frozen)	13.20	1 oz heated shrimp	7.6	1 lb AP = 0.83 lb thawed, ready-to-eat shrimp
	Pound (frozen)	8.85	1-1/2 oz heated shrimp	11.3	
	Pound (thawed)	16.00	1 oz heated shrimp	6.3	1 lb thawed = 1.00 lb ready-to-eat shrimp
	Pound (thawed)	10.60	1-1/2 oz heated shrimp	9.5	
Seafood, cooked, frozen <b>Shrimp</b> <i>Peeled</i> <i>Deveined or Undeveined</i> <i>Salad size</i> <i>(150-200 count/lb)</i>	Pound (frozen)	12.80	1 oz heated shrimp	7.9	1 lb AP = 0.80 lb thawed shrimp
	Pound (frozen)	8.53	1-1/2 oz heated shrimp	11.8	
	Pound (thawed)	16.00	1 oz heated shrimp	6.3	
	Pound (thawed)	10.60	1-1/2 oz heated shrimp	9.5	

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>Seafood, SHRIMP, canned</b>					
Seafood, canned <b>Shrimp</b>	13-1/4 oz can (drained weight)	13.20	1 oz shrimp	7.6	1 can = 13-1/4 oz drained, shrimp
	13-1/4 oz can (drained weight)	8.80	1-1/2 oz shrimp	11.4	
<b>Seafood, SQUID, CALAMARI, frozen</b>					
Seafood, frozen <b>Squid, Calamari</b> <i>Rings only</i>	Pound	10.70	1 oz cooked squid	9.4	1 lb AP = 0.67 lb cooked squid
	Pound	7.14	1-1/2 oz cooked squid	14.1	
<b>Seafood, TUNA, canned</b>					
Seafood, canned <b>Tuna</b> <i>Chunk style</i> <i>Water packed</i> <i>Includes USDA Foods</i>	66-1/2 oz can	51.20	1 oz drained tuna	2.0	66-1/2 oz can = about 51.2 oz drained tuna
	66-1/2 oz can	34.10	1-1/2 oz drained tuna	3.0	
	12 oz can	10.50	1 oz drained tuna	9.6	12 oz can = about 10.5 oz drained tuna
	12 oz can	7.00	1-1/2 oz drained tuna	14.3	
	6 oz can	5.26	1 oz drained tuna	19.2	6 oz can = about 5.2 oz drained tuna
	6 oz can	3.50	1-1/2 oz drained tuna	28.8	

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>Seafood, TUNA, canned (continued)</b>					
Seafood, canned <b>Tuna</b> <i>Solid</i> <i>Water packed</i>	66-1/2 oz can	50.50	1 oz drained tuna	2.0	66-1/2 oz can = about 50.5 oz drained tuna
	66-1/2 oz can	33.60	1-1/2 oz drained tuna	3.0	
	12 oz can	10.40	1 oz drained tuna	9.7	12 oz can = about 10.4 oz drained tuna
	12 oz can	6.95	1-1/2 oz drained tuna	14.4	
	6 oz can	5.40	1 oz drained tuna	18.6	6 oz can = about 5.4 oz drained tuna
	6 oz can	3.60	1-1/2 oz drained tuna	27.8	
Seafood, canned <b>Tuna</b> <i>Grated or Flake</i>	60 oz can	55.00	1 oz drained tuna	1.9	60 oz can = about 55.0 oz drained tuna
	60 oz can	36.60	1-1/2 oz drained tuna	2.8	
	6 oz can	5.40	1 oz drained tuna	18.6	6 oz can = about 5.4 oz drained tuna
	6 oz can	3.60	1-1/2 oz drained tuna	27.8	
<b>SEEDS <sup>38</sup></b>					
Seeds <sup>38</sup> <b>Pumpkin and Squash</b> <i>Shelled</i>	Pound	16.00	1 oz seeds	6.3	1 lb = about 2 cups pumpkin or squash seeds
Seeds <sup>38</sup> <b>Sesame</b>	Pound	16.00	1 oz seeds	6.3	1 lb = about 3-1/8 cups sesame seeds
Seeds <sup>38</sup> <b>Sunflower</b> <i>Shelled</i>	Pound	16.00	1 oz seeds	6.3	1 lb = about 3-1/2 cups sunflower seeds

<sup>38</sup> Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>TOFU</b>					
<b>Tofu</b> <i>Commercially-prepared</i>	Pound	7.28	2.2 oz or 1/4 cup (1 oz meat alternate)	13.8	
<b>TURKEY, FRESH OR FROZEN</b>					
<b>TURKEY, WHOLE, fresh or frozen</b>					
<b>Turkey, Whole, fresh or frozen</b> <i>Without neck and Giblets</i> <i>Includes USDA Foods</i>	Pound	8.48	1 oz cooked turkey with skin	11.8	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	5.65	1-1/2 oz cooked turkey with skin	17.7	
	Pound	7.52	1 oz cooked turkey without skin	13.3	1 lb AP = 0.47 lb cooked turkey without skin
	Pound	5.01	1-1/2 oz cooked turkey without skin	20.0	
<b>Turkey, Whole, fresh or frozen</b> <i>With Neck and Giblets</i>	Pound	7.68	1 oz cooked turkey with skin without meat from neck and giblets	13.1	1 lb AP = 0.48 lb cooked turkey with skin without meat from neck and giblets
	Pound	5.12	1-1/2 oz with skin without meat from neck and giblets	19.6	
	Pound	6.72	1-1/2 oz cooked turkey without skin, giblets, and meat from neck	14.9	1 lb AP = 0.42 lb cooked turkey without skin, giblets and meat from neck
	Pound	4.48	1-1/2 oz without skin, giblets and meat from neck	22.4	
<b>TURKEY PARTS, fresh or frozen</b>					
Turkey parts, fresh or frozen <b>Turkey Backs</b> <i>With bone</i> <i>Ready-to-cook</i>	Pound	6.88	1 oz cooked turkey with skin	14.6	1 lb AP = 0.43 lb cooked turkey with skin
	Pound	4.58	1-1/2 oz cooked turkey with skin	21.9	
	Pound	5.44	1 oz cooked turkey without skin	18.4	1 lb AP = 0.34 lb cooked turkey without skin
	Pound	3.62	1-1/2 oz cooked turkey without skin	27.7	

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>TURKEY PARTS, fresh or frozen (continued)</b>					
Turkey parts, fresh or frozen <b>Turkey Breasts</b> <i>Whole or Halves With bone</i>	Pound	10.20	1 oz cooked turkey with skin	9.9	1 lb AP = 0.64 lb cooked turkey with skin
	Pound	6.82	1-1/2 oz cooked turkey with skin	14.7	
	Pound	9.12	1 oz cooked turkey without skin	11.0	1 lb AP = 0.57 lb cooked turkey without skin
	Pound	6.08	1-1/2 oz cooked turkey without skin	16.5	
Turkey parts, fresh or frozen <b>Turkey Drumsticks</b> <i>With bone</i>	Pound	7.68	1 oz cooked turkey with skin	13.1	1 lb AP = 0.48 lb cooked turkey with skin
	Pound	5.12	1-1/2 oz cooked turkey with skin	19.6	
	Pound	7.04	1 oz cooked turkey without skin	14.3	1 lb AP = 0.44 lb cooked turkey without skin
	Pound	4.69	1-1/2 oz cooked turkey without skin	21.4	
Turkey parts, fresh or frozen <b>Turkey Halves</b> <i>With bone</i>	Pound	8.48	1 oz cooked turkey with skin	11.8	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	5.65	1-1/2 oz cooked turkey with skin	17.7	
	Pound	7.36	1 oz cooked turkey without skin	13.6	1 lb AP = 0.46 lb cooked turkey without skin
	Pound	4.90	1-1/2 oz cooked turkey without skin	20.5	
Turkey parts, fresh or frozen <b>Turkey Leg Quarters</b> <i>With bone</i>	Pound	8.48	1 oz cooked turkey with skin	11.8	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	5.65	1-1/2 oz cooked turkey with skin	17.7	



## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>TURKEY PARTS, fresh or frozen (continued)</b>					
Turkey parts, fresh or frozen <b>Turkey Leg Quarters With bone</b>	Pound	7.68	1 oz cooked turkey without skin	13.1	1 lb AP = 0.48 lb cooked turkey without skin
	Pound	5.12	1-1/2 oz cooked turkey without skin	19.6	
Turkey parts, fresh or frozen <b>Turkey Necks With bone</b>	Pound	7.68	1 oz cooked turkey	13.1	1 lb AP = 0.48 lb cooked turkey
	Pound	5.12	1-1/2 oz cooked turkey	19.6	
Turkey parts, fresh or frozen <b>Turkey Thighs With bone</b>	Pound	8.64	1 oz cooked turkey with skin	11.6	1 lb AP = 0.54 lb cooked turkey with skin
	Pound	5.76	1-1/2 oz cooked turkey with skin	17.4	1 lb AP = 0.50 lb cooked turkey without skin
	Pound	8.00	1 oz cooked turkey without skin	12.5	
	Pound	5.33	1-1/2 oz cooked turkey without skin	18.8	
Turkey parts, fresh or frozen <b>Turkey Wings With bone Whole</b>	Pound	5.28	1 oz cooked turkey without skin	19.0	1 lb AP = 0.33 lb cooked turkey without skin
	Pound	3.52	1-1/2 oz cooked turkey without skin	28.5	
<b>TURKEY ROAST, frozen<sup>39</sup></b>					
<b>Turkey Roast, fresh or frozen<sup>39</sup></b> <i>Without bone USDA Foods only</i>	Pound	10.50	1 oz cooked turkey with skin	9.6	1 lb AP = 0.66 lb cooked turkey with skin
	Pound	7.04	1-1/2 oz cooked turkey with skin	14.3	

<sup>39</sup> Turkey Roast, USDA Foods, frozen, is based on USDA Specification for Frozen Turkey Roast which contains a minimum of 92.5 percent turkey.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>TURKEY, BONELESS, fresh or frozen</b>					
<b>Turkey, Boneless, fresh or frozen</b> <i>With skin in natural proportions</i>	Pound	11.20	1 oz cooked turkey with skin	9.0	1 lb AP = 0.70 lb cooked turkey with skin
	Pound	7.46	1-1/2 oz cooked turkey with skin	13.5	
<b>TURKEY BURGERS, frozen</b>					
<b>Turkey Burgers, frozen</b> <i>100% ground turkey</i> <i>3 oz raw weight</i> <i>USDA Foods only</i>	1 pound	5.33	One 3-oz raw turkey burger when cooked provides 2.0 oz cooked turkey	18.8	
	6 lb pkg	32.00	One 3-oz raw turkey burger when cooked provides 2.0 oz cooked turkey	3.2	
<b>TURKEY GIBLETS, fresh or frozen</b>					
<b>Turkey giblets, fresh or frozen</b> <b>Gizzards</b>	Pound	9.12	1 oz cooked gizzards	11.0	1 lb AP = 0.57 lb cooked whole gizzards
	Pound	6.08	1-1/2 oz cooked gizzards	16.5	
<b>Turkey giblets, fresh or frozen</b> <b>Hearts</b>	Pound	9.12	1 oz cooked hearts	11.0	1 lb AP = 0.57 lb cooked hearts
	Pound	6.08	1-1/2 oz cooked hearts	16.5	
<b>Turkey giblets, fresh or frozen</b> <b>Livers</b>	Pound	11.50	1 oz cooked livers	8.7	1 lb AP = 0.72 lb cooked livers
	Pound	7.68	1-1/2 oz cooked livers	13.1	
<b>TURKEY, GROUND, fresh or frozen</b>					
<b>Turkey, Ground, fresh or frozen</b> <i>With skin in natural proportions</i> <i>Includes USDA Foods</i>	Pound	11.20	1 oz cooked turkey	9.0	1 lb AP = 0.70 lb cooked, drained turkey
	Pound	7.46	1-1/2 oz cooked turkey	13.5	
	10 lb pkg	112.00	1 oz cooked turkey	0.90	
	10 lb pkg	74.60	1-1/2 oz cooked turkey	1.4	

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>TURKEY, COOKED</b>					
<b>TURKEY, canned</b>					
Turkey, canned <b>Boned Turkey</b>	Pound	14.00	1 oz cooked turkey with skin	7.2	1 lb AP = 0.88 lb cooked turkey with skin
	Pound	9.38	1-1/2 oz cooked turkey with skin	10.7	
Turkey, canned <b>Boned Turkey</b> <i>Solid pack</i>	Pound	14.80	1 oz cooked turkey with skin	6.8	1 lb AP = 0.93 lb cooked turkey with skin
	Pound	9.92	1-1/2 oz cooked turkey with skin	10.1	
Turkey, canned <b>Boned Turkey</b> <i>With Broth</i>	Pound	12.40	1 oz cooked turkey with skin	8.1	1 lb AP = 0.78 lb cooked turkey with skin
	Pound	8.32	1-1/2 oz cooked turkey with skin	12.1	
<b>TURKEY, COOKED, frozen</b>					
Turkey, cooked, frozen <b>Diced or pulled</b> <i>Light and dark meat in natural proportions (no skin, wing meat, neck meat, giblets or kidneys)</i>	Pound	16.00	1 oz cooked turkey	6.3	1 lb AP = 1.00 lb (about 2-3/4 cups) cooked turkey
	Pound	10.60	1-1/2 oz cooked turkey	9.5	
<b>TURKEY HAM, Fully cooked, chilled or frozen<sup>40</sup></b>					
<b>Turkey Ham, Fully cooked, chilled or frozen<sup>40</sup></b>	Pound	11.20	1.4 oz serving (1 oz cooked turkey)	9.0	1 lb AP = 0.70 lb cooked turkey
	Pound	7.46	2.1 oz serving (1-1/2 oz cooked turkey)	13.5	

<sup>40</sup> Turkey ham is based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 381.171.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>TURKEY HAM, Fully cooked, chilled or frozen<sup>40</sup></b>					
<b>Turkey Ham, Fully cooked, chilled or frozen</b> <i>15% added ingredients includes USDA Foods</i>	Pound	9.41	1.7 oz serving (1 oz cooked turkey)	10.6	1 lb AP = 0.59 lb cooked turkey
	Pound	6.27	2.6 oz serving (1-1/2 oz cooked turkey)	15.9	
<b>TURKEY PRODUCTS, canned or frozen<sup>41, 42</sup></b>					
Turkey Products <b>Creamed Turkey<sup>41,42</sup></b>	Pound	2.30	3/4 cup serving (about 1.3 oz cooked turkey)	43.5	1 lb AP = 0.20 lb cooked turkey
Turkey Products <b>Turkey A La King<sup>41,42</sup></b>	Pound	2.30	3/4 cup serving (about 1.3 oz cooked turkey)	43.5	1 lb AP = 0.20 lb cooked turkey
Turkey Products <b>Turkey Barbecue, minced<sup>41,42</sup></b>	Pound	3.50	1/2 cup serving (about 1.8 oz cooked turkey)	28.6	1 lb AP = 0.40 lb cooked turkey
Turkey Products <b>Turkey Chili<sup>41,42</sup></b>	Pound	2.30	3/4 cup serving (about 1.9 oz cooked turkey)	43.5	1 lb AP = 0.28 lb cooked turkey
Turkey Products <b>Turkey Chili with Beans<sup>41,42</sup></b>	Pound	2.62	2/3 cup serving (about 1.0 oz cooked turkey)	38.2	1 lb AP = 0.17 lb cooked turkey
Turkey Products <b>Turkey Hash<sup>41,42</sup></b>	Pound	2.60	2/3 cup serving (about 1.8 oz cooked turkey)	38.5	1 lb AP = 0.30 lb cooked turkey
Turkey Products <b>Turkey Salad<sup>41,42</sup></b>	Pound	3.46	1/2 cup serving (about 1.1 oz cooked turkey)	29.0	1 lb AP = 0.25 lb cooked turkey
Turkey Products <b>Turkey with Gravy<sup>41, 42</sup></b>	Pound	5.30	1/3 cup serving (about 1.0 oz cooked turkey)	18.9	1 lb AP = 0.35 lb cooked turkey

<sup>40</sup> Turkey ham is based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 381.171.

<sup>41</sup> Yield data is based on minimum percent meat as required by FSIS Standard of Identity regulations found in 9 CFR.

<sup>42</sup> Purchasers of this product will need to ensure that the name of the food on the product label exactly matches the As Purchased description in Column 1.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>TURKEY PRODUCTS, canned or frozen</b> <sup>41, 42</sup>					
Turkey Products <b>Turkey with Noodles or Dumplings</b> <sup>41,42</sup>	Pound	1.70	1 cup serving (about 1.4 oz cooked turkey)	58.9	1 lb AP = 0.15 lb cooked turkey
<b>TURTLE BEANS [see BEANS, BLACK (TURTLE)]</b>					
<b>VEAL, FRESH OR FROZEN</b>					
<b>VEAL, CUTLETS, fresh or frozen</b>					
<b>Veal, Cutlets, fresh or frozen</b> <i>Cutlets from leg Without Bone</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked lean meat
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	
<b>VEAL, GROUND, fresh or frozen</b>					
<b>Veal, Ground, fresh or frozen</b> <i>No more than 16% fat</i>	Pound	12.60	1 oz cooked lean meat	8.0	1 lb AP = 0.79 lb cooked lean meat
	Pound	8.42	1-1/2 oz cooked lean meat	11.9	
<b>VEAL, HEART, fresh or frozen</b>					
<b>Veal, Heart, fresh or frozen</b> <i>Trimmed</i>	Pound	9.44	1 oz cooked lean meat	10.6	1 lb AP = 0.59 lb cooked heart
	Pound	6.29	1-1/2 oz cooked lean meat	15.9	
<b>VEAL, LIVER, fresh or frozen</b>					
<b>Veal, Liver, fresh or frozen</b> <i>Trimmed</i>	Pound	10.80	1 oz cooked lean meat	9.3	1 lb AP = 0.68 lb cooked liver
	Pound	7.25	1-1/2 oz cooked lean meat	13.8	

<sup>41</sup> Yield data is based on minimum percent meat as required by FSIS Standard of Identity regulations found in 9 CFR.

<sup>42</sup> Purchasers of this product will need to ensure that the name of the food on the product label exactly matches the As Purchased description in Column 1.

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>VEAL, ROAST, fresh or frozen</b>					
Veal, Roast, fresh or frozen <b>Chuck roast</b> <i>Without bone</i>	Pound	9.44	1 oz cooked lean meat	10.6	1 lb AP = 0.59 lb cooked lean meat
	Pound	6.29	1-1/2 oz cooked lean meat	15.9	
Veal, Roast, fresh or frozen <b>Leg roast</b> <i>Without bone</i>	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.4	
<b>VEAL, STEAK, fresh or frozen</b>					
<b>Veal, Steak, fresh or frozen</b> Flaked and formed <i>4 oz raw weight</i> <i>(Like IMPS #1338)</i>	Pound	4.00	One 4.0 oz raw steak when cooked provides 2.7 oz cooked lean meat	25.0	1 lb AP = 0.69 lb cooked lean meat
	Pound	11.00	1 oz cooked meat	9.1	
	Pound	7.36	1-1/2 oz cooked meat	13.6	
<b>VEAL, STEW MEAT, fresh or frozen</b>					
<b>Veal, Stew Meat, fresh or frozen</b> <i>Without bone</i>	Pound	10.40	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.5	

## Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>YOGURT<sup>43</sup></b>					
<b>Yogurt, fresh<sup>43</sup></b> <i>Plain or Flavored Sweetened or Unsweetened – Commercially- prepared (includes Greek yogurt)</i>	32 oz container	8.00	1/2 cup or 4 oz yogurt (1 oz meat alternate)	12.5	
	32 oz container	5.33	3/4 cup or 6 oz yogurt (1-1/2 oz meat alternate)	18.8	
	32 oz container	4.00	1 cup or 8 oz yogurt (2 oz meat alternate)	25.0	
	4 oz container	1.00	One 4 oz container (1 oz meat alternate)	100.0	
	6 oz container	1.00	One 6 oz container (1-1/2 oz meat alternate)	100.0	
	8 oz container	1.00	One 8 oz container yogurt (2 oz meat alternate)	100.0	
<b>YOGURT<sup>43</sup></b>					
<b>Yogurt, soy<sup>43</sup></b> <i>Plain or Flavored Sweetened or Unsweetened – Commercially- prepared</i>	32 oz container	8.00	1/2 cup or 4 oz yogurt (1 oz meat alternate)	12.5	
	32 oz container	5.33	3/4 cup or 6 oz yogurt (1-1/2 oz meat alternate)	18.8	
	32 oz container	4.00	1 cup or 8 oz yogurt (2 oz meat alternate)	25.0	
	24 oz container	6.00	1/2 cup or 4 oz yogurt (1 oz meat alternate)	16.7	
	24 oz container	4.00	3/4 cup or 6 oz yogurt (1-1/2 oz meat alternate)	25.0	
	24 oz container	3.00	1 cup or 8 oz yogurt (2 oz meat alternate)	33.3	
	4 oz container	1.00	One 4 oz container (1/2 oz meat alternate)	100.0	
	6 oz container	1.00	One 6 oz container (1-1/2 oz meat alternate)	100.0	
8 oz container	1.00	One 8 oz container yogurt (2 oz meat alternate)	100.0		

<sup>43</sup> Creditable yogurt is defined in the Child Nutrition regulations under 7 CFR parts 210.2, 220.2(bb), 225.2, and 226.2.