the School Day just got Healthier

United States Department of Agriculture

Toolkit For School Administrators and School Foodservice Staff

The School Day Just Got Healthier Toolkit

is a collection of resources including brochures, fact sheets, FAQs, fliers, school lessons, templates and much more, to help prepare school administrators and school foodservice staff for the changes to school meals this school year.

This toolkit provides you with the resources you need to help your students eat healthy and learn healthy habits that last forever.

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School Administrators and School Foodservice

- Key Messages for School Administrators
- Key Messages for School Employees
- Key Messages For Parents
- Key Messages for Students
- Healthy Hunger Free Kids Act – School Meals Overview
- Fact Sheets for Healthier School Meals
- New HealthierUS School Challenge Brochure
- Healthier Middle Schools: Everyone Can Help
    - Principals
    - Food Service Manager
- HealthierUS School Challenge Criteria
- USDA Foods: Healthy Choices for Our Schools
- Whole Grains Instruction Memorandum
- Best Practices Sharing Center Promotional Flyer
- Meal Standards Presentation
- Meal Standards FAQ
- Food Buying Guide for Child Nutrition Programs – Revised Vegetables and Fruits
- HHFKA Before and After Elementary School Lunch Menu
- Best Practices: Handling Fresh Produce in Schools
- Handling Fresh Produce on Salad Bars Fact Sheet
- Handling Fresh Produce in Classrooms Fact Sheet

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For School Administrators

- **Make sure the faculty room** has healthy food options.
- **Encourage teachers and staff to model good behavior** by eating healthy lunches and only having healthy food and drink in their classrooms.
- **Make sure your school has a good wellness policy** and be its champion. .
- **Research shows that kids who have healthy diets and get regular physical activity are more likely to perform better academically.** These healthy habits may also play a role in helping kids with greater concentration, better attendance, better classroom behavior, better self-esteem, and lower obesity rates..
- **Extend the lunch period** to give students enough time to eat what's on their plates. It takes longer to eat whole, fresh foods.
- **Be a role model.** Let students and staff see you making healthy food choices and being active every day.
- **Focus on activities like healthy celebrations** that encourage healthy eating. Host gatherings that offer tasty and healthy foods from each food group in a fun and active environment.
- **Let everyone know that healthier food choices and physical activity are important to you** and the whole school.
  - **Talk it up at staff meetings**, Back to School Night, or the next parent's association meeting.
  - **Encourage teachers, staff, students and parents to participate** in the school wellness council and share best practices.
  - **Serve a healthy school meal to the Board of Education** and explain the new changes.
- **Meeting the new meal standards will mean more money from USDA to support school meals.** Starting this October, schools will receive an additional 6 cents for each school lunch meeting the new standards – which can really add up!

www.fns.usda.gov/healthierschoolday

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For School Food Service

- **You make a difference every day** when you offer nutritious food choices for students. Thank you for making the school day a healthy day for your students.

- **A smile can be contagious**. Be enthusiastic about the new school meals around children, staff, and parents.

- **Continue to be a champion of healthy and nutritious school meals.** Talk to parents, students and teachers about the benefits of the new meal standards.

- **Before they'll eat it, they need to see it!** Create ways to encourage healthy eating habits like placing new meal offerings where kids are most likely to choose them, serving vegetables first, using attractive fruit displays, and offering taste tests of new foods before they are served as a lunch item.

- **The School Day Just Got Healthier: Taste the difference. Make the difference**

www.fns.usda.gov/healthierschoolday

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For Parents

- **School meals matter!** The school day just got healthier thanks to new school breakfast and lunch meal standards. Encourage your child to check out these new meals and find their favorites.

- **The new school meals focus on more whole grains, fruits, and vegetables;** low-fat or non-fat milk; and less sodium and fat.

- **Teachers will tell you that well-nourished kids are ready to learn and do better in class.** When we give kids plenty of healthy food choices and regular physical activity at school, they learn healthier habits for life.

- **Nutritious meals and snacks will help kids stay healthy,** reducing their risk for obesity, diabetes, high blood pressure, and other serious chronic diseases.

- **School meals are "rightsized."** Based on their age, students are getting the right portions and now they will be getting more of some foods like fruits and vegetables.

- **You have the power to encourage your children to build a healthy plate at school and home.** Review the school menu with your kids and encourage them to try new foods, especially the healthy foods offered.

- **Your child picks up all of your attitudes and behaviors** – including your eating habits. Since kids love to copy what their parents do, they are likely to mimic your willingness to try new foods.

- **Kids need to try new foods many times before they like them!** Here are some helpful tips to take an active role in school meals and encourage your children to eat healthy foods:

  - **Make time** to join your child(ren) for lunch in the school cafeteria.

  - **When your child gets home from school**, ask what was served and what (s)he ate for lunch.

  - **Eat meals with your child(ren) whenever possible.** Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks.

  - **Grocery shopping can teach your children about food and nutrition.** Help your children make healthy choices.

  - **Discuss where vegetables, fruits and grains,** dairy and protein foods come from with your child.

  - **Share the adventure** and serve new foods offered in the school cafeteria at home.

- **The School Day Just Got Healthier!** Together we can make a difference and help our kids develop healthy habits for life.

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For Students

- **The School Day Just Got Healthier because school meals are better this year**. Healthy food will help you do your best in school, in sports, and to grow and stay strong. Power up with fruits, low-fat or non-fat milk, and whole grains.

- **Give it a try! Fruits and veggies give you what your body needs** to help you be a champion when you run and play. Eat them at school and at home every day as a meal, snack or dessert.

- **Since you spend so much of your day at school, it's up to you to make healthy food choices while you're there**. Eat fruits and vegetables at meals and snacks. Enjoy the taste of healthy eating.

- **Make fat-free or low-fat milk your rocket fuel.** You need milk to help build muscles and provide fuel for your fun.

- **Fuel up with fruits and veggies:** Soar through your day like a rocket ship!

- **Eating fruits and veggies of every color in the rainbow** can help give you the different vitamins and minerals you need to soar through your day.

- **Go to the grocery store with your family.** Make your own list of healthy foods – like fruits and low-fat yogurts – that keep you healthy and strong.

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Healthy, Hunger-Free Kids Act of 2010
School Meals

Healthy, Hunger-Free Kids (HHFK) Act

- **Championed by the First Lady as part of her *Let's Move!* initiative to solve the problem of childhood obesity within a generation.**
- HHFK law contains many provisions that help improve child nutrition programs and make meals and offerings more nutritious.
- **Helps transform school food environment in order to promote better nutrition and reduce obesity.**
- The Act reauthorized our core **Child Nutrition Programs** – National School Lunch, School Breakfast, Child and Adult Care Food Program, and the Summer Food Service Programs – as well as WIC.
- These programs are primarily **designed to feed kids nutritious meals and to combat childhood hunger.**
- HHFK law enabled us to make major improvements to school meals and bring them in line with the latest nutritional science and the Dietary Guidelines for Americans.
- First major changes in over 15 years. These changes are important to the 32 million students who eat a school lunch and 12 million who eat a school breakfast each school day.

Updated Standards for School Meals

- **In January 2012, just one year after the law was signed by President Obama, we issued the final, updated standards for school meals.**
- **Those standards, built upon recommendations from the Institute of Medicine:**
    - Ensure students are offered both fruits and vegetables every day of the week;
    - Increase offerings of whole grain-rich foods;
    - Offer only fat-free or low-fat milk;
    - Limit calories based on the age of children being served to ensure proper portion size;
    - Increase the focus on reducing the amounts of saturated fat, trans fats, added sugars, and sodium.

- The new standards went into effect on July 1, but many schools were already well on their way to meeting the standards.
- Changes in the standards for **School Breakfast will be phased in** over three years to make it easier for schools to comply.
- The Act also strengthened **local school wellness policies**. We know that these can be a powerful force for change in many communities, and the HHFKA now requires more engagement from the local level so that these do not just become a paper that gets filed away in a drawer somewhere.
- We have also put in place the so-called "6-cent rule," that reimburses schools an additional 6 cents for each lunch they serve that meets the new meal standards.
- The additional funds will be an **incentive to schools** to make improvements.
- This is the **first increase above inflation in over 30 years**. Money will begin flowing to schools across the country this year.
- USDA is fully committed to providing all the assistance we can to help schools get from where they are to where they need to be.

Community Eligibility

- Ready access to nutritious food is essential and we announced this spring that additional states (New York, Ohio, West Virginia and the District of Columbia) will be allowed to use the innovative option of "community eligibility" for school meal programs. **Community eligibility reduces the burden on families by eliminating household school meal applications and helps schools cut down on burdensome paperwork.**

To learn more about the Healthy, Hunger Free Kids Act of 2010, please visit:
http://www.fns.usda.gov/cnd/governance/legislation/cnr_2010.htm

Why Participate?

Participating schools can:

- Get recognized nationally and earn monetary awards!

Gold Award of Distinction	$2,000
Gold Award	$1,500
Silver Award	$1,000
Bronze Award	$500

- Build school spirit, cooperation, and proudly display the HealthierUS banner and plaque as a symbol of their school's achievement.

- Be a leader in efforts to end childhood obesity. The HealthierUS School Challenge helps you form a school team and learn from what's worked at other schools.

How Can I Apply?

For more information, the application, success stories, and other resources, visit the Team Nutrition Web site: *http://teamnutrition.usda.gov* and click on HealthierUS School Challenge.

For additional information, you may also contact your State Child Nutrition Agency.

State Agency Contact Information:

"As a food service director who has seen firsthand how the HealthierUS School Challenge can have positive effects on our school and school improvement, I would wholeheartedly encourage anyone in a similar position to begin the journey and enjoy similar success."

David Roberts, Food Service Director
Maine School Administrative District #52
Turner, ME

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Food and Nutrition Service
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HealthierUS School Challenge

TEAM NUTRITION • USDA

Recognizing Excellence in Nutrition and Physical Activity

Take the HealthierUS School Challenge!

Schools play an important role in helping to reduce childhood obesity. Kids who have healthy eating patterns and get regular physical activity are also more likely to perform better academically.

That's why the U.S. Department of Agriculture (USDA) offers the HealthierUS School Challenge to support the over 101,000 schools that participate in school meals programs in their efforts to promote nutritious food choices and physical activity.

What Is the HealthierUS School Challenge?

- The HealthierUS School Challenge is a voluntary certification initiative that has recognized thousands of schools for their efforts in improving food and beverage offerings, teaching kids about nutritious food choices and being physically active, providing opportunities for physical activity, and having supportive school wellness policies.

- Participation in the HealthierUS School Challenge is voluntary and certifies schools that meet specific criteria at four award levels: Bronze, Silver, Gold, and Gold Award of Distinction.

Who Can Apply?

Schools are eligible to apply if they:

- Participate in the School Breakfast Program (SBP) and the National School Lunch Program (NSLP).

- Are a USDA Team Nutrition school. Registering as a Team Nutrition school is easy, free, and connects you with free nutrition education and food service training materials for your school. Learn more at *http://teamnutrition.usda.gov*.

- Meet or exceed all HealthierUS School Challenge criteria for the desired award level relating to the following:

  - School Breakfast and Lunch Offerings
  - Foods Sold Outside of the School Meal Programs (such as in vending machines and à la carte)
  - Average Daily Participation for the SBP and NSLP (for Silver awards and higher)
  - Nutrition Education
  - Physical Education
  - Opportunities for Physical Activity
  - School Wellness Policies and Practices
  - A Menu of Other Criteria of Excellence From Which Schools Select

Healthier Middle Schools
Every **principal** can help.

Lead the way, but don't go it alone.

In schools where healthy changes have been made successfully, a school-wide, coordinated effort worked best. That's why USDA is reaching out not only to middle school principals but to teachers, food service managers, students, and parents, as well. Working together builds school spirit, cooperation, and a stronger sense of community that can help you achieve your healthier school goals and other initiatives.

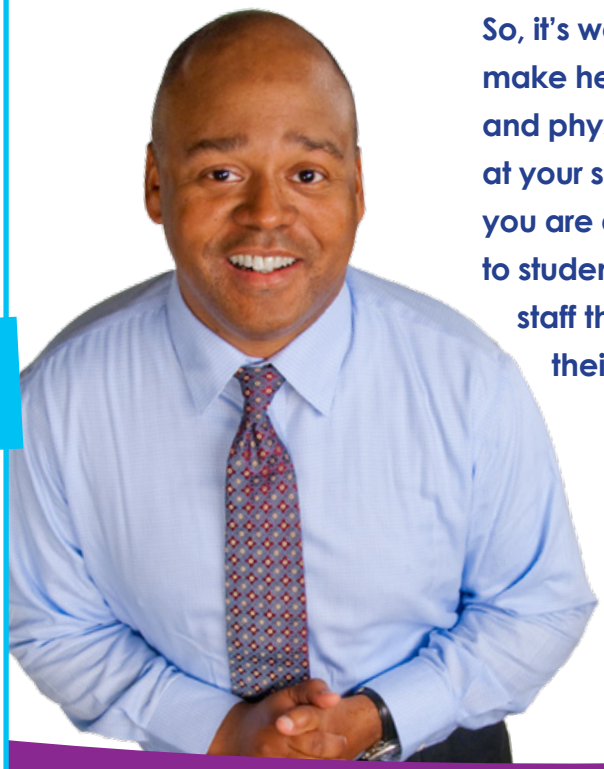
You don't have to start from scratch.

On the back of this flyer, you'll find ideas other middle schools have used with good results. Start small with one or two focused efforts and build from there. Even small changes can make a healthy difference.

Drive your school's performance with healthier foods and more physical activity.

Research shows that kids who have healthy eating patterns and get regular physical activity are more likely to perform better academically.[1,2,3,4,5] These healthy habits may also play a role in helping kids to have:

- ✓ **Greater concentration**
- ✓ **Better attendance**
- ✓ **Better classroom behavior**
- ✓ **Lower obesity rates**
- ✓ **Better self-esteem**



So, it's worth your time to make healthy food choices and physical activity priorities at your school. When you do, you are also sending a signal to students, teachers, and staff that you care about their well-being.

1. Florence MD, Asbridge M, Veugelers PJ. Diet quality and academic performance. *J Sch Health.* 2008; 78:209-215.
2. Fu ML, Cheng L, Tu SH, Pan WH. Association between unhealthful eating patterns and unfavorable overall school performance in children. *J Am Diet Assoc.* 2007; 107:1935-1943.
3. Sigfúsdóttir ID, Kristjánsson AL, Allegrante JP. Health behaviour and academic achievement in Icelandic school children. *Health Educ Res.* 2007; 22:70-80.
4. Kim HY, Frongillo EA, Han SS, Oh SY, Kim WK, Jang YA, Won HS, Lee HS, Kim SH. Academic performance of Korean children is associated with dietary behaviours and physical status. *Asia Pac J Clin Nutr.* 2003; 12:186-192.
5. Centers for Disease Control and Prevention. *The association between school based physical activity, including physical education, and academic performance.* Atlanta, GA: U.S. Department of Health and Human Services; 2010.

Middle schools get healthier when **principals** lead the way.

Keep on walking the talk.

Let students and staff see you making healthy food choices and being active every day. Invite them to join you for lunch, to shoot some hoops, or take a walk…whatever works for you.

Sign up your school for the HealthierUS School Challenge

Visit **TeamNutrition.usda.gov** for program templates and ideas. Participating schools can get recognized nationally and may earn awards. What school couldn't use that?

Give students a voice in decision-making.

Let them name new healthy menu items, vote for healthier vending machine and school store snacks and beverages, or take a survey of the most popular physical activity choices.

Get everyone to participate.

Let everyone know that healthier food choices and physical activity are important to you and the whole school. Talk it up at staff meetings, Back to School Night, or the next parent's association meeting. Encourage teachers, staff, students, and parents to participate in the school wellness council and share best practices.

Start a friendly competition between grades.

Award nonfood prizes or privileges to the class or grade that is doing the most physical activity or eating the most vegetables at lunch. Have students invent a cool name and posters to get everyone excited, like the "Fruit and Veggie Victory Challenge" or the "School-Wide Walk Around the World." Go for it!

Keep the ball rolling at TeamNutrition.usda.gov.

Find more ideas that other schools have used successfully, as well as ready-to-use talking points and other materials.

Thanks for your help.

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November 2011, *FNS-436*

Healthier Middle Schools

Every **food service manager** can help.

It takes a community.

Healthy change takes a school-wide effort. That's why USDA is reaching out not only to middle school food service managers but to teachers, principals, parents and students, as well. Your knowledge can help them understand barriers to healthy change and identify realistic solutions. Working with people across the community also builds support for your meal program.

It's worth the effort.

As any teacher will tell you, well-nourished kids perform better in class and are ready to learn.[1,2,3,4,5] When we give kids plenty of healthy food choices and regular physical activity at school, they learn healthier habits for life. That helps to reduce childhood obesity, too.

Now's the time to share what you know.

Nobody knows more than you, or has done more, to make school menus healthier. Now it's time to take your knowledge beyond the cafeteria and join with others to make middle schools healthier.

Recipes for success.

On the back of this flyer, you'll find ideas other food service managers are using to get more healthy food choices into every kid's school day. You may already be doing some, and others may offer new things to try.

1. Florence MD, Asbridge M, Veugelers PJ. Diet quality and academic performance. *J Sch Health.* 2008; 78:209-215.
2. Fu ML, Cheng L, Tu SH, Pan WH. Association between unhealthful eating patterns and unfavorable overall school performance in children. *J Am Diet Assoc.* 2007; 107:1935-1943.
3. Sigfúsdóttir ID, Kristjánsson AL, Allegrante JP. Health behaviour and academic achievement in Icelandic school children. *Health Educ Res.* 2007; 22:70-80.
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5. Centers for Disease Control and Prevention. *The association between school based physical activity, including physical education, and academic performance.* Atlanta, GA: U.S. Department of Health and Human Services; 2010.

Middle schools get healthier when **food service managers** share their knowledge.

If kids help create it, they're more likely to eat it.

- ☐ **Let them have a say in selecting new, healthy menu items featuring dark green, red, and orange veggies; beans and peas, or whole grains.**
- ☐ **Host a tasting event where students and teachers can vote on their favorites. Announce the winners and include them on your menus.**

Dress up fruits and veggies.

- ☐ **Try roasting veggies or adding fresh herbs.**
- ☐ **Cut up fruits and veggies into bite-size pieces served with low-fat dipping sauce.**
- ☐ **Explore preplated or packaged salads. Kids choose them to get through the line faster.**

Before they'll eat it, first they need to see it.

In the cafeteria, school store, and vending machines, put healthier foods where kids are most likely to choose them.

- ☐ **Vegetables at the beginning of the lunch line**
- ☐ **Unflavored milk in front of the chocolate**

Visit TeamNutrition.usda.gov and keep up the good work.

More ideas and tips are waiting for you, as well as ready-to-use materials, like talking points to use at school meetings and events.

Thanks for your help.

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November 2011, *FNS-434*

HealthierUS School Challenge:
Recognizing Excellence in Nutrition and Physical Activity

New Criteria Effective July 1, 2012

General Criteria	
Team Nutrition School	*All Award Levels* • School is enrolled as a Team Nutrition School.
School Meals Programs	*All Award Levels* • School participates in the School Breakfast Program (SBP) *and* National School Lunch Program (NSLP). • Reimbursable meals meet USDA nutrition standards. • All corrective actions from school's most recent State review of school meals program must be completed.
6 Cent Certification	*All Award Levels* • School Food Authority must be certified for 6 Cents.
Average Daily Participation (ADP; calculated based on attendance)	*Breakfast* • Elementary/Middle School o Bronze: No ADP requirement o Silver: 20% o Gold: 35% o Gold Award of Distinction: 35% • High School o Bronze: No ADP requirement o Silver: 15% o Gold: 25% o Gold Award of Distinction: 25%

General Criteria (cont.)	

Average Daily Participation (ADP; calculated based on attendance)	*Lunch*
	• Elementary/Middle School
	  o Bronze: No ADP requirement
	  o Silver: 60%
	  o Gold: 75%
	  o Gold Award of Distinction: 75%
	• High School
	  o Bronze: No ADP requirement
	  o Silver: 45%
	  o Gold: 65%
	  o Gold Award of Distinction: 65%

Breakfast Criteria	
Fruits*	*Bronze/Silver* • At least three different fruits* must be offered each week. • Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup. • 100% juice can be counted as a fruit only once per week. • At least *one* fruit per week must be served fresh. *Gold/Gold Award of Distinction* • At least one different fruit* must be offered every day. • Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup. • 100% juice can be counted as a fruit only once per week. • At least *two* fruits per week must be served fresh. *****Vegetables from the dark-green, red/orange, beans and peas (legumes) and "other vegetable" sub-groups may be substituted for fruits to meet the HUSSC fruit variety criteria for breakfast. The substitution must be consistent with meal pattern requirements as defined in §210.10(c)(2)(iii).
Grains	*Bronze/Silver* • 50% of grains offered weekly are whole grain-rich.* *Gold* • 70% of grains offered weekly are whole grain-rich.* *Gold Award of Distinction* • 100% of grains offered weekly are whole grain-rich.* * The definition of whole grain-rich is consistent with USDA policy guidance on new meal pattern requirements 7 CFR 210.10(c)(2)(iv).

Lunch Criteria	
Vegetables	*All Award Levels* • Dark-green, red and orange, and dry beans and peas must be offered in amounts equivalent to the meal pattern. *Bronze/Silver* • Offer *one* additional serving weekly from any of three vegetable sub-groups (dark-green, red and orange, dry beans and peas). *Gold/Gold Award of Distinction* • Offer *two* additional servings weekly from any of three vegetable sub-groups (dark-green, red and orange, dry beans and peas).
Fruits	*All Award Levels* • At least five different fruits must be offered each week. • Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup. • 100% juice can be counted as a fruit only once per week. *Bronze* • One fruit per week must be served fresh. *Silver* • Two fruits per week must be served fresh. *Gold* • Three fruits per week must be served fresh. *Gold Award of Distinction:* • Four fruits per week must be served fresh.

Lunch Criteria (cont.)	
Grains	*Bronze/Silver* • Two-thirds of the grains offered over a week must be whole grain-rich.* *Gold/Gold Award of Distinction* • All grains offered must be whole grain-rich*. **Whole Grain-Rich Variety:** *Bronze/Silver/Gold* • At least three different types of whole grain-rich* foods offered during the week. *Gold Award of Distinction* • Same as Gold plus only one whole grain-rich* offering per week may be a grain-based dessert. * The definition of whole grain-rich is consistent with USDA policy guidance on new meal pattern requirements 7 CFR 210.10(c)(2)(iv).

Additional Criteria	

Nutrition Education	*Elementary School*
	• For all award levels, nutrition education is provided to all students in all grades.
	
	Middle School
	• Bronze/Silver
	  o Offered in at least one grade during the school year.
	• Gold/Gold Award of Distinction
	  o Offered in at least two grades.
	
	High School
	• For all award levels, nutrition education offered in two courses required for graduation.

Physical Education (PE)	*Elementary School*
	• Structured PE must be provided.
	  o Bronze/Silver: Minimum average of 45* minutes per week, throughout the school year.
	  o Gold: Minimum average of 90* minutes per week, throughout the school year.
	  o Gold Award of Distinction: Minimum average 150* minutes per week, throughout the school year.
	
	*Up to 20 minutes (Bronze/Silver) and 45 minutes (Gold/Gold Award of Distinction) of the PE requirement may be met by providing structured physical activity planned by a certified PE teacher and implemented by a classroom teacher or school administrator. All students must participate in the physical activities, which must be at least moderate-intensity and in increments of at least 10 minutes.
	
	Middle School
	• For all award levels, structured physical education offered to at least two grades.
	
	High School
	• For all award levels, structured physical education offered in at least two courses.

Additional Criteria (cont.)	
Physical Activity (PA)	*Elementary School* • For all award levels, physical activity opportunities are provided each day for all full day students (e.g., scheduled recess, walking clubs, bike clubs, intramural sports, a walk-to-school program). Such opportunities for physical activity are not the same as physical education (see the Physical Education section of this chart for a definition of physical education). • For all award levels, school reinforces physical activity/physical education messages by neither denying nor requiring physical activity as a means of punishment. *Middle and High School* • For all award levels, school provides students in all grades opportunities to participate in physical activity (e.g., intramural/interscholastic sports or activity clubs) throughout the school year. In addition, the school actively promotes participation in physical activity (in and out of school) to all students. • For all award levels, school reinforces physical activity/physical education messages by neither denying nor requiring physical activity as a means of punishment.
Local School Wellness Policy	*All Award Levels* • Submit a copy of the school's local wellness policy with the HUSSC Application, ***and*** provide documentation for the following local school wellness policy criteria: o List three ways your school is working to meet local wellness policy goals (e.g., creating specifications for vending machine foods to ensure they meet nutritional criteria, including local wellness policy goals in your school improvement plan, meetings of school wellness committee every other month). o Describe how parents, students, school administration and staff, and the community are involved in the implementation of the local wellness policy at your school.
Fundraising	*All Award Levels* • Primarily non-food items should be sold through school fundraising activities. However, if food items are sold during the school day, they must meet the HUSSC criteria for competitive foods.

Additional Criteria (cont.)	
Other Criteria for Excellence	*Bronze:* Must select at least two of the 20 options. *Silver:* Must select at least four of the 20 options. *Gold*: Must select at least six of the 20 options. *Gold Award of Distinction:* Must select at least eight of the 20 options. **Options:** *Program Outreach Excellence* • School implements innovative practices to increase SBP participation, such as Breakfast in the Classroom. • School operates an afterschool program that participates in the Afterschool Snack Program or at-risk afterschool meals component of the Child and Adult Care Food Program (CACFP). • If percentage of free or reduced students is 50% or more, Summer Food Service Program is available. *Physical Activity Excellence* • School sponsors a non-competitive afterschool physical activity program. • School actively supports and promotes walking or bicycling to and from school. • School offers at least 20 minutes of recess daily before lunch. *Nutrition Education Excellence* • School uses grade appropriate Team Nutrition curricula and lessons to teach nutrition education. • School has partnered with a chef in the *Chefs Move to Schools* Program. *Excellence in School and Community Involvement in Wellness Efforts* • Provides annual training to before and after school program staff on physical activity and nutrition. • All school staff receives annual training on wellness policies and ways to promote nutrition and physical activity. • School partners with one or more community groups to promote wellness. • Students have the opportunity to provide input on school food and physical activity options. • School informs public on amount of time allotted for lunch. Solicits input from students and community members on the amount of time that is adequate for lunch.

Other Criteria for Excellence	*School Food Service Excellence* • School Food Service Manager is a certified food handler (local or national certification) • School has a Farm to School initiative. • Smarter Lunchroom techniques are used to encourage fruit consumption: Fruit is displayed in 2 locations, one of which is near the cash register, on all lunch lines. Attractive displays, signage, and staff encouragement are used to draw attention to the fruit and encourage children to select them. • Smarter Lunchroom techniques are used to encourage vegetable consumption: Students are given the opportunity to provide input into vegetable offerings and to identify creative/descriptive names for the offerings. Creative/descriptive names are displayed with vegetables on the lunch line as well as on a poster or menu board outside the school cafeteria. • When offered, dark-green, red and orange vegetables and dry beans and peas are displayed first or most prominently among vegetable side dishes on the lunch line. • Smarter Lunchroom techniques are used to encourage consumption of dry beans and peas: Entrees that include dry beans or peas are displayed first or most prominently on the lunch line amongst other entrée items on at least 2 days. Dry bean and pea entrée items are given creative/descriptive names with student input. • Grab-and-go reimbursable meal options include dark-green, red and orange vegetables, and/or dry beans and peas at least one day per week.

Criteria for Competitive Foods/A La Carte/Second Servings (No Change)	

General Criteria for All Competitive Foods (including a la carte, seconds, in vending machines, school stores)	*Bronze/Silver*
	• When competitive foods are served:
	  o In the foodservice area
	  o Only during meal periods
	
	Gold/Gold Award of Distinction
	• When competitive foods are served:
	  o Anywhere in the school
	  o At any time during the school day (including meal periods)

Total Fat	*All Award Levels* • Calories from total fat must be at or below 35% (excluding nuts, seeds, nut butters and reduced-fat cheese).
Trans Fat	*All Award Levels* • “ *Trans* fat-free” less than 0.5g *trans* fat per serving.
Saturated Fat	*All Award Levels* • Calories from saturated fat must be below 10%. Reduced- fat cheese is exempt.
Sugar	*All Award Levels* • *Total* sugar must be at or below 35% by weight (includes naturally occurring and added sugars). • Fruits and vegetables are exempt.

Criteria for Competitive Foods/A La Carte/Second Servings (cont.)	
Sodium	*Bronze/Silver/Gold* • Must be at or below 480mg per side dish/non-entrée. • Must be at or below 600mg per main dish/entrée. *Gold Award of Distinction* • Must be at or below 200mg per side dish/non-entrée. • Must be at or below 480mg per main dish/entrée.
Portion Sizes	*All Award Levels* • Not to exceed the serving size of the food served in the National School Lunch/School Breakfast Programs; for other sales, the item package or container is not to exceed 200 calories.
Fruits and Non-Fried Vegetables	*All Award Levels* • Fruits and vegetables may be fresh, frozen, canned, or dried, and they must be found in Chapter 2 of the Food Buying Guide. • Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup.
Milk	*All Award Levels* • Only low-fat (1% or less) or fat-free milk meeting State and local standards for pasteurized milk and/or USDA approved alternative dairy beverages may be offered daily.
Milk Serving Sizes	*All Award Levels* • Milk serving size is limited to 8-fluid ounces.

Criteria for Competitive Foods/A La Carte/Second Servings (cont.)	
Other Approved Beverages	*All Award Levels* • Fruit and vegetable juices: 100% full strength with no sweeteners or non-nutritive sweeteners. • Water (non-flavored, non-sweetened, non-carbonated, non-caffeinated, without non-nutritive sweeteners).
Juice Serving Size	*All Award Levels* • Juice serving size is limited to 6-fluid ounces for elementary and middle schools and 8-fluid ounces for high schools.

USDA Foods: Healthy Choices for Our Schools

Nutritious food is essential to a healthy life. The USDA Foods program provides our Nation's school children with nutritious, safe, appealing, and 100-percent American-grown food.

USDA leads the way in fostering healthy kids by:

- Ensuring the School Breakfast and National School Lunch Programs meet strong nutrition standards,
- Using the *Dietary Guidelines for Americans* to direct food offerings and programs,
- Participating in the *Let's Move!* initiative,
- Developing and implementing the *HealthierUS School Challenge* (HUSSC), and
- Offering nutritious USDA Foods, which help provide healthy school meals.

Our youth rely on USDA. More than half of all school children (nearly 32 million) participate in USDA's National School Lunch Program (NSLP). For many of these children, the food they receive in school is their primary source of nutrition. Today's students need wholesome food more than ever – over 17 million American children live in food-insecure households and one in three children is considered overweight or obese. USDA's efforts help create the healthy school environment needed to ensure our children are engaged and productive learners.

Serving Up Nutritious Options

The USDA Foods program helps improve the nutritional value of school meals by offering more fruits, vegetables, and whole grains than ever before. Not only do these healthy foods taste good, but they are also lower in sugar, salt, and fat.

- *Fruits and Vegetables:* Over $326 million in canned, fresh, frozen, and dried fruits and vegetables was purchased for schools through the USDA Foods program and the Department of Defense Fresh Fruit and Vegetable Program in Fiscal Year 2010.
- *Whole Grains:* USDA offers many whole-grain options including quick-cooking brown rice, rolled oats, whole-grain dry kernel corn, whole-wheat flour, and whole-grain pancakes, pastas, and tortillas.
- *Sugar:* USDA canned fruits are packed in extra light sucrose syrup or slightly sweetened fruit juice; and all applesauce is unsweetened.
- *Sodium:* USDA has reduced sodium in all canned beans and vegetables to 140 mg per serving. This greatly exceeds the Food and Drug Administration's "healthy" labeling standard for sodium

The Right Choice for Our Schools

To help ensure that America's children receive the healthy food they deserve, the USDA Foods program:

- Makes up approximately 15 to 20 percent of the food served in each school lunch.
- Provides a variety of healthy food choices, including fruits, vegetables, meat, fish, poultry, dairy, and grains.
- Includes a selection of more than 180 nutritious food items– fresh, frozen, packaged, canned, dried, and bulk.
- Meets rigorous food safety standards set by Federal regulatory agencies and USDA's two purchasing agencies – the Agricultural Marketing Service and the Farm Service Agency.

(480 mg per serving) and is in line with the 2010 *Dietary Guidelines for Americans* recommendation to reduce salt intake. Frozen vegetables with no added salt are also available.

» *Fat:* Low-fat meats and lean poultry products, as well as fat-free potato wedges, are available to schools. Shortening and butter were eliminated long ago from school purchasing options.

The improved nutritional value of USDA Foods will help support USDA's strengthened school meal standards and continue to reflect current nutrition science and the *Dietary Guidelines for Americans*.

HEALTHY FOODS

"Over the years, [USDA Foods] have become increasingly more nutritious. Improved quality and appeal has led to greater use of these products by schools."

–Alliance for a Healthier Generation

Schools Get Creative With USDA Foods

Schools are choosing to use USDA Foods in more healthful ways. Many schools have eliminated fried foods and have opted to convert USDA Foods into lower fat, lower sodium menu items that children still find tasty. For example, schools can process USDA bulk chicken into unbreaded, roasted pieces rather than the traditionally fried version.

More and more, USDA's whole-grain products are featured on school menus. Stir-frys using USDA quick-cooking brown rice, sandwich wraps with USDA whole-grain tortillas, and USDA whole-grain pasta and vegetables are popular menu offerings. Schools can top USDA's whole-grain rotini with USDA's low-sodium spaghetti sauce and use whole-wheat flour for breadsticks.

These innovative changes are taking place across the country. More and more, the 101,000 schools and institutions that participate in the National School Lunch Program are thinking creatively about how to serve healthful options that kids will enjoy.

What Can You Do?

Spread the word about the nutritional benefits of school meals and the healthy food available through the USDA Foods program by:

» Planning events such as taste tests at assemblies or health fairs;

» Including messages in school newsletters and Web sites, or on the back of lunch menus;

» Teaching your students about the importance of nutrition using USDA Foods; and

» Partnering with teachers in your school to develop nutrition education lesson plans.

For more information on USDA Foods resources to help plan healthy and tasty meals, visit www.fns.usda.gov/USDAFoods.

United States Department of Agriculture
Food and Nutrition Service

FNS-429 / May 2011

United States Department of Agriculture

Food and Nutrition Service

3101 Park Center Drive

Alexandria, VA 22302-1500

DATE: April 26, 2012

MEMO CODE: SP 30-2012

SUBJECT: Grain Requirements for the National School Lunch Program and School Breakfast Program

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

SOURCE CITATION: 42 USC 1753(b)(3) and 1758(a)(4) and 7 CFR Parts 210 and 220

This memorandum explains the grains requirements for the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) and specifically addresses implementation of the ounce equivalencies and definition of whole grain-rich products.

The Department of Agriculture (USDA) published, "Nutrition Standards in the National School Lunch and School Breakfast Programs" on January 26, 2012. This final rule amended NSLP and SBP regulations at 7 CFR 210.10 and 220.8, updating the meal patterns and nutrition standards to align them with the 2010 *Dietary Guidelines for Americans* (DGAs) as required by Sections 4(b) and 9(a)(4) of the Richard B. Russell National School Lunch Act as amended by Section 201 of the Healthy, Hunger-Free Kids Act of 2010. The meal patterns for the NSLP and the SBP include quantities of grains based on ounce equivalencies (oz eq) in a manner that is consistent with the DGAs and the USDA food guidance system known as MyPlate. The amounts of foods included in the meal pattern, including the amount of oz eq of grains, were carefully determined through an extensive review and assessment to meet 24 nutrient targets. NSLP and SBP nutrition standards also require all grains to be whole grain-rich by school year (SY) 2014-2015.

This memorandum sets forth the criteria to be used by school food authorities (SFAs) and program operators to determine grains which meet the regulatory standards and to determine equivalent minimum serving sizes (oz eq). In addition, this memorandum includes examples of foods that qualify as grains based on the nutrition standards in the NSLP and SBP hereafter referred to as "school meal programs."

I CRITERIA FOR DETERMINING ACCEPTABLE GRAINS FOR SCHOOL MEAL PROGRAMS

The requirements to offer whole grain-rich products will be phased in for the school meal programs over the next two SYs:

For **lunch**, beginning July 1, 2012 (SY 2012-2013), through June 30, 2014 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014, (SY 2014-2015), all grains must meet the whole grain-rich criteria.

For **breakfast,** beginning July 1, 2013 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014, (SY 2014-2015), all grains must meet the whole grain-rich criteria.

Through SY 2013-2014, SFAs and program operators should continue to refer to *Section 3 Grains/Breads* of the *Food Buying Guide for Child Nutrition Programs* and *FCS Instruction 783 - REV 2, The Grains/Breads Requirements for Food-based Menu Planning Alternatives in the Child Nutrition Programs* for guidance on products which meet the grains requirements, but not the whole grain-rich requirements. After SY 2013-2014, all grain must be whole grain-rich in order to meet NSLP and SBP nutrition standards. The USDA is in the process of updating several resources to assist SFAs and program operators with identifying whole grain-rich foods for availability by summer 2012.

Whole Grain-Rich Criteria

In accordance with NSLP and SBP regulations at 7 CFR Parts 210 and 220, the following criteria are to be used as the basis for crediting items to meet the whole grain-rich requirement:

Foods that qualify as whole grain-rich for the school meal programs are foods that contain 100-percent whole grain or contain a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50-percent is whole grain. Whole grain-rich products must contain at least 50-percent whole-grains and the remaining grain, if any, must be enriched.

Schools can use the following elements as a simple checklist to evaluate if a grain product meets the whole grain-rich criteria:

Element 1: The food item must meet the oz eq requirements for the grains component as defined by this guidance.

Element 2: The food must meet at least one of the following:

a. The whole-grain content per oz eq based on the attached Exhibit A weights must be at least 8.0 grams or more for Groups A – G. For Groups H and I, the volumes or weights listed must be offered to credit as one oz eq. This information may be determined from information provided on the product packaging or by the manufacturer, if available.

b. The product includes the following Food and Drug Administration-approved whole-grain health claim on its packaging: "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."

c. The product ingredient declaration lists whole grains first, specifically:

I. Non-mixed dishes (e.g., breads, cereals): whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list with an exception for water). When the whole grain content comes from multiple ingredients, the combined whole grain ingredients may be the primary ingredient by weight even though a whole grain is not listed as the first ingredient. These products could meet the whole grain-rich criteria with proper manufacturer documentation. For example, a bread item may be made with three grain ingredients: enriched wheat flour (40% of grain), whole wheat (30% of grain), and whole oats (30% of grain). The program operator, with the assistance of manufacturers, could determine that whole grains were the primary ingredient by weight since the combined 60% whole grain ingredients are greater than the enriched wheat flour at 40% although the enriched flour may be listed first in the ingredient declaration.

II. Mixed dishes (e.g., pizza, corn dogs): whole grains must be the primary grain ingredient by weight (a whole grain is the first grain ingredient in the list of grains). For foods prepared by the school food service, the recipe is used as the basis for a calculation to determine whether the total weight of whole-grain ingredients exceed the total weight of non whole-grain ingredients.

When flour blends are listed in the ingredient declaration and grouped together with parentheses, for example, ingredients: flour blend (whole wheat flour, enriched flour), sugar, cinnamon, etc., program operators will need to know either that the whole grain content is at least 8.0 grams per oz eq or that the weight of the whole grain is greater than the first ingredient listed after the flour blend such as sugar in the example.

A ready-to-eat (RTE) breakfast cereal must list a whole grain as the primary ingredient and the RTE cereal must be fortified. If the grain product includes enriched ingredients, or the

product itself is enriched; the ingredients or the grain product must meet the Food and Drug Administration's standards of identity for enrichment (21 CFR Section 137). Bran and germ are not creditable in school meal programs. Non-creditable grain ingredients in products at very low levels used as processing aids are allowable at levels less than 2-percent.

Manufacturers may apply for a Child Nutrition (CN) Label for qualifying products to indicate the number of oz eq grains that meet the whole grain-rich criteria. The term, "oz eq grains" on the CN Label indicates the product meets the whole grain-rich criteria, while the terms "bread" or "bread alternate" on the CN Label indicates the product meets previous program requirements for grains/breads. Please refer to the CN Labeling Program website for details regarding qualifying products at: www.fns.usda.gov/cnd/cnlabeling/.

II CRITERIA FOR DETERMINING EQUIVALENT MINIMUM SERVING SIZES

Pursuant to the new NSLP and SBP regulations, the updated meal patterns, which include requirements for whole-grain rich grain products based on oz eq, will become effective on July 1, 2012, the beginning of SY 2012-2013. Recognizing that operators and manufacturers which provide products for the school meal programs may require time to change specifications and revise products, we will allow SFAs and program operators to credit grain products based on the current 14.75 grams of grains per serving through SY 2012-2013. All grain products must be credited based on per oz eq standards beginning on July 1, 2013, the beginning of SY 2013-2014.

As provided for in NSLP and SBP regulations, grain products must be credited using the oz eq method. This criterion is applied to various products as follows:

- Baked goods, such as breads, biscuits, bagels, etc., require 16 grams of creditable grain ingredients in order to provide 1 oz eq credit.
- For cereal grains such as oatmeal, pasta, and brown rice, a 1-ounce equivalent is 28 grams (approximately 1.0 ounce by weight) of dry product. Since these grains are served cooked and water is added in preparation, the cooked volume equivalent is ½ cup cooked cereal, pasta, or rice.
- For ready-to-eat (RTE) breakfast cereal, 28 grams *or* 1.0 ounce of product is considered an ounce equivalent. The ounce equivalent volumes are 1 cup flakes or rounds, 1.25 cups puffed cereal, and ¼ cup granola. As with baked goods, we recognize that program operators and manufacturers may need additional time to adjust products and orders with respect to volume requirements for RTE cereal.

The new meal patterns provide a minimum and maximum number of oz eq to meet a weekly grains requirement by age group. All grains offered should be counted toward meeting these minimum and maximum requirements using the ounce equivalent or "bread" or "bread alternate" criteria in the interim. Of the weekly total for lunch, up to two (2.0) oz eq grains per week may be in the form of a grain-based dessert.

During SY 2012-2013, battered and/or breaded products offered will not need to be counted toward the maximum weekly grain requirements in the meal pattern. Beginning July 1, 2013 (SY 2013-2014), all grains which are part of battered and/or breaded products offered must be counted towards the weekly grain requirement.

The contribution of grains in a recipe or product formulation for items listed in Exhibit A, Groups A-G, may be calculated to determine the number of oz eq grains the recipe provides based on 16 grams of grain ingredients per ounce equivalent. The crediting of a food item as oz eq grains is determined by the total amount in grams of whole-grain meal and/or flour or whole-grain and enriched meal and/or flour in the product formulation or recipe divided by the number of servings the formulation or recipe yields divided by the 16 grams per oz eq standard. For the types of food items listed in Groups H and I of the attached Exhibit A to count as one full serving, the weights or volumes listed therein must be used.

One quarter (1/4) of an oz eq is the smallest amount allowable to be credited toward the quantities of grains. If the minimum daily requirement for grains is 1 oz eq, this minimum can be met by offering multiple food items, for example, 0.5 oz eq of one grain item and 0.5 oz eq of another grain item. The oz eq for grains may be determined by using either the weights or volumes listed in the attached Exhibit A, or the SFA may require documentation from a manufacturer certifying the grams of creditable grains per portion for determining the oz eq from a given product.

The attached *Exhibit A: School Lunch and Breakfast* contains the equivalent minimum weights for a wide variety of purchased food items to meet the oz eq criteria. Program operators may use Exhibit A instead of calculating the actual amount of grains in a product since it provides the equivalent minimum weights to provide one oz eq of grains. We note that the listing of food items included in Exhibit A is not exhaustive.

Exhibit A provides oz equivalent information for products commonly offered in schools. SFAs have flexibility to use a wide range of products in planning meals which meet NSLP and SBP meal pattern and nutrition specifications. However, program operators are strongly encouraged to offer food items that are low in added sugars, sodium, and saturated fat in order to meet these requirements and provide foods which are consistent with the Dietary Guidelines for Americans.

SUMMARY OF IMPLEMENTATION DATES:

Ounce equivalent requirements: All grain products must be credited based on oz eq standards beginning July 1, 2013, the beginning of SY-2013-2014. The grain component weights in the attached *Exhibit A: School Lunch and Breakfast* have been updated to reflect the change from 14.75 grams of creditable grain to 16.0 grams of creditable grain per oz eq

for Groups A-G. The original Exhibit A weights and volumes for all Child Nutrition Programs may continue to be used through June 30, 2013 for lunch and breakfast.

Whole grain-rich requirements: for lunch, beginning July 1, 2012 (SY 2012-2013), half of the grains offered during the school week must meet the whole grain-rich criteria. For breakfast, beginning July 1, 2013 (SY 2013-2014), half of the grains offered during the school week must meet the whole grain-rich criteria. Beginning July 1, 2014, (SY 2014-2015), all grains must meet the whole grain-rich criteria for lunch and breakfast.

For NSLP and SBP (sections 210.10, 210.10a, 220.8, and 220.8a), this policy memorandum supersedes FCS Instruction 783 - REV 2, The Grains/Breads Requirements for Food-based Menu Planning Alternatives in the Child Nutrition Programs and the *Food Buying Guide for Child Nutrition Programs* guidance on Grains/Breads. However, the FCS Instruction 783 - REV 2, will be revised to remove the sections mentioned above and will pertain to all other Child Nutrition Programs. State Agencies should contact their Food and Nutrition Service Regional Office with any questions.

Original Signed

Cynthia Long
Director
Child Nutrition Division

Attachment

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST

WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS[1, 2]

GROUP A	OZ EQ FOR GROUP A
• Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing.	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	**OZ EQ FOR GROUP B**
• Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers[4] (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn)	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	**OZ EQ FOR GROUP C**
• Cookies [3] (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies[3], cobbler[3], fruit turnovers[4], and meat/meat alternate pies) • Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

[1] The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

[2] Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

[3] Allowed only as dessert at lunch as specified in §210.10.

[4] Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

GROUP D	OZ EQ FOR GROUP D
• Doughnuts[4] (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars[4] (plain) • Muffins (all, except corn) • Sweet roll[4] (unfrosted) • Toaster pastry[4] (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	**OZ EQ FOR GROUP E**
• Cereal bars, breakfast bars, granola bars[4] (with nuts, dried fruit, and/or chocolate pieces) • Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[4] (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls[4] (frosted) • Toaster pastry[4] (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	**OZ EQ FOR GROUP F**
• Cake[3] (plain, unfrosted) • Coffee cake[4]	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G	**OZ EQ FOR GROUP G**
• Brownies [3] (plain) • Cake [3] (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	**OZ EQ FOR GROUP H**
• Cereal Grains (barley, quinoa, etc) • Breakfast cereals (cooked)[5, 6] • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown)	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	**OZ EQ FOR GROUP I**
• Ready to eat breakfast cereal (cold, dry) [5, 6]	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

[5] Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

[6] Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

Best Practices Sharing Center

Share your resources, or learn from others!

In the Best Practices Sharing Center, School Food Authorities and State Agencies can share resources and tools they use to serve healthy menus that meet the new school meal regulations.

Search by topic area, format, or audience to find resources!

http://healthymeals.nal.usda.gov/bestpractices

Snap this QR Code with your smartphone to visit the Web site.

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Final Rule to Update School Lunches and Breakfasts

U.S. Department of Agriculture
Food and Nutrition Service
February 2012

Overview

- Background
  - Proposed Rule
  - Major Changes
- New Meal Pattern
- Implementation Timeline
- General Provisions
- Meal Components
- Dietary Specifications
- Timeline Review
- Current Standards vs. Final Rule
- Implementation and Monitoring
- Questions/Comments

BACKGROUND

Proposed Rule (Jan 2011)

- Title: *Nutrition Standards in the National School Lunch and School Breakfast Programs (76 FR 2494)*
- Published: Jan. 13, 2011
- Based on 2009 IOM report, *School Meals: Building Blocks for Healthy Children*
- 133,268 total comments received
  - http://www.regulations.gov/#!documentDetail;D=FNS-2007-0038-64675

Final Rule (Jan 2012)

- Title: *Nutrition Standards in the National School Lunch and School Breakfast Programs (77 FR 4088)*
  - Significant improvements to school meals, while modifying several key proposed requirements to address public comments regarding cost, timing, food waste, and administrative burden
  - Published: January 26, 2012
  - Effective date: July 1, 2012
- http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf

Changes from Proposed Rule

- USDA responsive to stakeholder concerns
  - Changes to breakfast phased-in gradually over 3 years
  - No meat/meat alternate required at breakfast
  - Additional year to implement sodium target #2
  - Students may take smaller portions of fruits and vegetables under Offer versus Serve
  - Compliance based on one-week reviews of menus

Congressional Action

- Several changes from proposed rule required as result of Consolidated and Further Continuing Appropriations Act, 2012 (P.L. 112-55)
  - No maximum weekly limit on starchy vegetables (or other vegetable subgroups)
  - USDA to evaluate studies on sodium intake/ health prior to 2nd and final sodium targets
  - Crediting of tomato paste unchanged
  - “Whole grain” definition provided in rule

NEW MEAL PATTERN

Final Rule Meal Pattern

	Breakfast Meal Pattern			Lunch Meal Pattern		
	GradesK-5[a]	Grades 6-8[a]	Grades 9-12[a]	GradesK-5	Grades6-8	Grades9-12
Meal Pattern	**Amount of Food[b] Per Week (Minimum Per Day)**					
Fruits (cups)[c,d]	5 (1) [e]	5 (1) [e]	5 (1) [e]	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups)[c,d]	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green [f]	0	0	0	0.5	0.5	0.5
Red/Orange [f]	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes) [f]	0	0	0	0.5	0.5	0.5
Starchy[f]	0	0	0	0.5	0.5	0.5
Other [f,g]	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total[h]	0	0	0	1	1	1.5
Grains (oz eq) [i]	7-10 (1) [j]	8-10 (1) [j]	9-10 (1) [j]	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 [k]	0 [k]	0 [k]	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) [l]	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal)[m,n,o]	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)[n,o]	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)[n, p]	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat[n,o]	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

Reading the Meal Pattern Chart

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5[a]	Grades 6-8[a]	Grades 9-12[a]	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food[b] Per Week (Minimum Per Day)					
Fruits (cups)[c,d]	5 (1) [e]	5 (1) [e]	5 (1) [e]	2.5 (0.5)	2.5 (0.5)	5 (1)

- First column
  - required food components & dietary specifications
- Next three columns
  - weekly SBP requirements based on age-grade
- Last three columns
  - amounts required for Lunch based on age-grade

Reading the Meal Pattern Chart

- Weekly requirements in cells; daily requirements in parentheses
- Fruits, Vegetables, Fluid Milk: daily/weekly minimums
- Grains, Meat/Meat Alternates: daily/weekly minimums and weekly maximums
- Calories: weekly minimums; weekly maximums
- Saturated Fat, Sodium: daily average in a week
- Trans Fat: daily/weekly maximum
- Chart available for download http://www.fns.usda.gov/cnd/Governance/Legislation/dietaryspecs.pdf

IMPLEMENTATION TIMELINE

Implementation Timeline

NEW REQUIREMENTS	Implementation (School Year) for NSLP (L) and SBP (B)						
	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2022/23
FRUITS COMPONENT							
Offer fruit daily	L						
Fruit quantity increase to 5 cups/week (minimum 1 cup/day)			B				
VEGETABLES COMPONENT							
Offer vegetables subgroups weekly	L						
GRAINS COMPONENT							
Half of grains must be whole grain-rich	L	B					
All grains must be whole-grain rich			L, B				
Offer weekly grains ranges	L	B					
MEATS/MEAT ALTERNATES COMPONENT							
Offer weekly meats/meat alternates ranges (daily min.)	L						
MILK COMPONENT							
Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B						
DIETARY SPECIFICATIONS (to be met on average over a week)							
Calorie ranges	L	B					
Saturated fat limit (no change)	L, B						
Sodium Targets [1]-Target 1Target 2Final target			L, B			L, B	L, B
Zero grams of trans fat per portion	L	B					
MENU PLANNING							
A single FBMP approach	L	B					
AGE-GRADE GROUPS							
Establish age/grade groups: K-5, 6-8, and 9-12	L	B					
OFFER VS. SERVE							
Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L		B				
MONITORING							
3-year adm. review cycle		L, B					
Conduct weighted nutrient analysis on 1 week of menus	L	B					

Implementation Timeline

- Depicts when each requirement will be phased in for both breakfast and lunch over next 10 years
- Letter “L” denotes lunch and letter “B” denotes breakfast
- Available for download http://www.fns.usda.gov/cnd/Governance/Legislation/implementation_timeline.pdf

GENERAL PROVISIONS

General Provisions

- New age/grade groups for Breakfast/Lunch
  - Grades K-5, 6-8, 9-12
  - Effective SY 2013-2014 for breakfast and SY 2012-2013 for lunch
  - Narrower to provide age-appropriate meals
  - Able to use same menu for grades K-8 due to overlap in requirements
- Food-Based Menu Planning required
- Offer versus Serve
  - A student has to select fruit or vegetable component
  - Schools required to offer full required amount, but student may select at least ½ cup serving

MEAL COMPONENTS

Fruits

	Breakfast Meal Pattern			Lunch Meal Pattern		
	GradesK-5[a]	Grades 6-8[a]	Grades 9-12[a]	GradesK-5	Grades6-8	Grades9-12
Meal Pattern	**Amount of Food[b] Per Week (Minimum Per Day)**					
Fruits (cups)[c,d]	5 (1) [e]	5 (1) [e]	5 (1) [e]	2.5 (0.5)	2.5 (0.5)	5 (1)

- Fruit is now *required* in the breakfast and lunch programs- lunch requirement is a change from current practices
  - Effective SY 2012-13 for lunch
  - Effective SY 2014-15 for breakfast due to significant increase in quantity

Fruits

- Fruits/vegetables separate; 2 components
- Daily serving at breakfast and lunch
- May select fresh, frozen without added sugar, canned in juice/light syrup, or dried
  - No more than half fruit offerings may be juice
  - 100% juice only
  - ¼ cup of dried fruit = ½ cup of fruit
- Food Buying Guide for whole fruit crediting
- At breakfast, vegetables may be offered instead of fruits

Vegetables

	Breakfast Meal Pattern			Lunch Meal Pattern		
	GradesK-5[a]	Grades 6-8[a]	Grades 9-12[a]	GradesK-5	Grades6-8	Grades9-12
Meal Pattern	**Amount of Food[b] Per Week (Minimum Per Day)**					
Vegetables (cups)	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green	0	0	0	0.5	0.5	0.5
Red/Orange	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes)	0	0	0	0.5	0.5	0.5
Starchy	0	0	0	0.5	0.5	0.5
Other	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total	0	0	0	1	1	1.5

- Weekly minimums of all vegetable subgroups are required
- Final rule expands proposed orange subgroup to include red and orange vegetables

Vegetables

- Daily lunch serving reflects weekly variety
  - No SBP requirement; optional fruit substitute
- Vegetable subgroup weekly minimum requirements for
  - Dark Green (e.g., broccoli, collard greens, spinach)
  - Red/Orange (e.g., carrots, sweet potatoes)
  - Beans/Peas (Legumes) (e.g., kidney beans, lentils)
  - Starchy (e.g., corn, green peas, white potatoes)
  - Other (e.g., onions, green beans, cucumbers)
  - Additional vegetables to meet 5 cup weekly total

Vegetables (cont'd)

- Variety of preparation methods available
  - Fresh, frozen, and canned products
  - USDA Foods offers variety of no salt added or lower sodium products
- Raw, leafy greens credited as ½ volume as served (i.e., 1 cup lettuce = ½ vegetable serving)
- Beans/peas (legumes) may be credited as vegetable OR meat alternate
  - Count as one component per meal only

Grains

	Breakfast Meal Pattern			Lunch Meal Pattern		
	GradesK-5[a]	Grades 6-8[a]	Grades 9-12[a]	GradesK-5	Grades6-8	Grades9-12
Meal Pattern	**Amount of Food[b] Per Week (Minimum Per Day)**					
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)	8-9 (1)	8-10 (1)	10-12 (2)

- Biggest change is a new requirement for whole grain-rich items
- Weekly grain quantities required at lunch have been reduced
  - In response to operator concerns about increased food quantities

Grains: Breakfast

- Offer daily minimums and weekly serving ranges of grains at breakfast
  - Weekly minimum and maximum quantities
  - Phased-in implementation of whole grain-rich
    - By SY 2013-14, at least half of offerings whole grain-rich
    - By SY 2014-15, all offerings are whole grain-rich
- Schools may substitute meat/meat alternate for grains once daily grains minimum met

Grains: Lunch

- Schools must offer the daily minimums and weekly serving ranges at lunch
  - Weekly minimum and maximum quantities
- By SY 2012-13, at least half of grains offered during the week must be whole grain-rich
- Beginning in SY 2014-15, all grains offered must be whole grain-rich

Criteria: Whole Grain-Rich Foods

- Currently no FDA standard label for whole grain content of foods
- USDA requires meeting temporary criteria:
  - Meet serving size requirements in the Grains/Breads Instruction, and
  - Meet at least one of the following:
    - Whole grains per serving must be ≥ 8 grams
    - Product includes FDA's whole grain health claim on its packaging
    - Product ingredient listing lists whole grain first (HUSSC criteria)

Other Grain Component Issues

- Creditable Grain-Based Desserts
  - Only two allowed at lunch per school week
  - A major source of solid fats and added sugars per DGA 2010
- Formulated Grain-Fruit Products
  - No longer able to meet grain or fruit components
  - Does not apply to granola bars, fortified cereals, etc.
- Cost and Availability Concerns
  - Many whole grain options available in USDA
  - Foods: brown rice, whole grain pasta, oatmeal, etc.

Meat/Meat Alternates

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5[a]	**Grades 6-8[a]**	**Grades 9-12[a]**	**Grades K-5**	**Grades 6-8**	**Grades 9-12**
Meal Pattern	**Amount of Food[b] Per Week (Minimum Per Day)**					
Meats/Meat Alternates (oz eq)	0 [k]	0 [k]	0 [k]	8-10 (1)	9-10 (1)	10-12 (2)

- For breakfast, no daily or weekly meat/meat alternate requirement
- For lunch, the requirements go into effect in SY 2012-2013

Meat/Meat Alternates

- Daily and weekly requirements for lunch
  - 2 oz eq. daily for students in grades 9-12
  - 1 oz eq. daily for younger students
- Variety of meat/meat alternate encouraged
  - No protein subgroup requirement
- Both tofu and soy yogurt will be allowable as meat alternates
  - Additional vegetarian protein sources
  - Crediting instruction memo to follow

Fluid Milk

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5[a]	Grades 6-8[a]	Grades 9-12[a]	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	**Amount of Food[b] Per Week (Minimum Per Day)**					
Fluid milk (cups)[l]	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)

- Milk requirements go into effect for both breakfast and lunch in SY 2012-13

Fluid Milk

- Allowable milk options include
  - fat-free (unflavored or flavored)
  - low-fat (unflavored only)
  - fat-free or low-fat (lactose-reduced or lactose-free)
- Must offer at least two choices
- Does not alter nutrition standards for milk substitutes (soy, rice beverages)

DIETARY SPECIFICATIONS

Dietary Specifications

- Calories
  - Minimum and maximum calorie levels
    - Current regulations only establish minimums
  - Required by SY 2012-13 for lunch, and SY 2013-14 for breakfast
    - Grades K-5: 550-650 lunch, 350-500 breakfast
    - Grades 6-8: 600-700 lunch, 400-550 breakfast;
    - Grades 9-12: 750-850 lunch, 450-600 breakfast
- Saturated Fat
  - Limit to less than ten percent of total calories (same as current regulations)

Dietary Specifications

- New trans fat restriction
  - Nutrition label or manufacturer's specifications specify zero grams per serving
- No total fat requirement
- Maximum limits on sodium
  - Gradual implementation
    - Target 1: SY 2014-2015
    - Target 2: SY 2017-2018
    - Final Target: SY 2022-2023
- http://www.fns.usda.gov/cnd/Governance/Legislation/sodium.pdf

Sodium Reduction Timeline

Sodium Reduction in Final Rule for Breakfast: Timeline & Amount					
Age/ Grade Group	**Baseline Current Average Sodium Levels As Offered (mg)**	**Target 1: Meet by July 1, 2014 (SY 2014-15) (mg)**	**Target 2: SY 2017-18 (mg)**	**Final Target: SY 2022-23 (mg)**	**% Change (Current Levels vs. Final Targets)**
K-5	573 (elementary)	≤ 540	≤ 485	≤ 430	-25%
6-8	629 (middle)	≤ 600	≤ 535	≤ 470	-25%
9-12	686 (high)	≤ 640	≤ 570	≤ 500	-27%

Sodium Reduction Timeline

Sodium Reduction in Final Rule for Lunch: Timeline & Amount					
Age/ Grade Group	**Baseline: Current Average Sodium Levels As Offered (mg)**	**Target 1: Meet by July 1, 2014 (SY 2014-15) (mg)**	**Target 2: SY 2017-18 (mg)**	**Final Target: SY 2022-23 (mg)**	**% Change (Current Levels vs. Final Targets)**
K-5	1,377 (elementary)	≤ 1,230	≤ 935	≤ 640	-54%
6-8	1,520 (middle)	≤ 1,360	≤ 1,035	≤ 710	-53%
9-12	1,588 (high)	≤ 1,420	≤ 1,080	≤ 740	-53%

Sodium Reduction Efforts

- Procurement specs and recipes will have to be modified
  - Technical assistance/training resources
  - USDA Foods reducing sodium in school foods
    - Already reduced for products (e.g., most cheeses)
- Prior to implementation of Target 2 and Final Target, USDA will evaluate relevant data on sodium intake and human health
  - Required by Section 743 of the Consolidated and Further Continuing Appropriations Act of 2012

A Review

TIMELINE OF CHANGES

Breakfast Changes Effective SY 2012-2013

- Offer *only* fat-free (flavored or unflavored) and lowfat (unflavored) milk
- Saturated fat limit <10% calories

Lunch Changes
Effective SY 2012-2013

- Offer fruit daily
- Offer vegetable subgroups weekly
- Half of grains must be whole grain-rich
- Offer weekly grain ranges
- Offer weekly meat/meat alternate ranges
- Offer *only* fat-free (flavored or unflavored) and low-fat (unflavored) milk
- Calorie ranges

Lunch Changes
Effective SY 2012-2013

- Saturated fat limit <10% calories
- Zero grams of *trans* fat per portion
- Single Food-Based Menu Planning approach
- Establish age/grade: K-5, 6-8 and 9-12
- Reimbursable meals must contain fruit or vegetable
- State agencies conduct weighted nutrient analysis on one week of menus

Breakfast Changes Effective SY 2013-2014

- Half of grains must be whole grain-rich
- Offer weekly grain ranges
- Calorie ranges
- Zero grams of *trans* fat per portion
- Single Food-Based Menu Planning approach
- Establish age/grade: K-5, 6-8 and 9-12
- 3-year administrative review cycle
- Conduct weighted nutrient analysis on one week of menus

Lunch Changes
Effective SY 2013-2014

- 3-year administrative review cycle

Breakfast Changes Effective SY 2014-2015

- Fruit quantity to increase to 5 cups/week (minimum 1 cup/day)
- All grains must be whole grain-rich
- Target 1 for average weekly sodium limit
- Reimbursable meals must contain a fruit or vegetable

Lunch Changes
Effective SY 2014-2015

- All grains must be whole grain-rich
- Target 1 for average weekly sodium limit

Additional Lunch and Breakfast Changes

- SY 2017-2018
  - Target 2 sodium restriction
- SY 2022-2023
  - Final Target sodium restriction

* Prior to implementation of Target 2 and the Final sodium targets, USDA will evaluate relevant data on sodium intake and human health

Current Standards
vs.
Final Rule

Chart available at:
http://www.fns.usda.gov/cnd/Governance/Legislation/comparison.pdf

Current Breakfast vs. Final Rule

School Breakfast Program Meal Pattern		
Food Group	**Current Requirements K-12**	**Final Rule Requirements**
Fruit	½ cup per day (vegetable substitution allowed)	Beginning SY 2014-15, 1 cup per day (vegetable substitution allowed) *Note: Students are allowed to select ½ cup of fruit under OVS.*
Grains and Meat/Meat Alternate (M/MA)	2 grains, or 2 meat/meat alternates, or 1 of each per day	Beginning SY 2013-14, daily and weekly grain ranges: Grades K-5: 1 oz eq. min. daily (7-10 oz weekly) Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly) Grades 9-12 : 1 oz eq. min. daily (9-10 oz weekly) *No meat/meat alternate requirement

Current Breakfast vs. Final Rule

School Breakfast Program Meal Pattern		
Food Group	**Current Requirements K-12**	**Final Rule Requirements**
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2013. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup daily (variety of fat contents allowed; flavor not restricted)	1 cup, must be fat-free (unflavored/flavored) or 1% low fat (unflavored) daily

Current Lunch vs. Final Rule

Food Group	Current Requirement	Final Rule Requirement
Fruit and Vegetables	½ - ¾ cup of fruit and vegetables combined per day	¾ - 1 cup of vegetables plus ½ -1 cup of fruit per day *Students allowed to select ½ cup fruit or vegetable under OVS.*
Vegetables	No specifications as to type of vegetable subgroup	Weekly requirement for: dark green; red/orange; beans/peas (legumes); starchy; other (as defined in 2010 DGA)

Current Lunch vs. Final Rule

Food Group	Current Requirement	Final Rule Requirement
Meat/Meat Alternate (M/MA)	1.5 – 2 oz eq. (daily minimum)	Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-10 oz weekly) Grades 6-8 : 1 oz eq. min. daily (9-10 oz weekly) Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)
Grains	8 servings per week (minimum of 1 serving per day)	Daily minimum & weekly ranges: Grades K-5: 1 oz eq. min. daily (8-9 oz weekly) Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly) Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)

Current Lunch vs. Final Rule

Food Group	Current Requirement	Final Rule Requirement
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup daily (variety of fat contents allowed; flavor not restricted)	1 cup, fat-free (unflavored/ flavored) or 1% low fat (unflavored) daily

IMPLEMENTATION AND MONITORING

Implementation and Monitoring

- USDA/FNS Technical Assistance
  - Training and support through Team Nutrition, Regional Offices
  - Collaboration with National Food Service Management Institute, National Agricultural Library
  - Updating Food Buying Guide, menu planning resources

Implementation and Monitoring

- Financial Resources
  - Six cent reimbursement for eligible schools
    - Interim rule in Spring 2012, describing how States are expected to determine which schools are eligible for additional funding and administrative review requirements
  - $47 million for each of two years
- Administrative reviews
  - Three-year cycle beginning in SY 2013-14 for lunch and breakfast
  - Use records for 1-week meal period (vs. 2 weeks in proposed rule)

CONCLUSION OF PRESENTATION

United States Department of Agriculture

Food and Nutrition Service

3101 Park Center Drive
Alexandria, VA 22302-1500

DATE: April 27, 2012

MEMO CODE: SP 10-2012 - REVISED

SUBJECT: Questions & Answers on the Final Rule, "Nutrition Standards in the National School Lunch and School Breakfast Programs"

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

Attached are Questions & Answers on the final rule to update the school meals offered under the National School Lunch and School Breakfast Programs, as required by the Healthy, Hunger-Free Kids Act of 2010. This guidance addresses the final rule overall, and includes questions on general and specific aspects of the new meal requirements. We will revise this document periodically to issue additional Questions & Answers as they arise during the implementation of the new meal requirements. These Questions & Answers and other materials related to the new meal requirements are available on a special webpage on the FNS website: http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm.

We appreciate all you do for the School Meal Programs and look forward to working with you to improve the nutrition of America's children. States should contact their FNS regional office with additional questions.

Original Signed

Cynthia Long
Director
Child Nutrition Division

Attachment

Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs"

Questions & Answers for Program Operators – Revised 4/26/12

(New or Revised Q/As are italicized)

General:

1. Why is USDA setting new meal patterns and dietary specifications for school meals?

On December 13, 2010, President Obama signed into law Public Law 111-296, the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). This historic legislation marked the most comprehensive changes to the school nutrition environment in more than a generation. The last update to school meals standards was over 15 years ago. Since that time, tremendous advancements in our understanding of human nutrition have occurred. In response to that reality, the HHFKA required USDA to update school meal nutrition standards to reflect the most current dietary science.

The timing of this legislation and USDA's standards are critically needed to help combat the epidemic of childhood obesity as well as the urgent problem of childhood hunger. Nearly 1 in 3 children are at risk for preventable diseases like diabetes and heart disease due to overweight and obesity. If left unaddressed, health experts tell us that our current generation of children may well have a shorter lifespan than their parents. Additionally, during 2010 over 17 million households in the United States, representing over 32 million adults and over 16 million children, struggled to put enough food on the table. For many of these children, a school meal is the only nutritious source of food they can count on.

2. What are the main differences between the proposed and final rules?

The final rule makes significant improvements to school meals, while modifying several key proposed requirements to address public comments regarding cost, timing/implementation, food waste, and administrative burden. The final rule, in comparison to the proposed rule:

- Phases-in changes to the breakfast program gradually over a three-year period
- Does not require a meat/meat alternate at breakfast daily
- Does not restrict starchy vegetables, and establishes weekly minimums for all vegetable subgroups
- Reduces the required weekly grains amounts at lunch
- Allows students to take smaller portions of the fruits and vegetables components (at least ½ cup of either) under Offer versus Serve
- Provides an additional year for the implementation of the second sodium target
- Requires State agencies to assess compliance with the new meal requirements based on the review of one week of menus (instead of two weeks as proposed)

- Allows schools to continue the current tomato paste crediting practice of crediting by whole food equivalency

3. How are the new meal patterns and dietary specifications different from current requirements?

The key changes to the meals for children in grades K and above are:

NSLP

- A daily serving of fruits
- A daily serving of vegetables plus a weekly requirement for dark green, red/orange, beans/pea (legumes), starchy, and "other" vegetables Increased quantity of combined fruits and vegetables
- Weekly meat/meat alternate ranges plus a daily requirement
- In the first year of implementation, at least half of the grains offered during the school week must be whole grain-rich

SBP

- Meat/meat alternate may be offered after minimum grains requirement is met
- In the second year of rule implementation, at least half of the grains offered during the school week must be whole grain-rich
- In the third year of implementation, fruit quantity increase at breakfast
- Breakfast is included in administrative reviews

NSLP and SBP

- One food-based menu planning approach and same age/grade groups
- Fruits and vegetables are two separate food components
- Daily fruits requirement
- Under Offer versus Serve, student must select at least ½ cup of the fruits or the vegetables component as part of the reimbursable meal
- Weekly grains ranges plus daily minimum requirement
- On the third year of rule implementation, all grains offered during the school week must be whole grain-rich
- Fat-free (unflavored or flavored) and unflavored low-fat milk only
- Calorie minimum and maximum levels
- Intermediate (Target 1 and Target 2) and final sodium reductions
- Trans fat limit
- Limit on saturated fat only (not on total fat)
- 3-year administrative review cycle

4. When will the changes take place?

The new lunch meal pattern is effective July 1, 2012, the beginning of SY 2012-2013. With the exception of the new milk requirement, changes to the breakfast program will be phased-in beginning July 1, 2013 (SY 2013-2014). See the implementation chart in the FNS website, http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm.

5. Does this rule impact the meals for children with disabilities?

The meals for children with recognized medical disabilities that restrict their diet are not affected by the new meal patterns and dietary specifications and continue to be based on a medical statement from a licensed physician.

Optional accommodations for children with special dietary needs (without recognized medical disabilities) must be consistent with the new meal patterns and dietary specifications.

Fruits and Vegetables:

1. What forms of fruits are required?

Schools may offer fruits that are fresh; frozen without sugar; canned in light syrup, water or fruit juice; or dried. Pasteurized, full-strength fruit juice may also be offered (it is credited to meet no more than one-half of the fruits component *offered over the week*). Required quantities are established in the meal patterns for lunch and breakfast. *Note: Frozen fruit with added sugar allowed temporarily in SY 2012-2013 only. See memorandum SP 20-2012.*

2. What types of vegetables are required?

Over the course of the week, schools must offer all vegetable subgroups established in the 2010 Dietary Guidelines for Americans: dark green, red/orange, dry beans/peas (legumes), starchy, and "other" vegetables (as defined in the Dietary Guidelines). Required minimum weekly quantities for each subgroup are established in the lunch meal pattern. Pasteurized, full-strength vegetable juice is also allowable (it is credited to meet no more than one-half of the vegetables component).We plan to release additional guidance to assist school food authorities in classifying vegetables in the appropriate subgroup. Vegetables are an option for breakfast.

3. Where are kinds of vegetables in each of the required vegetable subgroups identified?

Section 210.10(c)(2)(iii) of the regulations identifies the required vegetable subgroups. It is important to note that the term "other vegetables" refers to a specific vegetable subgroup that is listed in the 2010 Dietary Guidelines for Americans as well as online under www.ChooseMyPlate.gov.

4. How can schools minimize food waste while requiring students to take a fruit or a vegetable as part of the meal?

Under Offer versus Serve, schools must offer enough for each child to take the full required amount of each component, but a student may take smaller portions of the fruits and vegetables components, if desired. Students must select at least ½ cup daily of the fruits or the vegetables components for a meal to be considered reimbursable under Offer versus Serve in the NSLP and SBP.

5. Are schools required to offer the vegetable subgroups at lunch in any specific sequence during the week?

No. The menu planner decides when and how to offer the required vegetable subgroups at lunch.

6. Is a school that offers vegetables in place of fruits at breakfast required to offer the vegetable subgroups in any particular sequence to ensure that the first two cups of any such substitution are from the vegetable subgroups that are under-consumed?

The SBP does not have a total vegetable or a weekly vegetable subgroups requirement. If a school chooses to offer vegetables in place of fruits, it must plan how and when to offer them. As long as at least two cups of the red/orange, dark green, legumes, or "other" vegetable subgroups are offered over the course of the week, it does not matter what day of the week the starchy vegetables are included in the menu.

7. At breakfast, must the student select only one fruit or may the student select a combination of fruit choices to meet the required fruit component for the reimbursable meal?

Students may select a single fruit type or a combination of fruits to meet the required fruit component. Under Offer versus Serve, however, the student must select at least ½ cup of any fruit or combination of fruits to have a reimbursable meal.

8. What is the minimum amount of a fruit or vegetable that can be credited toward the meal pattern?

The minimum creditable serving size for a fruit or a vegetable is 1/8 cup. However, ½ of a cup is the minimum amount of fruits or vegetables that a student must select for a reimbursable meal under Offer versus Serve. There is no daily or weekly maximum limit for fruits or vegetables provided the specific calorie limitations are not exceeded.

9. Can vegetable juice blends contribute toward a vegetable subgroup?

Full strength vegetable juice blends that contain vegetables from the same subgroup may contribute toward that vegetable subgroup. Vegetable juice blends containing vegetables from more than one subgroup may contribute to the "additional" vegetable subgroup. For example, a full-strength carrot/tomato vegetable juice blend may credit toward the "orange/red" vegetable subgroup. However, a full-strength vegetable juice blend containing carrots, spinach, tomato and watercress, may only credit toward the "additional" vegetable subgroup.

10. How do leafy salad greens credit toward meal pattern requirements?

Raw and cooked greens credit differently. Raw, leafy salad greens credit at half the volume served, which is consistent with the Dietary Guidelines for Americans. For example, a ½ cup of Romaine Lettuce contributes ¼ cup toward the "dark green" vegetable subgroup. Cooked leafy greens such as sautéed spinach are credited by volume as served; for example, ½ cup of cooked spinach credits as ½ cup of dark green vegetables.

11. How does dried fruit credit toward the meal pattern requirements?

Whole dried fruit and whole dried fruit pieces credit at twice the volume served. For example, a ¼ cup of raisins contributes ½ cup fruit toward the fruit requirement, as recommended by the Dietary Guidelines for Americans.

12. Do 100% fruit strips, fruit drops or other snack-type fruit or vegetable products contribute toward meal pattern requirements?

No. Only whole dried fruit, whole dried fruit pieces, fresh, frozen or canned fruits; vegetables; or full-strength juice may contribute toward fruits and vegetables components. Effective July 1, 2012 (SY 2012-2013), reimbursable meals must not credit snack-type fruit products that may have been previously credited.

13. Will CN-Labeled Products that include vegetables provide crediting information for vegetable subgroups?

Yes. CN Labels will be revised to document the creditable amounts of the vegetable subgroups required by the final rule: dark green; red/orange, beans/peas (legumes), starchy, and "other."

New Questions:

14. Is the limit on juice a daily or a weekly limit?

The juice limit will apply weekly to support menu planning flexibility. No more than half of the weekly offering for the fruit component or the vegetable component may be in the form of full-strength juice.

15. May a school serve 1/2 cup fruit pieces and 1/2 cup fruit juice?

Yes. The juice requirement that allows juice to be offered for ½ of the fruits offered is a weekly requirement. Therefore, schools could serve ½ cup fruit pieces and ½ cup fruit juice on one or more days as long as the total weekly juice offering does not exceed ½ of the total fruit offerings for the entire week.

16. Can 100-percent fruit and vegetable juice blends contribute to the reimbursable meal?

Yes. If the first ingredient in the 100-percent juice blend is fruit juice, then the 100-percent juice blend can contribute to the fruit requirement. If the first ingredient is a vegetable juice, then the 100-percent juice blend can contribute to the "other" or the "additional" vegetable requirement, depending on the needs of the menu planner.

17. The rule states that juice may be used for only 1/2 of the fruit component. Since the fruit component for grades K-5 and 6-8 is 1/2 cup daily, does that mean that only 1/4 cup juice can be served?

No. The provision that limits juice to no more than ½ of the fruits offered applies over the week. Therefore, schools could serve larger quantities of fruit juice one or two days a week, as long as the total weekly juice offering does not exceed ½ of the total fruit offerings for the entire week.

18. Does the limit on juice to half of the fruit component mean that if I serve 4 ounces of juice to my elementary students I can only credit two ounces toward the fruit component?

No, juice may be credited as the volume served, so 4 ounces will credit as ½ cup. However, no more than half of the fruit or vegetable offerings over the week may be in the form of juice. Also, all juice must be 100% full-strength juice; diluted juice is no longer allowed.

19. Is frozen 100% fruit juice without added sugar allowed under the new guidelines?

Yes. Frozen 100% fruit juice without added sugar can be used. 100% juice (served liquid or frozen) may be used to meet up to half of the fruit component of the meal pattern requirements for school lunch or school breakfast.

20. Is frozen fruit with added sugar allowed?

If schools have an existing inventory, they may continue to offer frozen fruit with added sugar in the NSLP in SY 2012-13 only. This temporary exemption applies to products acquired through USDA Foods as well as those purchased commercially. Beginning July 1, 2013, all frozen fruit served in the NSLP must contain no added sugars. Please see memorandum SP 20-2012 issued February 24, 2012, for additional guidance.

The fruit requirements in the SBP take effect in SY 2014-15. Until then, frozen fruit with added sugar may be offered in the SBP.

21. Is dried fruit with sugar coating allowed?

Yes. Dried fruit is sometimes processed with sugar to keep the fruit pieces separated. Although these types of products are allowed, schools must be aware of the maximum calorie limits when offering any food with added sugar.

22. If a school meets the fruit requirement for breakfast, can they add a serving of hash browns as an "extra?"

There is no vegetable requirement in the SBP. In order to serve starchy vegetables in place of fruits at breakfast, a school has to first offer 2 cups of non-starchy vegetables per week from the dark green, red/orange, beans/ peas (legumes) or ''Other vegetables'' subgroups as defined in § 210.10(c)(2)(iii). Therefore, to offer hash browns or other starchy vegetables, the weekly planned menu must include 2 cups of non-starchy vegetables.

23. If the fruit requirement at breakfast is 1 cup, may ½ cup each of fruits and vegetables be served at breakfast? For example: ½ cup juice and ½ cup beans?

Yes, as long as the first 2 cups per week of vegetables substituted for fruit are from the dark green, red/orange, beans/ peas (legumes) or ''Other vegetables'' subgroups as defined in section 210.10(c)(2)(iii).

24. May a salad bar with fruits and vegetables that is offered as part of the reimbursable meal be located after the point of service (POS)?

The memo on salad bars (SP 02-2010 – Revised) states "To ensure that each student's selections from the salad bar meet the required portions for an entrée or food/menu item, the POS must be stationed after the salad bar. If a school is not able to position the salad bar in a location prior to the POS, SAs may authorize alternatives to the POS lunch counts." If the fruits and vegetables are located in an approved location beyond the POS, there must be a system in place to ensure that each reimbursable meal selected by the student includes a fruit or a vegetable, and that the total of any fruit or vegetable item selected under OVS equals at least 1/2 cup.

25. Are schools that offer salad bars required use to specific size serving utensils to meet quantity requirements?

Schools are not required to use specific serving size utensils but may do so to encourage children to take appropriate food amounts. However, regardless of the serving utensils used, food service staff must ensure that the portions on the student's tray meet the meal pattern requirements. This may be done by training the cashiers to visually identify the correct portions, or by pre-portioning the food items.

26. Is a mixed salad required to consist of all dark green vegetables or can iceberg lettuce be part of the mix?

Iceberg lettuce is not considered a dark green vegetable, but a salad that consists of a variety of dark leafy greens (such as spinach or romaine lettuce) counts toward the dark green subgroup. If the mixed salad contains different vegetable subgroups and the quantities of each subgroup are known, they can be credited toward each subgroup. If the quantities are not known, a mixed salad counts toward the additional vegetables requirement. (Remember that uncooked, leafy greens count as half of the offering and 1/8 cup is the minimum creditable quantity that may be offered).

27. May a school offer a daily salad bar line that offers multiple vegetable subgroups every day as a way to meet the weekly vegetable subgroup requirement?

Yes, this is acceptable if the salad bar is available to all children each day and offers all of the required weekly subgroups over the course of the week.

28. Do the vegetable subgroups offered on a daily salad bar need to be itemized on the production records? Do all of these items need to be listed on the menu?

Yes. Section 210.10(a)(3) of the regulations requires that production records and menu records for the meals show how the meals offered contribute to the required food components and food quantities. These records must be examined by the State agency during the administrative review to ensure the meals offered are reimbursable.

29. If a school has multiple serving lines with different menu items, must each serving line offer all of the vegetable subgroups weekly?

Yes, this ensures that all students have access to all of the vegetable subgroups throughout the week regardless of the serving line selected. For example, a child who picks the pizza line consistently would have access to all vegetable subgroups throughout the week. (See Question #3 under the topic Multiple Offerings.) Another solution could be to offer a centrally located garden bar or salad bar that all students can access after they pass through the serving lines.

30. Can the vegetable subgroups be offered a couple of different times over the week in small amounts that add up to the required amount for the full week?

Yes, schools can break up the subgroup requirement across the week as long as the week's menu as a whole meets the full subgroup requirements, AND each day the school offers the full daily vegetable minimum. Keep in mind that the minimum creditable amount is 1/8 cup. Example: one day a school offers a ½ cup of bean/corn salsa that includes ¼ cup of beans per serving, and another day that week the school offers a bean burrito that supplies another ¼ cup of beans. This example assumes that school is providing additional vegetable with each of these meals to meet the minimum daily requirement for vegetables (1 cup for grades 9-12 and ¾ cup for lower grades).

31. Are there maximum limits on the amount of vegetable subgroups offered at lunch?

No; schools must offer at least the minimum quantities of all the vegetable subgroups required in the NSLP meal pattern. There is only a maximum limit on the amount of juice that may be offered under the fruits and the vegetable components. No more than half of the fruits or vegetables offered over the week may be in the form of juice.

32. How may beans/peas (legumes) be used in school meals?

Dry/mature beans and peas may be offered as a meat alternate or as a vegetable, at the discretion of the menu planner. However, one serving may not count toward both food components in the same meal. For example, one serving of refried beans can be offered as a vegetable in one meal and as a meat/meat alternate on another occasion. The refried beans offered as a vegetable count toward the weekly beans/peas requirement, but not toward the meat/meat alternate weekly range. Menu planners must determine in advance how to count beans/peas in a meal. For additional guidance on beans and peas, see: http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html

33. May a school use a food product that contains a non-creditable amount of vegetables (less than 1/8 cup)?

Yes, but the school must offer vegetables in the required amounts over the course of the week from other sources to meet the daily and weekly vegetable requirements.

34. How should schools credit a vegetable mixture toward the vegetable subgroup requirements?

Vegetable combinations from the same subgroup (e.g., carrots and sweet potatoes are red/orange vegetables) may count toward that single vegetable subgroup. Vegetable combinations that contain at least 1/8 cup each of different vegetable subgroups (e.g., carrots and corn) may credit each one toward the appropriate subgroups. If the quantities of the different vegetables are not known, the vegetable mixture counts as "additional vegetables."

35. Where may I find information to help me categorize unusual vegetables?

See the following resources:

http://www.choosemyplate.gov/food-groups/vegetables.html
http://www.cnpp.usda.gov/Publications/USDAFoodPatterns/ItemClustersAndRepFoods.pdf

Meat/Meat Alternate:

1. Is a daily meat/meat alternate required at breakfast?

No; schools have discretion to offer a meat/meat alternate after the minimum daily grains requirement (1 oz. eq.) is met.

2. Are schools required to offer tofu as part of the lunch menu?

No; the final rule allows schools the option to offer commercially-prepared tofu as a meat alternate.

3. Is regular yogurt still creditable as a meat/meat alternate?

Yes. There have been no crediting changes to meat/meat alternate options other than the ones specifically identified in the final rule.

4. Is soy yogurt or tofu yogurt creditable as a meat/meat alternate?

Tofu yogurt is not creditable; however, ½ cup of soy yogurt (4.0 fluid ounces) may credit as 1.0 ounce equivalent meat alternate.

New Questions:

5. Is tofu creditable as a meat/meat alternate in the CACFP and SFSP?

No. Tofu will credit in the NSLP and SBP only, beginning July 1, 2012.
In the school meal programs, 2.2 ounces (1/4 cup) of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent meat alternate.

6. How does tofu credit in a combination dish?

Firm tofu that meets FNS requirements for tofu can be diced into miso soup and credited toward the meat alternate component – it is recognizable as the meat substitute. The miso ingredient, dissolved into the broth of the miso soup, is a fermented soy product which does not credit – it is not tofu.

Similarly, a soft tofu, pureed into a soup, does not credit because it is not recognizable and does not represent a meat substitute. Therefore, the blended tofu is not creditable. Finally, noodles made from tofu do not represent a meat substitute and are not composed of grains. This explains why the noodles are not credited for either component.

7. Can an SFA rely on the nutrition facts panel alone to evaluate a meat analog, such as a soy burger or tofu sausage?

When considering processed tofu products such as links and sausages made from tofu as meat alternates for the reimbursable meal, the tofu ingredient must contain the required 5 grams of protein per 2.2 ounces by weight. However, the additional ingredients beyond the tofu in a meat substitute such as tofu sausage are also included on the nutrition label. Therefore, the protein amount listed on the label for the meat substitute does not necessarily indicate the protein of the tofu for verification of FNS tofu requirements. This information would need to be obtained from the tofu manufacturer.

Grains:

1. How will schools identify whole grain-rich products?

Until the whole grain content of food products is required on a product label by the Food and Drug Administration (FDA), schools must evaluate a grain product using the two-element criterion developed by the Institute of Medicine and set forth in the final rule:

Element #1. A serving of the food item must meet portion size requirements for the Grains/Breads component as defined in FNS guidance.

AND

Element #2. The food must meet at least one of the following:

a. The whole grains per serving (based on minimum serving sizes specified for grains/breads in FNS guidance) must be ≥ 8 grams. This may be determined from information provided on the product packaging or by the manufacturer, if available. Also, manufacturers currently may apply for a Child Nutrition Label for qualifying products to indicate the number of grains/breads servings that are whole grain-rich.

b. The product includes the following Food and Drug Administration (FDA)-approved whole grain health claim on its packaging. "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers."

c. Product ingredient listing lists whole grain first, specifically:
I. Non-mixed dishes (e.g., breads, cereals): Whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list)
II. Mixed dishes (e.g., pizza, corn dogs): Whole grains must be the primary grain ingredient by weight (a whole grain is the first grain ingredient in the list)

The product ingredient listing (Element #2c of the above criterion) is a practical way for schools to identify whole grain-rich products because manufacturers are not required to provide information about the grams of whole grains in their products, and the FDA whole grain health claim is not mandatory. Detailed instructions for this method appear in the *HealthierUS School Challenge Whole Grains Resource* guide, which is available online at http://teamnutrition.usda.gov/healthierUS/HUSSCkit_pp25-35.pdf. FNS will provide additional guidance as necessary.

Revised Question:

2. Does the *50 percent* guideline for whole grain-rich apply to the grain content of the product or to the weight of the product?

The *50 percent* guideline for whole grain-rich requires that if the food item is a grain-based product (bread, cereal, etc), it must contain *50 percent* or more whole grains by weight *or* have a whole grain listed as the first ingredient on the ingredient label. If the food item is a mixed dish product (lasagna, stir fry, etc), a whole grain must be the primary *grain* ingredient by weight.

3. Will the Child Nutrition Labeling program specify if whole grains are in a product?

Yes; the Child Nutrition Labeling program is being updated to report the whole grain-rich contributions to the grains component.

4. Can schools exceed the upper range of the grains component?

No. The grain ranges are the minimum and maximum schools may offer. They are intended to help schools offer age-appropriate meals within the required calorie ranges.

5. Does a school have to offer a whole grain rich item every day?

Schools must offer at least a minimum amount of grains daily to meet the required weekly range. In SY 2012-2013 and SY 2013-2014 for lunch, and in SY 2013-2014 for breakfasts, half of the grains offered weekly must be whole grain-rich. During this period, the menu planner has discretion to decide when and how to offer whole grain-rich items, as long as the applicable whole grains-rich requirement is met. We encourage menu planners to offer whole grain-rich items often to facilitate student acceptability and transition to all whole grain-rich products in SY 2014-2015 for lunches and breakfasts. At that time, schools must offer only whole-grain rich products daily and weekly.

Revised Question:

6. Are CN-labeled products that contribute to the Grains component now required to be whole grain-rich?

Temporary approvals (expiring June 30, 2014) will be issued for CN Label applications containing crediting for non-WGR grains. Those claims will continue to report, "provides X.X servings of bread or bread alternate" so that program operators may distinguish between WGR claims and non-WGR claims. This effort seeks to provide adequate time for manufacturers to reformulate products to meet the WGR requirements by June 30, 2014.

Products containing items with both WGR and non-WGR claims (i.e. non-WGR breaded patties on WGR sandwich bun) will report this by using both the terms Grains (for WGR items) and bread or bread alternate (for non-WGR items). These products will also receive temporary approvals (expiring June 30, 2014).

7. Does the removal of formulated grain-fruit products include energy/granola bars?

No. Formulated grain-fruit products were specifically defined in the school breakfast regulations (appendix A to 7 CFR 220). The final rule removes from the regulations the portion of appendix A that deals with formulated grain-fruit products. These products are highly fortified and have a specific nutrient profile. To credit them in the school breakfast program, they required approval from FNS and a statement on the label saying they met a grain and fruit serving. The removal of formulated grain-fruit products does not prohibit the use of energy bars, granola bars, cereal bars, breakfast bars, fortified cereals, or cereals with fruit to be credited toward the meal pattern.

New Questions:

8. Do I have to serve a minimum of 1 ounce equivalent (oz eq) of grains with every breakfast offered, or can I serve some meals that have only meat/meat alternates?

The minimum daily requirement for grains in the School Breakfast Program is 1 oz eq daily for all grade groups. Every reimbursable breakfast offered must contain at least 1 oz eq grains. Further, in order to offer a meat/meat alternate at any given breakfast meal, a school must first meet the daily grains minimum (1 oz eq).

9. If a school offers a choice of grains in combination food items daily (e.g., crust for pizza, sandwich roll, etc), must all of these bread items provide the minimum daily grains requirement OR must at least one grain offered daily provide the minimum?

Every reimbursable meal offered must meet the daily minimum requirements for all components. Therefore, if a pizza contains adequate grains to meet the minimum daily requirement, but a sandwich roll does not, the sandwich meal must contain another grain in order to meet to minimum daily grains requirement.

10. Can I serve more than two ounce equivalents (oz eq) of grains on any given day? For example, could I serve a 3 oz eq item such as a pizza?

Yes, there is a daily grains minimum but not a daily maximum. However, the weekly grains maximum and the average daily calorie maximums cannot be exceeded. For more specific information on multiple offerings, refer to Question # 1 under the topic Multiple Offerings.

11. May a school offer a formulated grain-fruit product to meet the grains component?

The final rule disallows the use of formulated grain-fruit products to meet the grain and fruit components at breakfast beginning July 1, 2012. However, if a school wishes to use these products to count toward the grains component, this is acceptable, provided that inclusion of these products does not cause the menu to exceed the average weekly calorie and saturated fat limits. Formulated grain-fruit products do not credit toward the fruits component.

Be aware that at lunch, however, these products may be considered a dessert and there is a limit of up to two grain-based desserts per week (total of 2 ounce equivalents). SFAs should refer to the Grains Guidance to determine which grain products are considered dessert items and included in the weekly dessert limit.

12. Are fully cooked grain and pasta items whose nutrition label has water as the first ingredient, followed by a whole grain, considered whole grain-rich?

Yes. In accordance with the 2010 Dietary Guidelines, a grain-based product is also considered whole grain-rich if water is listed as the first ingredient on the ingredient label and a whole grain is listed as the second ingredient on the ingredient label.

13. Will all grains served on the serving line have to be whole-grain rich or only those which are counted toward the reimbursable meal?

All grains offered in amounts of 0.25 oz eq or greater (the minimum creditable amount) must be included in the calculation of daily and weekly grain offerings, as well as the dietary specifications (calories, saturated fat, and sodium). Due to the phase-in of the whole grain-rich requirement at breakfast and lunch, for the first two years of implementation, non-whole grain-rich grains may be offered on the serving line. Beginning July 1, 2014, all grains offered in creditable amounts on the serving line must be whole grain-rich. Non-creditable grain ingredients in products at very low levels used as processing aids are allowable at levels less than 2-percent.

Milk:

1. What types of milk are allowed?

Only fat-free (unflavored and flavored) and low-fat (1%) milk (unflavored) may be offered as part of the reimbursable meal.

2. Does the final rule impact the current provision on non-dairy milk substitutes for children with special dietary needs?

No. Required (disability accommodations) and optional (parent requested) milk substitutes are considered meal exceptions and are not subject to this final rule. Milk substitutes must meet the regulatory standards outlined in 7 CFR 210.10(d)(3), which do not address fat or flavor/sugar restrictions.

However, milk substitutes offered as part of the reimbursable meal must be included in weighted nutrient analysis and, therefore, are subject to the overall weekly average fat limit and calorie ranges. We do not expect that they are offered frequently enough to have a significant impact on the overall nutrient analysis.

New Question:

3. Does the requirement to offer unflavored/flavored fat-free milk or unflavored low-fat milk apply to the Special Milk Program (SMP)? Is a variety of fluid milk required in SMP?

Only the milk fat restriction (fat-free and low-fat milk only) applies to the SMP. This policy is consistent with memorandum FNS-29-2011, which implemented the Healthy, Hunger-Free Kids Act milk provision regarding milk in the meal programs authorized by the Richard B. Russell National School Lunch Act and the Child Nutrition Act in an effort to reduce childhood obesity. The other milk requirements, such as the limit on flavored milk and the requirement to offer a variety of fluid milk, do not apply to the SMP. However, if an SMP operator chooses to offer flavored milk, we recommend consistency with the final rule on school meals. Additionally, SMP operators may offer only one of the allowable milk types (e.g., plain fat-free milk only). FNS will codify the nutritional requirements for milk in the SMP in a separate regulatory action.

Sodium:

1. What is the sodium requirement and when will schools have to meet it?

See the following chart for deadlines and corresponding maximum limits. Implementation of the second and final targets is subject to USDA's review of data on the relationship between sodium intake and human health, as required by the FY 2012 Agriculture Appropriations Act.

Sodium Limits and Timeline		
Target I: SY 2014-15 Lunch ≤1230mg (K-5) ≤1360mg (6-8) ≤1420mg (9-12) Breakfast ≤540mg (K-5) ≤600mg (6-8) ≤640mg (9-12	**Target 2: SY 2017-18** Lunch ≤935mg (K-5) ≤1035mg (6-8) ≤1080mg (9-12) Breakfast ≤485mg (K-5) ≤535mg (6-8) ≤570mg (9-12	**Final target: 2022-23** Lunch ≤640mg (K-5) ≤710mg (6-8) ≤740mg (9-12) Breakfast ≤430mg (K-5) ≤470mg (6-8) ≤500mg (9-12)

2. How is USDA facilitating implementation of the sodium requirement?

The final rule extends the timeline to meet the second intermediate sodium target (Target 2). With this change, program operators have five years instead of four (until the School Year beginning July 1, 2017) to reach the second intermediate sodium target. Extending the timeline to meet Target 2 also gives the food industry more time to reformulate products, and gives school children more time to grow accustomed to foods with less salty flavor.

USDA is also facilitating implementation of the sodium requirement by offering low-sodium products through USDA Foods. For example, the USDA Foods program offers reduced sodium canned beans and vegetables at no more than 140 mg per half-cup serving, which is in line with the requirement to reduce sodium in school meals. The sodium content in most cheese products has been reduced, and there is wide availability of frozen vegetables and meats without added salt.

Trans Fat:

1. Does the trans fat ban apply to naturally occurring trans fat in beef?

No. Naturally occurring trans fat found in products such as beef, lamb, and dairy products made with whole milk is excluded from this ban**.**

New Questions:

2. ***How can a menu planner ensure meeting the trans fat requirement with a mixed dish (e.g., beef burrito) that may have both added and naturally occurring trans fat?***

For commercially prepared products, schools must refer to the nutrition facts panel or manufacturer's specifications to determine that there are zero grams of trans fat per serving. For mixed dishes that may contain both naturally occurring trans fat (e.g., beef) and added/synthetic trans fat (partially hydrogenated oil), the only certain way to determine if the product is in compliance is for schools to request information from suppliers on how much of the trans fat is naturally occurring versus if any of the ingredients contain added (synthetic) trans fat.

3. ***Can I use software to determine the amounts of trans fat in our menus?***

No. Trans fat is not required in the State Agency nutrient analysis of the one-week menu in an approved software program. Software may be used for trans fat analyses for informational purposes; however, currently, nutrient databases do not have complete data for trans fat. As more trans fat information becomes available, it will be included in the Child Nutrition Database, required by all USDA-approved software. Therefore, SFAs must rely on nutrition facts labels and manufacturer specifications.

***Calories**:*

1. ***May RCCIs obtain a waiver on the calorie maximums if the residents are engaged in high energy, physical work?***

No. The National School Lunch Act (NSLA) does not allow FNS to waive the nutrition standards (meal patterns and dietary specifications). To meet the calorie needs of the RCCI participants, the operator may increase the calories provided through other meal services such as snacks and dinner.

Meal patterns:

1. ***How do I serve meals in RCCIs and small K-12 schools?***

If it is not possible to use the established age/grade groups, program operators have some flexibility. The breakfast meal requirements for all grades (K-12) overlap, so a menu planner may offer the same food quantities to all children. However, the calorie range that fits all grade groups is quite narrow (450-500 calories) and the planner must meet the sodium limit for the youngest grade group when the sodium limits begin to go into effect.

At lunch, there is overlap for grades K-5 and 6-8; therefore, a single menu can be used to meet the needs of children in grades K-8. The daily minimum requirements for food components are identical. However, in order to accommodate the average daily nutrient limits and weekly minimums/maximums for both grains and meat/meat alternates, menu planners must work within the following parameters: 8-9 oz eq grains/week, 9-10 oz eq meats/meat alternates/week, average daily calorie range 600-650, and average daily sodium limit ≤640 mg (the final target for SY 2022-23).

However, menu planners must adapt in order to offer menus that meet requirements for grades 6-8 and 9-12 in a single school, since one single menu with the same amounts of food will not work. Additionally, the new meal pattern does not allow for schools with a grade configuration with one grade above or below the grade grouping to follow the predominant grade group requirements (as was previously allowable). However, modest adaptations can be made to menus to accommodate both grade groups in a single school.

One way to ease menu planning for these 2 grade groups within one school is to start with a menu that is appropriate for grades 6-8, then add in a few additional foods to serve to the older grade group. For the older children (grades 9-12), the fruit and vegetable minimums must be met. Therefore, on top of the requirements for the 6-8 group, schools must make available to the older children: ½ cup more fruit daily, ¼ cup more vegetables daily and across the week: ½ cup more red/orange, ¼ cup other, ½ cup additional (any subgroup) vegetables.

An alternate suggestion is to make the full 1 cup fruit and vegetables required for grades 9-12 available to both grade-groups (same menu plan for these 2 food components), if such offerings do not exceed the calorie limit for the 6-8 grade group. One potential method of doing so would be offering a salad bar to all students. Or, to meet the additional calorie needs of the 9-12 grade group, consider an additional ounce equivalent of grain or meat/meat alternate served to the older children (e.g., additional bread option, larger entrée serving size).

2. How will schools with a shorter or longer school week implement the new meal pattern requirements?

Schools that regularly serve lunch 6 or 7 days per week must increase the weekly grains quantity by approximately 20 percent (1/5) for each additional day. When schools regularly operate less than 5 days per week, they must decrease the weekly quantity by approximately 20 percent (1/5) for each day less than five.

For schools with occasional decreases in the school week length due to holidays, etc., the menus do not have to be adjusted, but menu planners must plan their menus in a way that is consistent with the intent of the meal patterns. Planners should make sure they do not consistently fail to offer certain vegetable subgroups, or offer meat/meat alternates and/grains in portions that would exceed the weekly requirements.

Please see attached charts for appropriate quantities for varying school week length.

3. ***When menu planners adjust the vegetable subgroup requirement in the NSLP meal pattern for a 4, 6 or 7 –day school week, will they be able to round the resulting figures/numbers (i.e. 0.5 and 0.75 cups)?***

Please see attached charts for appropriate quantities for varying school week length.

4. ***In a school serving Pre-K to grade 5 students, must the manager plan a separate menu for the Pre-K students?***

Menu planners must meet the meal requirements for students in grades K-5 using the new meal pattern in the final rule. For Pre-K students, menu planners must follow existing meal pattern requirements (the meal pattern for the Pre-K group remains unchanged). A menu planner may choose to use a single menu to meet the meal requirements for both Pre-K and grades K-5 if able to ensure both the Pre-K and K-5 meal requirements are met. SFAs should consult with their State Agencies if they have questions on whether their menu meets requirements for both groups.

5. ***When are year-round schools including RCCIs required to comply with the new meal pattern?***

All SFAs, including RCCIs, must follow the new meal pattern effective July 1, 2012.

6. ***The new meal patterns refer to "age/grade groups." Should we determine which ages apply to each grade group?***

No. The term "age/grade groups" refers to grade groupings only. The classification of grade groups K-5, 6-8, and 9-12 was based on nutritional needs of children and the ages that typically correspond with these grade levels (ages 5-10 for grades K-5, ages 11-13 for grades 6-8, and ages 14-18 for grades 9-12). Schools should therefore plan menus based on the grade levels of students. For specific guidance, SFAs are encouraged to consult with their State Agency to determine appropriate grade groups for such a school.

<u>Multiple Offerings:</u>

1. ***For menu planning purposes, when multiple choice menus are served, how are minimums and maximums calculated?***

The daily minimum requirement applies to fruits, vegetables, grains, meat/meat alternates, and milk (all 5 components) at lunch, and fruits, grains, and milk (all 3 components) at breakfast. For menu planning purposes, all offerings must meet the minimum requirement (be equal to or above that amount).

Example 1: In grades 9-12 the minimum daily grain requirement is 2 ounce equivalents. So if a student is offered a choice between a pizza with 2 ounce equivalents of grain OR a stir fry with a 1 ounce equivalent of grains, only 1 of those offerings meets the 2 ounce minimum. The student would need to have another ounce equivalent offered with the stir fry, such as a side item, in order to meet the daily grains minimum.

A weekly range requirement applies to both the grain and meat/meat alternate components. For menu planning purposes, SFAs must offer a weekly menu such that the sum of all daily minimum offerings meets at least the weekly minimum requirement. For grades K-5 and 6-8, the daily grains minimum is only 1 oz eq and the weekly grains minimum is 8 oz eq. Offering a minimum of only 1 oz eq daily would only total 5 oz eq across the week. So on some days, schools would have to offer ***more*** *than 1 oz eq of grains as a* ***minimum*** *offering. The same applies to the weekly minimum amount of meat/meat alternate.*

Example 2a: If a grade K-5 school offers a 1 oz eq grain item (salad) and a 3 oz eq grain item (pizza) every day (and instructs the student to select one option only), the minimum weekly offering is 5 oz eq grain (1 oz eq x 5 days). This menu would not meet the required weekly minimum of 8 oz eq.

SFAs must also plan their menus so that the sum of the daily maximum offerings for grains and meat/meat alternates is equal to or less than the weekly maximum limit. Therefore, the sum of daily minimums must meet the weekly minimum requirement AND sum of daily maximums must meet the weekly maximum requirement.

Example 2b: If every day a grade 9-12 school offered an item with 3 oz eq of grain (even if other items with lower weights were also options), this would add to a total of a possible 15 oz eq offered over the week (child could select that 3oz grain item every day). This menu would not meet the required weekly maximum of 12 oz eq.

2. When serving multiple choice menus, is every grain choice required to be whole grain-rich?

No. The whole grain-rich requirement is determined on a weekly basis. Half of the ounce equivalents of grain offerings must be whole grain-rich for SY 2012-2013 and SY 2013-2014 in NSLP and SY 2013-2014 in SBP. Therefore, not every grain item must be whole grain-rich if there are enough ounce equivalents of grain offered throughout the week that are whole grain-rich. Although SFAs are not required to serve a whole grain-rich item daily, they are encouraged to do so to prepare students for the shift to all whole grain-rich grains beginning SY 2014-2015.

3. When multiple serving lines are used in a school, must each line meet the weekly vegetable subgroup requirement?

In most cafeteria set-ups, yes. As required in section 210.10(k)(2), each independent line must meet the daily and weekly requirements (including subgroups), in order to ensure that a child is able to take a reimbursable meal every day in any line they may choose.

If the school sets up serving stations, where a student is able to go to several different places to select different components of the meal (e.g., first goes to a salad bar, then goes into a pasta station, etc) before passing the point of service, then all of the stations as a whole must meet the daily component and weekly vegetable subgroup requirements.

Offer versus Serve (OVS):

1. How will OVS be implemented under the final rule?

OVS continues to be a requirement in the NSLP for senior high schools, and is an option for lower grade schools. It is also an option for the school food authority for all schools in the SBP. Under OVS, schools must offer all the required food components and quantities, and students are required to select at least 3 full components in the NSLP and SBP, with exceptions as noted below:

NSLP: In the NSLP, schools must offer 5 food components (milk, fruits, vegetables, grains, meat/meat alternates). Students are allowed to decline 2 of the 5 required food components, but must select at least ½ cup of either a fruit or vegetable. Students must select the other food components in the quantities planned.

SBP: In order to carry out the OVS option in the SBP, schools must offer 3 food components (milk, fruits and grains) that consist of a minimum of 4 food items. Students are allowed to decline 1 food item but must select at least ½ cup of fruit. Students must select the other food components in the quantities planned.

New Questions:

2. Can a student meet the OVS ½ cup requirement for fruit or vegetable by selecting ½ cup of a dish containing a mixture of fruits and vegetables?

Yes, a student may select a ½ cup that consists of different fruits (e.g., fruit salad), or different vegetables (e.g., mixed vegetables) or a combination of only fruits and vegetables (e.g., carrot/raisin salad). Keep in mind that the ½ cup allowance for fruit or vegetables may be used only once for either the fruits or the vegetables component in a meal, so the other food components selected by the student under OVS must be full components.

3. Can a student meet the OVS ½ cup requirement for fruit or vegetable by selecting ¼ cup fruit and ¼ cup vegetable?

Yes. Although fruits and vegetables are separate components in the meal patterns, the OVS requirement to select at least ½ cup of fruits or vegetables daily for a reimbursable meal may be met if the student selects ¼ cup of fruits and ¼ vegetables. This is another way to promote the consumption of fruits and vegetables among children. The student would not be required

to select additional fruits or vegetables if the reimbursable meal under OVS includes two other components in full.

4. May students take a smaller portion of <u>both</u> fruits and vegetables under OVS?

Under OVS, students must select at least ½ cup of either the fruit or the vegetable component, or a ½ cup combination of both components (¼ cup fruits and ¼ cup vegetables), for a reimbursable meal. If a student selects only three components, and two of these three components are fruits and vegetables, the student may select ½ cup of either the fruit or vegetable, but then must select the full component of the other.

For example, if a student in grades 9-12 selects just milk, fruit and vegetables, the student may take ½ cup of the vegetable but must take the full 1 cup offering of the fruit. However, if the student selects another full component, such as a grain or meat/meat alternate, the student may take a smaller portion of the fruit because the fruit is no longer being counted as the 3rd component in the reimbursable meal.

5. Must the SFA prepare full servings of both fruits and vegetables for every student when OVS is in place?

SFAs must plan meals in the NSLP and SBP to meet all meal requirements and provide required amounts of food for all students. Menu planners should take into account participation and selection trends to determine what and how much food to offer students. Careful menu planning will ensure that students have access to all the required food components for the reimbursable meal and minimize food waste.

6. The regulations allow students to decline two components at lunch. Does this remove the SFA's option to choose the number of components that may be declined in elementary and junior high/middle school?

Yes. The number of components that may be declined at lunch under OVS is the same for all age/grade groups.

<u>USDA Foods:</u>

1. Will the products provided by USDA Foods enable schools to offer meals that meet the new requirements?

USDA Foods are better than ever. Fruits, vegetables, whole grains, and healthy sources of protein are available to help schools create meals that are consistent with the new meal requirements. For example, the USDA Foods program offers reduced sodium canned beans and vegetables at no more than 140 mg per half-cup serving, which is in line with the requirement to reduce sodium in school meals. A variety of frozen fruits and vegetables without added sugar or salt are also available. The program also offers reduced sodium and

reduced-fat processed and blended cheeses (including cheddar and mozzarella), fajita strips, and beef products. Other healthy food choices available from USDA Foods are listed on their website: www.fns.usda.gov/fdd

Schools can convert their USDA Foods into ready-to-use end products. Establishing the nutrient standards for processed end products, and sharing their standards with processors, is the responsibility of the school/SFA that orders the end product.

2. How quickly will the USDA Foods catalog be updated to provide foods that support the new meal requirements?

FNS is working with the Agricultural Marketing Service (AMS) and the Farm Service Agency (FSA) to revise specifications as necessary, and update the fact sheets to reflect those changes. Over the past few years, FNS has improved product specifications to reduce sodium, fat and added sugars to help schools meet their nutrition goals as well as the Healthier US School Challenge criteria. For more information and resources, please visit FDD's webpage: www.fns.usda.gov/fdd.

3. Will State agencies have an opportunity to adjust USDA Foods orders already placed for School Year 2013?

Yes. State agencies will have an opportunity to adjust School Year 2013 orders placed prior to the final rule publication up until April 1, when the first solicitations occur.

4. How will USDA Foods help schools implement the changes to the NSLP and SBP meal pattern?

USDA Foods help stretch food budgets and meet the new meal pattern requirements. These food items currently account for 15 to 20 percent of the food served on the lunch line. Over the past few years, USDA has improved product specifications to reduce sodium, fat and added sugars in USDA food items, to help schools meet the new nutrition standards. FNS is working with USDA's Agricultural Marketing Service (AMS) and Farm Service Agency (FSA) to revise product specifications as necessary, and update the USDA Foods fact sheets to reflect those changes. For example, AMS is revising its specifications to require frozen fruits without added sugars. USDA will continue to offer low sodium or no added salt canned and frozen vegetables, and many meat, poultry, and cheese items already contain less than 480 mg of sodium per serving. All necessary changes are expected to be in effect prior to the School Year 2013-14 purchases. For more information and resources, please visit FDD's webpage: www.fns.usda.gov/FDD.

5. With the new whole grain requirement, why is the USDA Foods program continuing to offer enriched flour, rice, and pasta products, instead of exclusively whole grain products?

Since the final rule allows time (two years) for schools/students to make the transition to an exclusive use of whole grain-rich products, USDA Foods is making both types of products

available in School Year 2012-13. Increasingly, USDA's whole-grain products are featured on school menus. Stir-fries using USDA quick-cooking brown rice, sandwich wraps with USDA whole-grain tortillas, and USDA whole-grain pasta with vegetables are popular menu offerings. Schools can top USDA's whole-grain rotini with USDA's low-sodium spaghetti sauce and use whole-wheat flour for breadsticks. USDA will continue to improve and expand whole grain offerings.

Age/Grade Groups:

1. The final rule established three age/grade groups for the NSLP and SBP. Does this mean that schools cannot offer the same meal to all grade levels?

Correct. In individual cases where a school district has an unusual grade configuration that prevents the use of the required age/grade groups, it may serve the same lunch and breakfast to children in grades K-5 and 6-8 as the requirements overlap. However, the school district would have to be very careful to meet the sodium and calorie requirements for each grade group. An example of this accommodation is provided in the rule preamble.

2. What age/grade groups must a K-8 school use for menu planning?

If a K-8 school is unable to effectively offer different meal patterns for the K-5 students and the grade 6-8 students, the menu planner may offer students in these grades the same quantities of the food components because the quantities required by the lunch meal patterns for the age/grade groups K-5 and 6-8 are the same or overlap. For example, the school would have to offer 8-9 oz eq of grains and 9-10 oz eq of meat/meat alternate to all students to meet the requirements established for groups K-5 and 6-8. In addition, the meals offered to these students must consist of 600-650 calories to meet the dietary specification for both groups. Furthermore, the sodium content of these meals, when in effect, must meet the sodium specification for the youngest group: K-5.

Implementation:

1. How will FNS assist with implementation of the new meal requirements?

FNS is committed to helping State and local operators implement these changes. We will provide training and technical assistance to program operators through a variety of methods, including webinars, special training sessions, and conference presentations. In the upcoming months, we will disseminate information at national events such as the School Nutrition Association (SNA) Legislative Action Conference, SNA's Annual National Conference, Food Research Action Center/Feeding America's Anti-Hunger Conference, the American Commodity Distribution Association annual conference, and School Board and Administrators' meetings. Interactive training on the new meal requirements, developed by FNS and the National Agriculture Library, will be available online shortly. The training presentations, webinars, fact sheets, Q&As, guidance and technical assistance materials

designed to assist program operators with implementation of the new meal requirements will be available on the FNS website for easy access. In addition, USDA will provide additional funds to State agencies to support implementation of the rule.

FNS is also updating the Food Buying Guide and other essential resources, and collaborating with the National Food Service Management Institute to develop new resources. The Child Nutrition Database is currently being updated and nutrient analysis software systems available from industry will be reevaluated to assist State agencies with monitoring calories, saturated fat, and sodium in the meals offered to students in grades K through 12 during the administrative review. The Child Nutrition Labeling Program is also being updated to report whole grain-rich contributions to the grains component and to provide standardized crediting claims.

All materials related to the new school meal patterns will be housed on a special webpage on the FNS website:
http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm

Revised Question:

2. Are schools allowed to implement the meal requirements in the SBP in SY 2012-2013?

Yes. Schools that have the ability to implement any or all of the phased-in SBP meal requirements in SY 2012-2013 may do so with the approval of the State agency. *The States need to identify their own process for determining if early adoption of breakfast requirements at an individual SFA is appropriate. This is to ensure that the nutritional integrity of the meal is not compromised. For example, an SFA would compromise the nutritional integrity of the meal if it adopts the new calorie requirements (with a lower minimum than existing requirements) without making other improvements to the meal, such as increased whole grains or additional fruit.*

Compliance:

1. Is the weighted nutrient analysis based on meals planned, offered or served?

The weighted nutrient analysis required to be conducted by the State agency is based on the meals offered by the schools selected for review.

2. Are schools/SFAs required to purchase nutrient analysis software to prove they are meeting the calories, saturated fat, and sodium specifications?

No. Schools/SFAs are not required to conduct a nutrient analysis under the final rule. They will receive technical assistance from the State agency to plan meals that are consistent with the dietary specifications. However, schools/SFAs may choose to conduct a nutrient analysis to assist in their efforts to ensure they are meeting the dietary specifications.

State agencies will monitor calories, saturated fat, and sodium in the meals offered to students in grades K through 12 during the administrative review. State agencies must use USDA-approved nutrient analysis software to assess compliance with these specifications, and include in the analysis all foods offered as part of the reimbursable meals during the one week review period.

3. Can a school/SFA purchase nutrient analysis software with funds from the non-profit school food service account?

Yes. However, only Nutrient Analysis Software Approved by USDA for Administrative Reviews is considered an allowable cost to the non-profit school food service account.

Monitoring:

1. How will State agencies monitor compliance with the new meal requirements?

State agencies will monitor compliance with the new meal requirements through administrative reviews. The final rule ends the School Meals Initiative reviews previously authorized under 7 CFR 201.19, and amends 7 CFR 210.18 to include monitoring of the new meal requirements (meal patterns and dietary specifications) as part of the administrative reviews. SFAs are not required to conduct a nutrient analysis because they are expected to follow the meal pattern to meet nutrient targets.

2. How many weeks of menus/production records must be reviewed?

State agencies will continue to assess compliance with the meal requirements based on a nutrient analysis of one week of menus, instead of two (as proposed).

3. When does the new 3-year review cycle begin?

The 3-year administrative review cycle begins SY 2013-2014. This allows State agencies to complete the current 5-year Coordinated Review Effort (CRE) cycle and prepare for the new review cycle. FNS will develop additional guidance on the implementation of the new administrative review cycle.

4. How will State agencies determine if school food authorities have planned menus that meet the new requirements in order to receive the additional 6 cents reimbursement rate increase?

Requirements for certification of school food authorities for the 6 cents reimbursement will be provided in a forthcoming interim rule, expected to be published in Spring 2012.

5. **How does the rule address compliance with the new meal patterns and dietary specifications?**

Technical assistance and corrective action continue to be the key tools used by the State agencies to seek compliance with the new meal requirements. However, as currently done, State agencies must apply immediate fiscal action if the meals offered are completely missing a required food component. State agencies must also take fiscal action for repeated violations of the vegetable subgroup and milk type requirements. State agencies have discretion to take fiscal action for repeated violations of the food quantity and whole grain requirements, and for repeated violations of the dietary specifications (calories, saturated fat, sodium, and trans fat).

New Question:

6. ***Will the current administrative review process continue to be used to monitor the new meal requirements?***

The interim rule on the 6-cent reimbursement rate increase (published 4/27/12) addresses the administrative review process to be followed in the upcoming (2012-13) school year. Guidance pertaining to subsequent school years will be forthcoming.

Nutrient Analysis:

1. ***If there are multiple lines/choices of entree, are calories, fat, and sodium calculated based on an average of what is offered, each line individually, or a weighted average of what students are expected to take?***

The calculation is a weighted average based on what is offered on each serving line.

2. ***Is there a difference between "planned meals" and "offered meals"?***

Planned meals represent the SFA's calculation of the items that will need to be prepared for a school's usual average daily participation (ADP). Ideally, the planned and the offered meals are similar, except for substitutions due to product shortage, delivery failure, etc. Because the meals offered are an indicator of previous student selections, the State agency must review the nutrition program based on what is offered to correctly assess the calorie, saturated fat, and sodium levels in school meals.

Software requirements:

1. ***What nutrients must be included in the nutrient analysis report?***

The nutrient analysis report must include calories, saturated fat (both in grams and percent of calories) and sodium because these are the nutrients that must be monitored by the State

Agencies through a nutrient analysis. These nutrients must be compared to the required dietary specifications for calories (minimum and maximum levels), sodium, and saturated fat. Trans fat does not need to be included in the nutrient analysis. If it is included, the trans fat value should not be used to determine if the menus meet the dietary specification for trans fat. State Agencies must examine nutrition labels and manufacturer specifications to monitor trans fat in the food products and food ingredients used to prepare school meals.

2. When software programs have missing nutrient values for trans fat, can the missing values be replaced with zeroes?

No. There is often confusion between missing nutrient data and zero values for nutrient data. If a value is missing, it cannot be assumed it is zero, even if it is likely that the item contains little or none of the nutrient. Missing nutrient data means that the value is unknown. Missing nutrient values or nutrient totals including missing nutrient values (for one or more items) must be marked as such in the approved software programs. These values are marked, so the user of nutrient analysis software can see that the total shown does not completely represent the amount of the nutrient in the food item, recipe, or menu. The user may then look at the items with missing values and decide if the total would likely be more or less based on which food items have missing values. It is inappropriate for a user to replace missing values with zeroes. A true zero value for a nutrient means that it does not contain any of the nutrient (or very little, as some zero values are based upon less than certain fractional amount for FDA labeling purposes).

3. When will the requirements for approval of nutrition analysis software be updated?

The updated specifications and requirements for the approved software should be available shortly on the Healthy Meals Resource System website under http://healthymeals.nal.usda.gov/softwaresupport.html. Other guidance documents will be updated, as well.

4. When are changes to the nutrient analysis software required?

The software developers of currently approved programs will have one year (by July 1, 2013) to make the required changes. Software developers of currently approved programs will be expected to show they have made the changes related to the Final Rule before being moved to the list of Nutrient Analysis Software Approved by USDA for Administrative Reviews. New developers or new programs by current developers will need to be evaluated and approved before being added to this list.

5. Will the Child Nutrition Database be modified to include both nutrients (i.e. calories, saturated fat, sodium, and trans fat) and meal component information (i.e. fluid milk, fruits, grains, meats, and vegetables)?

The Child Nutrition (CN) Database currently includes calories, saturated fat, sodium, and trans fat. There are no plans to include food pattern information in the CN Database.

6. ***Will the use of approved nutrient analysis software apply only to State agencies?***

Only State Agencies are required to complete the one-week nutrient analysis in an approved software program. However, schools may choose to use approved software to do their own nutrient analyses.

7. ***Will USDA continue to review and approve nutrient analysis software for use in implementing Nutrient Standard Menu Planning in SY 2012-2013 breakfasts?***

No. Software will no longer be evaluated and approved for Nutrient Standard Menu Planning (NSMP). However, software that is currently approved for NSMP will remain approved through SY 2012-2013 (June 30, 2013) for use by schools that continue to use NSMP for breakfast.

Starting with SY 2012-2013 nutrient analysis software will be approved by USDA for Administrative Reviews. Updated specifications will include any new or changed nutrient standards that are required to be included in the software.

8. ***Does USDA foresee approving software companies for Food-Based Menu Planning?***

At this point, FNS does not have plans to require any food-based menu planning functionality.

Technical Assistance Resources:

1. ***When will the new Food Buying Guide be out?***

We will be updating the Food Buying Guide in segments. The first task will be to separate the Fruits and Vegetables sections as well as add the vegetable subgroups. We recognize that SFA's will need this information as soon as possible; therefore, we will post updated sections as soon as they are available to the FNS PartnerWeb and public website.

Crediting:

1. ***How do food manufacturers provide standardized claims about the quantities of meal components in a unique product recipe?***

Crediting is determined by rounding the food component down to the nearest quarter ounce equivalency for the meat/meat alternate and grain components, and down to the nearest eighth (1/8) cup for the fruit and vegetable components.

2. ***Currently, meats/meat alternates (M/MA) and grains are credited in quarter ounce equivalents (servings) and fruits and vegetables are credited in 1/8 cup increments. Will this change?***

No. The minimum creditable amounts for meal components are not changing. Menu items must contribute at least quarter ounce equivalents toward the M/MA and grain components and at least 1/8 cup toward the fruits and vegetables components.

Meal Identification:

1. ***Must all menu items on the serving line be identified as part of the reimbursable meal?***

Yes. The foods or food components (depending on the situation) that are part of a meal must be labeled, listed, or otherwise identified near/at the beginning of the serving line and prior to the Point-of Service so the students can easily choose a reimbursable meal.

2. ***Must a school place all food components that are part of the reimbursable meal before the Point of Service (POS)?***

If a school is not able to position all food components (e.g. salad bar) prior to the POS, State agencies may authorize alternatives to the POS lunch counts. When food components/food items are located in an approved location beyond the POS, they must be labeled, listed on the menu, or otherwise identified so the students can easily identify all the components for a reimbursable meal and select the correct quantities. There must be a system in place to ensure that each reimbursable meal selected by the student under OVS includes a fruit or a vegetable (at least 1/2 cup).

Summer Meals:

1. **Will schools operating Seamless Summer Option in the summer of 2012 be required to follow the new meal patterns as of July 1, 2012?**

Schools offering the SSO this summer have the option to follow new meal requirements or the requirements currently in place in SY 2011-2012.

New Questions:

2. ***Do the SFAs that have authority from the State agency to use the NSLP meal pattern for SFSP meals have to switch to the new meal pattern by July 1, 2012?***

No. They may implement the new meal pattern in the SFSP at the beginning of the 2013 summer in consultation with the State agency (as they will have been using the new meal pattern the entire previous school year).

3. When do SFAs need to implement the new meal pattern for meals offered under the Summer Food Service Program (SFSP) and the Seamless Summer Option (SSO) in 2013?

The SSO and the SFSP will need to follow the meal pattern requirements that are effective July 1, 2012 at the start of their 2013 summer operations and continue with these requirements for the entirety of their summer operation. Therefore, each summer SSO and SFSP will be implementing the phased-in meal requirements subsequent to NSLP and SBP operations.

4. ***How will SFAs implement the weekly requirements for meals in the Seamless Summer Option (SSO), where meals are not always served 5 days a week and where sites serve children of various ages?***

The new meal requirements will apply to the SSO meals beginning in the summer of 2013. We will issue guidance to help schools properly implement the meal pattern in summer settings prior to that time. Please refer to existing QAs on how to adapt the meal pattern requirements for short or long weeks, as well as how to handle K-12 grade configurations.

5. Will the 6 cents reimbursement rate increase apply to SSO meals and how will those meals be certified for the rate increase?

FNS will soon issue regulations of the certification process for the 6 cents reimbursement rate increase.

Miscellaneous:

1. Do the new meal requirements apply to other Child Nutrition Programs such as the afterschool snack service, Special Milk Program, Child and Adult Care Food Program, or Summer Food Service Program?

No. The final rule meal patterns and dietary specifications are for the NSLP (Seamless Summer option included) and SBP. However, the milk fat requirement established by this rule was previously implemented in the Special Milk Program and the Child and Adult Care Food Program (CACFP) though policy memoranda (SP 29-2011 and CACFP 21-2011) for consistency across the Child Nutrition Programs. The proposed rule to revise the CACFP meal patterns is under development. When that rule is implemented, the NSLP and SBP infant and Pre-K meal patterns will also be updated. In the meantime, schools must follow the requirements in section 210.10 and 220.8.

2. Do the new meal requirements apply to meals served to Pre-K children in schools?

No. The meal pattern for Pre-K students will be updated through a future rule updating the CACFP meal patterns to ensure that meal requirements for preschoolers are the same across the Child Nutrition Programs. Until then, schools serving Pre-K children should continue to use existing meal patterns for this age group in 7 CFR 210.10(p) and 7 CFR 220.8(o).

Procurement and Food Service Management Companies (FSMCs):

1. Is there guidance for SFAs that may need to update their contracts with their FSMCs?

Yes, please refer to memo SP 17-2012, entitled "Procurement Questions and Answers to Assist in the Implementation of the Final Rule titled Nutrition Standards in the National School Lunch and School Breakfast Programs". This memorandum was issued February 23, 2012.

VEGETABLES and FRUITS

Section 2 – Vegetables (All Vegetable Subgroups)

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
ARTICHOKES – Other Subgroup					
Artichokes, fresh *36 count (large)*	Pound	1.49	1/4 cup cooked, drained vegetable from leaves	67.2	1 lb AP = 0.23 lb (about 1/3 cup) cooked, drained artichoke
Untrimmed *Whole*	Pound	1.38	1/4 cup cooked, drained vegetable (bottoms only)	72.5	1 lb AP= about 1/3 cup cooked artichoke from bottoms only
	Pound	2.84	1/4 cup cooked, drained vegetable (bottoms & leaves)	35.3	1 lb AP = about 2/3 cup cooked, drained artichoke bottoms and leaves
Artichokes, canned *Bottoms*	No. 300 can (14 oz)	5.97	1/4 cup drained vegetable	16.8	1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated artichoke
Artichokes, canned *Hearts*	No. 300 can (14 oz)	4.67	1/4 cup drained vegetable	21.5	1 No. 300 can = about 8.0 oz (1-1/8 cups) drained, unheated artichoke
Artichokes, frozen *Hearts*	Pound	10.00	1/4 cup cooked, drained vegetable	10.0	1 lb AP = 0.99 lb (about 2-1/2 cups) cooked, drained artichoke
ASPARAGUS – Other Subgroup					
Asparagus, fresh *Whole*	Pound	4.80	1/4 cup cooked vegetable	20.9	1 lb AP = 0.53 lb ready-to-cook trimmed, raw asparagus
	Pound	4.80	1/4 cup cooked cuts and tips (1/4 cup vegetable)	20.9	1 lb AP = 0.50 lb cooked asparagus
Asparagus, canned *Cuts and Tips*	No. 10 can (103 oz)	27.80	1/4 cup heated, drained vegetable	3.6	1 No. 10 can = about 57.3 oz (6-7/8 cups) heated, drained asparagus

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
ASPARAGUS – Other Subgroup (continued)					
Asparagus, canned *Cuts and Tips*	No. 10 can (103 oz)	32.40	1/4 cup drained vegetable	3.1	1 No. 10 can = about 57.1 oz (8 cups) drained, unheated asparagus
	No. 300 can (14-1/2 oz)	3.45	1/4 cup heated, drained vegetable	29.0	1 No. 300 can = about 6.8 oz (3/4 cup) heated, drained asparagus
	No. 300 can (14-1/2 oz)	4.83	1/4 cup drained vegetable	20.8	1 No. 300 can = about 8.7 oz (1-1/8 cups) drained, unheated asparagus
	Pound	4.31	1/4 cup heated, drained vegetable	23.3	
	Pound	5.03	1/4 cup drained vegetable	19.9	
Asparagus, canned *Spears*	No. 5 squat can (64 oz)	26.40	1/4 cup drained vegetable	3.8	1 No. 5 can = about 38.0 oz (6-2/3 cups) drained, unheated asparagus
	No. 300 can (15 oz)	3.87	1/4 cup heated, drained vegetable	25.9	1 No. 300 can = about 7.3 oz (7/8 cup) heated, drained asparagus
	No. 300 can (15 oz)	4.59	1/4 cup drained vegetable	21.8	1 No. 300 can **=** about 8.5 oz (1-1/8 cups) drained, unheated asparagus
	Pound	6.60	1/4 cup drained vegetable	15.2	
Asparagus, frozen *Spears*	Pound	10.70	1/4 cup cooked vegetable	9.4	
AVOCADOS – Other Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Avocados, fresh *All sizes* *Whole*	Pound	8.20	1/4 cup raw, diced vegetable	12.2	1 lb AP = 0.67 lb ready-to-serve raw avocado
	Pound	5.10	1/4 cup raw, mashed vegetable	19.7	
AVOCADOS – Other Subgroup (continued)					
Avocados, fresh *California* *48 count (approx. 2.5-inch width by 3.5-inch length)* *Whole*	Pound	5.52	1/4 cup peeled, sliced, raw vegetable (about 3 slices, 3/8-inch by 3.5-inch slices)	18.2	1 lb AP = 0.69 lb ready-to-serve, raw, peeled avocado [about 2-2/3 portions (1/4 cup each portion) per avocado]
Avocados, fresh *Florida* *(approx. 3.5-inch width by 4.75-inch length)* *Whole*	Pound	7.07	1/4 cup peeled, sliced, raw vegetable (about 2 slices, 1/2-inch by 4.5-inch slices)	14.2	1 lb AP = 0.59 lb ready-to-serve, raw, peeled, sliced [about 7-1/2 portions (1/4 cup each portion) per avocado]
BAMBOO SHOOTS – Other Subgroup					
Bamboo Shoots, canned *Sliced*	No. 10 can (104 oz)	47.40	1/4 cup drained vegetable	2.2	1 No. 10 can = about 72.7 oz (11-3/4 cups) drained, unheated bamboo shoots
BEANS, BLACK (TURTLE BEANS) – Beans and Peas (Legumes) Subgroup					
Beans, Black (Turtle beans), dry, canned *Whole*	No. 10 can (110 oz)	27.80	1/4 cup heated, drained vegetable	3.6	1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans
Includes USDA Foods	No. 300 can (15-1/2 oz)	5.91	1/4 cup heated, drained vegetable	17.0	1 No. 300 can = about 10.5 oz (1-3/8 cups) heated, drained beans
Beans, Black (Turtle beans), dry *Whole*	Pound	18.30	1/4 cup cooked vegetable	5.5	1 lb dry = 2-1/4 cups dry beans
BEANS, BLACK-EYED (or PEAS) – Starchy Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)

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
Beans, Black-eyed (or Peas), fresh *Shelled*	Pound	10.30	1/4 cup cooked, drained vegetable	9.8	1 lb in pod = 0.51 lb ready-to-cook beans
Beans, Black-eyed (or Peas), frozen *Whole*	Pound	11.20	1/4 cup cooked, drained vegetable	9.0	
BEANS, BLACK-EYED (or PEAS) - Beans and Peas (Legumes) Subgroup					
Beans, Black-eyed (or Peas), dry *Whole* *Includes USDA Foods*	Pound	28.30	1/4 cup cooked vegetable	3.6	1 lb dry = about 2-3/4 cups dry beans
Beans, Black-eyed (or Peas), dry, canned *Whole* *Includes USDA Foods*	No. 10 can (108 oz) No. 300 can (15 oz)	37.70 4.91	1/4 cup heated, drained vegetable 1/4 cup heated, drained vegetable	2.7 20.4	1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans
BEANS, GARBANZO OR CHICKPEAS - Beans and Peas (Legumes) Subgroup					
Beans, Garbanzo or Chickpeas, dry, canned *Whole* *Includes USDA Foods*	No. 10 can (105 oz) No. 300 can (15 oz) Pound	42.00 6.70 6.31	1/4 cup drained vegetable 1/4 cup drained vegetable 1/4 cup drained vegetable	2.4 15.0 15.9	1 No. 10 can = about 68.4 oz (10-1/2 cups) unheated, drained beans 1 No. 300 can = about 9.6 oz (1-2/3 cups) unheated, drained beans
Beans, Garbanzo or Chickpeas, dry *Whole*	Pound	24.60	1/4 cup cooked vegetable	4.1	1 lb dry = about 2-1/2 cups dry beans
BEANS, GREAT NORTHERN - Beans and Peas (Legumes) Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)

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
Beans, Great Northern, dry, canned *Whole* *Includes USDA Foods*	No. 10 can (110 oz) No. 300 can (14 oz)	32.40 4.37	1/4 cup heated, drained vegetable 1/4 cup heated, drained vegetable	3.1 22.9	1 No. 10 can = about 68.5 oz (about 8-1/8 cups) heated, drained beans
BEANS, GREAT NORTHERN - Beans and Peas (Legumes) Subgroup (continued)					
Beans, Great Northern, dry *Whole* *Includes USDA Foods*	Pound	25.50	1/4 cup cooked vegetable	4.0	1 lb dry = about 2-1/2 cups dry beans
BEANS, GREEN – Other Subgroup					
Beans, Green, fresh *Trimmed* *Whole* *Ready-to-use*	Pound Pound Pound Pound	22.00 12.40 16.40 11.20	1/4 cup whole, raw vegetable 1/4 cup whole, cooked, drained vegetable 1/4 cup cut, raw vegetable 1/4 cup cut, cooked, drained vegetable	4.6 8.1 6.1 9.0	1 lb AP = 1 lb (about 5-3/8 cups) ready-to-cook beans 1 lb AP = 0.86 lb (about 3 cups) cooked, drained beans 1 lb AP = 1 lb (about 4 cups) ready-to-cook beans 1 lb AP = 0.89 lb (about 2-3/4 cups) cooked, drained, cut beans
Beans, Green, fresh *Untrimmed* *Whole*	Pound	11.10	1/4 cup whole, cooked vegetable	9.1	1 lb AP = 0.88 lb ready-to-cook beans
Beans, Green, canned *Cut*	No. 10 can (101 oz)	45.30	1/4 cup heated, drained vegetable	2.3	

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Includes USDA Foods	No. 10 can (101 oz)	51.10	1/4 cup drained vegetable	2.0	1 No. 10 can = about 60.0 oz (12-7/8 cups) drained, unheated beans
	No. 2-1/2 can (28 oz)	12.50	1/4 cup heated, drained vegetable	8.0	
	No. 300 can (15 oz)	5.00	1/4 cup heated, drained vegetable	20.0	1 No. 300 can = about 7.4 oz (1-1/4 cups) heated, drained beans
	No. 300 can (15 oz)	5.77	1/4 cup drained vegetable	17.4	1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated beans
BEANS, GREEN – Other Subgroup (continued)					
Beans, Green, canned *Cut*	Pound	7.17	1/4 cup heated, drained vegetable	14.0	
Includes USDA Foods	Pound	8.10	1/4 cup drained vegetable	12.4	
Beans, Green, canned *French style*	No. 10 can (101 oz)	36.50	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 59.0 oz (12 cups) drained, unheated beans
Includes USDA Foods	No. 2-1/2 can (28 oz)	10.10	1/4 cup heated, drained vegetable	10.0	1 No. 2-1/2 can = about 16.2 oz (3-1/4 cups) heated, drained beans
	No. 300 can (14-1/2 oz)	3.60	1/4 cup heated, drained vegetable	27.8	1 No. 300 can = about 5.70 oz (7/8 cup) heated, drained beans
	No. 300 can (14-1/2 oz)	4.50	1/4 cup drained vegetable	22.3	1 No. 300 can = about 10.1 oz (1-1/8 cup) drained, unheated beans
Beans, Green, canned *Whole*	No. 10 can (101 oz)	39.50	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans
Includes USDA Foods	No. 10 can (101 oz)	52.20	1/4 cup drained vegetable	2.0	

Section 2 – Vegetables (All Vegetable Subgroups)

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
Beans, Green, canned *Whole* *Includes USDA Foods*	No. 2-1/2 can (28 oz)	14.40	1/4 cup heated, drained vegetable	7.0	1 No. 2-1/2 can = about 16.0 oz (3-5/8 cups) drained, unheated beans
	No. 300 can (14-1/2 oz)	4.58	1/4 cup heated, drained vegetable	21.9	1 No. 300 can = about 7.3 oz (1-1/8 cups) heated, drained beans
	No. 300 can (14-1/2 oz)	6.95	1/4 cup drained vegetable	14.4	1 No. 300 can = about 7.6 oz (1-5/8 cups) drained, unheated beans
	Pound	8.20	1/4 cup drained vegetable	12.2	
BEANS, GREEN – Other Subgroup (continued)					
Beans, Green, frozen *Cut* *Includes USDA Foods*	Pound	11.60	1/4 cup cooked, drained vegetable	8.7	
Beans, Green, frozen *French style* *Includes USDA Foods*	Pound	12.00	1/4 cup cooked, drained vegetable	8.4	
Beans, Green, frozen *Whole* *Includes USDA Foods*	Pound	10.70	1/4 cup cooked, drained vegetable	9.4	1 lb AP = 0.88 lb (about 2-5/8 cups) cooked drained vegetable
BEANS, GREEN, FLAT ITALIAN - Other Subgroup					
Beans, Green, Flat Italian, canned *Whole*	No. 10 can (103 oz)	35.10	1/4 cup heated, drained vegetable	2.9	1 No. 10 can = about 56.6 oz (8-3/4 cups) heated, drained beans
	No. 10 can (103 oz)	42.70	1/4 cup drained vegetable	2.4	1 No. 10 can = about 63.3 oz (10-5/8 cups) drained, unheated beans

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Beans, Green, Flat Italian, frozen *Whole*	Pound	9.30	1/4 cup cooked, drained vegetable	10.8	1 lb AP = 0.91 lb (about 2-1/4 cups) cooked, drained beans
BEANS, KIDNEY - Beans and Peas (Legumes) Subgroup					
Beans, Kidney, dry, canned *Whole* *Includes USDA Foods*	No. 10 can (108 oz)	38.90	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans
	No. 10 can (108 oz)	43.40	1/4 cup drained vegetable	2.4	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 vegetable	8.7	
BEANS, KIDNEY - Beans and Peas (Legumes) Subgroup (continued)					
Beans, Kidney, dry, canned *Whole* *Includes USDA Foods*	No. 2-1/2 can (30 oz)	12.60	1/4 cup drained vegetable	8.0	
	No. 300 can (15-1/2 oz)	5.61	1/4 cup heated, drained vegetable	17.9	1 No. 300 can = about 9.5 oz (1-3/8 cups) heated, drained beans
	No. 300 can (15-1/2 oz)	5.88	1/4 cup drained vegetable	17.1	1 No. 300 can = about 10.0 oz (1-3/8 cups) drained, unheated beans
Beans, Kidney, dry *Whole* *Includes USDA Foods*	Pound	24.80	1/4 cup cooked vegetable	4.1	1 lb dry = about 2-1/2 cups dry beans
BEANS, LIMA – Beans and Peas (Legumes) Subgroup					
Beans, Lima, dry *Baby* *Whole* *Includes USDA Foods*	Pound	23.40	1/4 cup cooked vegetable	4.3	1 lb dry = about 2-3/8 cups dry beans

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Beans, Lima, dry *Fordhook* *Whole*	Pound	27.00	1/4 cup cooked vegetable	3.8	1 lb dry = about 2-5/8 cups dry beans
BEANS, LIMA – Starchy Subgroup					
Beans, Lima, canned *Green* *Whole* *Includes USDA Foods*	No. 10 can (105 oz) No. 2-1/2 can (40 oz)	42.40 15.70	1/4 cup heated, drained vegetable 1/4 cup heated, drained vegetable	2.4 6.4	1 No. 10 can = about 70.9 oz (11-3/4 cup) drained, unheated beans 1 No. 2-1/2 can = about 27.0 oz (4-1/2 cups) drained, unheated beans
Beans, Lima, canned *Green* *Whole* *Includes USDA Foods*	Pound	6.46	1/4 cup heated, drained vegetable	15.5	1 lb AP = about 11.0 oz (1-3/4 cups) drained, unheated beans
Beans, Lima, fresh *Shelled* *Whole*	Pound	10.80	1/4 cup cooked, drained vegetable	9.3	1 lb in pod = 0.44 lb ready-to-cook beans
Beans, Lima, frozen *Baby* *Whole*	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	
Beans, Lima, frozen *Fordhook* *Whole*	Pound	11.10	1/4 cup cooked, drained vegetable	9.1	
BEANS, MUNG - Beans and Peas (Legumes) Subgroup					
Beans, Mung, dry *Whole*	Pound	28.10	1/4 cup cooked vegetable	3.6	1 lb dry = about 2-1/4 cups dry beans
BEANS, NAVY or PEA - Beans and Peas (Legumes) Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Beans, Navy or Pea, dry *Whole* *Includes USDA Foods*	Pound	23.90	1/4 cup cooked vegetable	4.2	1 lb dry = about 2-1/4 cups dry beans
BEANS, PINK - Beans and Peas (Legumes) Subgroup					
Beans, Pink, dry, canned *Whole* *Includes USDA Foods*	No. 10 can (110 oz)	34.00	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 12-1/4 cups drained, unheated beans or 8-1/2 cups heated, drained beans
Beans, Pink, dry *Whole* *Includes USDA Foods*	Pound	19.30	1/4 cup cooked vegetable	5.2	1 lb dry = about 2-1/4 cups dry beans
BEANS, PINTO - Beans and Peas (Legumes) Subgroup					
Beans, Pinto, dry, canned *Whole* *Includes USDA Foods*	No. 10 can (108 oz) Pound	37.20 5.51	1/4 cup heated, drained vegetable 1/4 cup heated, drained vegetable	2.7 18.2	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans
Beans, Pinto, dry *Whole* *Includes USDA Foods*	Pound	21.00	1/4 cup cooked vegetable	4.8	1 lb dry = about 2-3/8 cups dry beans
Beans, Pinto, dehydrated	Pound	21.70	1/4 cup cooked vegetable	4.7	1 lb AP = about 3-3/4 dehydrated beans 1 lb AP = about 5-3/8 cups rehydrated, cooked beans when water to dry beans = 2:1 ratio
BEAN PRODUCTS - Beans and Peas (Legumes) Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)

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
Bean Products, dry beans, canned ***Beans Baked or In Sauce Vegetarian*** *Includes USDA Foods*	No. 10 can (108 oz)	47.10	1/4 cup heated vegetable with sauce	2.2	No. 10 can = about 11-3/4 cups heated beans with sauce
	No. 300 can (16 oz)	6.94	1/4 cup heated vegetable with sauce	14.4	1 No. 300 can = about 1-3/4 cups heated beans with sauce
BEAN PRODUCTS - Beans and Peas (Legumes) Subgroup					
Bean Products, dry beans, canned ***Beans Baked or in Sauce with Pork***	No. 10 can (110 oz)	48.90	1/4 cup heated vegetable	2.1	
	No. 2-1/2 can (30 oz)	13.30	1/4 cup heated vegetable	7.6	
	No. 300 can (16 oz)	7.10	1/4 cup heated vegetable	14.1	
Bean Products, dry beans, canned **Beans with Bacon in Sauce**	Pound	4.70	3/8 cup serving (about 1/4 cup heated vegetable)	21.3	
	Pound	3.13	1/2-cup plus 1 Tbsp serving (about 3/8-cup heated vegetable)	32.0	
BEANS, REFRIED - Beans and Peas (Legumes) Subgroup (continued)					
Beans, Refried, canned *Includes USDA Foods*	No. 10 can (115 oz)	49.60	1/4 cup heated vegetable	2.1	1 No. 10 can = about 12-1/4 cups heated, refried beans
	No. 300 can (16 oz)	7.08	1/4 cup heated vegetable	14.2	1 No. 300 can = about 1-3/4 cups heated refried beans
Beans, Refried, dehydrated	Pound	20.50	1/4 cup cooked vegetable	4.9	1 lb AP = about 3-1/2 cups dehydrated 1 lb AP = about 5-1/8 cups rehydrated, cooked beans when water to dry beans ratio = 2:1
BEANS, RED, SMALL - Beans and Peas (Legumes) Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Beans, Red, Small, dry, canned *Whole* *Includes USDA Foods*	No. 10 can (111 oz) No. 300 can (15-1/2 oz)	31.90 4.94	1/4 cup heated, drained vegetable 1/4 cup heated, drained vegetable	3.2 20.3	1 No. 10 can = about 71.2 oz (8 cups) heated, drained beans 1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans
Beans, Red, Small, dry *Whole* *Includes USDA Foods*	Pound	20.40	1/4 cup cooked, drained vegetable	5.0	1 lb dry = about 2-1/8 cups dry beans
BEANS, SOY – Beans and Peas (Legumes)					
Beans, Soy, fresh (Edamame) *Shelled*	Pound	10.70	1/4 cup cooked, drained vegetable	9.4	
Beans, Soy, fresh (Edamame) *Whole* *In shell*	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
Beans, Soy, dry, canned *Shelled*	Pound	7.30	1/4 cup heated, drained vegetable	13.7	
BEANS, SOY – Beans and Peas (Legumes) Subgroup (continued)					
Beans, Soy, dry *Shelled*	Pound	25.90	1/4 cup cooked vegetable	3.9	1 lb dry = about 2-1/2 cups dry beans
BEAN SPROUTS[1] - Other Subgroup					

[1] Due to the increasing number of illnesses associated with consumption of raw sprouts, the Food and Drug Administration has advised all consumers – especially children, pregnant women, the elderly, and persons with weakened immune systems – to not eat raw sprouts as a way to reduce the risk of foodborne illness. Therefore, raw sprout data served in the raw state has been intentionally omitted.

Section 2 – Vegetables (All Vegetable Subgroups)

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
Bean Sprouts, fresh[1] *Mung*	Pound	14.60	1/4 cup parboiled, drained vegetable	6.9	1 lb AP = 0.89 lb parboiled bean sprouts
Bean Sprouts, fresh[1] *Soybean*	Pound	17.20	1/4 cup parboiled, drained vegetable	5.9	1 lb AP = 0.95 lb parboiled bean sprouts
Bean Sprouts, canned	No. 10 can (102 oz)	29.10	1/4 cup heated, drained vegetable	3.5	1 No. 10 can = about 48.4 oz (7-1/4 cups) heated, drained bean sprouts
	No. 10 can (102 oz)	42.20	1/4 cup drained vegetable	2.4	1 No. 10 can = about 59.0 oz (10-1/2 cups) drained, unheated bean sprouts
	No. 300 can (14 oz)	3.99	1/4 cup heated, drained vegetable	25.1	1 No. 300 can = about 6.5 oz (1 cup) heated, drained bean sprouts
	No. 300 can (14 oz)	5.34	1/4 cup drained vegetable	18.8	1 No. 300 can = about 8.0 oz (1-1/3 cups) drained, unheated bean sprouts
BEANS, WAX - Other Subgroup					
Beans, Wax, fresh *Whole Untrimmed*	Pound	10.50	1/4 cup whole, cooked, drained vegetable	9.6	1 lb AP = 0.95 lb (about 4-1/3 cups) ready-to-cook cut beans
BEANS, WAX - Other Subgroup (continued)					
Beans, Wax, canned	No. 10 can (101 oz)	34.30	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 53.7 oz (8-1/2 cups) heated, drained beans
Beans, Wax, canned	No. 10 can (101 oz)	43.20	1/4 cup drained vegetable	2.4	1 No. 10 can = about 59.3 oz (10-3/4 cups) drained, unheated beans
	No. 2-1/2 can (28 oz)	12.90	1/4 cup heated, drained vegetable	7.8	

Section 2 – Vegetables (All Vegetable Subgroups)

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
	No. 2-1/2 can (28 oz)	14.00	1/4 cup drained vegetable	7.2	1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 300 can (14-1/2 oz)	4.58	1/4 cup heated, drained vegetable	21.9	1 No. 300 can = about 7.1 oz (1-1/8 cups) heated, drained beans
	No. 300 can (14-1/2 oz)	6.17	1/4 cup drained vegetable	16.3	1 No. 300 can = about 7.0 oz (1-1/2 cups) drained, unheated beans
	Pound	5.43	1/4 cup heated, drained vegetable	18.5	
	Pound	6.84	1/4 cup drained vegetable	14.7	
BEETS - Other Subgroup					
Beets, fresh *Without tops*	Pound	11.60	1/4 cup raw, pared vegetable sticks	8.7	1 lb AP = 0.77 lb pared beets
	Pound	7.60	1/4 cup diced, cooked vegetable	13.2	
	Pound	7.70	1/4 cup sliced, cooked vegetable	13.0	1 lb AP = 0.73 lb cooked sliced beets
Beets, canned *Baby Whole*	No. 10 can (103 oz)	36.70	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 60.2 oz (9-1/8 cups) heated, drained beets
	No. 10 can (103 oz)	40.20	1/4 cup drained vegetable	2.5	1 No. 10 can = about 64.0 oz (10 cups) drained, unheated beets
BEETS - Other Subgroup (continued)					
Beets, canned *Baby Whole*	Pound	5.70	1/4 cup heated, drained vegetable	17.6	
	Pound	6.24	1/4 cup drained vegetable	16.1	
Beets, canned *Diced*	No. 10 can (104 oz)	37.60	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 63.3 oz (9-3/8 cups) heated, drained beets

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
	No. 10 can (104 oz)	40.90	1/4 cup drained vegetable	2.5	1 No. 10 can = about 66.4 oz (10-1/8 cups) drained, unheated beets
	Pound	5.78	1/4 cup heated, drained vegetable	17.4	
	Pound	6.29	1/4 cup drained vegetable	15.9	
Beets, canned *Sliced*	No. 10 can (104 oz)	36.40	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 60.1 oz (9 cups) heated, drained beets
	No. 10 can (104 oz)	38.80	1/4 cup drained vegetable	2.6	1 No. 10 can = about 64.9 oz (9-2/3 cups) drained, unheated beets
	No. 300 can (15 oz)	5.16	1/4 cup heated, drained vegetable	19.4	1 No. 300 can = about 7.9 oz (1-1/4 cups) heated, drained beets
	No. 300 can (15 oz)	5.33	1/4 cup drained vegetable	18.8	1 No. 300 can = about 8.9 oz (1-1/3 cups) drained, unheated beets
BEET GREENS – Dark Green Subgroup					
Beet Greens, fresh *Untrimmed*	Pound	3.50	1/4 cup cooked vegetable	28.6	1 lb AP = 0.48 lb ready-to-cook beet greens
BOK CHOY – Dark Green Subgroup					
Bok Choy, Fresh *Whole*	Pound	14.40	1/4 cup raw, shredded vegetable	7.0	1 lb AP = 0.77 lb (about 3-1/2 cups) ready-to-serve bok choy
BREADFRUIT - Other Subgroup					
Breadfruit, fresh *Guatemalan*	Pound	5.69	1/4 cup baked, mashed vegetable	17.6	1 lb AP = 0.60 lb (about 1-3/8 cups) cooked mashed vegetable, 1 breadfruit = about 2.6 lb
BROCCOLI - Dark Green Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Broccoli, fresh *Untrimmed*	Pound	9.80	1/4 cup raw vegetable spears	10.3	1 lb AP = 0.81 lb ready-to-cook broccoli
	Pound	9.40	1/4 cup cooked, drained vegetable spears	10.7	1 medium spear = about 1/4 cup broccoli
	Pound	10.20	1/4 cup cut, cooked, drained vegetable	9.9	
Broccoli, fresh *Florets Trimmed Ready-to-use*	Pound	28.80	1/4 cup cut raw vegetable	3.5	1 lb AP = 1 lb (about 7-1/8 cups) ready-to-cook broccoli
Broccoli, fresh *Spears Trimmed Ready-to-use*	Pound	17.10	1/4 cup raw vegetable spears	5.9	1 lb AP = 1 lb (about 4-1/4 cups) ready-to-cook broccoli
	Pound	13.00	1/4 cup cooked, drained vegetable spears	7.7	1 lb AP = 1 lb (about 3-1/4 cups) cooked broccoli
Broccoli, fresh *Slaw Ready-to-use*	Pound	21.10	1/4 cup raw vegetable	4.8	1 lb AP = 1 lb (about 5-1/4 cups) ready-to-serve or -cook broccoli slaw
Broccoli, frozen *Spears*	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	1 lb AP = 0.90 lb (about 2-5/8 cups) cooked broccoli
Broccoli, frozen *Cut or chopped*	Pound	9.60	1/4 cup cooked, drained vegetable	10.5	
BRUSSELS SPROUTS - Other Subgroup					
Brussels Sprouts, fresh *Whole*	Pound	8.50	1/4 cup cooked, drained vegetable	11.8	1 lb AP = 0.76 lb ready-to-cook Brussels sprouts
Brussels Sprouts, fresh *Trimmed Ready-to-use*	Pound	16.10	1/4 cup raw vegetable	6.3	1 lb AP = 1 lb (about 4 cups) ready-to-serve Brussels sprouts
	Pound	13.40	1/4 cup cooked, drained vegetable	7.5	1 lb AP = 1 lb (about 3-1/3 cups) steamed Brussels sprouts

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Brussels Sprouts, frozen *Ready-to-use*	Pound	10.40	1/4 cup cooked, drained vegetable	9.7	
CABBAGE, CHINESE OR CELERY - Dark Green Subgroup					
Cabbage, Chinese, or Celery fresh *Untrimmed*	Pound	20.40	1/4 cup raw vegetable strips	5.0	1 lb AP = 0.93 lb (about 5 cups) ready-to-serve, raw cabbage
	Pound	10.60	1/4 cup cooked, drained vegetable strips	9.5	
CABBAGE, GREEN - Other Subgroup					
Cabbage, fresh *Green Untrimmed Whole*	Pound	17.70	1/4 cup raw, chopped vegetable	5.7	1 lb AP = 0.87 lb ready-to-cook or -serve raw cabbage
	Pound	11.20	1/4 cup raw, chopped vegetable with dressing	9.0	
	Pound	26.40	1/4 cup raw, shredded vegetable	3.8	
	Pound	13.80	1/4 cup cooked, drained shredded vegetable	7.3	
	Pound	9.86	1/4 cup cooked, drained vegetable wedges	10.2	1 lb AP = 0.82 lb (about 2-3/8 cups) cooked cabbage wedges
	1 head	9.00	1 large cooked leaf (3/4 cups vegetable)	11.2	1 large leaf = 10 to 12 inches in diameter
Cabbage, fresh *Green Untrimmed Whole*	1 head	7.00	1 medium cooked leaf (3/8 cup vegetable)	14.3	1 medium leaf = 6 to 8 inches in diameter
Cabbage, fresh *Green Shredded Ready-to-use*	Pound	27.00	1/4 cup raw vegetable	3.8	1 lb AP = 1 lb (about 6-3/4 cups) ready-to-serve raw, shredded cabbage
CABBAGE, RED - Other Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Cabbage, Red, fresh *Whole* *Untrimmed*	Pound	13.00	1/4 cup raw, chopped vegetable	7.7	1 lb AP = 0.64 lb (about 3-1/4 cups) ready-to-cook or -serve raw chopped cabbage
	Pound	24.60	1/4 cup raw, shredded vegetable	4.1	1 lb AP = 0.83 lb (about 6 cups) ready-to-cook or -serve raw, shredded cabbage
	Pound	13.30	1/4 cup cooked, shredded vegetable	7.6	
Cabbage, Red, fresh *Shredded* *Ready-to-use*	Pound	22.80	1/4 cup raw vegetable	4.4	1 lb AP = 1 lb (about 5-2/3 cups) ready-to-serve raw, shredded cabbage
CACTUS (NOPALES) - Other Subgroup					
Cactus (Nopales), fresh *Leaves (or petals)* *Unpeeled* *With thorns*	Pound	6.80	1/4 cup unpeeled, diced cooked, drained vegetable (thorns removed)	14.8	1 lb AP = 0.96 lb (about 1-2/3 cups) unpeeled, thorns removed, diced, cooked, drained cactus
Cactus (Nopales), fresh *Leaves (or Petals)* *Unpeeled* *Without thorns*	Pound	6.96	1/4 cup unpeeled diced, cooked, drained vegetable	14.4	1 lb AP = 0.99 lb ready-to-cook diced cactus 1 lb AP = about 1-2/3 cups diced, cooked, drained cactus
CACTUS (NOPALES) - Other Subgroup (continued)					
Cactus (Nopalitos), canned *Leaves (or Petals)* *Cut*	14 oz jar	3.04	1/4 cup heated, drained vegetable	32.9	14-oz jar = about 5.7 oz (about 3/4 cup) cooked, drained cactus
	14 oz jar	3.65	1/4 cup drained vegetable	27.4	14-oz jar = about 6.3 oz (7/8 cup) drained, unheated cactus
CARROTS – Red/Orange Subgroup					
Carrots, fresh *Without tops*	Pound	10.30	1/4 cup raw vegetable strips (about 3 strips, 4-inch by 1/2-inch)	9.8	1 lb AP = 0.70 lb ready-to-cook, or -serve raw carrot sticks

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
	Pound	10.60	1/4 cup raw, chopped vegetable	9.5	
	Pound	15.40	1/4 cup raw, shredded vegetable	6.5	1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrots
	Pound	8.10	1/4 cup raw shredded vegetable with dressing	12.4	
	Pound	8.63	1/4 cup cooked, drained shredded vegetable	11.6	1 lb AP = 0.79 lb (about 2-1/8 cups) trimmed, peeled, shredded, cooked carrots
	Pound	10.90	1/4 cup raw, sliced vegetable (5/16-inch slices)	9.2	1 lb AP = 0.83 lb (about 2-2/3 cups) trimmed, peeled, sliced carrots
	Pound	8.16	1/4 cup cooked, drained sliced vegetable (5/16-inch slices)	12.3	1 lb AP = 0.76 lb (about 2 cups) cooked, sliced carrots
Carrots, fresh *Shredded Ready-to-use*	Pound	19.90	1/4 cup raw vegetable	5.1	1 lb AP = 1 lb shredded carrots ready-to-use (about 4-7/8 cups)
	Pound	11.20	1/4 cup cooked, drained vegetable	9.0	1 lb AP = 0.92 lb (about 2-3/4 cups) cooked carrots
Carrots, fresh *Sliced Peeled Ready-to-use*	Pound	12.60	1/4 cup raw vegetable slices (5/16-inch slices)	8.0	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or -cook carrots
Carrots, fresh *Sticks, Ready-to-use (1/2-inch by 4-inch)*	Pound	15.40	1/4 cup raw vegetable (about 3 sticks)	6.5	1 lb AP = 1 lb (about 3-3/4 cups) carrot sticks
Carrots, fresh *Baby Ready-to-use*	Pound	12.90	1/4 cup raw vegetable	7.8	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve raw carrots

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
	Pound	11.40	1/4 cup cooked, drained vegetable	8.8	1 lb AP = 0.97 lb (about 2-3/4 cups) cooked carrots
Carrots, canned *Diced Includes USDA Foods*	No. 10 can (105 oz)	34.30	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 62.0 oz (8-1/2 cups) heated, drained carrots
	No. 10 can (105 oz)	40.00	1/4 cup drained vegetable	2.5	1 No. 10 can = about 67.0 oz (10 cups) drained, unheated carrots
	Pound	5.22	1/4 cup heated, drained vegetable	19.2	
	Pound	6.09	1/4 cup drained vegetable	16.5	
Carrots, canned *Sliced Includes USDA Foods*	No. 10 can (105 oz)	37.20	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 65.0 oz (9-1/4 cups) heated, drained carrots
	No. 10 can (105 oz)	43.40	1/4 cup drained vegetable	2.4	1 No. 10 can = about 70.0 oz (10-3/4 cups) drained, unheated carrots
	No. 300 can (15 oz)	5.20	1/4 cup heated, drained vegetable	19.3	1 No. 300 can = about 8.6 oz (1-1/4 cups) heated, drained carrots
	No. 300 can (15 oz)	5.88	1/4 cup drained vegetable	17.1	1 No. 300 can = about 8.5 oz (1-3/8 cups) drained, unheated carrots
CARROTS – Red/Orange Subgroup (continued)					
Carrots, frozen *Sliced Includes USDA Foods*	Pound	9.87	1/4 cup cooked, drained vegetable	10.2	1 lb AP = 0.95 lb (about 2-3/8 cups) cooked, drained carrots
Carrots, frozen *Baby*	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	
CASSAVA (see YUCCA) – Starchy Subgroup					
CAULIFLOWER - Other Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Cauliflower, fresh *Whole* *Trimmed*	Pound	12.50	1/4 cup raw, sliced vegetable	8.0	1 lb AP = 0.62 lb ready-to-cook or -serve raw cauliflower
	Pound	12.30	1/4 cup raw vegetable florets	8.2	1 medium head = about 6 cups cauliflower florets
	Pound	8.80	1/4 cup cooked, drained vegetable florets	11.4	1 lb AP = 0.61 lb cooked cauliflower
Cauliflower, fresh *Florets* *Ready-to-use*	Pound	18.30	1/4 cup raw vegetable florets	5.5	1 lb AP = 1 lb (about 4-1/2 cups) ready-to-cook or -serve cauliflower
	Pound	14.10	1/4 cup cooked, drained vegetable florets	7.1	
Cauliflower, frozen	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	
CELERY - Other Subgroup					
Celery, fresh *Trimmed*	Pound	12.20	1/4 cup raw vegetable sticks or strips (about 3 sticks, 1/2-inch by 4-inch sticks)	8.2	
	Pound	12.50	1/4 cup raw, chopped vegetable	8.0	1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery
	Pound	12.30	1/4 cup raw, diced vegetable	8.2	
	Pound	8.70	1/4 cup diced, cooked, drained vegetable	11.5	1 lb AP = 0.74 lb (about 2-1/8 cups) cooked celery
Celery, fresh *Trimmed*	Pound	8.10	1/4 cup sliced, cooked, drained vegetable	12.4	
Celery, fresh *Sticks* *Ready-to-use (1/2-inch by 4-inch)*	Pound	14.00	1/4 cup raw vegetables (about 3 sticks)	7.2	1 lb AP = 1 lb (about 3-1/2 cups) ready-to-serve raw celery

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Celery, fresh *Diced* *Ready-to-use*	Pound	12.90	1/4 cup raw vegetable	7.8	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery
Celery, canned *Diced*	No. 10 can (102 oz)	38.40	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 64.0 oz (9-1/2 cups) heated, drained celery
	No. 10 can (102 oz)	49.00	1/4 cup drained vegetable	2.1	1 No. 10 can = about 74.0 oz (12-3/8 cups) drained celery
	Pound (drained weight)	8.27	1/4 cup heated, drained vegetable	12.1	
	Pound (drained weight)	10.50	1/4 cup drained vegetable	9.6	
Celery, canned *Diced* *In sauce*	No. 10 can (104 oz)	49.70	1/4 cup heated, drained vegetable	2.1	1 No. 10 can = about 100.0 oz (12-3/8 cups) heated, drained celery
CHARD, SWISS (see SWISS CHARD) - Dark Green Subgroup					
CHAYOTE (MIRLITON) - Other Subgroup					
Chayote (Mirliton), fresh *Whole* *Unpeeled*	Pound	12.60	1/4 cup unpeeled, pitted sliced, raw vegetable	8.0	1 lb AP = 0.96 lb (about 3-1/8 cups) ready-to-serve, raw pitted, sliced chayote
	Pound	9.46	1/4 cup unpeeled, pitted, sliced, cooked, drained vegetable	10.6	1 lb AP = 0.88 lb (about 2-1/3 cups) unpeeled, pitted, sliced cooked chayote
CHICKPEAS (see BEANS, GARBANZO) - Beans and Peas (Legumes) Subgroup					
CHICORY - Dark Green Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Chicory, fresh	Pound	47.40	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	2.2	1 lb AP = 0.89 lb ready-to-serve raw chicory
	Pound	31.60	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP)	3.2	
COLLARD GREENS - Dark Green Subgroup					
Collard Greens, fresh *Untrimmed*	Pound	6.20	1/4 cup cooked, drained vegetable leaves	16.2	1 lb AP = 0.57 lb ready-to-cook collard leaves
	Pound	10.50	1/4 cup cooked, drained vegetable leaves and stems	9.6	1 lb AP = 0.74 lb ready-to-cook collard leaves and stems
Collard Greens, canned	No. 10 can (101 oz)	27.20	1/4 cup heated, drained vegetable	3.7	1 No. 10 can = about 54.0 oz (6-3/4 cups) heated, drained collards
	No. 10 can (101 oz)	35.90	1/4 cup drained vegetable	2.8	1 No. 10 can = about 66.4 oz (9 cups) drained, unheated collards
	No. 2-1/2 can (27 oz)	6.80	1/4 cup heated, drained vegetable	14.7	1 No. 2-1/2 can = about 17.6 oz (3 cups) drained collards
	No. 300 can (14-1/2 oz)	3.67	1/4 cup heated, drained vegetable	27.3	
Collard Greens, frozen *Chopped or Whole leaf*	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	
CORN – Starchy Subgroup					
Corn, fresh *With husks (5 to 6-inch length) Medium*	Pound	1.67	1 medium ear (about 1/2 cup cooked vegetable)	59.9	
	Pound	3.35	1/4 cup cooked vegetable (about 1/2 cob)	29.9	1 lb AP = 0.34 lb raw cut corn

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Corn, fresh *Without husks (5 to 6-inch length)* *Medium*	Pound Pound	2.33 5.27	1 medium ear (about 1/2 cup cooked vegetable) 1/4 cup cooked vegetable (about 1/2 cob)	43.0 19.0	 1 lb AP = 0.54 lb raw cut corn
Corn, canned *Cream style* *Includes USDA Foods*	No. 10 can (106 oz) No. 300 can (15 oz)	46.40 6.35	1/4 cup heated vegetable 1/4 cup heated vegetable	2.2 15.8	1 No. 10 can = about 100.7 oz (11-1/2 cups) heated corn 1 No. 300 can = about 13.0 oz (1-1/2 cups) heated corn
Corn, canned *Whole kernel* *Vacuum packed* *Includes USDA Foods*	No. 10 can (75 oz) No. 10 can (75 oz) No. 2 can (12 oz)	34.10 36.80 6.60	1/4 cup heated, drained vegetable 1/4 cup drained vegetable 1/4 cup heated, drained vegetable	3.0 2.8 15.2	1 No. 10 can = about 60.5 oz (8-1/2 cups) heated, drained corn 1 No. 10 can = about 63.0 oz (9 cups) drained, unheated corn 1 No. 2 can = about 10.0 oz (1-2/3 cups) drained, heated corn
Corn, canned *Whole kernel* *Liquid pack* *Includes USDA Foods*	No. 10 can (106 oz) No. 10 can (106 oz) No. 300 can (15-1/4 oz)	39.60 40.70 5.68	1/4 cup heated, drained vegetable 1/4 cup drained vegetable 1/4 cup heated, drained vegetable	2.6 2.5 17.7	1 No. 10 can = about 66.0 oz (9-7/8 cups) heated, drained corn 1 No. 10 can = about 73.3 oz (10-2/3 cups) drained, unheated corn 1 No. 300 can = about 9.3 oz (1-3/8 cups) heated, drained corn
CORN – Starchy Subgroup (continued)					
Corn, canned *Whole kernel* *Liquid pack* Includes USDA Foods	No. 300 can (15-1/4 oz)	5.86	1/4 cup drained vegetable	17.1	1 No. 300 can = about 9.6 oz (1-3/8 cups) drained, unheated corn

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Corn, frozen *Whole Kernel* *Includes USDA Foods*	Pound Pound	11.10 11.00	1/4 cup tempered vegetable (unheated for salads) 1/4 cup cooked vegetable	9.1 9.1	1 lb AP = 0.99 lb (about 2-3/4 cups) ready-to-serve raw tempered corn
Corn, frozen *Corn on the cob 3-inch ear (cobbette)* *Includes USDA Foods*	Pound	4.25	1/4 cup cooked vegetable (about 1 cobbette)	23.6	1 lb AP = 0.53 lb (about 1 cup) edible portion cooked corn
Corn, frozen *Corn on the cob 5-1/4-inch ear (medium)* *Includes USDA Foods*	Pound	2.44	1 medium cooked ear (about 1/2 cup cooked vegetable)	41.0	1 lb AP = 0.52 lb (about 1-1/8 cups) edible portion cooked corn
CUCUMBERS - Other Subgroup					
Cucumbers, fresh *Whole* *Unpared*	Pound	11.10	1/4 cup unpared, diced vegetable	9.1	1 lb AP = 0.98 lb (about 2-3/4 cups) ready-to-serve raw, unpared, diced cucumbers
	Pound	12.40	1/4 cup unpared, sliced vegetable	8.1	
	Pound	10.50	1/4 cup pared, diced or sliced vegetable	9.6	1 lb AP = 0.84 lb ready-to-serve raw, pared, sliced cucumbers
	Pound	9.71	1/4 cup pared vegetable sticks (about 3 sticks, 3-inch by 3/4-inch sticks)	10.3	1 lb AP = 0.81 lb (about 2-3/8 cups) ready-to-serve raw, pared cucumber sticks
CUCUMBERS - Other Subgroup (continued)					

Section 2 – Vegetables (All Vegetable Subgroups)

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
Cucumbers, fresh *Whole* *Unpared*	Pound	11.80	1/4 cup unpared vegetable sticks (about 3 sticks, 3-inch by 3/4-inch sticks)	8.5	1 lb AP = 0.98 lb (about 3 cups) ready-to-serve raw, unpared cucumber sticks
EGGPLANT - Other Subgroup					
Eggplant, fresh *Whole*	Pound	6.70	1/4 cup pared, cubed, cooked vegetable	15.0	1 lb AP = 0.81 lb ready-to-cook eggplant
ENDIVE, ESCAROLE - Dark Green Subgroup					
Endive or Escarole, fresh *Whole*	Pound	19.90	1/4 cup raw vegetable pieces	5.1	1 lb AP = 0.78 lb ready-to-serve raw endive (escarole)
GRAPE LEAVES - Dark Green Subgroup					
Grape Leaves, fresh *Whole with stem*	Pound	27.40	1/4 cup cooked, drained vegetable (about 3 leaves)	3.7	1 lb AP = 0.80 lb (about 6-3/4 cups) cooked, steamed grape leaves without stem
Grape Leaves, canned *Pickled*	14 oz jar	17.00	1/4 cup drained vegetable (about 3 leaves)	5.9	14 oz jar = about 8.0 oz (4-1/4 cups) drained leaves
JICAMA (YAM BEAN) – Starchy Subgroup					
Jicama (Yam Bean), fresh *Whole*	Pound	11.90	1/4 cup raw peeled, julienned vegetable strips	8.5	1 lb AP = 0.89 lb (about 2-7/8 cups) ready-to-serve raw peeled, julienned jicama strips
	Pound	9.61	1/4 cup peeled, cooked, julienned vegetable strips	10.5	1 lb AP = 0.87 lb (about 2-3/8 cups) cooked jicama strips
KALE - Dark Green Subgroup					
Kale, fresh *Trimmed* *With stem* *Ready-to-use*	Pound	35.70	1/4 cup raw, chopped vegetable (no stem, credits as 1/8 cup in NSLP/SBP)	2.9	1 lb AP = 0.73 lb ready-to-cook, stemmed kale leaves

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
	Pound	10.00	1/4 cup cooked, drained vegetable (no stem)	10.0	1 lb AP = 0.77 lb (about 2-1/2 cups) stemmed, chopped, cooked kale
Kale, fresh *Trimmed Without stem*	Pound	48.80	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP)	2.1	1 lb AP = 1 lb ready-to-cook kale
	Pound	13.70	1/4 cup cooked, drained vegetable	7.3	1 lb AP = 1.15 lb (about 3-3/8 cups) cooked, drained kale
Kale, fresh *Untrimmed*	Pound	11.80	1/4 cup cooked, drained vegetable	8.5	1 lb AP = 0.67 lb ready-to-cook kale
Kale, canned	No. 10 can (98 oz)	26.70	1/4 cup heated, drained vegetable	3.8	1 No. 10 can = about 49.6 oz (6-2/3 cups) heated, drained kale
	No. 10 can (98 oz)	40.20	1/4 cup drained vegetable	2.5	1 No. 10 can = about 58.0 oz (10 cups) drained kale
	No 2-1/2 can (27 oz)	7.35	1/4 cup heated, drained vegetable	13.7	1 No. 2-1/2 can = about 1-3/4 cups heated, drained kale
	No 2-1/2 can (27 oz)	11.00	1/4 cup drained vegetable	9.1	1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained, unheated kale
	Pound	4.35	1/4 cup heated, drained vegetable	23.0	
	Pound	6.56	1/4 cup drained vegetable	15.3	
KALE - Dark Green Subgroup (continued)					
Kale, frozen *Chopped*	Pound	12.10	1/4 cup cooked, drained vegetable	8.3	
Kale, frozen *Whole leaf*	Pound	9.50	1/4 cup cooked, drained vegetable	10.6	
KOHLRABI - Other Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Kohlrabi, fresh *Untrimmed*	Pound	5.10	1/4 cup cooked, drained vegetable	19.7	1 lb AP = 0.45 lb ready-to-cook, pared kohlrabi
Kohlrabi, fresh *Whole With leaves and stems*	Pound	9.30	1/4 cup raw peeled vegetable sticks	10.8	1 lb AP = 0.73 lb ready-to-serve or -cook, pared kohlrabi
	Pound	10.10	1/4 cup raw vegetable chunks	10.0	1 lb AP = 0.82 lb (about 2-1/2 cups) ready-to-serve or -cook, pared kohlrabi chunks
LENTILS, DRY - Beans and Peas (Legumes) Subgroup					
Lentils, dry	Pound	29.60	1/4 cup cooked lentils	3.4	1 lb dry = about 2-3/8 cups dry lentils
	Pound	19.70	3/8 cup cooked lentils	5.1	
LETTUCE - Other Subgroup					
Lettuce, fresh *Iceberg Head Untrimmed*	Pound	22.20	1/4 cup raw, shredded vegetable pieces (credits as 1/8 cup in NSLP/SBP)	4.6	1 lb AP = 0.76 lb (about 5-1/2 cups) ready-to-serve shredded lettuce
	Pound	20.80	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	4.9	
	Pound	13.90	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP)	7.2	
Lettuce, fresh *Iceberg, Head Cleaned and cored Ready-to-use*	Pound	29.20	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.5	1 lb AP = 1 lb (about 7-1/3 cups) ready-to-serve lettuce
LETTUCE - Other Subgroup					
Lettuce, fresh *Salad mix (mostly iceberg, some romaine with shredded carrot and red cabbage)*	Pound	26.40	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.8	1 lb AP = 1 lb (about 6-1/2 cups) ready-to-serve lettuce

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Lettuce, fresh *Mixed greens (equal amounts of iceberg and romaine with shredded carrots and red cabbage)*	Pound	25.70	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.9	1 lb AP = 1 lb (about 6-3/8 cups) ready-to-serve lettuce
LETTUCE – Dark Green Subgroup					
Lettuce, fresh *Dark Green Leafy (loose lettuce) Untrimmed*	Pound	21.70	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	4.7	1 lb AP = 0.66 lb ready-to-serve raw lettuce
	Pound	14.50	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP)	6.9	
Lettuce, fresh *Romaine Untrimmed*	Pound	31.30	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.2	1 lb AP = 0.64 lb ready-to-serve raw lettuce
	Pound	20.90	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP)	4.8	
MALANGA (TARO) – Starchy Subgroup					
Malanga (Taro), fresh *Whole*	Pound	11.20	1/4 cup raw, peeled, diced vegetable	9.0	1 lb AP = 0.89 lb (about 2-3/4 cups) ready-to-cook, peeled diced taro
	Pound	7.95	1/4 cup peeled, diced, cooked vegetable	12.6	1 lb AP = 1.07 lb (about 1-7/8 cups) cooked, peeled, diced vegetable
MIRLITON (see CHAYOTE) - Other Subgroup					
MUSHROOMS - Other Subgroup					
Mushrooms, fresh *Whole*	Pound	18.70	1/4 cup raw, sliced vegetable	5.4	1 lb AP = 0.98 lb ready-to-cook mushrooms

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
	Pound	8.30	1/4 cup sliced, cooked, drained vegetable	12.1	1 lb AP = 0.43 lb cooked, sliced mushrooms
Mushrooms, fresh *Slices* *Ready-to-use*	Pound	18.50	1/4 cup sliced vegetable (about 7 slices)	5.5	1 lb AP = 1 lb (about 4-5/8 cups) ready-to-serve mushrooms
Mushrooms, canned	No. 10 can (68 oz drained weight)	49.40	1/4 cup drained vegetable	2.1	1 No. 10 can = 12-1/3 cups drained mushrooms
	Pound (drained weight)	11.60	1/4 cup drained vegetable	8.7	
	No. 300 can (8 oz drained weight)	5.80	1/4 cup drained vegetable	17.3	1 No. 300 can = about (1-1/2 cups) drained mushrooms
Mushrooms, frozen *Slices*	Pound	12.20	1/4 cup tempered vegetable	8.2	1 lb AP = 0.90 lb (about 3 cups) ready-to-serve, tempered mushrooms
MUSTARD GREENS or MUSTARD CABBAGE GREENS - Dark Green Subgroup					
Mustard greens, fresh *Trimmed* *Without Stems*	Pound	49.20	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	2.1	1 lb AP = 0.99 lb (about 12-1/8 cups) ready-to-serve or -cook greens
	Pound	14.10	1/4 cup cooked, drained vegetable	7.1	
Mustard greens, fresh *Untrimmed*	Pound	13.20	1/4 cup cooked, drained vegetable	7.6	1 lb AP = 0.93 lb ready-to-cook greens
Mustard Greens, canned	No. 10 can (101 oz)	31.00	1/4 cup drained vegetable	3.3	1 No. 10 can = about 61.0 oz (7-3/4 cups) drained greens
	No. 10 can (101 oz)	20.30	1/4 cup heated, drained vegetable	5.0	1 No. 10 can = about 40.1 oz (5 cups) drained greens

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
	No. 2-1/2 can (27 oz)	11.80	1/4 cup drained vegetable	8.5	1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained greens
	No. 300 can (14-1/2 oz)	3.81	1/4 cup drained vegetable	26.3	
	No. 300 can (14-1/2 oz)	2.74	1/4 cup heated, drained vegetable	36.5	
Mustard Greens, frozen *Chopped*	Pound	11.60	1/4 cup cooked, drained vegetable	8.7	
Mustard Greens, frozen *Leaf*	Pound	12.30	1/4 cup cooked, drained vegetable	8.2	
NOPALES (see CACTUS) - Other Subgroup					
OKRA - Other Subgroup					
Okra, fresh *Whole*	Pound	9.70	1/4 cup cooked, drained whole vegetable	10.4	1 lb AP = 0.87 lb ready-to-cook okra
	Pound	9.00	1/4 cup cooked, drained sliced vegetable	11.2	
Okra, canned *Cut*	No. 10 can (99 oz)	38.80	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 60.0 oz (10-1/8 cups) drained okra
	Pound	6.20	1/4 cup heated, drained vegetable	16.2	
	No. 300 can (14 oz)	4.58	1/4 cup heated, drained vegetable	21.9	1 No. 300 can = about 7.1 oz (1-1/8 cups) drained okra
Okra, frozen *Cut*	Pound	9.10	1/4 cup cooked, drained vegetable	11.0	
Okra, frozen *Whole*	Pound	11.80	1/4 cup cooked, drained vegetable	8.5	
OLIVES - Other Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Olives, canned *Green* *Stuffed*	No. 10 can (72 oz drained weight)	55.50	1/4 cup drained vegetable	1.9	
	Pound (drained weight)	12.30	1/4 cup drained vegetable	8.2	
Olives, canned *Green* *Whole* *With pits*	Gallon (65 oz drained weight)	60.40	1/4 cup whole, pitted vegetable (about 14 small olives)	1.7	1 gallon = about 848 olives
	Pound (drained weight)	14.80	1/4 cup pitted vegetable	6.8	
Olives, canned *Green* *Whole* *Pitted*	Gallon (69 oz drained weight)	63.90	1/4 cup whole vegetable (about 14 small olives)	1.6	1 gallon container = about 16 cups drained or 847 olives
Olives, canned *Ripe* *Pitted* *Large* *Whole*	No. 10 can (50 oz drained weight)	48.00	1/4 cup whole vegetable (about 8 large olives)	2.1	1 No. 10 can = about 380 olives
OLIVES - Other Subgroup (continued)					
Olives, canned *Ripe* *Pitted* *Large* Whole	No. 10 can (50 oz drained weight)	42.00	1/4 cup chopped vegetable	2.4	
	Pound (drained weight)	15.30	1/4 cup whole vegetable	6.6	
	Pound (drained weight)	12.90	1/4 cup chopped vegetable	7.8	
Olives, canned *Ripe* *Sliced*	No. 10 can (103 oz)	47.90	1/4 cup sliced vegetable	2.1	1 No. 10 can = about 56.0 oz (11-7/8 cups) drained olives

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Olives, frozen *Ripe* *1/4-inch slices*	Pound	14.90	1/4 cup tempered vegetable slices	6.8	1 lb AP = 0.99 lb (about 3-2/3 cups) ready-to-serve tempered olives
ONIONS, GREEN - Other Subgroup					
Onions, Green, fresh *Whole*	Pound	15.00	1/4 cup raw vegetable, with tops	6.7	1 lb AP = 0.83 lb ready-to-serve, raw onions with tops
	Pound	13.80	1/4 cup cooked with tops	7.3	
	Pound	6.70	1/4 cup raw chopped or sliced vegetable without tops	15.0	1 lb AP = 0.37 lb ready-to-serve raw onions without tops
ONIONS, MATURE - Other Subgroup					
Onions, Mature, fresh *All sizes* *Whole*	Pound	9.30	1/4 cup raw, chopped vegetable	10.8	1 lb AP = 0.88 lb ready-to-cook or -serve raw onion
	Pound	14.20	1/4 cup raw, sliced vegetable	7.1	
	Pound	7.90	1/4 cup cooked vegetable pieces	12.7	1 lb AP = 0.78 lb cooked onion
	Pound	7.10	1/4 cup cooked, whole vegetable	14.1	
Onions, Mature, fresh *Yellow, Jumbo* *Whole*	Pound	5.70	1/4 cup sliced, grilled vegetable	17.6	1 lb AP = 0.65 lb (about 1-3/8 cups) peeled, sliced, cooked onion Jumbo = 3-inch diameter and over
Onions, Mature, fresh *Diced* *Ready-to-use*	Pound	12.60	1/4 cup diced, raw vegetable	8.0	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or -cook raw 1/4-inch diced onion
Onions, Mature, fresh *Sliced* *Ready-to-use*	Pound	12.70	1/4 cup sliced, raw vegetable	7.9	1 lb AP = 1 lb ready-to-serve or -cook onion

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Onions, Mature, canned *Whole*	No. 10 can (105 oz)	26.60	1/4 cup heated vegetable	3.8	1 No. 10 can = about 55.8 oz (6-2/3 cups) heated, drained onion
	Pound	4.90	1/4 cup heated, drained vegetable	20.5	
	15 oz jar	5.10	1/4 cup vegetable (about 5 onions)	19.7	15-oz jar = about 9.0 oz (1-1/4 cups) drained or about 23 onions
Onions, Mature, frozen *Chopped*	Pound	7.92	1/4 cup thawed vegetable	12.7	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-cook, thawed onion
	Pound	5.94	1/4 cup cooked vegetable	16.9	1 lb AP = 0.67 lb (about 1-3/8 cups) cooked onion
Onions, Mature, Dehydrated *Chopped*	Pound	49.90	1/4 cup rehydrated, cooked vegetable	2.1	1 lb dry = about 4-2/3 cups dehydrated onion
	Pound	18.70	1/4 cup uncooked, rehydrated vegetable	5.4	
PARSLEY - Dark Green Subgroup					
PARSLEY, fresh *Curly*	Pound	83.40	1/4 cup chopped, raw vegetable (credits as 1/8 cup in NSLP/SBP)	1.2	1 lb AP = 0.92 lb ready-to-serve raw parsley
PARSNIPS – Starchy Subgroup					
Parsnips, fresh *Whole*	Pound	8.10	1/4 cup cooked, drained vegetable pieces	12.4	1 lb AP = 0.83 lb ready-to-cook parsnips
	Pound	7.20	1/4 cup cooked, drained, mashed vegetable	13.9	
PEAS, BLACKEYED (see BEANS, BLACKEYED) - Beans and Peas (Legumes) Subgroup					
PEAS, CHINESE SNOW - Other Subgroup					
Peas, Chinese Snow, frozen *Edible podded* *Whole*	Pound	11.40	1/4 cup cooked, drained vegetable	8.8	
PEAS, FIELD - Starchy Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)

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
Peas, Field, canned *With snaps*	No. 10 can (111 oz)	37.60	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 72.3 oz (9-3/8 cups) heated, drained field peas with snaps
	No. 10 can (111 oz)	46.30	1/4 cup drained vegetable	2.2	1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps
	No. 300 can (15 oz)	5.12	1/4 cup heated, drained vegetable	19.6	1 No. 300 can = about 7.95 oz (1-1/4 cups) heated, drained field peas with snaps
	No. 300 can (15 oz)	5.59	1/4 cup drained vegetable	17.9	1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps
PEAS, GREEN - Starchy Subgroup					
Peas, Green, fresh *Shelled*	Pound	10.60	1/4 cup cooked, drained vegetable	9.5	1 lb in pod = 0.38 lb ready-to-cook peas
Peas, Green, canned *Includes USDA Foods*	No. 10 can (106 oz)	36.70	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 68.0 oz (9-1/8 cups) heated, drained peas
	No. 10 can (106 oz)	42.00	1/4 cup drained vegetable (unheated, for salads)	2.4	1 No. 10 can = about 10-1/5 cups drained, unheated peas
	No. 300 can (15-1/4 oz)	4.95	1/4 cup heated, drained vegetable	20.3	
	No. 300 can (15-1/4 oz)	5.67	1/4 cup drained vegetable (unheated, for salads)	17.7	
Peas, Green, frozen *Includes USDA Foods*	Pound	9.59	1/4 cup cooked, drained vegetable	10.5	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked, drained peas
PEAS, GREEN – Beans and Peas (Legumes) Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Peas, Green, dry *Whole*	Pound	25.60	1/4 cup cooked vegetable	4.0	1 lb dry = about 2-1/3 cups dry peas
Peas, Green, dry *Split Includes USDA Foods*	Pound	23.10	1/4 cup cooked vegetable	4.4	1 lb dry = about 2-1/4 cups dry split peas
PEAS, PIGEON, GREEN - Starchy Subgroup					
Peas, Pigeon, Green, frozen *Immature*	Pound	10.60	1/4 cup cooked, drained vegetable	9.5	1 lb AP = 0.96 lb (about 2-2/3 cups) cooked, drained peas
PEAS, SUGAR SNAP - Other Subgroup					
Peas, Sugar Snap, frozen *Whole*	Pound	9.78	1/4 cup cooked, drained vegetable	10.3	1 lb AP = 1 lb (about 2-3/8 cups) cooked, drained peas
PEAS AND CARROTS - Additional Subgroup					
Peas and Carrots, canned	No. 10 can (105 oz)	41.30	1/4 cup heated, drained vegetable	2.5	1 No. 10 can = about 66.0 oz (11-1/2 cups) drained, unheated peas and carrots
	Pound	6.30	1/4 cup heated, drained vegetable	15.9	
Peas and Carrots, frozen	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	
PEPPERONCINI - Other Subgroup					
Pepperoncini, canned *Whole*	Gallon (72 oz drained weight)	64.00	1/4 cup drained vegetable	1.6	1 gallon container = about 207 pepperoncini
PEPPERS, GREEN BELL - Other Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)

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
Peppers, Bell, fresh *Green or Yellow Medium or Large Whole*	Pound	9.70	1/4 cup chopped or diced raw vegetable	10.4	1 lb AP = 0.80 lb ready-to-serve or -cook raw pepper
	Pound	14.70	1/4 cup raw vegetable strips	6.9	1 lb AP = 0.73 lb cooked pepper
	Pound	9.80	1/4 cup cooked, drained vegetable strips	10.3	
Peppers, Bell, frozen *Green or Yellow Diced*	Pound	12.10	1/4 cup thawed vegetable	8.3	1 lb AP = 1 lb (about 3 cups) thawed peppers
	Pound	7.30	1/4 cup cooked, drained vegetable	13.7	
Peppers, Bell, dehydrated *Green or Yellow Diced*	Pound	99.20	1/4 cup rehydrated, cooked vegetable	1.1	1 lb dry = about 9-1/4 cups dried pepper
	Pound	38.60	1/4 cup dried vegetable	2.6	
PEPPERS, ORANGE OR RED – Red/Orange Subgroup					
Peppers, Bell, fresh *Orange or Red Medium or Large Whole*	Pound	9.70	1 /4 cup chopped or diced raw vegetable	10.4	1 lb AP = 0.80 lb ready-to-serve or –cook raw pepper
	Pound	14.70	1/4 cup raw vegetable strips	6.9	1 lb AP = 0.73 lb cooked pepper
	Pound	9.80	1/4 cup cooked, drained vegetable strips	10.3	
Peppers, Bell, frozen *Orange or Red Diced*	Pound	12.10	1/4 cup thawed vegetable	8.3	1 lb AP = 1 lb (about 3 cups) thawed peppers
	Pound	7.30	1/4 cup cooked, drained vegetable	13.7	
Peppers, Bell, dehydrated *Orange or Red*	Pound	99.20	1/4 cup rehydrated, cooked vegetable	1.1	1 lb dry = about 9-1/4 cups dried pepper

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Diced	Pound	38.60	1/4 cup dehydrated vegetable	2.6	
PEPPERS, CHERRY – Red/Orange Subgroup					
Peppers, fresh *Cherry* *Whole with stem*	Pound	14.40	1/4 cup raw vegetable (about 3 peppers)	7.0	1 lb AP = 0.95 lb (about 3-1/2 cups) ready-to-serve or -cook raw pepper
PEPPERS, GREEN CHILIES - Other Subgroup					
Peppers, Green Chilies, fresh *Anaheim* *Whole with stem*	Pound	11.40	1/4 cup chopped, seeded raw vegetable	8.8	1 lb AP = 0.80 lb (about 2-3/4 cups) ready-to-serve, raw, stemmed, seeded, chopped chili pepper
Peppers, Green, Chilies, fresh *Jalapeño* *Whole with stem*	Pound	15.60	1/4 cup raw vegetable (about 2 peppers)	6.5	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve raw whole peppers
Peppers, Green Chilies, canned *Chopped*	No. 10 can (103 oz)	51.40	1/4 cup heated vegetable	2.0	1 No. 10 can = about 12-7/8 cups drained peppers
PEPPERS, GREEN CHILIES - Other Subgroup (continued)					
Peppers, Green Chilies, canned *Chopped*	No. 10 can (99 oz) Pound	47.10 7.98	1/4 cup unheated vegetable 1/4 cup heated vegetable	2.2 12.6	1 No. 10 can = about 11-3/4 cups peppers
Peppers, Green, Chilies, canned *Jalapeño* *Slices*	No. 10 can (106 oz)	46.20	1/4 cup drained vegetable slices	2.0	1 No. 10 can = about 64.4 oz (11-1/2 cups) drained peppers
Peppers, Green, Chilies, canned *Jalapeño* *Whole*	No. 10 can (96 oz)	35.00	1/4 cup drained, whole vegetable	2.9	1 No. 10 can = about 60.0 oz (8-3/4 cups) drained peppers
PICKLES - Other Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Pickles, canned *Chips*	Quart (about 20 oz drained weight)	13.90	1/4 cup drained vegetable	7.2	1 quart container = 3-1/2 cups drained or 52 pickle chips
	1 gal (about 87 oz drained weight)	60.30	1/4 cup drained vegetable	1.7	
	Pound (drained weight)	11.10	1/4 cup drained vegetable	9.1	
Pickles, canned *Spears Medium size 4.75 x 0.75 x 1.5-inches*	24 oz jar (about 15.4 oz drained weight)	8.80	1/4 cup drained vegetable (about 1-1/4 spears)	11.4	24 oz container = about 2-1/4 cups chopped, drained or 11 whole pickle spears
Pickles, canned *Whole*	Gallon (about 87 oz drained)	55.20	1/4 cup whole vegetable (about: 3-3/4 gherkins-small, 1-1/4 gherkins-large, 1 small pickle, 1/2 medium pickle, 1/3 large pickle, 1/4 extra large pickle)	1.9	Length of pickles: gherkins = 2 to 2-3/4 inch, small = 2-3/4 to 3-1/2 inch, medium = 3-1/2 to 4 inch, large = 4 to 4-3/4 inch, extra-large = 4-3/4 to 5-1/4 inch
PICKLES - Other Subgroup (continued)					
Pickles, canned *Whole*	Gallon (about 87 oz drained)	84.40	1/8 cup length-wise sliced vegetable	1.2	
	Gallon (about 87 oz drained)	108.00	1/8 cup chopped vegetable	1.0	
PIMIENTOS (PIMENTOS) - Red/Orange Subgroup					
Pimientos, canned *Chopped or Diced*	No. 10 can (102 oz)	40.70	1/4 cup drained vegetable	2.5	1 No. 10 can = about 74.0 oz (10-1/8 cups) drained pimientos

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
	No. 2-1/2 can (27-1/2 oz)	8.39	1/4 cup drained vegetable	12.0	1 No. 2-1/2 can = about 17.6 oz (2 cups) drained pimientos
	Pound	6.40	1/4 cup drained vegetable	15.7	
Pimientos, canned *Whole*	No. 10 can (102 oz)	38.50	1/4 cup drained, chopped vegetable	2.6	1 No. 10 can = about 71.0 oz (9-3/4 cups) drained pimientos
	No. 2-1/2 can (28 oz)	11.00	1/4 cup drained, chopped vegetable	9.1	1 No. 2-1/2 can = about 20.2 oz (2-3/4 cups) drained pimientos
	No. 300 can (13-3/4 oz)	4.97	1/4 cup drained vegetable	20.2	1 No. 300 can = about 9.2 oz (1-1/8 cups) drained pimientos
	7 oz can	2.80	1/4 cup drained, chopped vegetable	35.8	7-oz can = about 5.2 oz (2/3 cup) drained pimientos
	Pound	6.03	1/4 cup drained, chopped vegetable	16.6	
PLANTAIN - Starchy Subgroup					
Plantain, fresh *Green*	Pound	7.50	1/4 cup peeled, sliced, cooked vegetable	13.4	1 lb = 0.62 lb ready-to-cook peeled, sliced plantains
PLANTAIN - Starchy Subgroup (continued)					
Plantain, fresh *Ripe*	Pound	5.60	1/4 cup peeled, sliced, cooked vegetable	17.9	1 lb = 0.65 lb ready-to-cook peeled, sliced plantains
POI – Starchy Subgroup					
Poi *Undiluted*	Pound	5.67	1/2 cup diluted	17.7	Add 1 cup water to each 1 lb bag undiluted poi
	Pound	2.83	1 cup diluted	35.4	1 lb AP = 1.52 lb (about 2-3/4 cups) diluted ready-to-serve poi

Section 2 – Vegetables (All Vegetable Subgroups)

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
POTATOES - Starchy Subgroup					
Potatoes, fresh *Red* *Whole*	Pound	9.88	1/4 cup diced, cooked vegetable with skin	10.2	1 lb AP = 0.97 lb (about 2-3/8 cups) cooked potatoes
Potatoes, fresh *White or Russet* *All sizes* *Whole* *Includes USDA Foods*	Pound	8.90	1/4 cup pared, cooked, diced vegetable	11.3	1 lb AP = 0.74 lb baked potato without skin
	Pound	8.40	1/4 cup pared, cooked, mashed vegetable	12.0	1 lb AP = 0.81 lb ready-to-cook pared potato
	Pound	9.90	1/4 cup pared, cooked, sliced vegetable	10.2	
	Pound	5.30	1/4 cup pared, cooked hash browns (1/4 cup vegetable)	18.9	
	Pound	9.70	1/4 cup diced, cooked vegetable with skin	10.3	1 lb AP = 0.99 lb (about 2-3/8 cups) cooked, unpeeled, diced potato
Potatoes, fresh *White or Russet* *120 Count (approx. 6 oz each)* *Whole*	Pound	2.66	1 whole, baked potato (about 1/2 cup vegetable)	37.6	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
	Pound	6.53	1/4 cup baked vegetable with skin	15.4	
POTATOES - Starchy Subgroup (continued)					
Potatoes, fresh *White or Russet* *100 Count (approx. 8 oz each)* *Whole*	Pound	2.00	1 whole, baked potato (about 3/4 cup vegetable)	50.0	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
	Pound	6.76	1/4 cup baked vegetable with skin	14.8	

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Potatoes, fresh *White or Russet 80 Count (approx. 10 oz each)* *Whole*	Pound	1.60	1 whole baked potato (about 1 cup vegetable)	62.5	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
	Pound	7.01	1/4 cup baked vegetable with skin	14.3	
Potatoes, canned *Diced*	No. 10 can (102 oz)	39.90	1/4 cup drained, unheated vegetable	2.6	1 No. 10 can = about 73.7 oz (9-7/8 cups) drained, unheated potato
Potatoes, canned *Sliced*	No. 10 can (102 oz)	44.20	1/4 cup drained, unheated vegetable	2.3	1 No. 10 can = about 74.6 oz (11 cups) drained, unheated potato
	No. 300 can (14-1/2 oz)	5.73	1/4 cup drained, unheated vegetable	17.5	1 No. 300 can = about 9.9 oz (1-3/8 cups) drained, unheated potato
Potatoes, canned *Whole* *Small*	No. 10 can (102 oz)	43.70	1/4 cup heated, drained vegetable	2.3	1 No. 10 can = about 10-7/8 cups heated, drained potato
	No. 10 can (102 oz)	43.40	1/4 cup drained, unheated, vegetable	2.4	1 No. 10 can = about 74.0 oz (10-3/4 cups) drained, unheated potato
	No. 2-1/2 can (29 oz)	10.90	1/4 cup heated, drained vegetable	9.2	1 No. 2-1/2 can = about 17.7 oz (2-3/4 cups) drained potato
	No. 300 can (14-1/2 oz)	5.90	1/4 cup heated, drained vegetable	17.0	
Potatoes, frozen *Diced* *Precooked*	Pound	10.10	1/4 cup tempered, unheated vegetable	10.0	1 lb AP = 1 lb (about 2-1/2 cups) tempered potato
POTATOES - Starchy Subgroup (continued)					
Potatoes, frozen *Diced* *Precooked*	Pound	8.97	1/4 cup cooked vegetable	11.2	1 lb AP = 0.83 lb (about 2-1/8 cups) cooked potato
Potatoes, frozen *Shells*	Pound	11.10	1/4 cup baked vegetable	9.1	1 lb AP = 0.90 lb baked potato shell

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Potatoes, frozen *Wedges* *USDA Foods*	Pound 5 lb pkg	11.90 59.50	1/4 cup baked vegetable 1/4 cup baked vegetable	8.5 1.7	1 lb AP = 0.71 lb (about 2-7/8 cups) baked potato 5 lb bag = about 14-7/8 cups baked potato
Potatoes, frozen *Whole* *Small*	Pound	10.10	1/4 cup cooked vegetable	10.0	
Potatoes, dehydrated *Diced* *Low moisture* *Includes USDA Foods*	Pound	45.10	1/4 cup reconstituted, heated vegetable	2.3	1 lb dry = about 5-1/8 cups dehydrated diced potatoes
Potatoes, dehydrated *Flake* *Low moisture* *Includes USDA Foods*	Pound	50.50	1/4 cup reconstituted, heated vegetable	2.0	1 lb dry = about 7-1/2 cups dehydrated potato flakes
Potatoes, dehydrated, *Granules* *Low moisture* *Includes USDA Foods*	Pound	50.50	1/4 cup reconstituted, heated vegetable	2.0	1 lb dry = about 2-1/4 cups dehydrated potato granules
Potatoes, dehydrated *Slices* *Low moisture* *Includes USDA Foods*	Pound	43.50	1/4 cup reconstituted, heated vegetable	2.3	1 lb dry = about 9-2/3 cups dehydrated potato slices
POTATOES, FRENCH FRIES – Starchy Subgroup					

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Potatoes, French Fries, frozen *Crinkle cut* *Low moisture* *Ovenable* *Includes USDA Foods*	Pound 4 lb pkg	16.20 64.90	1/4 cup cooked vegetable 1/4 cup cooked vegetable	6.2 1.6	1 lb AP = 0.92 lb (about 4 cups) baked French fries
Potatoes, French Fries, Frozen *Crinkle cut* *Regular moisture*	Pound 4-1/2 lb pkg	12.60 56.70	1/4 cup cooked vegetable 1/4 cup cooked vegetable	8.0 1.8	1 lb AP = 0.81 lb (about 3-1/8 cups) baked French fries
Potatoes, French Fries, frozen *Curly (1/3-inch width)*	Pound 4-1/2 lb pkg	16.20 72.90	1/4 cup cooked vegetable 1/4 cup cooked vegetable	6.2 1.4	1 lb AP = 0.66 lb baked French fries (about 4 cups)
Potatoes, French Fries, frozen *Shoestring* *Straight cut* *Low moisture*	Pound 4-1/2 lb pkg	14.20 63.90	1/4 cup cooked vegetable 1/4 cup cooked vegetable	7.1 1.6	1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries
Potatoes, French Fries, frozen *Shoestring* *Straight cut* *Regular moisture*	Pound 4-1/2 lb pkg	17.50 79.00	1/4 cup cooked vegetable 1/4 cup cooked vegetable	5.8 1.3	
Potatoes, French Fries, frozen *Straight cut* *Regular moisture* *Ovenable*	Pound 5 lb pkg	14.00 70.00	1/4 cup cooked vegetable 1/4 cup cooked vegetable	7.2 1.5	1 lb AP = 0.63 lb (about 3-1/2 cups) baked French fries 5 lb bag = about 17-1/2 cups baked French fries

Section 2 – Vegetables (All Vegetable Subgroups)

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
POTATO PRODUCTS[2] - Starchy Subgroup					
Potato Products, fresh *Raw* *Shredded* *Pre-portioned* *3.0 oz*	Pound	5.33	3/8 cup cooked vegetable (about 1 portion)	18.8	1 lb AP = 0.94 lb cooked vegetable
	Pound	8.28	1/4 cup cooked vegetable (about 2/3 portion)	12.1	
	Pound	10.60	1/8 cup cooked vegetable (about 1/2 portion)	9.5	
Potato Products, frozen *Hashed patty* *Pre-browned* *2.25 oz each*	Pound	7.11	1 cooked patty (about 1/4 cup cooked vegetable)	14.1	
Potato Products, frozen *Hash browns* *Diced*	Pound	7.70	1/4 cup cooked vegetable	13.0	
Potato Products, frozen *Mashed*	Pound	7.37	1/4 cup heated vegetable	13.6	1 lb AP = 1 lb (about 1-3/4 cups) mashed potatoes
Potato Products, frozen *Skins or Pieces or Wedges, etc.* *With skin* *Cooked*	Pound	10.60	1/4 cup heated vegetable	9.5	
Potato Products, frozen *Rounds*[2] *Regular Size* *Includes USDA Foods*	Pound	12.70	1/4 cup cooked vegetable (about 4 pieces)	7.9	5 lb bag = about 15-1/4 cups baked potato rounds (about 8.0 grams per piece)
	5 lb pkg	61.00	1/4 cup baked vegetable (about 4 pieces)	1.7	one piece = approx. 3/4 to 1-inch diameter by 1 to 1-1/4-inch length

[2] Shaped, shredded potatoes available under brand names such as “Tater Tots” or “Tater Gems.”

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
POTATO PRODUCTS – Starchy Subgroup					
Potato Products, frozen *Rounds*[2] *Mini Size*	Pound	12.20	1/4 cup baked vegetable (about 8 pieces)	8.2	1 lb AP = 0.85 lb (about 3 cups) baked potato rounds (about 4.0 grams per piece)
Potato Products, frozen *Circles*	Pound	12.60	1/4 cup baked vegetable (about 5 circles)	8.0	1 lb AP = 0.75 lb (about 3-1/8 cups) cooked (about 1-1/4-inch diameter by 9/16-inch height)
Potato Products, dehydrated *Hashed Browns*	Pound	24.10	1/4 cup reconstituted, cooked vegetable	4.2	1 lb dry = 6 cups reconstituted, cooked potato 1 lb dry = about 4-3/4 cups dry hashed browns
PUMPKIN - Red/Orange Subgroup					
Pumpkin, fresh *Whole*	Pound	4.70	1/4 cup cooked, mashed vegetable	21.3	1 lb AP = 0.70 lb ready-to-cook pumpkin
Pumpkin, canned	No. 10 can (106 oz)	51.50	1/4 cup heated vegetable	2.0	
	No. 2-1/2 can (29 oz)	14.10	1/4 cup heated vegetable	7.1	
	No. 300 can (15 oz)	7.04	1/4 cup heated vegetable	14.3	1 No. 300 can = about 15.1 oz (1-3/4 cups) ready-to-serve or -cook pumpkin
	Pound	7.77	1/4 cup heated vegetable	12.9	
RADISHES - Other Subgroup					
Radishes, Fresh *Without tops*	Pound	12.80	1/4 cup whole vegetable, about 7 small radishes	7.9	1 lb without tops = 0.94 lb ready-to-serve raw radishes
	Pound	15.30	1/4 cup raw, sliced vegetable	6.6	

[2] Shaped, shredded potatoes available under brand names such as “Tater Tots” or “Tater Gems.”

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
RUTABAGAS - Other Subgroup					
Rutabagas, fresh *Whole*	Pound	8.30	1/4 cup pared, cubed, cooked vegetable	12.1	1 lb AP = 0.85 lb ready-to-cook rutabaga
	Pound	5.70	1/4 cup pared, cooked, drained, mashed vegetable	17.6	
SALSA[3] – Red/Orange Subgroup					
Salsa, canned *USDA Foods (all vegetable ingredients plus a minor amount of spices)*	No. 10 can (106 oz)	49.30	1/4 cup vegetable	2.1	1 No. 10 can = about 12-1/3 cups vegetable
Salsa, canned[3] *Chunky Commercial (all vegetable ingredients plus a minor amount of spices)*	Gallon (8 lb 10 oz)	63.90	1/4 cup vegetable	1.6	1 gallon container = 16 cups
SAUERKRAUT - Other Subgroup					
Sauerkraut, canned	No. 10 can (99 oz)	36.50	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 11-7/8 cups drained, unheated vegetable
	No. 2-1/2 can (27 oz)	15.00	1/4 cup heated, drained vegetable	6.7	1 No. 2-1/2 can = about 23.0 oz (4-1/2 cups) drained, unheated vegetable
	No. 300 can (14-1/2 oz)	4.93	1/4 cup heated, drained vegetable	20.3	

[3] For salsa products that contain all vegetable ingredients plus a minor amount of spices or flavorings, one hundred percent of the product may be used to meet the volume vegetable/fruit requirement for meal pattern requirements. When products contain non-vegetable ingredients like gums, starches or stabilizers, water or vinegar, only that portion of the product that is a vegetable ingredient may be counted towards the volume requirement.

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
SEAWEED - Other Subgroup					
Seaweed, dehydrated *Wakame*	Pound	91.00	1/4 cup trimmed, rehydrated vegetable	1.1	1 lb dry = 4.3 lb (about 22-2/3 cups) rehydrated ready-to-serve or -cook seaweed
SOUPS, CANNED – Additional Subgroup[4]					
Soups, canned[4] *Condensed (1 part soup to 1 part water) minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such as meat or poultry*	No. 3 Can 50 oz (or about 46 fl oz)	11.50	1 cup reconstituted (about 1/4 cup vegetable)	8.7	Reconstitute 1 part soup with not more than 1 part water
	Pound	3.68	1 cup reconstituted (about 1/4 cup vegetable)	27.2	
	Picnic (about 10-3/4 oz)	2.40	1 cup reconstituted (about 1/4 cup vegetable)	41.7	
Soups, canned[4] *Ready-to-serve (minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such as meat or poultry*	8 fl oz can	1.00	1 cup serving (about 1/4 cup vegetable)	100.0	

[4] For the purposes of the NSLP, the "Additional vegetables" requirement will be used for any vegetable mixture in which the ratio of the vegetable mixture is not clearly labeled or reported. Further documentation from the vendor would be necessary to determine crediting for any subgroup such as dark green, red/orange, and beans/peas (legumes) vegetable subgroups.

Section 2 – Vegetables (All Vegetable Subgroups)

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
SOUPS, CANNED – Other Subgroup					
Soups, canned *Bean Soup Condensed (1 part soup to 1 part water)*	No. 3 Cyl (54 oz) Pound	23.00 6.80	1/2 cup reconstituted (1/4 cup heated beans) 1/2 cup reconstituted (1/4 cup heated beans)	4.4 14.8	Reconstitute 1 part soup with not more than 1 part water
Soups, canned *Bean Soup Ready-to-serve*	8 oz can	1.00	1 cup serving (1/2 cup heated beans)	100.0	
SPINACH - Dark Green Subgroup					
Spinach, fresh *Partly trimmed*	Pound Pound Pound	30.70 20.40 7.60	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP) 1/4 cup raw vegetable with dressing (credits as 1/8 cup in NSLP/SBP) 1/4 cup cooked, drained vegetable	3.3 5.0 13.2	1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach
Spinach, fresh *Leaves (4-inch by 9-inch) Ready-to-use*	Pound Pound	25.60 12.60	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP) 1/4 cup wilted vegetable	4.0 8.0	1 lb AP = 1 lb (about 6-3/8 cups) ready-to-cook or -serve raw spinach 1 lb AP = 1.03 lb (about 3-1/8 cups) wilted (lightly steamed for one minute) spinach
Spinach, canned	No. 10 can (98 oz) No. 2-1/2 can (27 oz) No. 300 can (13-1/2 oz)	25.20 6.90 3.91	1/4 cup heated, drained vegetable 1/4 cup heated, drained vegetable 1/4 cup heated, drained vegetable	4.0 14.5 25.6	1 No. 10 can = about 55.0 oz drained spinach 1 No. 2-1/2 can = about 17.6 oz (2-1/4 cups) drained spinach 1 No. 300 can = about 1 cup) drained, unheated spinach

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
SPINACH - Dark Green Subgroup (continued)					
Spinach, canned	Pound	4.11	1/4 cup heated, drained vegetable	24.4	
Spinach, frozen *Chopped*	Pound	5.60	1/4 cup cooked, drained vegetable	17.9	
Spinach, frozen *Leaf, Whole*	Pound	6.50	1/4 cup cooked, drained vegetable	15.4	
SQUASH, SUMMER - Other Subgroup					
Squash, Summer, fresh *Yellow*	Pound	7.30	1/4 cup cubed, cooked, drained vegetable	13.7	1 lb AP = 0.95 lb ready-to-cook squash
	Pound	6.30	1/4 cup cooked, drained mashed vegetable	15.9	
	Pound	15.50	1/4 cup raw, sliced vegetable	6.5	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve or -cook squash
	Pound	8.42	1/4 cup sliced, cooked, drained vegetable	11.9	1 lb AP = 0.83 lb (about 2 cups) cooked, sliced squash
Squash, Summer, fresh *Zucchini Whole*	Pound	11.90	1/4 cup raw vegetable sticks (about 3 sticks, 1/2-inch by 3-inch sticks)	8.5	1 lb AP = 0.95 lb (about 2-7/8 cups) ready-to-serve or -cook raw (1/2-inch by 3-inch) squash sticks
	Pound	12.70	1/4 cup raw, cubed vegetable	7.9	1 lb AP = 0.95 lb (about 3-1/8 cups) ready-to-cook or -serve raw 3/4-inch cubed zucchini
	Pound	7.60	1/4 cup cubed, cooked, drained vegetable	13.2	1 lb AP = 0.86 lb cooked, 3/4-inch zucchini cubes
	Pound	13.10	1/4 cup raw, sliced vegetable	7.7	1 lb AP = 0.96 lb (about 3-1/4 cups) ready-to-cook or -serve raw, 1/4-inch zucchini slices

Section 2 – Vegetables (All Vegetable Subgroups)

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
SQUASH, SUMMER - Other Subgroup (continued)					
Squash, Summer, fresh *Zucchini* *Whole*	Pound	10.20	1/4 cup sliced, cooked, drained vegetable	9.9	
Squash, Summer, canned *Sliced*	No. 10 can (105 oz)	26.50	1/4 cup heated, drained vegetable	3.8	1 No. 10 can = about 61.0 oz (8-3/8 cups) drained, unheated squash
	Pound	4.03	1/4 cup heated, drained vegetable	24.9	1 lb AP = about 9.2 oz (1-1/2 cups) drained squash
Squash, Summer, frozen *Yellow* *Sliced*	Pound	7.90	1/4 cup cooked, drained vegetable	12.7	
Squash, Summer, frozen *Zucchini* *Sliced*	Pound	7.00	1/4 cup cooked, drained vegetable	14.3	
SQUASH, WINTER – Red/Orange Subgroup					
Squash, Winter, fresh *Acorn* *Whole*	1 squash (8 oz)	2.00	1/2 small squash baked in skin (about 1/4 cup vegetable)	50.0	1 lb AP = 0.87 lb ready-to-cook squash in skin
	Pound	4.70	1/4 cup cooked, drained, pared, mashed vegetable	21.3	1 lb AP = 0.70 lb ready-to-cook pared squash
Squash, Winter, fresh *Butternut* *Whole*	Pound	7.50	1/4 cup cooked, drained, pared, cubed vegetable	13.4	1 lb AP = 0.84 lb ready-to-cook pared squash
	Pound	5.40	1/4 cup cooked, pared, drained, mashed vegetable	18.6	
Squash, Winter, fresh *Hubbard* *Whole*	Pound	4.40	1/4 cup cooked, drained, pared, cubed vegetable	22.8	1 lb AP = 0.64 lb ready-to-cook pared squash

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
	Pound	4.30	1/4 cup cooked, drained, pared, mashed vegetable	23.3	
SQUASH, WINTER – Red/Orange Subgroup (continued)					
Squash, Winter, frozen *Mashed* *All varieties*	Pound	7.00	1/4 cup cooked vegetable	14.3	
SUCCOTASH – Additional Subgroup[4]					
Succotash, canned *Corn and Green Beans*	No. 10 can (103 oz)	34.10	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 65.4 oz (8-1/2 cups) heated, drained succotash
	No. 10 can (103 oz)	37.80	1/4 cup drained vegetable (unheated for salads)	2.7	1 No. 10 can = about 62.0 oz (9-3/8 cups) drained, unheated succotash
	Pound	5.29	1/4 cup heated, drained vegetable	19.0	
	Pound	5.87	1/4 cup drained vegetable (unheated for salads)	17.1	
Succotash, frozen Corn and Green Beans	Pound	8.76	1/4 cup cooked, drained vegetable	11.5	1 lb AP = 0.95 lb (about 2-1/8 cups) cooked, drained succotash or 2-7/8 cups thawed
	Pound	11.60	1/4 cup thawed vegetable (unheated for salads)	8.7	
SUCCOTASH – Starchy Subgroup					

[4] For the purposes of the NSLP, the "Additional vegetables" requirement will be used for any vegetable mixture in which the ratio of the vegetable mixture is not clearly labeled or reported. Further documentation from the vendor would be necessary to determine crediting for any subgroup such as dark green, red/orange, and beans/peas (legumes) vegetable subgroups.

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Succotash, canned *Corn and Lima Beans*	No. 10 can (105 oz)	36.70	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 75.0 oz (9-1/8 cups) heated, drained succotash
SUCCOTASH – Starchy Subgroup (continued)					
Succotash, canned *Corn and Lima Beans*	No. 10 can (105 oz)	40.90	1/4 cup drained vegetable (unheated for salads)	2.5	1 No. 10 can = about 71.0 oz (10-1/8 cups) drained, unheated succotash
	Pound	5.59	1/4 cup heated, drained vegetable	17.9	
	Pound	6.24	1/4 cup drained vegetable (unheated for salads)	16.1	
Succotash, frozen *Corn and Lima Beans*	Pound	9.25	1/4 cup cooked, drained vegetable	10.9	1 lb AP = 0.95 lb (about 2-1/4 cups) cooked, drained succotash
	Pound	11.60	1/4 cup thawed vegetable (unheated for salads)	8.7	1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve thawed, unheated succotash
SWEET POTATOES – Red/Orange Subgroup					
Sweet Potatoes, fresh *Whole*	Pound	6.60	1/4 cup baked vegetable	15.2	1 lb AP = 0.61 lb baked sweet potato without skin
	Pound	5.50	1/4 cup cooked, mashed vegetable	18.2	1 lb AP = 0.80 lb peeled ready-to-cook sweet potato
	Pound	9.10	1/4 cup cooked, sliced vegetable	11.0	

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Sweet Potatoes, canned *Cut* *Packed in light syrup* *Includes USDA Foods*	No. 10 can (108 oz)	33.80	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 60.9 oz (8-3/8 cups) heated, drained sweet potato
	No. 2-1/2 can (29 oz)	12.20	1/4 cup heated, drained vegetable	8.2	1 No. 2-1/2 can = about 18.0 oz (3-1/8 cups) heated, drained sweet potato
	No. 300 can (15-3/4 oz)	5.16	1/4 cup heated, drained vegetable	19.4	1 No. 300 can = about 9 oz (1-1/4 cups) heated, drained sweet potato
SWEET POTATOES – Red/Orange Subgroup (continued)					
Sweet Potatoes, canned *Mashed* *Includes USDA Foods*	No. 10 can (109 oz)	49.10	1/4 cup heated vegetable	2.1	1 No. 10 can = about 12-1/4 cups heated, mashed sweet potato
Sweet Potatoes, canned *Whole* *Includes USDA Foods*	No. 10 can (112 oz)	39.10	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 78.6 oz (9-3/4 cups) heated, drained sweet potato
	No. 2-1/2 can (29 oz)	12.30	1/4 cup heated, drained vegetable	8.2	1 No. 2-1/2 can = about 18.0 oz (3-1/4 cups) heated, drained sweet potato
	No. 300 can (15-3/4 oz)	5.16	1/4 cup heated, drained vegetable	19.4	1 No. 300 can = about 9.6 oz (1-1/4 cups) heated, drained sweet potato
Sweet Potatoes, frozen *Mashed* *Includes USDA Foods*	Pound	7.55	1/4 cup cooked vegetable	13.3	1 lb AP = 0.99 lb (about 1-3/4 cups) cooked sweet potato

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Sweet Potatoes, frozen *Center cuts* *Approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter*	Pound	9.70	1/4 cup cooked vegetable	10.4	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked sweet potato
Sweet Potatoes, frozen *Center cuts* *Approx. 1-inch thick by 1-3/4 to 2-inch diameter*	Pound	9.25	1/4 cup cooked vegetable	10.9	1 lb AP = 0.93 lb (about 2-1/4 cups) cooked sweet potato
SWEET POTATOES – Red/Orange Subgroup (continued)					
Sweet Potatoes, frozen *Random cut chunks* *Includes USDA Foods*	Pound	9.24	1/4 cup cooked vegetable	10.9	1 lb AP = 0.95 lb (about 2-1/4 cups) cooked sweet potato
Sweet Potatoes, frozen *Packed in syrup*	Pound	7.60	1/4 cup cooked, drained vegetable	13.2	
Sweet Potatoes, dehydrated *Flakes* *Low moisture*	Pound	18.50	1/4 cup reconstituted vegetable	5.5	1 lb dry = about 3-3/4 cups dehydrated sweet potato flakes
SWISS CHARD - Dark Green Subgroup					
Swiss Chard, fresh *Trimmed*	Pound	21.10	1/4 cup raw, chopped vegetable	4.8	1 lb AP = 0.96 lb (about 5-1/4 cups) ready-to-serve raw, chopped Swiss chard

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Swiss Chard, fresh *Untrimmed*	Pound	6.30	1/4 cup cooked, drained vegetable	15.9	1 lb AP = 0.92 lb ready-to-cook Swiss chard
TANNIER (see YAUTIA) – Starchy Subgroup					
TARO (see MALANGA) – Starchy Subgroup					
TOMATILLOS - Other Subgroup					
Tomatillos, fresh *Whole with stem*	Pound	11.90	1/4 cup raw, diced vegetable	8.5	1 lb AP = 0.98 lb (2-7/8 cups) ready-to-serve stemmed, 1/2-inch diced tomatillo
	Pound	6.38	1/4 cup cooked, diced vegetable	15.7	1 lb AP = 0.82 lb (about 1-1/2 cups) diced, cooked tomatillo
TOMATOES – Red/Orange Subgroup					
Tomatoes, fresh *Cherry* *Whole with stem*	Pound	12.10	1/4 cup whole vegetable (about 3 whole cherry tomatoes)	8.3	1 lb AP = 0.99 lb (about 3 cups) stemmed, whole cherry tomatoes
TOMATOES – Red/Orange Subgroup (continued)					
Tomatoes, fresh *Cherry* Whole with stem	Pound	10.60	1/4 cup vegetable halves (about 5 cherry tomato halves)	9.5	1 lb AP = 0.99 lb (about 2-2/3 cups) stemmed, halved cherry tomatoes
Tomatoes, fresh *Whole* *All sizes*	Pound	7.60	1/4 cup diced vegetable	13.2	1 lb AP = 0.87 lb ready-to-serve raw diced tomato
	Pound	10.40	1/4 cup vegetable wedges	9.7	1 lb AP = 0.98 lb (about 2-1/2 cups) ready-to-serve tomato 1/2-inch wedges
Tomatoes, fresh *Small or Medium approx 2-1/8-inch to 2-1/4-inch diameter* *Whole*	Pound	8.53	1/4 cup sliced vegetable (about 5 slices, 1/8-inch thick)	11.8	1 lb AP = 0.87 lb (about 2-1/8 cups) 1/8-inch sliced tomato

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Tomatoes, fresh *Large or Extra large* *Approx. 2-1/2-inch to 2-3/4-inch diameter* *Whole*	Pound	8.70	1/4 cup sliced vegetable (about 4 slices, 1/8-inch thick)	11.5	1 lb AP = 0.86 lb sliced tomato (1/8-inch thick slices)
Tomatoes, fresh *Diced* *Ready-to-use*	Pound	8.74	1/4 cup raw vegetable	11.5	1 lb AP = 1 lb (about 2-1/8 cups) ready-to-serve tomato
	Pound	6.67	1/4 cup cooked vegetable	15.0	1 lb AP = 0.85 lb (about 1-2/3 cups) cooked tomato
Tomatoes, canned *Whole or Stewed* *Includes USDA Foods*	No. 10 can (102 oz)	45.50	1/4 cup heated vegetable and juice	2.2	1 No. 10 can = about 66.0 oz drained tomato
TOMATOES – Red/Orange Subgroup (continued)					
Tomatoes, canned *Whole or Stewed* *Includes USDA Foods*	No. 10 can (102 oz)	48.80	1/4 cup vegetable and juice	2.1	
	No. 2-1/2 can (28 oz)	12.50	1/4 cup heated vegetable and juice	8.0	1 No. 2-1/2 can = about 18.5 oz drained tomato
	No. 2-1/2 can (28 oz)	13.40	1/4 cup vegetable and juice	7.5	
	No. 300 can (14-1/2 oz)	6.14	1/4 cup heated vegetable and juice	16.3	
	No. 300 can (14-1/2 oz)	6.59	1/4 cup vegetable and juice	15.2	
	Pound	7.13	1/4 cup heated vegetable and juice	14.1	

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Tomatoes, canned *Crushed*	No. 10 can (102 oz)	46.60	1/4 cup heated vegetable and juice	2.2	1 No. 10 can = about 12 cups tomato and juice
	No. 2-1/2 can (28 oz)	12.70	1/4 cup heated vegetable and juice	7.9	1 No. 2-1/2 can = about 18.5 oz drained tomato
	Pound	7.30	1/4 cup heated vegetable and juice	13.7	
Tomatoes, canned *Diced Includes USDA Foods*	No. 10 can (102 oz)	49.20	1/4 cup heated vegetable and juice	2.1	1 No. 10 can = about 12-1/4 cups heated, tomato and juice
	No. 2-1/2 can (28 oz)	13.50	1/4 cup heated vegetable and juice	7.5	1 No. 2-1/2 can = about 18.5 oz drained, unheated tomato
	No. 300 can (14-1/2 oz)	6.99	1/4 cup heated vegetable and juice	14.4	
	Pound	7.71	1/4 cup heated vegetable and juice	13.0	
TOMATO PRODUCTS – Red/Orange Subgroup					
Tomato Products, Canned ***Tomato Paste*** *24%-28% Natural Tomato Soluble Solids (NTSS) Includes USDA Foods*	No. 10 can (111 oz)	192.00	1 tablespoon paste (1/4 cup vegetable)	0.53	1 No. 10 can = about 12 cups tomato paste
	No. 2-1/2 can (30 oz)	52.00	1 tablespoon paste (1/4 cup vegetable)	2.0	1 No. 2-1/2 can = about 3-1/4 cups tomato paste
	Pound	27.60	1 tablespoon paste (1/4 cup vegetable)	3.7	1 No. 10 can paste plus 3 cans water = 48 cups single strength tomato juice
	Picnic (12 oz)	20.70	1 tablespoon paste (1/4 cup vegetable)	4.9	12 oz can = about 1-1/4 cups tomato paste

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
Tomato Products, canned ***Tomato Puree*** *Not less than 8% but less than 24% Natural Tomato Soluble Solids (NTSS)*	No. 10 can (106 oz)	96.00	2 tablespoons puree (1/4 cup vegetable)	1.1	1 No. 10 can = 12 cups puree, 1 No. 10 can tomato puree plus one can water = 24 cups single strength tomato juice
	No. 2-1/2 can (29 oz)	26.20	2 tablespoons puree (1/4 cup vegetable)	3.9	
	Pound	14.40	2 tablespoons puree (1/4 cup vegetable)	7.0	
Tomato Products, canned ***Tomato Sauce*** *Includes USDA Foods*	No. 10 can (106 oz)	50.70	1/4 cup vegetable	2.0	
	No. 300 can (15 oz)	6.85	1/4 cup vegetable	14.6	
	Pound	7.65	1/4 cup vegetable	13.1	
Tomato Products, canned ***Spaghetti Sauce, Meatless*** *Includes USDA Foods*	No. 10 can (106 oz)	47.90	1/4 cup heated vegetable	2.1	1 No. 10 can = about 12 cups heated spaghetti sauce
TURNIPS - Other Subgroup					
Turnips, fresh *Whole*	Pound	10.80	1/4 cup raw, pared vegetable sticks (about 7 sticks, 1/2-inch by 2-inch sticks)	9.3	1 lb AP = 0.83 lb (about 2-2/3 cups) ready-to-serve raw, pared turnip sticks
Turnips, fresh *Without tops*	Pound	11.20	1/4 cup raw, pared, cubed or diced vegetable	9.0	1 lb AP = 0.79 lb ready-to-cook or- serve raw pared turnip
	Pound	8.70	1/4 cup pared, cubed, cooked, drained vegetable	11.5	1 lb AP = 0.78 lb (about 2-1/8 cups) pared, cubed, cooked turnip

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
	Pound	5.60	1/4 cup cooked, drained, pared, mashed vegetable	17.9	
TURNIP GREENS - Dark Green Subgroup					
Turnip Greens, fresh *Untrimmed*	Pound	6.50	1/4 cup cooked, drained vegetable	15.4	1 lb AP = 0.70 lb ready-to-cook turnip greens
Turnip Greens, canned	No. 10 can (98 oz)	27.60	1/4 cup heated, drained vegetable	3.7	1 No. 10 can = 58.0 oz drained turnip greens
	No. 2-1/2 can (27 oz)	7.60	1/4 cup heated, drained vegetable	13.2	
	No. 300 can (14-1/2 oz)	3.72	1/4 cup heated, drained vegetable	26.9	
	Pound	4.50	1/4 cup heated, drained vegetable	22.3	
Turnip Greens, frozen *Chopped or Whole Leaf*	Pound	9.60	1/4 cup cooked, drained vegetable	10.5	
TURTLE BEANS (see BLACK BEANS) - Beans and Peas (Legumes) Subgroup					
VEGETABLES, MIXED – Additional Subgroup[5]					
Vegetables, Mixed, canned *Seven vegetables: celery, carrots, corn,*	No. 10 can (106 oz)	36.10	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 66.5 oz (9-1/4 cups) drained mixed vegetable

[5] For the purposes of the NSLP, the "Additional vegetables" requirement will be used for any vegetable mixture in which the ratio of the vegetable mixture is not clearly labeled or reported. Additional documentation from the vendor would be necessary to determine crediting for any subgroup such as dark green, red/orange, and beans/peas (legumes) vegetable subgroups.

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
green beans, green peas, lima beans and potatoes *Includes USDA Foods*	No. 2-1/2 can (29 oz) No. 300 can (15 oz)	11.50 4.64	1/4 cup heated, drained vegetable 1/4 cup heated, drained vegetable	8.7 21.6	1 No. 2-1/2 can = about 19.4 oz (3-3/8 cups) drained mixed vegetable 1 No. 300 can = about 8.6 oz (1-1/2 cups) drained, unheated mixed vegetable
Vegetables, Mixed, frozen *Seven vegetables: celery, carrots, corn, green beans, green peas, lima beans and potatoes*	Pound	8.10	1/4 cup cooked, drained vegetable	12.4	
Vegetables, Mixed, frozen *Carrots, Corn, Green Bean Blend*	Pound Pound	9.84 9.20	1/4 cup thawed vegetable (unheated for salads) 1/4 cup cooked, drained vegetable	10.2 10.9	1 lb AP = 0.99 lb (about 2-3/8 cups) ready-to-serve thawed, mixed vegetables 1 lb AP = 0.96 lb (about 2-1/4 cups) cooked, drained mixed vegetables
VEGETABLES, MIXED - Other Subgroup[6]					
Vegetables, Mixed, frozen *Broccoli and Cauliflower Blend*	Pound	11.90	1/4 cup thawed vegetable (unheated for salads)	8.5	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve thawed mixed vegetables

[6] For the purposes of the NSLP, the "Other vegetables" requirement will be used for any vegetable mixture in which the ratio of the vegetable mixture is not clearly labeled or reported. Further documentation from the vendor would be necessary to determine crediting for any subgroup such as dark green, red/orange, and beans/peas (legumes) vegetable subgroups.

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
	Pound	10.70	1/4 cup cooked, drained vegetable	9.4	1 lb AP = 0.95 lb (about 2-2/3 cups) cooked, drained mixed vegetables
Vegetables, Mixed, frozen *Broccoli, Carrots, and Cauliflower Blend*	Pound	11.90	1/4 cup thawed vegetable (unheated for salads)	8.5	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve thawed, mixed vegetables
	Pound	10.60	1/4 cup cooked, drained vegetable	9.5	1 lb AP = 0.94 lb (about 2-2/3 cups) cooked, drained mixed vegetables
Vegetables, Mixed, frozen *Peppers and Onions*	Pound	7.71	1/4 cup cooked, drained vegetable	13.0	1 lb AP = 0.86 lb (about 1-7/8 cups) cooked, drained mixed vegetables
WATER CHESNUTS - Starchy Subgroup					
Water Chestnuts, canned	Pound	6.70	1/4 cup drained vegetable	15.0	
WATERCRESS - Dark Green Subgroup					
Watercress, fresh	Pound	50.50	1/4 cup raw vegetable sprigs or pieces	2.0	1 lb AP = 0.92 lb ready-to-serve raw watercress
YAM BEAN (see JICAMA) – Starchy Subgroup					
YAUTIA (TANNIER) – Starchy Subgroup					
Yautia (Tannier), fresh *Whole*	Pound	8.84	1/4 cup peeled, diced, raw vegetable	11.4	1 lb AP = 0.74 lb (about 2-1/8 cups) ready-to-serve, peeled, 1-inch, diced yautia (tannier)
YAUTIA (TANNIER) – Starchy Subgroup (continued)					
Yautia (Tannier), fresh Whole	Pound	8.84	1/4 cup diced, cooked vegetable	11.4	1 lb AP = 0.80 lb peeled, diced, cooked yautia (tannier) (absorbs water during cooking)
YUCCA (CASSAVA) – Starchy Subgroup					
Yucca, (Cassava), fresh *Whole*	Pound	8.01	1/4 cup peeled, cooked chunks	12.5	1 lb AP = 0.76 lb peeled, cooked, 4 to 5-inch chunks

Section 2 – Fruits

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
APPLES					
Apples, fresh *125-138 count* *Whole*	Pound	14.80	1/4 cup raw unpeeled fruit (about 1/4 apple)	6.8	1 lb AP = 0.91 lb (3-2/3 cups) ready-to-cook or -serve raw, cored, unpeeled apples
	Pound	3.00	1 baked apple (about 1/2 cup cooked fruit)	33.4	
	Pound	11.40	1/4 cup raw cored, peeled fruit	8.8	1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-cook or -serve raw, cored, peeled apples
	Pound	6.80	1/4 cup cored, peeled, cooked unsweetened fruit	14.8	1 lb AP = 0.78 lb (about 1-3/4 cups) cored, peeled, cooked apples
	Pound	5.80	1/4 cup cooked sieved unsweetened fruit	17.3	
Apples, fresh *100 count* *Whole*	Pound	15.60	1/4 cup raw unpeeled fruit (about 1/5 apple)	6.5	1 lb AP = 0.93 lb (about 3-7/8 cups) ready-to-cook or -serve raw, cored, unpeeled apples
Apples, canned *Slices* *Solid pack* *Includes USDA Foods*	No. 10 can (100 oz)	50.40	1/4 cup fruit and juice	2.0	1 No. 10 can = about 89.0 oz (11-7/8 cups) drained apples
	Pound	8.06	1/4 cup fruit and juice	12.5	
Apples, frozen *Unsweetened* *Sliced, IQF* *Includes USDA Foods*	Pound	12.70	1/4 cup tempered fruit	7.9	1 lb AP = 0.99 lb (about 3-1/8 cups) tempered ready to-cook or -serve apples
	Pound	8.80	1/4 cup heated fruit	11.4	
Apples, dried *Slices or Rings* *Regular moisture*	Pound	21.10	1/4 cup dried fruit	4.8	1 lb AP = about 5-1/4 cups dried apples
	Pound	28.70	1/4 cup cooked fruit	3.5	

Section 2 – Fruits					
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**
APPLESAUCE[7]					
Applesauce, canned[7] *Smooth or Chunky* *Includes USDA Foods*	No. 10 can (108 oz)	47.60	1/4 cup fruit	2.2	1 No. 10 can = about 12 cups applesauce
	No. 2-1/2 can (29 oz)	12.80	1/4 cup fruit	7.9	1 No. 2-1/2 can = about 3-1/8 cups applesauce
	23 oz jar	10.10	1/4 cup fruit	10.0	
APRICOTS					
Apricots, fresh *Medium (approx. 1-3/8 inch diameter)* *Whole*	Pound	11.90	1/4 cup fruit (about 1 whole, medium, raw apricot)	8.5	1 lb AP = 0.93 lb ready-to-serve raw apricots
	Pound	10.80	1/4 cup raw, seeded and unpeeled fruit halves	9.3	
Apricots, canned *Diced* *Includes USDA Foods*	1 No. 10 can (108 oz)	48.00	1/4 cup fruit and juice	2.1	1 No. 10 can = about 12 cups fruit and juice
Apricots, canned *Halves* *Unpeeled*	No. 10 can (106 oz)	48.00	1/4 cup fruit and juice	2.1	1 No. 10 can = about 62.0 oz (7-1/3 cups) drained apricots
	No. 2-1/2 can (29 oz)	13.20	1/4 cup fruit and juice	7.6	1 No. 2-1/2 can = about 16.0 oz (1-7/8 cups) drained apricots
	No. 300 can (15-1/4 oz)	6.54	1/4 cup fruit and juice	15.3	
	No. 300 can (15-1/4 oz)	6.08	1/4 cup heated, drained fruit	16.5	
Apricots, canned *Slices* *Peeled*	No. 10 can (106 oz)	45.70	1/4 cup fruit and juice	2.2	1 No. 10 can = about 62.0 oz (7-2/3 cups) drained apricots

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

Section 2 – Fruits					
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**
	No. 2-1/2 can (29 oz)	12.50	1/4 cup fruit and juice	8.0	1 No. 2-1/2 can = about 17.2 oz (2 cups) drained apricots
APRICOTS (continued)					
Apricots, canned *Slices* *Peeled*	Pound	6.90	1/4 cup fruit and juice	14.5	1 lb AP = about 8.9 oz (1-1/8 cups) drained apricots
Apricots, canned *Whole* *With pits* *Peeled*	No. 10 can (106 oz)	44.20	1/4 cup pitted fruit and juice	2.3	1 No. 10 can = about 52.0 oz (7-1/4 cups) drained, pitted apricots
	No. 2-1/2 can (29 oz)	12.10	1/4 cup pitted fruit and juice	8.3	1 No. 2-1/2 can = about 12.4 oz (1-3/4 cups) drained, pitted apricots
	Pound	6.67	1/4 cup pitted fruit and juice	15.0	1 lb AP = about 6.9 oz (1 cup) drained, pitted apricots
Apricots, canned *Whole* *With pits* *Unpeeled*	No. 10 can (106 oz)	43.60	1/4 cup pitted fruit and juice	2.3	1 No. 10 can = about 53.0 oz (6-1/3 cups) drained, pitted apricots
	No. 2-1/2 can (29 oz)	11.90	1/4 cup pitted fruit and juice	8.5	1 No. 2-1/2 can = about 12.8 oz (1-3/4 cups) drained, pitted apricots
	Pound	6.58	1/4 cup pitted fruit and juice	15.2	1 lb AP = about 7.0 oz (7/8 cup) drained, pitted apricots
Apricots, frozen *Unsweetened* *Halves* *Unpeeled*	Pound	6.70	1/4 cup cooked fruit and juice	15.0	1 lb AP = 1-2/3 cups cooked fruit
	Pound	7.25	1/4 cup thawed fruit and juice	13.8	1 lb AP = 1-3/4 cups thawed fruit and juice
	Pound	4.90	1/4 cup thawed, drained fruit	20.5	1 lb AP = 1-1/8 cups thawed, drained fruit

Section 2 – Fruits					
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**
Apricots, frozen *Unsweetened* *Sliced* *Unpeeled* *Includes USDA Foods*	Pound	7.26	1/4 cup thawed fruit and juice	13.8	1 lb AP = 0.98 lb (about 1-3/4 cups) ready-to-serve, thawed, apricots with juice
APRICOTS (continued)					
Apricots, frozen *Unsweetened* *Sliced* *Unpeeled* *Includes USDA Foods*	Pound 20 lb bag 20 lb bag	4.91 142.60 96.40	1/4 cup thawed, drained fruit 1/4 cup thawed fruit and juice 1/4 cup thawed, drained fruit	20.4 0.71 1.1	1 lb AP = 0.63 lb (about 1-1/8 cups) ready-to-serve, thawed, drained apricots 20 lb Bag = about 35-2/3 cups thawed apricots and juice 20 lb Bag = about 24-1/8 cups thawed, drained apricots
Apricots, dried *Halves* *Regular moisture*	Pound Pound	11.30 23.40	9 medium dried halves (1/4 cup fruit, credits as 1/2 cup fruit in NSLP/ SBP) 1/4 cup cooked fruit	8.9 4.3	1 lb dry = about 2-7/8 cups or 100 apricot halves
BANANAS					
Bananas, fresh *150 count* *Petite* *Whole*	Pound Pound	3.60 6.51	1 banana (about 3/8 cup fruit) 1/4 cup sliced fruit	27.8 15.4	1 lb AP = 0.64 lb (about 1-5/8 cups) ready-to-serve banana slices
Bananas, fresh *100-120 count* *Regular* *Whole*	Pound Pound Pound	7.07 5.39 5.20	1/4 cup raw 1/2-inch sliced fruit 1/4 cup raw fruit, unpeeled (about 1/2 banana) 1/4 cup mashed fruit	14.2 18.6 19.3	1 lb AP = 0.64 lb (about 1-3/4 cups) peeled 1/2-inch slices of bananas

Section 2 – Fruits					
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**
Bananas, canned *Mashed*	No. 10 can (116 oz) Pound	50.90 7.00	1/4 cup fruit 1/4 cup fruit	2.0 14.3	
BANANAS (continued)					
Bananas, dried[8] *Slices* *100% dried fruit only*	Pound	19.60	1/4 cup dried fruit slices (credits as 1/2 cup fruit in NSLP/SBP)	5.2	1 lb AP = 1 lb (about 4-7/8 cups) ready-to-serve dried bananas
BLACKBERRRIES, (BOYSENBERRIES)					
Blackberries (Boysenberries), fresh *Whole*	Quart (20 oz) Pound	14.90 11.90	1/4 cup raw fruit 1/4 cup raw fruit	6.8 8.5	1 qt AP = 1.2 lb (about 3-3/4 cups) ready-to-serve raw blackberries 1 lb AP = 0.96 lb (about 2-7/8 cups) ready-to-serve raw blackberries
Blackberries (Boysenberries), canned *Whole*	No. 10 can (103 oz) Pound	47.80 7.42	1/4 cup fruit and juice 1/4 cup fruit and juice	2.1 13.5	1 No. 10 can = about 66.0 oz (10-2/3 cups) drained blackberries 1 lb AP = about 9.2 oz (1-1/2 cups) drained blackberries

[8] Note: Fried banana chips are not creditable towards meal pattern requirements.

Section 2 – Fruits					
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**
Blackberries (Boysenberries), frozen	Pound	8.00	1/4 cup cooked fruit (sugar added by SFA during cooking)	12.5	
Unsweetened Whole	Pound	9.00	1/4 cup thawed fruit (sugar added by SFA during cooking)	11.2	
Blackberries (Boysenberries), Frozen[7]	Pound	7.70	1/4 cup thawed fruit	13.0	1 lb AP = about 1-7/8 cups thawed fruit juice
Unsweetened Puree Includes USDA Foods	5 lb 12 oz container	44.20	1/4 cup thawed fruit	2.3	5 lb 12 oz container = about 11 cups thawed fruit juice
BLUEBERRIES					
Blueberries, fresh	Pint (14-1/4 oz)	10.70	1/4 cup raw fruit	9.4 8.5	1 pt AP = 0.87 lb (about 2-2/3 cups) ready-to-serve raw blueberries
Whole Includes USDA Foods	Pound	11.90	1/4 cup raw fruit		1 lb AP = 0.96 lb ready-to-serve raw blueberries
Blueberries, canned	No. 10 can (105 oz)	47.60	1/4 cup fruit and juice	2.2	1 No. 10 can = about 55.0 oz (9-1/4 cups) drained blueberries
Whole	No. 300 can (15 oz)	6.80	1/4 cup fruit and juice	14.8	1 No. 300 can = about 8.2 oz (1-3/8 cups) drained blueberries
	Pound	7.20	1/4 cup fruit and juice	13.9	
Blueberries, frozen	Pound	7.80	1/4 cup cooked fruit (sugar added by SFA during cooking)	12.9	
Unsweetened Whole					

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

Section 2 – Fruits					
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**
Blueberries, frozen *Unsweetened* *Whole* *Individually-quick-frozen*	Pound	11.90	1/4 cup thawed, unsweetened fruit	8.5	1 lb AP = 0.91 lb (2-7/8 cups) ready-to-serve blueberries
Blueberries, dried *Whole*	Pound	12.40	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	8.1	1 lb AP = 1 lb (about 3 cups) ready-to-serve dried blueberries
BOYSENBERRIES (see BLACKBERRIES)					
CACTUS FRUIT (PRICKLY PEAR)					
Cactus Fruit (Prickly Pear), fresh *Whole fruit*	Pound	4.99	1/4 cup peeled, diced fruit, with seeds	20.1	1 lb AP = 0.61 lb (about 1-1/8 cups) ready-to-serve raw, peeled, diced cactus with seeds
	Pound	3.74	1/4 cup, peeled, juice and pulp, without seeds	26.8	1 lb = 0.48 lb (about 7/8 cup) ready-to-cook peeled cactus juice and pulp without seeds
CANTALOUPE [9]					
Cantaloupe, fresh [9] *Whole* *18 Count (5-inch diameter, about 30 oz)*	Pound	5.73	1/4 cup cubed or diced fruit (about 1/10 medium melon)	17.5	1 lb AP = 0.47 lb (about 1-3/8 cups) ready-to-serve raw melon, 1 melon = about 14 oz EP
Cantaloupe, fresh [9] *Whole* *15 Count (5-3/4-inch diameter, about 40 oz)*	Pound	6.74	1/4 cup cubed or diced fruit (about 1/16 large melon)	14.9	1 lb AP = 0.56 lb (about 1-2/3 cups) ready-to-serve, raw, peeled, diced melon, 1 melon = about 1.3 lb EP

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

Section 2 – Fruits					
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**
Cantaloupe, frozen *Unsweetened Melon balls, Unsweetened*	Pound	8.70	1/4 cup fruit	11.5	1 lb = 35 melon balls
CARAMBOLA (see STAR FRUIT)					
CHERRIES, MARASCHINO					
Cherries, Maraschino, canned *Large*	Pound	6.20	1/4 cup drained fruit	16.2	
Cherries, Maraschino, canned *Small*	Pound	5.70	1/4 cup drained fruit	17.6	
CHERRIES, RED TART					
Cherries, Red Tart, fresh *Whole*	Pound	6.40	1/4 cup cooked, pitted fruit, sugar added	15.7	1 lb AP = 0.87 lb pitted cherries
CHERRIES, RED TART (continued)					
Cherries, Red Tart, canned *Pitted Water packed Includes USDA Foods*	No. 10 can (102 oz)	46.80	1/4 cup fruit and juice	2.2	1 No. 10 can = about 11-3/4 cups pitted cherries and juice
	No. 10 can (102 oz)	36.20	1/4 cup drained fruit	2.8	1 No. 10 can = about 70.0 oz (9 cups) drained, pitted cherries
	Pound	7.29	1/4 cup fruit and juice	13.8	
	Pound	5.79	1/4 cup drained fruit	17.3	

Section 2 – Fruits					
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**
Cherries, Red Tart, frozen *Unsweetened* *Pitted* *Includes USDA Foods*	Pound	11.40	1/4 cup thawed fruit and juice	8.8	1 lb AP = 0.98 lb (about 2-3/4 cups) thawed cherries and juice
	Pound	7.00	1/4 cup drained fruit	14.3	1 lb AP = 0.70 lb (about 1-3/4 cups) thawed, drained cherries
	Pound	5.90	1/4 cup cooked fruit and juice	17.0	
	40 lb pkg	457.40	1/4 cup thawed fruit and juice	0.22	40 lb pkg = about 114-1/4 cups thawed cherries and juice
	40 lb pkg	280.80	1/4 cup thawed, drained fruit	0.36	40 lb pkg = about 70-1/8 cups thawed, drained cherries
	40 lb pkg	236.70	1/4 cup cooked fruit and juice	0.43	
Cherries, Red Tart, dried *Whole* *Without pits* *Includes USDA Foods*	Pound	11.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	8.5	1 lb AP = 1 lb (about 2-7/8 cups) dried cherries
	2 lb pkg	23.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	4.3	
	4 lb pkg	47.20	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	2.2	
CHERRIES, SWEET					
Cherries, Sweet, fresh *Whole* *With pits*	Pound	8.50	1/4 cup raw, pitted cherries (about 7 whole cherries)	11.8	1 lb AP = 0.98 lb ready-to-serve with pits or 0.84 lb pitted cherries
Cherries, Sweet, canned *Whole* *With pits*	No. 10 can (106 oz)	45.80	1/4 cup pitted fruit and juice	2.2	1 No. 10 can = about 59.0 oz (9-1/4 cups) drained, pitted cherries
	No. 2-1/2 can (29 oz)	12.50	1/4 cup pitted fruit and juice	8.0	1 No. 2-1/2 can = about 17.6 oz (2-3/8 cups) drained cherries

Section 2 – Fruits					
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**
	Pound	6.91	1/4 cup pitted fruit and juice	14.5	1 lb AP = about 8.4 oz (1-1/3 cups) drained, pitted cherries
CLEMENTINES					
Clementines, fresh *Whole*	Pound	3.68	1 whole, raw clementine (about 1/2 cup fruit)	27.2	
	Pound	7.65	1/4 cup peeled, sectioned, raw fruit (about 5 sections)	13.1	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve, raw clementine sections
CRANBERRIES					
Cranberries, fresh *Whole*	Pound	15.60	1/4 cup raw, chopped fruit	6.5	1 lb AP = 0.95 lb ready-to-cook or -serve raw cranberries
	Pound	11.10	1/4 cup cooked fruit, sugar added, whole berry	9.1	
	Pound	9.90	1/4 cup cooked fruit, sugar added, strained	10.2	
Cranberries, dried *Sweetened* *Whole* *Includes USDA Foods*	Pound	13.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	7.3	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-cook or –serve cranberries
CRANBERRIES					
Cranberries, dried *Sweetened* *Whole*	5 lb pkg	69.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	1.5	
Includes USDA Foods	30 lb pkg	414.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	0.25	
CRANBERRY RELISH OR SAUCE					

Section 2 – Fruits					
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**
Cranberry Relish or Sauce, canned *Whole* *Includes USDA Foods*	No. 10 can (117 oz) No. 300 can (16 oz)	48.00 6.70	1/4 cup fruit 1/4 cup fruit	2.1 15.0	
Cranberry Relish or Sauce, canned *Strained* *Includes USDA Foods*	No. 10 can (117 oz) No. 300 can (16 oz)	47.90 6.50	1/4 cup fruit 1/4 cup fruit	2.1 15.4	
CURRANTS					
Currants, dried	Pound	13.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	7.3	1 lb dry = about 3-3/8 cups dry currants
DATES					
Dates, dried Moisturized *With pits* *Whole*	Pound	10.00	1/4 cup pitted, dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	10.0	
Dates, dried *Pieces* *Regular moisture* *Includes USDA Foods*	Pound 30 lb pkg	12.70 383.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP) 1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	7.9 0.27	1 lb dry = about 3-1/8 cups dried dates 30 lb box = about 95-7/8 cups dried dates
DATES (continued)					
Dates, dried *Pitted* *Regular moisture* *Includes USDA Foods*	Pound Pound	11.10 10.60	1/4 cup whole, dried fruit (credits as 1/2 cup fruit in NSLP/SBP) 1/4 cup chopped, dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	9.1 9.5	1 lb dry = about 2-3/4 cups dry dried dates 1 lb dry = about 2-2/3 cups dry dried dates
FIGS					

Section 2 – Fruits					
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**
Figs, fresh *Small* *Whole*	Pound	8.00	1/4 cup small raw fruit (about 2-1/2 figs)	12.5	1 lb AP = 1 lb (about 2 cups) ready-to-serve, raw figs, 1 lb = about 20 small figs
Figs, canned *Puree* [7] *Includes USDA Foods*	2 gallon	128.00	1/4 cup fruit	0.79	2 gallon container = 32 cups fruit juice
Figs, canned *Whole*	No. 10 can (110 oz)	49.30	1/4 cup fruit and juice	2.1	1 No. 10 can = about 64.0 oz (8-3/4 cups) drained figs
	No. 2-1/2 can (30 oz)	13.40	1/4 cup fruit and juice	7.5	1 No. 2-1/2 can = about 18.6 oz (2-1/2 cups) drained figs
	Pound	7.17	1/4 cup fruit and juice	14.0	
Figs, dried *Whole* *Includes USDA Foods*	Pound	10.40	1/4 cup dried fruit (about 3 figs, credits as 1/2 cup fruit in NSLP/SBP)	9.7	1 lb dry = about 2-5/8 cups or 30 figs
	Pound	13.40	1/4 cup cooked fruit and juice	7.5	
Figs, dried *Diced and Sugared* *Includes USDA Foods*	Pound	12.70	1/4 cup dried fruit pieces (about 28 pieces, credits as 1/2 cup fruit in NSLP/SBP)	7.9	1 lb dry = 3-1/8 cups dried, sugared figs
FIGS (continued)					
Diced and Sugared Includes USDA Foods	25 lb Box	319.90	1/4 cups diced fruit (about 28 pieces, credits as 1/2 cup fruit in NSLP/SBP)	0.32	25 lb Box = about 80 cups dried, sugared figs
FRUIT, MIXED					

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

Section 2 – Fruits					
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**
Fruit, Mixed, chilled *(may include: honeydew melon, cantaloupe, watermelon, grapes, etc.)*	Gallon (97.7 oz)	64.00	1/4 cup fruit and juice	1.6	1 gallon container = 16 cups fruit and juice
Fruit, Mixed, canned *Fruit Cocktail (peaches, pears, pineapple, grapes, cherries)* *Includes USDA Foods*	No. 10 can (106 oz)	46.90	1/4 cup fruit and juice	2.2	1 No. 10 can = about 69.0 oz (9-1/4 cups) drained fruit
	No. 2-1/2 can (29 oz)	12.80	1/4 cup fruit and juice	7.9	1 No. 2-1/2 can = about 18.3 oz (2-3/8 cups) drained fruit
	No. 300 can (15 oz)	6.30	1/4 cup fruit and juice	15.9	
Fruit, Mixed, canned *(may include: apricots, peaches, pears, pineapple, cherries, grapes, etc.)* *Includes USDA Foods*	No. 10 can (106 oz)	48.60	1/4 cup fruit and juice	2.1	1 No. 10 can = about 62.0 oz (8-1/2 cups) drained fruit
	No. 2-1/2 can (29 oz)	13.30	1/4 cup fruit and juice	7.6	1 No. 2-1/2 can = about 16.9 oz (2-1/3 cups) drained fruit
	No. 300 can (15 oz)	6.50	1/4 cup fruit and juice	15.4	
Fruit, Mixed, frozen *Unsweetened (may include: peaches, grapes, apricots, pears, pineapple, cherries, etc.)*	136 oz tub	58.20	1/4 cup thawed fruit and juice	1.8	136 oz tub = about 14-3/8 cups thawed fruit and juice
	136 oz tub	23.40	1/4 cup thawed, drained fruit	4.3	136 oz tub = about 49.4 oz (5-3/4 cups) thawed, drained fruit
FRUIT, MIXED (continued)					
Fruit, Mixed, dried *Regular moisture*	Pound	9.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	10.4	
GRAPEFRUIT					

Section 2 – Fruits					
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**
Grapefruit, fresh *27-32 Count (large) Whole*	Pound	6.48	1/4 cup fruit sections peeled (about 2 sections)	15.5	1 lb AP = 0.74 lb (about 1-5/8 cups) peeled, ready-to-serve raw grapefruit sections
	Pound	4.53	1/4 cup fruit sections, peeled, without membrane (about 2 sections)	22.1	1 lb AP = 0.58 lb (about 1-1/8 cups) ready-to-serve raw, peeled grapefruit sections without membrane
	Pound	2.00	1/2 grapefruit (about 1/2 cup fruit and juice)	50.0	1 lb AP = 0.48 lb (7/8 cup) fruit and juice
	Pound	3.50	1/4 cup fruit and juice	28.6	
Grapefruit, canned *Sections*	No. 3 Cyl (50 oz)	23.30	1/4 cup fruit and juice	4.3	1 No. 3 Cyl = about 26.0 oz (3-1/8 cups) drained grapefruit
	Pound	7.45	1/4 cup fruit and juice	13.5	
Grapefruit, frozen *Sections Unsweetened*	Pound	7.50	1/4 cup fruit and juice	13.4	1 lb AP = about 0.55 lb (1-1/8 cups) thawed, drained grapefruit
GRAPEFRUIT and ORANGE SECTIONS					
Grapefruit and Orange Sections, chilled	Gallon (136 oz)	63.90	1/4 cup fruit and juice	1.6	1 gallon = about 91.0 oz (13-1/4 cups) drained fruit
	Pound	7.51	1/4 cup fruit and juice	13.4	
Grapefruit and Orange Sections, canned	No. 3 Cyl (50 oz)	22.60	1/4 cup fruit and juice	4.5	1 No. 3 Cyl = about 26.0 oz (3-1/2 cups) drained fruit
GRAPEFRUIT and ORANGE SECTIONS (continued)					
Grapefruit and Orange Sections, canned	Pound	7.23	1/4 cup fruit and juice	13.9	1 lb AP = about 8.5 oz (1-1/8 cups) drained fruit

Section 2 – Fruits					
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**
GRAPES					
Grapes, fresh *Seedless* *Whole* *With stem*	Pound	10.50	1/4 cup whole fruit (about 7 large grapes)	9.6	1 lb AP = 0.97 lb (about 2-5/8 cups) ready-to-serve grapes
	Pound	9.27	1/4 cup fruit halves (about 14 large grape halves)	10.8	1 lb AP = 0.97 lb (about 2-1/4 cups) ready-to-serve grape halves
Grapes, fresh *Seedless* *Whole* *Without stem*	Pound	10.80	1/4 cup whole fruit (about 7 large grapes)	9.3	
Grapes, fresh *Whole* *With seeds and stem*	Pound	10.10	1/4 cup seeded fruit halves (about 12 grape halves)	10.0	1 lb AP = 0.89 lb raw seeded grapes
Grapes, canned *Seedless* *Whole*	No. 10 can (108 oz)	50.00	1/4 cup fruit and juice	2.0	1 No. 10 can = about 67.0 oz (10 cups) drained grapes
	No. 2-1/2 can (30 oz)	13.80	1/4 cup fruit and juice	7.3	1 No. 2-1/2 can = about 18.6 oz (2-3/4 cups) drained grapes
	Pound	7.40	1/4 cup fruit and juice	13.6	1 lb AP = about 9.9 oz (1-1/2 cups) drained grapes
GUAVA PUREE [7]					
Guava Puree, frozen [7] *Unsweetened*	30 oz container	13.30	1/4 cup fruit	7.6	30 oz container = about
	Pound	7.20	1/4 cup fruit	13.9	29.6 oz (3-1/3 cups) thawed fruit juice
HONEYDEW MELON [10]					

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

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

Section 2 – Fruits					
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**
Honeydew Melon, fresh [10] *Whole*	Pound	4.90	1/4 cup fruit cubes	20.5	1 lb AP = 0.46 lb (about 1-1/8 cups) ready-to-serve melon cubes
Honeydew Melon, frozen *Unsweetened*	Pound	8.70	1/4 cup fruit balls	11.5	1 lb = about 35 melon balls
JUICES [11]					
Juices, canned[12] *Single strength (100% fruit juice) (such as apple, grape, grapefruit, grapefruit-orange, lemon, lime, orange, pineapple, prune, tangerine)*	No. 10 can (96 fl oz) No. 3 Can (46 fl oz) Quart (32 fl oz) No. 2-1/2 can (25-1/2 fl oz)	48.00 23.00 16.00 12.70	1/4 cup fruit juice 1/4 cup fruit juice 1/4 cup fruit juice 1/4 cup fruit juice	2.1 4.4 6.3 7.9	1 No. 10 can = 12 cups juice
Juices, frozen [11] *Concentrated, any fruit (such as apple, grape, grapefruit, grapefruit-orange, and orange. (1 part juice concentrate to 3 parts) water) Includes USDA Foods*	32 fl oz can (about 38 oz) 6 fl oz can (about 7 oz)	64.00 12.00	1 tablespoon concentrate (1/4 cup fruit juice) 1 tablespoon concentrate (1/4 cup fruit juice)	1.6 8.4	32 fl oz can reconstituted = 16 cups (128 fl oz). Reconstitute 1 part juice concentrate with not more than 3 parts water 6 fl oz can reconstituted = 3 cups (24 fl oz)
JUICES[1311] **(continued)**					

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

[12] The canned and frozen juices listed in Column 1 are usually available in the can sizes listed in Column 2.

[11]According to the Food and Drug Administration, unpasteurized juice may contain harmful bacteria that may put children, pregnant women, the elderly, and persons with weakened immune systems at risk for serious illness or even death. Unpasteurized juice is normally found in the refrigerated section of grocery or health food stores or at cider

Section 2 – Fruits					
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**
Juices, frozen [11] *Concentrated, any fruit (such as apple, grape, grapefruit, grapefruit-orange, and orange. (1 part juice concentrate to 3 parts) water) Includes USDA Foods*	32 fl oz can (about 38 oz) 6 fl oz can (about 7 oz)	64.00 12.00	1 tablespoon concentrate (1/4 cup fruit juice) 1 tablespoon concentrate (1/4 cup fruit juice)	1.6 8.4	32 fl oz can reconstituted = 16 cups (128 fl oz). Reconstitute 1 part juice concentrate with not more than 3 parts water 6 fl oz can reconstituted = 3 cups (24 fl oz)
KIWI					
Kiwi, fresh *33-39 Count Whole*	Pound	8.38	1/4 cup peeled fruit chunks	12.0	1 lb AP = 0.87 lb (about 2 cups) ready-to-serve peeled kiwi chunks
	Pound	10.60	1/4 cup unpeeled fruit chunks	9.5	1 lb AP = 0.99 lb (about 2-2/3 cups) ready-to-serve unpeeled kiwi chunks
	Pound	8.99	1/4 cup peeled fruit slices (about 6 1/4-inch slices)	11.2	1 lb AP = 0.85 lb (about 2-1/4 cups) ready-to-serve peeled 1/4-inch kiwi slices
	Pound	11.60	1/4 cup unpeeled fruit slices (about 6 1/4-inch slices)	8.7	1 lb AP = 0.99 lb (about 2-7/8 cups) ready-to-serve unpeeled 1/4-inch kiwi slices
	Pound	10.80	1/4 cup unpeeled fruit halves (about 2 halves or 3/4 of a whole kiwi)	9.3	1 lb AP = 0.99 lb ready-to-serve unpeeled kiwi halves
LEMONS					
Lemons, fresh *Whole*	Pound	3.10	1/4 cup fruit juice	32.3	1 lb AP = 0.43 lb (about 3/4 cup) juice

mills or farm markets. Unpasteurized juice should have warning information on the label or on a nearby sign at the point of purchase. When serving juice, use only pasteurized juice. Pasteurized juice is normally found as frozen concentrated juice or in non-refrigerated shelf-stable containers, such as juice boxes, bottles, or cans. Pasteurized juice can also be found in the refrigerated sections of stores.

Section 2 – Fruits

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
LIMES					
Limes, fresh *Whole*	Pound	3.50	1/4 cup fruit juice	28.6	1 lb AP = 0.47 lb (about 7/8 cup) juice
MANGOES					
Mangoes, fresh *Whole*	Pound	7.60	1/4 cup cubed or sliced fruit	13.2	1 lb AP = 0.69 lb ready-to-serve raw mangoes
NECTARINES					
Nectarines, fresh *All sizes*	Pound	10.7	1/4 cup unpeeled, diced fruit	9.4	1 lb AP = 0.88 lb ready-to-serve unpeeled 1/2-inch nectarine slices
Nectarines, fresh *Size 88-96 (2-1/4 inch diameter)* *Whole*	Pound Pound	4.40 8.80	1 whole, raw nectarine (about 1/2 cup fruit) 1/4 cup fruit and juice (about 1/2 nectarine)	22.8 11.4	
Nectarines, fresh *Size 56-64 (2-3/4 inch diameter)* *Whole*	Pound Pound	3.05 9.15	1 whole, raw nectarine (about 3/4 cup fruit) 1/4 cup fruit and juice (about 1/3 nectarine)	32.8 11.0	
ORANGES					
Oranges, fresh *All sizes* *Whole* *Includes USDA Foods*	Pound Pound	3.50 3.60	1/4 cup fruit sections membrane removed, drained 1/4 cup fruit juice	28.6 27.8	1 lb AP = 0.40 lb ready-to-serve oranges 1 lb AP = 0.48 lb (7/8 cup) juice
Oranges, fresh *138 count* *Arizona or California* *Whole*	Pound Pound	3.40 6.80	1 orange (about 1/2 cup fruit and juice) 1/4 cup fruit and juice (about 1/2 orange)	29.5 14.8	
ORANGES (continued)					

Section 2 – Fruits					
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**
Oranges, fresh *125 count* *Florida or Texas* *Whole*	Pound Pound	2.90 7.02	1 orange (about 5/8 cup fruit and juice) 1/4 cup fruit and juice (about 1/2 orange)	34.5 14.3	 1 lb AP = about 0.76 lb (1-3/4 cups) ready-to-serve peeled oranges
Oranges, fresh *113 count* *Arizona or California* *Whole*	Pound Pound	2.80 5.60	1 orange (about 5/8 cup fruit and juice) 1/4 cup fruit and juice (about 1/2 orange)	35.8 17.9	
Oranges, canned *Mandarin*	Pound	7.30	1/4 cup fruit and juice	13.7	1 lb = about 0.61 lb (about 1-1/2 cups) drained oranges
PAPAYA					
Papaya, fresh *Whole*	Pound Pound	8.60 5.10	1/4 cup cubed fruit 1/4 cup mashed fruit	11.7 19.7	1 lb AP = about 0.67 lb ready-to-serve papaya
Papaya, frozen *Puree*[7] *Unsweetened*	30 oz container Pound	12.80 7.21	1/4 cup fruit 1/4 cup fruit	7.9 13.9	30 oz container = about 3-1/4 cups thawed papaya juice 1 lb AP = about 1-3/4 cups thawed papaya juice
PASSION FRUIT					
Passion Fruit, fresh *Whole*	Pound	3.45	1/4 cup juice and pulp (no seeds)	29.0	1 lb AP = 0.45 lb (about 1-3/4 cups) ready-to-serve seedless, raw passion fruit juice and pulp
PEACHES					

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

Section 2 – Fruits					
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**
Peaches, fresh *Size 88 and 84 (small)* *(2-1/8 inch diameter)* *Whole*	Pound Pound	5.50 8.25	1 whole, raw small peach (about 3/8 cup fruit) 1/4 cup fruit (about 2/3 peach)	18.2 12.2	
Peaches, fresh *Size 80* *Whole*	Pound Pound Pound	4.50 9.00 10.7	1 whole, raw peach (about 1/2 cup fruit) 1/4 cup fruit (about 1/2 peach) 1/4 cup raw, sliced fruit (about 3 slices, 1/2-inch slices)	22.3 11.2 9.4	1 lb AP = 0.93 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, sliced peaches
	Pound	10.2	1/4 cup raw, diced fruit	9.9	1 lb AP = 0.93 lb (about 2-1/2 cups) ready-to-serve unpeeled, pitted, diced peaches
Peaches, fresh *Size 64 & 60 (medium)* *(2-1/2 inch diameter)* *Whole*	Pound Pound Pound Pound Pound	3.50 7.0 5.10 7.70 7.40	1 whole raw peach (about 2/3 cup fruit) 1/4 cup fruit (about 1/2 peach) 1/4 cup raw, diced fruit 1/4 cup raw, sliced fruit 1/4 cup cooked, sliced fruit, sugar added	28.6 14.7 19.7 13.0 13.6	1 lb AP = 0.76 lb ready-to-cook or -serve unpeeled, pitted raw peaches
Peaches, fresh *Size 56* *Whole*	Pound Pound	2.89 8.67	1 whole raw peach (about 3/4 cup fruit) 1/4 cup fruit (about 1/3 peach)	34.7 11.6	1 lb AP = 0.96 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, diced peaches
PEACHES (continued)					

Section 2 – Fruits					
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**
Peaches, canned *Cling* *Diced* *Light syrup pack* *Includes USDA Foods*	No. 10 can (106 oz)	48.6	1/4 cup fruit and juice	2.1	1 No. 10 can = about 12-1/8 cups fruit and juice
	No. 10 can (106 oz)	35.4	1/4 cup drained fruit	2.9	1 No. 10 can = about 79.0 oz (8-3/4 cups) drained peaches
	No. 2-1/2 can (29 oz)	13.3	1/4 cup fruit and juice	7.6	1 No. 2-1/2 can = about 3-1/3 cups peaches and juice
	No. 2-1/2 can (29 oz)	9.10	1/4 cup drained fruit	11.0	1 No. 2 1/2 can = about 17.5 oz (2-1/4 cups) drained peaches
	Pound	7.33	1/4 cup fruit and juice	13.7	1 lb AP = about 9.8 oz (1-1/4 cups) drained peaches
	Pound	5.34	1/4 cup drained fruit	18.8	
Peaches, canned *Cling or Freestone* *Halves* *Includes USDA Foods*	No. 10 can (106 oz)	47.1	1/4 cup fruit and juice (about 1 peach half with juice)	2.2	1 No. 10 can = about 64.0 oz (8-1/8 cups) drained clings or about 60.0 oz (6-2/3 cups) drained Freestones
	No. 2-1/2 can (29 oz)	12.9	1/4 cup fruit and juice	7.8	1 No. 2-1/2 can = about 17.0 oz (2-1/8 cups) drained clings or about 15.7 oz (2 cups) drained Freestones
	No. 300 can (15 oz)	6.36	1/4 cup fruit and juice	15.8	
Peaches, canned *Cling* *Sliced* *Light syrup pack* *Includes USDA Foods*	No. 10 can (105 oz)	50.0	1/4 cup fruit and juice	2.0	1 No. 10 can = about 105.0 oz (12-1/2 cups) fruit and juice
	No. 10 can (105 oz)	36.1	1/4 cup drained fruit	2.8	1 No. 10 can = about 72.0 oz (9 cups) drained peaches

Section 2 – Fruits

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
PEACHES (continued)					
Peaches, canned *Cling* *Quarters* *Includes USDA Foods*	No. 10 can (106 oz)	48.5	1/4 cup fruit and juice	2.1	1 No. 10 can = about 71.0 oz (9-7/8 cups) drained peaches
Peaches, canned *Freestone* *Sliced* *Includes USDA Foods*	No. 10 can (106 oz)	47.5	1/4 cup fruit and juice	2.2	1 No. 10 can = about 60.0 oz (6-3/4 cups) drained Freestones
	No. 2-1/2 can (29 oz)	13.0	1/4 cup fruit and juice	7.7	1 No. 2-1/2 can = about 15.7 oz (2 cups) drained Freestones
	No. 300 can (16 oz)	6.40	1/4 cup fruit and juice	15.7	1 No. 300 can = about 8.1 oz (3/4 cup) drained Freestones
Peaches, canned *Spiced* *Whole*	Pound	2.70	2 small peaches (about 1/4 cup pitted fruit)	37.1	1 lb AP = 0.34 lb drained, pitted peaches
Peaches, **frozen** *Sliced* *Unsweetened* *Includes USDA Foods*	Pound	7.34	1/4 cup thawed fruit and juice	13.7	1 lb AP = about 1-3/4 cups thawed peaches and juice
	Pound	5.46	1/4 cup thawed, drained fruit	18.4	1 lb AP = 0.97 lb (about 1-1/3 cups) thawed, drained peaches

Section 2 – Fruits					
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**
	Pound	7.10	1/4 cup cooked fruit	14.1	
	20 lb Bag	147.4	1/4 cup thawed fruit and juice	0.68	20-lb Bag = about 36-7/8 cups thawed peaches and juice
	20 lb Bag	109.3	1/4 cup thawed, drained fruit	0.92	20-lb Bag = about 27-1/3 cups thawed, drained peaches
	20 lb bag	142.0	1/4 cup cooked fruit	0.71	
Peaches, dried *Halves*	Pound	12.7	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	7.9	1 lb AP = about 3-1/8 cups ready-to-serve dried peach halves
PEACHES (continued)					
Peaches, dried *Halves*	Pound	22.9	1/4 cup cooked fruit and juice	4.4	
PEARS					
Pears, fresh *All sizes Whole Includes USDA Foods*	Pound	7.90	1/4 cup raw, pared, sliced fruit	12.7	
	Pound	5.70	1/4 cup cooked, pared, fruit halves, sugar added	17.6	
Pears, fresh *150 count Whole*	Pound	4.10	1 whole, raw pear (about 1/2 cup fruit)	24.4	1 lb AP = 0.92 lb ready-to-cook or -serve raw, unpared pears
Pears, fresh *120 count Whole*	Pound	3.30	1 whole, raw, medium pear (about 3/4 cup fruit)	30.4	
	Pound	7.10	1/4 cup raw, pared, cubed fruit	14.1	1 lb AP = 0.78 lb ready-to-cook or -serve raw, pared pears
Pears, fresh *100 count D'Anjou or Bosc or Bartlett, Whole*	Pound	2.29	1 whole, raw pear (about 1-1/4 cups fruit)	43.7	1 lb AP = 0.94 lb (about 3 cups) ready-to-cook or -serve raw cored, wedged pears

Section 2 – Fruits

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
Pears, canned *Diced* *Packed in juice or light syrup* *Includes USDA Foods*	No. 10 can (106 oz)	47.60	1/4 cup fruit and juice	2.2	1 No. 10 can = about 66.0 oz (9-1/2 cups) drained pears
	No. 2-1/2 can (29 oz)	13.10	1/4 cup fruit and juice	7.7	1 No. 2-1/2 can = about 18.4 oz (2-5/8 cups) drained pears
	Pound	7.20	1/4 cup fruit and juice	13.9	1 lb AP = about 10.2 oz (1-1/2 cups) drained pears
Pears, canned *Halves* *Packed in juice or light syrup* *Includes USDA Foods*	No. 10 can (105 oz)	52.00	1/4 cup fruit and juice (about 1 pear half with juice)	2.0	1 No. 10 can = about 62.0 oz (7-3/4 cups) drained pears
	No. 2-1/2 can (29 oz)	14.30	1/4 cup fruit and juice (about 1 pear half with juice)	7.0	1 No. 2-1/2 can = about 15.8 oz (2 cups) drained pears
PEARS (continued)					
Pears, canned *Halves* *Packed in juice or light syrup* *Includes USDA Foods*	No. 300 can (15 oz)	7.02	1/4 cup fruit and juice (about 1 pear half with juice)	14.3	1 No. 300 can = about 7.3 oz (3/4 cup) drained pears
Pears, canned *Sliced* *Packed in juice or light syrup* *Includes USDA Foods*	No. 10 can (105 oz)	49.70	1/4 cup fruit and juice	2.1	1 No. 10 can = about 12-3/8 cups pears and juice
	No. 10 can (105 oz)	29.50	1/4 cup drained fruit	3.4	1 No. 10 can = about 59.6 oz (7-3/8 cups) drained pears
Pears, dried *Regular moisture* *Halves*	Pound	10.70	1/4 cup dried fruit (about 2-1/2 halves, credits as 1/2 cup fruit in NSLP/SBP)	9.4	1 lb AP = about 2-2/3 cups or 22 dried pear halves
	Pound	20.30	1/4 cup cooked fruit and juice	5.0	
PERSIMMONS					

Section 2 – Fruits					
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**
Persimmons, fresh *Japanese Fuyu* *Whole*	Pound	11.70	1/4 cup unpeeled, diced raw fruit	8.6	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve raw, 1/2-inch diced unpeeled persimmons
	Pound	15.70	1/4 cup unpeeled, raw fruit wedges	6.4	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve raw, unpeeled persimmons wedges
PINEAPPLE					
Pineapple, fresh *Whole*	Pound	6.40	1/4 cup raw, cubed fruit	15.7	1 lb AP = 0.54 lb ready-to-serve raw pineapple
	Pound	4.61	1/4 cup raw sticks (about 3 sticks, 1/2-inch by 3-inch sticks)	21.7	1 lb AP = 0.57 lb (about 1-1/8 cups) ready-to-serve 1/2-inch by 3-inch pineapple sticks
	Pound	7.50	1/4 cup fruit and juice	13.4	
PINEAPPLE (continued)					
Pineapple, canned *Chunks* *Packed in juice or light syrup* *Includes USDA Foods*	No. 10 can (106 oz)	49.90	1/4 cup fruit and juice	2.1	1 No. 10 can = about 12-3/8 cups pineapple and juice
	No. 10 can (106 oz)	31.80	1/4 cup drained fruit	3.2	1 No. 10 can = about 64.6 oz (8 cups) drained pineapple
	No. 2 can (20 oz)	9.40	1/4 cup fruit and juice	10.7	1 No. 2 can = about 12.4 oz (1-7/8 cups) drained pineapple
	Pound	7.53	1/4 cup fruit and juice	13.3	
Pineapple, canned *Crushed* *Packed in juice or light syrup* *Includes USDA Foods*	No. 10 can (106 oz)	49.50	1/4 cup fruit and juice	2.1	1 No. 10 can = about 12-3/8 cups pineapple and juice
	No. 10 can (106 oz)	36.10	1/4 cup drained fruit	2.8	1 No. 10 can = about 75.6 oz (9 cups) drained pineapple
	No. 2 can (20 oz)	9.20	1/4 cup fruit and juice	10.9	1 No. 2 can = about 13.8 oz (2 cups) drained pineapple
	Pound	7.56	1/4 cup fruit and juice	13.3	

Section 2 – Fruits					
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**
Pineapple, canned *Slices* *Packed in juice or light syrup* *Includes USDA Foods*	No. 10 can (107 oz)	47.50	1/4 cup fruit and juice	2.2	1 No. 10 can = about 62.0 oz (9-1/3 cups or 60 slices) drained pineapple
	No. 10 can (107 oz)	37.70	1/4 cup drained fruit (about 1-3/4 slices)	2.7	
	No. 2 can (20 oz)	8.87	1/4 cup fruit and juice	11.3	1 No. 2 can = about 13.0 oz (2 cups) drained pineapple
	No. 2 can (20 oz)	7.04	1/4 cup drained fruit	14.3	
	Pound	7.10	1/4 cup fruit and juice	14.1	
	Pound	5.63	1/4 cup drained fruit	17.8	
PINEAPPLE (continued)					
Pineapple, canned *Tidbits* *Packed in juice or light syrup* *Includes USDA Foods*	No. 10 can (106 oz)	50.10	1/4 cup fruit and juice	2.0	1 No. 10 can = about 12 cups pineapple and juice
	No. 10 can (106 oz)	33.40	1/4 cup drained fruit	3.0	1 No. 10 can = about 67.3 oz (8-1/4 cups) drained pineapple
Pineapple, frozen *Unsweetened* *Chunks*	Pound	7.30	1/4 cup thawed, drained fruit	13.7	1 lb AP = 0.61 lb (about 1-1/3 cups) thawed, drained pineapple
PLANTAINS-See Vegetables section					
PLUMS					
Plums, fresh *Italian* *1.5-inch by 2-inch* *Whole*	Pound	9.32	1/4 cup quartered fruit (about 5 quarters)	10.8	1 lb AP = 0.93 lb (about 2-1/3 cups) ready-to-cook or -serve unpeeled, pitted, quartered raw plums
	Pound	6.81	1/4 cup fruit and juice	14.7	

Section 2 – Fruits					
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**
Plums, fresh *Purple, Red, or Black* *Size 45 & 50* *2-inch diameter* *Whole*	Pound Pound	4.99 10.70	1 whole, raw plum (about 1/2 cup fruit and juice) 1/4 cup quartered fruit (about 2 quarters)	20.1 9.4	1 lb AP = 0.98 lb (about 2-2/3 cups) ready-to-cook or -serve unpeeled, pitted, raw plums
Plums, fresh *Japanese or Hybrid* *Whole* *Size 60 & 65*	Pound	6.40	1 whole, raw plum (about 3/8 cup fruit and juice)	15.7	1 plum = about 1-1/2 inch diameter
Plums, canned *Purple or Red* *Halves* *Unpeeled*	No. 10 can (105 oz)	49.20	1/4 cup fruit and juice	2.1	1 No. 10 can = about 12-1/8 cups plums and juice without pits
PLUMS					
No pits *Includes USDA Foods*	No. 10 can (105 oz)	24.70	1/4 cup drained fruit	4.1	1 No. 10 can = about 54.4 oz (6-1/8 cups) drained plums without pits
Plums, canned *Purple or Red* *Unpeeled* *With pits* *Whole* *Includes USDA Foods*	No. 10 can (106 oz) No. 10 can (106 oz) No. 2-1/2 can (30 oz) Pound Pound	48.50 27.80 14.50 7.32 4.19	1/4 cup pitted fruit and juice 1/4 cup pitted drained fruit 1/4 cup pitted fruit and juice 1/4 cup pitted fruit and juice 1/4 cup pitted drained fruit	2.1 3.6 6.9 13.7 23.9	1 No. 10 can = about 12 cups plums with pits and juice 1 No. 10 can = about 58.2 oz (6-7/8 cups) drained plums with pits 1 No. 2-1/2 can = about 16.5 oz (2 cups) drained plums with pits 1 lb AP = 8.8 oz (1 cup) drained plums with pits

Section 2 – Fruits					
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**
Plums, dried (Prunes), canned *With pits*	No. 10 can (108 oz)	46.00	1/4 cup fruit and juice (about 4 prunes with juice)	2.2	1 No. 10 can = about 57.0 oz (7-1/8 cups) drained, pitted prunes
	25 oz jar	10.60	1/4 cup fruit and juice	9.5	25 oz jar = about 13.2 oz (1-2/3 cups) drained, pitted prunes
Plums, dried (Prunes), canned[7] *Paste or Puree* *Includes* *USDA Foods*	Gallon (11 lb)	64.00	1/4 cup fruit	1.6	1 gallon (11 lb) = 16 cups dried plum juice
	Pound	6.38	1/4 cup fruit	15.7	1 lb AP = about 1-1/2 cups juice
Plums, dried (Prunes) *Whole* *Regular moisture* *With pits*	Pound	9.60	1/4 cup dried fruit (about 6 medium dried fruit, credits as 1/2 cup fruit in NSLP/SBP)	10.5	1 lb dry = about 2-3/8 cups dried plums with pits
	Pound	12.90	1/4 cup cooked fruit and juice	7.8	
PLUMS (continued)					
Plums, dried (Prunes) *Whole* *Without pits* *Includes* *USDA Foods*	Pound	10.60	1/4 cup dried fruit (about 6 medium prunes, credits as 1/2 cup fruit in NSLP/ SBP)	9.5	1 lb dry = about 2-2/3 cups dried plums without pits
	Pound	14.70	1/4 cup cooked fruit and juice	6.9	
POMEGRANATE					
Pomegranate, fresh *Whole*	Pound	2.70	1/4 cup juice and pulp (no seeds)	37.1	1 lb AP = 0.35 lb (about 2/3 cups) ready-to-serve, peeled, raw pomegranate juice and pulp without seeds
	Pound	6.34	1/4 cup fruit kernels	15.8	1 lb AP = about 1-1/2 cups peeled pomegranate kernels
PRICKLY PEAR, (see CACTUS FRUIT)					

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

Section 2 – Fruits					
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**
PRUNES (see PLUMS, dried)					
RAISINS					
Raisins *Regular moisture* *Seedless* *Includes USDA Foods*	Pound Package (1.3 oz to 1.5 oz) Pound	12.60 1.00 21.40	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP) 1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP) 1/4 cup cooked fruit	8.0 100.0 4.7	1 lb AP = about 3-1/8 cups raisins
RASPBERRIES					
Raspberries, fresh *Whole*	Pint (11-1/2 oz) Pound	8.70 12.10	1/4 cup raw, whole fruit 1/4 cup raw, whole fruit	11.5 8.3	1 pt AP = 0.69 lb (about 2-1/8 cups) ready-to-serve raw raspberries 1 lb AP = 0.96 lb (about 3 cups) ready-to-serve raw raspberries
Raspberries (continued)					
Raspberries, canned *Red* *Whole*	No. 10 can (103 oz) Pound	48.00 7.45	1/4 cup fruit and juice 1/4 cup fruit and juice	2.1 13.5	1 No. 10 can = 53.0 oz drained raspberries 1 lb AP = about 8.25 oz drained raspberries
Raspberries, frozen *Unsweetened* *Fruit and Juice*	Pound	7.20	1/4 cup thawed fruit and juice	13.9	
Raspberries, frozen[7] *Red* *Unsweetened* *Puree* *Includes USDA Foods*	Pound 5 lb 12 oz container	7.69 44.20	1/4 cup thawed fruit 1/4 cup thawed fruit	13.1 2.3	1 lb AP = about 1-7/8 cups thawed fruit juice 5 lb 12 oz container = about 11 cups thawed fruit juice

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

Section 2 – Fruits					
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**
Raspberries, frozen *Red* *Whole* *Unsweetened* *Grade A* *Individually-quick Frozen*	Pound	12.50	1/4 cup thawed, drained fruit	8.0	1 lb AP = 1 lb (about 3 cups) ready to serve, thawed, drained raspberries
RHUBARB					
Rhubarb, fresh *Without leaves*	Pound	6.20	1/4 cup cooked fruit, sugar added	16.2	1 lb AP = 0.86 lb ready-to-cook rhubarb
Rhubarb, frozen *Unsweetened*	Pound	10.00	1/4 cup cooked fruit (sugar added by SFA during cooking)	10.0	
STARFRUIT (CARAMBOLA)					
Star Fruit (Carambola), fresh *Whole*	Pound	13.50	1/4 cup sliced fruit	7.5	1 lb AP = 0.97 lb (about 3-7/8 cups) ready-to-serve 1/4-inch sliced (about 46 slices) or about 2-7/8 cups chopped star fruit
	Pound	9.50	1/4 cup chopped fruit	10.3	
STRAWBERRIES					
Strawberries, fresh *Whole*	Pint (11-1/2 oz)	7.90	1/4 cup raw, whole fruit	12.7	1 pt AP = about 0.66 lb ready-to-serve raw strawberries
	Pound	10.50	1/4 cup raw, whole fruit	9.6	1 lb AP = 0.88 lb ready-to-serve raw strawberries

Section 2 – Fruits					
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**
Strawberries, frozen *Sliced Unsweetened Includes USDA Foods*	Pound	7.28	1/4 cup thawed fruit and juice	13.8	1 lb AP = 1 lb (about 1-3/4 cups) ready-to-serve thawed strawberries and juice
Strawberries, frozen *Whole, Grade A Unsweetened Individually-quick-frozen Includes USDA Foods*	Pound	11.90	1/4 cup thawed fruit	8.5	1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve, thawed strawberries
Strawberries, dried	Pound	10.90	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	9.2	1 lb AP (dried) = 1 lb (about 2-2/3 cups) ready-to-serve dried strawberries
TANGELOS					
Tangelos, fresh *Whole*	Pound	6.67	1/4 cup peeled fruit sections	15.0	1 lb AP = 0.74 lb (about 1-2/3 cups) ready-to-serve peeled, sectioned tangelos
TANGERINES					
Tangerines, fresh *120 count Whole*	Pound	4.00	1 whole, raw tangerine (about 3/8 cup fruit and juice)	25.0	
	Pound	7.78	1/4 cup peeled fruit sections	12.9	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve peeled, sectioned tangerines
Tangerines, canned *Mandarin Oranges*	Pound	7.30	1/4 cup fruit and juice	13.7	1 lb AP = about 0.61 lb (about 1-1/2 cups) drained tangerines
UGLI FRUIT					

Section 2 – Fruits					
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**
Ugli Fruit, fresh *Whole*	Pound	6.33	1/4 cup peeled, chopped fruit	15.8	1 lb AP = 0.67 lb (about 1-1/2 cups) ready-to-serve, raw peeled, chopped ugli fruit. One 32-count ugli fruit = about 14.6 oz
WATERMELON [9]					
Watermelon, fresh [9] *Whole*	Melon (about 27 lb)	168.90	1/4 cup fruit	0.60	
	Pound	6.10	1/4 cup diced fruit without rind	16.4	1 lb AP = 0.61 lb (about 1-1/2 cups) ready-to-serve raw, 1/2-inch diced watermelon without rind

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

BEST PRACTICES

HANDLING FRESH PRODUCE IN SCHOOLS

Fruits and vegetables are an important part of a healthy diet. Introducing children to them in schools will improve their present and future health. Fresh produce must be handled safely to reduce the risks of foodborne illness. There are a number of steps that foodservice employees can take to minimize the chances for fruits and vegetables they handle to become contaminated. Best practices for handling all types of produce are described in this fact sheet, along with practices specific to leafy greens, tomatoes, melons, and sprouts.

Contamination of produce with harmful microorganisms can occur at all stages of production, processing, transportation, storage, preparation, and service. To prevent foodborne illness, fresh produce needs to be handled with care at each step from farm to table.

Recommendations For Handling Fresh Produce

PURCHASING AND RECEIVING

- Use purchasing specifications that include food safety requirements, such as maintaining produce at the proper temperature, maintaining clean and pest-free storage areas and delivery vehicles, and complying with federal and state food safety laws and regulations.
- Ensure suppliers are getting produce from licensed, reputable sources.
- Check storage and handling practices of vendors.
- Establish procedures for inspecting and accepting or rejecting incoming deliveries. Procedures should include checking the condition of the fresh produce and the transportation vehicles to make sure specifications are met.

WASHING AND PREPARATION

- Inspect produce for obvious signs of soil or damage prior to cutting, slicing, or dicing. When in doubt about damaged produce, either cut away the affected areas or do not use the item.
- Wash produce before serving or cutting using either:

  Continuous running water.

  Chemical disinfectants, used according to the manufacturer's label instructions for recommended concentration and contact time. *Note: Do not soak produce or store in standing water.*
- Do not rewash packaged produce labeled "ready-to-eat," "washed," or "triple washed."
- Wash thoroughly with hot soapy water all equipment, utensils, and food contact surfaces that come into contact with cut produce. Rinse, sanitize, and air-dry before use.

HAND HYGIENE

- Wash hands thoroughly with soap and water before handling or cutting fresh produce. Rewash hands after breaks, visiting restrooms, sneezing, coughing, handling trash or money, or anytime hands become soiled or otherwise contaminated.
- Use a barrier such as gloves, deli paper, or an appropriate utensil to touch ready-to-eat produce. *Note: This does not eliminate the need for frequent proper handwashing.*
- Always wash hands before putting on disposable gloves.
- Change disposable gloves anytime the gloves may have been contaminated or when changing tasks.
- Do not wash or reuse disposable gloves.
- Change disposable gloves if they are torn or damaged.

SERVING

- Do not store produce in direct contact with ice or water while on display on serving lines and salad bars.
- Mark the time when cut produce is displayed without refrigeration. Display cut produce for a maximum of 4 hours if not in a refrigeration unit or containers surrounded by ice. Discard any uneaten produce at the end of 4 hours.
- Create safe salad bars and self-service lines by taking the following actions:
  - Protect food with sneeze guards or food shields in a direct line between the food and the mouth or nose, usually 14 to 18 inches above the food.
  - Use cleaned and sanitized long-handled tongs, spoons, and ladles so bare hands do not touch food and the utensils do not drop into the serving pans.
  - Change utensils periodically.
  - Set up the salad bar or self-service line as close to mealtime as possible to reduce the time that produce sits out.
  - Keep cold foods at or below 41°F in a refrigeration unit or surrounded by ice.
  - Monitor and document the internal temperature of self-service items every 30 minutes as with other foods on the service lines.
  - Clean up spills promptly. Wiping clothes should be stored in sanitizing solution and laundered daily.
  - Teach children salad bar etiquette. Assign an adult to monitor the salad bar and self-service line to make sure the customers—especially children—are not touching food with their hands, tasting food while in line, putting their heads under the sneeze guard, or returning food items.
  - Clearly label all salad dressings and other containers to discourage tasting.
  - Never add freshly prepared food to food already on salad bars and self-service lines.

STORAGE

- Maintain produce at the temperature recommended for the variety and particular stage of ripeness.
- Store produce at least 6 inches off the floor, including in walk-in refrigerators.
- Store produce in a covered container and above other items that might cause contamination.
- Follow manufacturer's instructions for the product such as "keep refrigerated" or "best if used by."
- Establish a policy for produce that is cut in-house to specify how long the refrigerated cut product may be used. Mark the product with "prepared on" or "use by" date.
- Wash produce just before preparation, not before storage.

TRAINING AND GENERAL FOOD SAFETY PRACTICES

- Develop training programs to teach the importance of food safety and proper handling of produce to all food handlers.
- Practice good food safety and food handling techniques to prevent cross-contamination.

Recommendations For Specific Types Of Produce

MELONS

- Avoid using whole melons that have visible signs of decay or damaged rinds (such as mechanical damage or cracking) due to the increased risk that harmful bacteria may have contaminated the melons.
- Wash the outer surface of the melon thoroughly under running cool tap water to remove surface dirt. Scrub melons with a clean produce brush before cutting. Cut away any bruised or damaged areas before serving.
- Discard cut melons after 4 hours if maintained at 41°F or above. If possible, display cut melons in a refrigerated case, not just on top of ice.
- Display cut melons for a maximum of 4 hours without being kept cool with refrigeration or ice and discard uneaten melons at the end of 4 hours.
- Mark the date on refrigerated cut melons to indicate that they must be consumed or discarded within 7 days.

TOMATOES

- Do not wash tomatoes in cold water. Use wash water temperatures that are at least 10°F warmer than the internal tomato temperature to prevent exterior bacteria from entering the interior of the tomato during washing.
- Ensure whole tomatoes are free from obvious signs of soil and skin damage, such as punctures, prior to cutting, slicing, or dicing. Either cut away any bruised or damaged areas, or do not use the tomato.
- Hold tomatoes at 41°F or below after cutting, including during display on serving lines and salad bars.
- Ensure the temperature of tomatoes purchased as fresh-cut (i.e., sliced, diced, or chopped) is 41°F or lower upon delivery and the tomatoes were kept cool continuously during transport. Reject fresh-cut tomatoes delivered at a temperature higher than 41°F.
- Mark the date on refrigerated cut tomatoes to indicate that they must be consumed or discarded within 7 days.
- Do not store cut tomatoes in direct contact with ice or water.

LEAFY GREENS

- Do not use leafy greens with visible signs of decay or damage because there is an increased risk of the presence of harmful bacteria. When in doubt about the use of decayed or damaged product, either remove the unusable portions or do not use the leafy greens.
- Do not rewash packaged produce labeled "ready-to-eat," "washed," or "triple washed."

SPROUTS

Due to the increasing number of illnesses associated with eating raw sprouts, the Food and Drug Administration has advised all consumers—especially children, pregnant women, the elderly, and persons with weakened immune systems—to not eat raw sprouts as a way to reduce the risk of foodborne illness. All sprouts should be cooked thoroughly before eating to reduce the risk of illness.

Resources

Council for Agricultural Science and Technology. **Food Safety and Fresh Produce: An Update.**
Available at http://www.cast-science.org/publications.asp

Food and Drug Administration. **Draft Guidance for Tomatoes, Leafy Greens, and Melons.**
Available at http://www.fda.gov/Food/FoodSafety/Product-SpecificInformation/FruitsVegetablesJuices/FDAProduceSafetyActivities/ucm174086.htm

Food and Drug Administration. **Safe Handling of Raw Produce and Fresh-Squeezed Fruit and Vegetable Juices.**
Available at http://www.cfsan.fda.gov/~dms/prodsafe.html

National Restaurant Association. **Guidelines on How to Keep Salad Bars Safe.**
Available at http://www.restaurant.org/foodsafety/how_to_salad.cfm

U.S. Department of Agriculture. **Fresh Fruit and Vegetable Program Handbook.**
Available at http://www.fns.usda.gov/cnd/FFVP/Resources/FFVPhandbookFINAL.pdf

U.S. Department of Agriculture. **Fruits & Vegetables Galore: Helping Kids Eat More.**
Available at http://www.fns.usda.gov/TN/Resources/fv_galore.html

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Information about this and other topics may be obtained by contacting the
NATIONAL FOOD SERVICE MANAGEMENT INSTITUTE,
The University of Mississippi; Telephone: 800.321.3054; Item number ET100-10

USDA

NFSMI
National Food Service Management Institute
The University of Mississippi

Handling Fresh Produce on Salad Bars*

Follow these recommendations to reduce the risk of foodborne illness from salad bars or self-service lines. Follow your school district's food safety plan for appropriate actions when temperature standards are not met.

Preparation and Set Up

- Use equipment with food shields or sneeze guards. In elementary schools, equipment with a solid barrier between the students and the food is recommended.**
- Consider offering pre-packaged or pre-portioned items for students in all grades. In elementary schools, pre-packaged or pre-portioned items are recommended for all self-service items.**
- Place a clean and sanitized utensil in each container on the salad bar. Replace utensils at the beginning of each meal period.
- Label containers to identify foods and condiments.
- Use dispensers or single-use packages for salad dressings and other condiments.
- Set up the salad bar just prior to serving time.
- Select container size so that food is used within one meal period.
- Provide individually wrapped eating utensils, or keep unwrapped utensils in containers with the handles up.

Temperature Control

- Verify that the temperature of equipment is at 41 °F or below before use.
- Check to be sure the bottom of the pan comes into contact with the ice or ice pack, when using them for temperature control.
- Chill foods to an internal temperature of 41 °F or below before placing on the salad bar.
- Check and record internal temperatures of each food item with a clean, sanitized, and calibrated thermometer before placing it on the salad bar. Check at least every two hours to verify that it remains at or below 41 °F.

Supervision

- Consider using a serving line with a solid food shield in elementary schools, allowing students to select items for assisted service rather than self-service. Employees place selected items on a plate or tray, then pass it over the food shield to students.**

Handling Fresh Produce on Salad Bars, continued

- Monitor self-service salad bar in middle and high schools to ensure that students do not:
  - Touch food with bare hands.
  - Touch food with clothing or jewelry.
  - Cough, spit, or sneeze on food.
  - Use utensils in multiple containers.
  - Place foreign objects in food.
  - Place dropped food or utensils back into containers.
  - Use the same plate or tray on subsequent trips.
- Assist students with utensils, if needed.
- Avoid adding or layering freshly prepared food on top of food already on salad bars and self-service lines. Check with your state or local health department for regulations on replenishing food.
- Use a clean cloth or towel dipped in sanitizing solution to wipe surfaces during and between meal periods. Store sanitizing solution away from salad bar.

Clean Up

- Remove food immediately after the last meal period.
- Cover, label, date, and refrigerate food remaining at the end of service if it will be served the following day.
- Discard food that may have been contaminated, either unintentionally or intentionally.
- Use chemical sprays only after all food has been removed.

*These best practices are based on the 2009 FDA Food Code. Follow the food code for your local or state jurisdiction. Consult with your local health department if you have any questions. www.fda.gov/Food/FoodSafety/RetailFoodProtection/FoodCode/FoodCode2009/default.htm

**Recommendations based on 2010 NSF International/American National Standard Institute (ANSI) Standard 2 for Food Equipment. www.nsf.org

These best practices are consistent with NFSMI's Standard Operating Procedures for Holding Hot and Cold Potentially Hazardous Foods and Preventing Contamination at Food Bars.
http://nfsmi.org/documentlibraryfiles/PDF/20080213010741.pdf
http://nfsmi.org/documentlibraryfiles/PDF/20080213011044.pdf

Handling Fresh Produce in Classrooms*

Guidance for School Nutrition Staff

Follow your school district's food safety plan for appropriate actions when temperature standards are not met.

- Wash hands thoroughly with soap and water prior to handling or serving fresh fruits and vegetables to students.**
- Pre-package cut produce into single-serve, closed or covered containers or individually sealed bags.
- Consider packaging whole produce, such as oranges, apples, plums, etc, in bags or wrap.
- Provide condiments, such as ranch or yogurt dip, in single-serve portions to minimize cross-contamination.
- Provide wrapped, disposable utensils to students, if needed.
- Deliver produce to classrooms immediately prior to service.
- Use a clean, sanitized, and calibrated thermometer to check food temperatures. Cut produce should be 41°F or below. Record produce temperatures when delivered to the classroom.
- Use coolers with ice, ice packs, or mobile refrigerated carts to keep produce cold if holding it in classrooms prior to service.
- Return to classrooms to pick up leftover produce after service.
- Discard all leftover cut produce, such as veggie sticks, sliced apples, sliced oranges, or melon.
- Wash all leftover unpackaged whole produce, such as apples or pears, if serving it again.
- Train classroom teachers and staff at the beginning of each school year about hand-washing, controlling time/temperature, and preventing cross contamination.

*These best practices are based on the 2009 FDA Food Code. Follow the food code for your local or state jurisdiction. Consult with your local health department if you have any questions. www.fda.gov/Food/FoodSafety/RetailFoodProtection/FoodCode/FoodCode2009/default.htm

**For hand washing information refer to the National Food Service Management Institute's resource, *Wash Your Hands: Educating the School Community*: www.nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=118

Handling Fresh Produce in Classrooms, continued

Guidance for Teachers and Aids

- Wash hands thoroughly with soap and water prior to handling or serving fresh fruits and vegetables to students.*
- Allow time for students to wash their hands with soap and water prior to eating fresh produce, if possible.
- Use hand sanitizers if soap and water are not available. Hand sanitizers alone kill most, but not all, harmful microorganisms.
- Keep produce cold, or serve produce as soon as possible after it is delivered to the classroom.
- Do not serve any cut produce that has been held at room temperature for more than 2 hours or above 90 °F for more than one hour.**
- Distribute produce or allow students to select pre-packaged produce to minimize potential contamination.
- Discard all leftover fresh-cut produce, such as veggie sticks, sliced apples, sliced oranges, or melon.

*For hand washing information refer to the National Food Service Management Institute's resource, *Wash Your Hands: Educating the School Community*: www.nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=118

**Source: The Partnership for Food Safety Education. www.fightbac.org/safe-food-handling/chill