

Food Buying Guide for Child Nutrition Programs

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 <i>36 count (large)</i> <i>Untrimmed</i> <i>Whole</i>	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
	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 <i>Bottoms</i>	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 <i>Hearts</i>	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 <i>Hearts</i>	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 <i>Whole</i>	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 <i>Cuts and Tips</i>	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

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ASPARAGUS – Other Subgroup (continued)					
Asparagus, canned <i>Cuts and Tips</i>	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 <i>Spears</i>	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 <i>Spears</i>	Pound	10.70	1/4 cup cooked vegetable	9.4	
AVOCADOS – Other Subgroup					
Avocados, fresh <i>All sizes</i> <i>Whole</i>	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	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
AVOCADOS – Other Subgroup (continued)					
Avocados, fresh <i>California</i> 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 <i>Florida</i> (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 <i>Sliced</i>	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 <i>Whole</i> <i>Includes USDA Foods</i>	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
	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 <i>Whole</i>	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					
Beans, Black- eyed (or Peas), fresh <i>Shelled</i>	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 <i>Whole</i>	Pound	11.20	1/4 cup cooked, drained vegetable	9.0	

Section 2 – Vegetables (All Vegetable Subgroups)

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BEANS, BLACK-EYED (or PEAS) - Beans and Peas (Legumes) Subgroup					
Beans, Black-eyed (or Peas), dry <i>Whole</i> <i>Includes USDA Foods</i>	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 <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (108 oz)	37.70	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans
	No. 300 can (15 oz)	4.91	1/4 cup heated, drained vegetable	20.4	
BEANS, GARBANZO OR CHICKPEAS - Beans and Peas (Legumes) Subgroup					
Beans, Garbanzo or Chickpeas, dry, canned <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (105 oz)	42.00	1/4 cup drained vegetable	2.4	1 No. 10 can = about 68.4 oz (10-1/2 cups) unheated, drained beans
	No. 300 can (15 oz)	6.70	1/4 cup drained vegetable	15.0	1 No. 300 can = about 9.6 oz (1-2/3 cups) unheated, drained beans
	Pound	6.31	1/4 cup drained vegetable	15.9	
Beans, Garbanzo or Chickpeas, dry <i>Whole</i>	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					
Beans, Great Northern, dry, canned <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (110 oz)	32.40	1/4 cup heated, drained vegetable	3.1	1 No. 10 can = about 68.5 oz (about 8-1/8 cups) heated, drained beans
	No. 300 can (14 oz)	4.37	1/4 cup heated, drained vegetable	22.9	

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 - Beans and Peas (Legumes) Subgroup (continued)					
Beans, Great Northern, dry <i>Whole</i> <i>Includes USDA Foods</i>	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 <i>Trimmed</i> <i>Whole</i> <i>Ready-to-use</i>	Pound	22.00	1/4 cup whole, raw vegetable	4.6	1 lb AP = 1 lb (about 5-3/8 cups) ready-to-cook beans
	Pound	12.40	1/4 cup whole, cooked, drained vegetable	8.1	1 lb AP = 0.86 lb (about 3 cups) cooked, drained beans
	Pound	16.40	1/4 cup cut, raw vegetable	6.1	1 lb AP = 1 lb (about 4 cups) ready-to-cook beans
	Pound	11.20	1/4 cup cut, cooked, drained vegetable	9.0	1 lb AP = 0.89 lb (about 2-3/4 cups) cooked, drained, cut beans
Beans, Green, fresh <i>Untrimmed</i> <i>Whole</i>	Pound	11.10	1/4 cup whole, cooked vegetable	9.1	1 lb AP = 0.88 lb ready-to-cook beans
Beans, Green, canned <i>Cut</i> <i>Includes USDA Foods</i>	No. 10 can (101 oz)	45.30	1/4 cup heated, drained vegetable	2.3	1 No. 10 can = about 60.0 oz (12-7/8 cups) drained, unheated beans
	No. 10 can (101 oz)	51.10	1/4 cup drained vegetable	2.0	
	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

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BEANS, GREEN – Other Subgroup (continued)					
Beans, Green, canned <i>Cut</i> Includes USDA Foods	Pound	7.17	1/4 cup heated, drained vegetable	14.0	
	Pound	8.10	1/4 cup drained vegetable	12.4	
Beans, Green, canned <i>French style</i> Includes USDA Foods	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
	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 <i>Whole</i> Includes USDA Foods	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
	No. 10 can (101 oz)	52.20	1/4 cup drained vegetable	2.0	
Beans, Green, canned <i>Whole</i> 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	

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BEANS, GREEN – Other Subgroup (continued)					
Beans, Green, frozen <i>Cut</i> <i>Includes USDA Foods</i>	Pound	11.60	1/4 cup cooked, drained vegetable	8.7	
Beans, Green, frozen <i>French style</i> <i>Includes USDA Foods</i>	Pound	12.00	1/4 cup cooked, drained vegetable	8.4	
Beans, Green, frozen <i>Whole</i> <i>Includes USDA Foods</i>	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 <i>Whole</i>	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
Beans, Green, Flat Italian, frozen <i>Whole</i>	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 <i>Whole</i> <i>Includes USDA Foods</i>	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	

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BEANS, KIDNEY - Beans and Peas (Legumes) Subgroup (continued)					
Beans, Kidney, dry, canned <i>Whole</i> <i>Includes USDA Foods</i>	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 <i>Whole</i> <i>Includes USDA Foods</i>	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 <i>Baby</i> <i>Whole</i> <i>Includes USDA Foods</i>	Pound	23.40	1/4 cup cooked vegetable	4.3	1 lb dry = about 2-3/8 cups dry beans
Beans, Lima, dry <i>Fordhook</i> <i>Whole</i>	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 <i>Green</i> <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (105 oz)	42.40	1/4 cup heated, drained vegetable	2.4	1 No. 10 can = about 70.9 oz (11-3/4 cup) drained, unheated beans
	No. 2-1/2 can (40 oz)	15.70	1/4 cup heated, drained vegetable	6.4	1 No. 2-1/2 can = about 27.0 oz (4-1/2 cups) drained, unheated beans
Beans, Lima, canned <i>Green</i> <i>Whole</i> <i>Includes USDA Foods</i>	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

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Beans, Lima, fresh <i>Shelled Whole</i>	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 <i>Baby Whole</i>	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	
Beans, Lima, frozen <i>Fordhook Whole</i>	Pound	11.10	1/4 cup cooked, drained vegetable	9.1	
BEANS, MUNG - Beans and Peas (Legumes) Subgroup					
Beans, Mung, dry <i>Whole</i>	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					
Beans, Navy or Pea, dry <i>Whole Includes USDA Foods</i>	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 <i>Whole Includes USDA Foods</i>	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 <i>Whole Includes USDA Foods</i>	Pound	19.30	1/4 cup cooked vegetable	5.2	1 lb dry = about 2-1/4 cups dry beans

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BEANS, PINTO - Beans and Peas (Legumes) Subgroup					
Beans, Pinto, dry, canned <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (108 oz)	37.20	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans
	Pound	5.51	1/4 cup heated, drained vegetable	18.2	
Beans, Pinto, dry <i>Whole</i> <i>Includes USDA Foods</i>	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					
Bean Products, dry beans, canned <i>Beans Baked or In Sauce</i> <i>Vegetarian</i> <i>Includes USDA Foods</i>	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 <i>Beans Baked or in Sauce with Pork</i>	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	

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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 <i>Includes USDA Foods</i>	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					
Beans, Red, Small, dry, canned <i>Whole Includes USDA Foods</i>	No. 10 can (111 oz)	31.90	1/4 cup heated, drained vegetable	3.2	1 No. 10 can = about 71.2 oz (8 cups) heated, drained beans
	No. 300 can (15-1/2 oz)	4.94	1/4 cup heated, drained vegetable	20.3	1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans
Beans, Red, Small, dry <i>Whole Includes USDA Foods</i>	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) <i>Shelled</i>	Pound	10.70	1/4 cup cooked, drained vegetable	9.4	

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Beans, Soy, fresh (Edamame) <i>Whole In shell</i>	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 <i>Shelled</i>	Pound	7.30	1/4 cup heated, drained vegetable	13.7	
BEANS, SOY – Beans and Peas (Legumes) Subgroup (continued)					
Beans, Soy, dry <i>Shelled</i>	Pound	25.90	1/4 cup cooked vegetable	3.9	1 lb dry = about 2-1/2 cups dry beans
BEAN SPROUTS¹ - Other Subgroup					
Bean Sprouts, fresh¹ <i>Mung</i>	Pound	14.60	1/4 cup parboiled, drained vegetable	6.9	1 lb AP = 0.89 lb parboiled bean sprouts
Bean Sprouts, fresh¹ <i>Soybean</i>	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

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.

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BEANS, WAX - Other Subgroup					
Beans, Wax, fresh <i>Whole Untrimmed</i>	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	
	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 <i>Without tops</i>	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

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
Beets, canned <i>Baby</i> <i>Whole</i>	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 <i>Baby</i> <i>Whole</i>	Pound	5.70	1/4 cup heated, drained vegetable	17.6	
	Pound	6.24	1/4 cup drained vegetable	16.1	
Beets, canned <i>Diced</i>	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
	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 <i>Sliced</i>	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

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
BEET GREENS – Dark Green Subgroup					
Beet Greens, fresh <i>Untrimmed</i>	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 <i>Whole</i>	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 <i>Guatemalan</i>	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					
Broccoli, fresh <i>Untrimmed</i>	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 <i>Florets</i> <i>Trimmed</i> <i>Ready-to-use</i>	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 <i>Spears</i> <i>Trimmed</i> <i>Ready-to-use</i>	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 <i>Slaw</i> <i>Ready-to-use</i>	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

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, frozen <i>Spears</i>	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 <i>Cut or chopped</i>	Pound	9.60	1/4 cup cooked, drained vegetable	10.5	
BRUSSELS SPROUTS - Other Subgroup					
Brussels Sprouts, fresh <i>Whole</i>	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 <i>Trimmed Ready-to-use</i>	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
Brussels Sprouts, frozen <i>Ready-to-use</i>	Pound	10.40	1/4 cup cooked, drained vegetable	9.7	
CABBAGE, CHINESE OR CELERY - Dark Green Subgroup					
Cabbage, Chinese, or Celery fresh <i>Untrimmed</i>	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 <i>Green Untrimmed Whole</i>	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	

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	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 <i>Green</i> <i>Untrimmed</i> <i>Whole</i>	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 <i>Green</i> <i>Shredded</i> <i>Ready-to-use</i>	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					
Cabbage, Red, fresh <i>Whole</i> <i>Untrimmed</i>	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 <i>Shredded</i> <i>Ready-to-use</i>	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 <i>Leaves (or petals)</i> <i>Unpeeled</i> <i>With thorns</i>	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

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
Cactus (Nopales), fresh <i>Leaves (or Petals) Unpeeled Without thorns</i>	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 <i>Leaves (or Petals) Cut</i>	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 <i>Without tops</i>	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
	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

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
Carrots, fresh <i>Shredded</i> <i>Ready-to-use</i>	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 <i>Sliced</i> <i>Peeled</i> <i>Ready-to-use</i>	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 <i>Sticks, Ready-to-use (1/2-inch by 4-inch)</i>	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 <i>Baby</i> <i>Ready-to-use</i>	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
	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 <i>Diced</i> <i>Includes USDA Foods</i>	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 <i>Sliced</i> <i>Includes USDA Foods</i>	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

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. 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 <i>Sliced</i> <i>Includes USDA</i> <i>Foods</i>	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 <i>Baby</i>	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	
CASSAVA (see YUCCA) – Starchy Subgroup					
CAULIFLOWER - Other Subgroup					
Cauliflower, fresh <i>Whole</i> <i>Trimmed</i>	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 <i>Florets</i> <i>Ready-to-use</i>	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 <i>Trimmed</i>	Pound	12.20	1/4 cup raw vegetable sticks or strips (about 3 sticks, 1/2-inch by 4-inch sticks)	8.2	

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	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	
Celery, fresh <i>Trimmed</i>	Pound	8.10	1/4 cup sliced, cooked, drained vegetable	12.4	
Celery, fresh <i>Sticks</i> <i>Ready-to-use</i> <i>(1/2-inch by 4-inch)</i>	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
Celery, fresh <i>Diced</i> <i>Ready-to-use</i>	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 <i>Diced</i>	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	

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, canned <i>Diced In sauce</i>	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 <i>Whole Unpeeled</i>	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					
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 <i>Untrimmed</i>	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

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 (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 <i>Chopped or Whole leaf</i>	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	
CORN – Starchy Subgroup					
Corn, fresh <i>With husks (5 to 6-inch length) Medium</i>	Pound	1.67	1 medium ear (about 1/2 cup cooked vegetable)	59.9	1 lb AP = 0.34 lb raw cut corn
	Pound	3.35	1/4 cup cooked vegetable (about 1/2 cob)	29.9	
Corn, fresh <i>Without husks (5 to 6-inch length) Medium</i>	Pound	2.33	1 medium ear (about 1/2 cup cooked vegetable)	43.0	1 lb AP = 0.54 lb raw cut corn
	Pound	5.27	1/4 cup cooked vegetable (about 1/2 cob)	19.0	
Corn, canned <i>Cream style Includes USDA Foods</i>	No. 10 can (106 oz)	46.40	1/4 cup heated vegetable	2.2	1 No. 10 can = about 100.7 oz (11-1/2 cups) heated corn
	No. 300 can (15 oz)	6.35	1/4 cup heated vegetable	15.8	1 No. 300 can = about 13.0 oz (1-1/2 cups) heated corn
Corn, canned <i>Whole kernel Vacuum packed Includes USDA Foods</i>	No. 10 can (75 oz)	34.10	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 60.5 oz (8-1/2 cups) heated, drained corn
	No. 10 can (75 oz)	36.80	1/4 cup drained vegetable	2.8	1 No. 10 can = about 63.0 oz (9 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
	No. 2 can (12 oz)	6.60	1/4 cup heated, drained vegetable	15.2	1 No. 2 can = about 10.0 oz (1-2/3 cups) drained, heated corn
Corn, canned <i>Whole kernel</i> <i>Liquid pack</i> <i>Includes USDA Foods</i>	No. 10 can (106 oz)	39.60	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 66.0 oz (9-7/8 cups) heated, drained corn
	No. 10 can (106 oz)	40.70	1/4 cup drained vegetable	2.5	1 No. 10 can = about 73.3 oz (10-2/3 cups) drained, unheated corn
	No. 300 can (15-1/4 oz)	5.68	1/4 cup heated, drained vegetable	17.7	1 No. 300 can = about 9.3 oz (1-3/8 cups) heated, drained corn
CORN – Starchy Subgroup (continued)					
Corn, canned <i>Whole kernel</i> <i>Liquid pack</i> <i>Includes USDA Foods</i>	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
Corn, frozen <i>Whole Kernel</i> <i>Includes USDA Foods</i>	Pound Pound	11.10	1/4 cup tempered vegetable (unheated for salads)	9.1	1 lb AP = 0.99 lb (about 2-3/4 cups) ready-to-serve raw tempered corn
		11.00	1/4 cup cooked vegetable	9.1	
Corn, frozen <i>Corn on the cob</i> <i>3-inch ear (cobbette)</i> <i>Includes USDA Foods</i>	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 <i>Corn on the cob</i> <i>5-1/4-inch ear (medium)</i> <i>Includes USDA Foods</i>	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

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 - Other Subgroup					
Cucumbers, fresh <i>Whole Unpared</i>	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)					
Cucumbers, fresh <i>Whole Unpared</i>	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 <i>Whole</i>	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 <i>Whole</i>	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 <i>Whole with stem</i>	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

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
Grape Leaves, canned <i>Pickled</i>	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 <i>Whole</i>	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 <i>Trimmed With stem Ready-to-use</i>	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
	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 <i>Trimmed Without stem</i>	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 <i>Untrimmed</i>	Pound	11.80	1/4 cup cooked, drained vegetable	8.5	1 lb AP = 0.67 lb ready-to-cook kale

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
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		23.0	
	Pound	6.56	1/4 cup heated, drained vegetable 1/4 cup drained vegetable	15.3	
KALE - Dark Green Subgroup (continued)					
Kale, frozen <i>Chopped</i>	Pound	12.10	1/4 cup cooked, drained vegetable	8.3	
Kale, frozen <i>Whole leaf</i>	Pound	9.50	1/4 cup cooked, drained vegetable	10.6	
KOHLRABI - Other Subgroup					
Kohlrabi, fresh <i>Untrimmed</i>	Pound	5.10	1/4 cup cooked, drained vegetable	19.7	1 lb AP = 0.45 lb ready- to-cook, pared kohlrabi
Kohlrabi, fresh <i>Whole</i> <i>With leaves and</i> <i>stems</i>	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

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
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 <i>Iceberg Head Untrimmed</i>	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 <i>Iceberg, Head Cleaned and cored Ready-to-use</i>	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 <i>Salad mix (mostly iceberg, some romaine with shredded carrot and red cabbage)</i>	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
Lettuce, fresh <i>Mixed greens (equal amounts of iceberg and romaine with shredded carrots and red cabbage)</i>	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

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 – Dark Green Subgroup					
Lettuce, fresh <i>Dark Green Leafy (loose lettuce)</i> <i>Untrimmed</i>	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 <i>Romaine</i> <i>Untrimmed</i>	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 <i>Whole</i>	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 <i>Whole</i>	Pound	18.70	1/4 cup raw, sliced vegetable	5.4	1 lb AP = 0.98 lb ready-to-cook mushrooms
	Pound	8.30	1/4 cup sliced, cooked, drained vegetable	12.1	1 lb AP = 0.43 lb cooked, sliced mushrooms
Mushrooms, fresh <i>Slices</i> <i>Ready-to-use</i>	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

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
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 <i>Slices</i>	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 <i>Trimmed Without Stems</i>	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 <i>Untrimmed</i>	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
	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	

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
Mustard Greens, frozen <i>Chopped</i>	Pound	11.60	1/4 cup cooked, drained vegetable	8.7	
Mustard Greens, frozen <i>Leaf</i>	Pound	12.30	1/4 cup cooked, drained vegetable	8.2	
NOPALES (see CACTUS) - Other Subgroup					
OKRA - Other Subgroup					
Okra, fresh <i>Whole</i>	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 <i>Cut</i>	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 1 No. 300 can = about 7.1 oz (1-1/8 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	
Okra, frozen <i>Cut</i>	Pound	9.10	1/4 cup cooked, drained vegetable	11.0	
Okra, frozen <i>Whole</i>	Pound	11.80	1/4 cup cooked, drained vegetable	8.5	
OLIVES - Other Subgroup					
Olives, canned <i>Green Stuffed</i>	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	

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 <i>Green</i> <i>Whole</i> <i>With pits</i>	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 <i>Green</i> <i>Whole</i> <i>Pitted</i>	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 <i>Ripe</i> <i>Pitted</i> <i>Large</i> <i>Whole</i>	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 <i>Ripe</i> <i>Pitted</i> <i>Large</i> <i>Whole</i>	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 <i>Ripe</i> <i>Sliced</i>	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
Olives, frozen <i>Ripe</i> <i>1/4-inch slices</i>	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 <i>Whole</i>	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

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	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 <i>All sizes Whole</i>	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 <i>Yellow, Jumbo Whole</i>	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 <i>Diced Ready-to-use</i>	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 <i>Sliced Ready-to-use</i>	Pound	12.70	1/4 cup sliced, raw vegetable	7.9	1 lb AP = 1 lb ready-to-serve or -cook onion
Onions, Mature, canned <i>Whole</i>	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

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, frozen <i>Chopped</i>	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 <i>Chopped</i>	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 <i>Curly</i>	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 <i>Whole</i>	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 <i>Edible podded</i> <i>Whole</i>	Pound	11.40	1/4 cup cooked, drained vegetable	8.8	
PEAS, FIELD - Starchy Subgroup					
Peas, Field, canned <i>With snaps</i>	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

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. 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 <i>Shelled</i>	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 <i>Includes USDA Foods</i>	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 <i>Includes USDA Foods</i>	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					
Peas, Green, dry <i>Whole</i>	Pound	25.60	1/4 cup cooked vegetable	4.0	1 lb dry = about 2-1/3 cups dry peas
Peas, Green, dry <i>Split</i> <i>Includes USDA Foods</i>	Pound	23.10	1/4 cup cooked vegetable	4.4	1 lb dry = about 2-1/4 cups dry split peas

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, PIGEON, GREEN - Starchy Subgroup					
Peas, Pigeon, Green, frozen <i>Immature</i>	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 <i>Whole</i>	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 <i>Whole</i>	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					
Peppers, Bell, fresh <i>Green or Yellow Medium or Large Whole</i>	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 <i>Green or Yellow Diced</i>	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	

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, dehydrated <i>Green or Yellow Diced</i>	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 <i>Orange or Red Medium or Large Whole</i>	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 <i>Orange or Red Diced</i>	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 <i>Orange or Red Diced</i>	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 dehydrated vegetable	2.6	
PEPPERS, CHERRY – Red/Orange Subgroup					
Peppers, fresh <i>Cherry Whole with stem</i>	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

Section 2 – Vegetables (All Vegetable Subgroups)

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PEPPERS, GREEN CHILIES - Other Subgroup					
Peppers, Green Chilies, fresh <i>Anaheim</i> <i>Whole with stem</i>	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 <i>Jalapeño</i> <i>Whole with stem</i>	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 <i>Chopped</i>	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 <i>Chopped</i>	No. 10 can (99 oz)	47.10	1/4 cup unheated vegetable	2.2	1 No. 10 can = about 11-3/4 cups peppers
	Pound	7.98	1/4 cup heated vegetable	12.6	
Peppers, Green, Chilies, canned <i>Jalapeño</i> <i>Slices</i>	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 <i>Jalapeño</i> <i>Whole</i>	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

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 - Other Subgroup					
Pickles, canned <i>Chips</i>	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 <i>Spears</i> <i>Medium size</i> <i>4.75 x 0.75 x 1.5-</i> <i>inches</i>	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 <i>Whole</i>	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 <i>Whole</i>	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 <i>Chopped or Diced</i>	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 <i>Whole</i>	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 <i>Green</i>	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 <i>Ripe</i>	Pound	5.60	1/4 cup peeled, sliced, cooked vegetable	17.9	1 lb = 0.65 lb ready-to- cook peeled, sliced plantains

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
POI – Starchy Subgroup					
Poi <i>Undiluted</i>	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
POTATOES - Starchy Subgroup					
Potatoes, fresh <i>Red</i> <i>Whole</i>	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 <i>White or Russet</i> <i>All sizes</i> <i>Whole</i> <i>Includes USDA</i> <i>Foods</i>	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 <i>White or Russet</i> <i>120 Count</i> <i>(approx. 6 oz each)</i> <i>Whole</i>	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	

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 (continued)					
Potatoes, fresh <i>White or Russet</i> 100 Count (approx. 8 oz each) <i>Whole</i>	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	
Potatoes, fresh <i>White or Russet</i> 80 Count (approx. 10 oz each) <i>Whole</i>	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 <i>Diced</i>	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 <i>Sliced</i>	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 <i>Whole</i> <i>Small</i>	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 <i>Diced</i> <i>Precooked</i>	Pound	10.10	1/4 cup tempered, unheated vegetable	10.0	1 lb AP = 1 lb (about 2- 1/2 cups) tempered 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
POTATOES - Starchy Subgroup (continued)					
Potatoes, frozen <i>Diced</i> <i>Precooked</i>	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 <i>Shells</i>	Pound	11.10	1/4 cup baked vegetable	9.1	1 lb AP = 0.90 lb baked potato shell
Potatoes, frozen <i>Wedges</i> <i>USDA Foods</i>	Pound	11.90	1/4 cup baked vegetable	8.5	1 lb AP = 0.71 lb (about 2-7/8 cups) baked potato
	5 lb pkg	59.50	1/4 cup baked vegetable	1.7	5 lb bag = about 14-7/8 cups baked potato
Potatoes, frozen <i>Whole</i> <i>Small</i>	Pound	10.10	1/4 cup cooked vegetable	10.0	
Potatoes, dehydrated <i>Diced</i> <i>Low moisture</i> <i>Includes USDA Foods</i>	Pound	45.10	1/4 cup reconstituted, heated vegetable	2.3	1 lb dry = about 5-1/8 cups dehydrated diced potatoes
Potatoes, dehydrated <i>Flake</i> <i>Low moisture</i> <i>Includes USDA Foods</i>	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 <i>Low moisture</i> <i>Includes USDA Foods</i>	Pound	50.50	1/4 cup reconstituted, heated vegetable	2.0	1 lb dry = about 2-1/4 cups dehydrated potato granules
Potatoes, dehydrated <i>Slices</i> <i>Low moisture</i> <i>Includes USDA Foods</i>	Pound	43.50	1/4 cup reconstituted, heated vegetable	2.3	1 lb dry = about 9-2/3 cups dehydrated potato 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
POTATOES, FRENCH FRIES – Starchy Subgroup					
Potatoes, French Fries, frozen <i>Crinkle cut Low moisture Ovenable Includes USDA Foods</i>	Pound	16.20	1/4 cup cooked vegetable	6.2	1 lb AP = 0.92 lb (about 4 cups) baked French fries
	4 lb pkg	64.90	1/4 cup cooked vegetable	1.6	
Potatoes, French Fries, Frozen <i>Crinkle cut Regular moisture</i>	Pound	12.60	1/4 cup cooked vegetable	8.0	1 lb AP = 0.81 lb (about 3-1/8 cups) baked French fries
	4-1/2 lb pkg	56.70	1/4 cup cooked vegetable	1.8	
Potatoes, French Fries, frozen <i>Curly (1/3-inch width)</i>	Pound	16.20	1/4 cup cooked vegetable	6.2	1 lb AP = 0.66 lb baked French fries (about 4 cups)
	4-1/2 lb pkg	72.90	1/4 cup cooked vegetable	1.4	
Potatoes, French Fries, frozen <i>Shoestring Straight cut Low moisture</i>	Pound	14.20	1/4 cup cooked vegetable	7.1	1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries
	4-1/2 lb pkg	63.90	1/4 cup cooked vegetable	1.6	
Potatoes, French Fries, frozen <i>Shoestring Straight cut Regular moisture</i>	Pound	17.50	1/4 cup cooked vegetable	5.8	
	4-1/2 lb pkg	79.00	1/4 cup cooked vegetable	1.3	

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
Potatoes, French Fries, frozen <i>Straight cut</i> <i>Regular moisture</i> <i>Ovenable</i>	Pound	14.00	1/4 cup cooked vegetable	7.2	1 lb AP = 0.63 lb (about 3-1/2 cups) baked French fries
	5 lb pkg	70.00	1/4 cup cooked vegetable	1.5	5 lb bag = about 17-1/2 cups baked French fries
POTATO PRODUCTS² - Starchy Subgroup					
Potato Products, fresh <i>Raw</i> <i>Shredded</i> <i>Pre-portioned</i> <i>3.0 oz</i>	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 <i>Hashed patty</i> <i>Pre-browned</i> <i>2.25 oz each</i>	Pound	7.11	1 cooked patty (about 1/4 cup cooked vegetable)	14.1	
Potato Products, frozen <i>Hash browns</i> <i>Diced</i>	Pound	7.70	1/4 cup cooked vegetable	13.0	
Potato Products, frozen <i>Mashed</i>	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 <i>Skins or Pieces or Wedges, etc.</i> <i>With skin</i> <i>Cooked</i>	Pound	10.60	1/4 cup heated vegetable	9.5	

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, frozen <i>Rounds²</i> <i>Regular Size</i> <i>Includes USDA Foods</i>	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
POTATO PRODUCTS – Starchy Subgroup					
Potato Products, frozen <i>Rounds²</i> <i>Mini Size</i>	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 <i>Circles</i>	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 <i>Hashed Browns</i>	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 <i>Whole</i>	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	1 No. 300 can = about 15.1 oz (1-3/4 cups) ready-to-serve or -cook pumpkin
	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	

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
	Pound	7.77	1/4 cup heated vegetable	12.9	
RADISHES - Other Subgroup					
Radishes, Fresh <i>Without tops</i>	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	
RUTABAGAS - Other Subgroup					
Rutabagas, fresh <i>Whole</i>	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	
SALSA³ – Red/Orange Subgroup					
Salsa, canned <i>USDA Foods</i> <i>(all vegetable</i> <i>ingredients plus a</i> <i>minor amount of</i> <i>spices)</i>	No. 10 can (106 oz)	49.30	1/4 cup vegetable	2.1	1 No. 10 can = about 12- 1/3 cups vegetable
Salsa, canned³ <i>Chunky</i> <i>Commercial</i> <i>(all vegetable</i> <i>ingredients plus a</i> <i>minor amount of</i> <i>spices)</i>	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

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
	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	
SEAWEED - Other Subgroup					
Seaweed, dehydrated <i>Wakame</i>	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 Subgroup⁴					
Soups, canned⁴ <i>Condensed</i> <i>(1 part soup to 1</i> <i>part water)</i> <i>minestrone,</i> <i>tomato,</i> <i>tomato with other</i> <i>basic components</i> <i>such as rice,</i> <i>vegetable (all</i> <i>vegetable), and</i> <i>vegetable with</i> <i>other basic</i> <i>components such</i> <i>as meat or</i> <i>poultry</i>	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	

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, canned⁴ <i>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)</i>	8 fl oz can	1.00	1 cup serving (about 1/4 cup vegetable)	100.0	
SOUPS, CANNED – Other Subgroup					
Soups, canned <i>Bean Soup Condensed (1 part soup to 1 part water)</i>	No. 3 Cyl (54 oz)	23.00	1/2 cup reconstituted (1/4 cup heated beans)	4.4	Reconstitute 1 part soup with not more than 1 part water
	Pound	6.80	1/2 cup reconstituted (1/4 cup heated beans)	14.8	
Soups, canned <i>Bean Soup Ready-to-serve</i>	8 oz can	1.00	1 cup serving (1/2 cup heated beans)	100.0	
SPINACH - Dark Green Subgroup					
Spinach, fresh <i>Partly trimmed</i>	Pound	30.70	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP)	3.3	1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach
	Pound	20.40	1/4 cup raw vegetable with dressing (credits as 1/8 cup in NSLP/SBP)	5.0	
	Pound	7.60	1/4 cup cooked, drained vegetable	13.2	
Spinach, fresh <i>Leaves (4-inch by 9-inch) Ready-to-use</i>	Pound	25.60	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP)	4.0	1 lb AP = 1 lb (about 6-3/8 cups) ready-to-cook or -serve raw spinach
	Pound	12.60	1/4 cup wilted vegetable	8.0	1 lb AP = 1.03 lb (about 3-1/8 cups) wilted (lightly steamed for one minute) 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, canned	No. 10 can (98 oz)	25.20	1/4 cup heated, drained vegetable	4.0	1 No. 10 can = about 55.0 oz drained spinach
	No. 2-1/2 can (27 oz)	6.90	1/4 cup heated, drained vegetable	14.5	1 No. 2-1/2 can = about 17.6 oz (2-1/4 cups) drained spinach
	No. 300 can (13-1/2 oz)	3.91	1/4 cup heated, drained vegetable	25.6	1 No. 300 can = about 1 cup) drained, unheated spinach
SPINACH - Dark Green Subgroup (continued)					
Spinach, canned	Pound	4.11	1/4 cup heated, drained vegetable	24.4	
Spinach, frozen <i>Chopped</i>	Pound	5.60	1/4 cup cooked, drained vegetable	17.9	
Spinach, frozen <i>Leaf, Whole</i>	Pound	6.50	1/4 cup cooked, drained vegetable	15.4	
SQUASH, SUMMER - Other Subgroup					
Squash, Summer, fresh <i>Yellow</i>	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 <i>Zucchini Whole</i>	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

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	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
SQUASH, SUMMER - Other Subgroup (continued)					
Squash, Summer, fresh <i>Zucchini Whole</i>	Pound	10.20	1/4 cup sliced, cooked, drained vegetable	9.9	
Squash, Summer, canned <i>Sliced</i>	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 <i>Yellow Sliced</i>	Pound	7.90	1/4 cup cooked, drained vegetable	12.7	
Squash, Summer, frozen <i>Zucchini Sliced</i>	Pound	7.00	1/4 cup cooked, drained vegetable	14.3	
SQUASH, WINTER – Red/Orange Subgroup					
Squash, Winter, fresh <i>Acorn Whole</i>	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

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	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 <i>Butternut Whole</i>	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 <i>Hubbard Whole</i>	Pound	4.40	1/4 cup cooked, drained, pared, cubed vegetable	22.8	1 lb AP = 0.64 lb ready-to-cook pared squash
	Pound	4.30	1/4 cup cooked, drained, pared, mashed vegetable	23.3	
SQUASH, WINTER – Red/Orange Subgroup (continued)					
Squash, Winter, frozen <i>Mashed All varieties</i>	Pound	7.00	1/4 cup cooked vegetable	14.3	
SUCCOTASH – Additional Subgroup⁴					
Succotash, canned <i>Corn and Green Beans</i>	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	

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, 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					
Succotash, canned <i>Corn and Lima Beans</i>	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 <i>Corn and Lima Beans</i>	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 <i>Corn and Lima Beans</i>	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 <i>Whole</i>	Pound	6.60	1/4 cup baked vegetable	15.2	1 lb AP = 0.61 lb baked sweet potato without skin

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	5.50	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	
Sweet Potatoes, canned <i>Cut</i> <i>Packed in light syrup</i> <i>Includes USDA Foods</i>	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 <i>Mashed</i> <i>Includes USDA Foods</i>	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 <i>Whole</i> <i>Includes USDA Foods</i>	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

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 <i>Mashed</i> <i>Includes USDA Foods</i>	Pound	7.55	1/4 cup cooked vegetable	13.3	1 lb AP = 0.99 lb (about 1-3/4 cups) cooked sweet potato
Sweet Potatoes, frozen <i>Center cuts</i> <i>Approx. 7/8 to 1- 3/8-inch thick by 1-1/4 to 1-3/4 inch diameter</i>	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 <i>Center cuts</i> <i>Approx. 1-inch thick by 1-3/4 to 2-inch diameter</i>	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 <i>Random cut chunks</i> <i>Includes USDA Foods</i>	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 <i>Packed in syrup</i>	Pound	7.60	1/4 cup cooked, drained vegetable	13.2	
Sweet Potatoes, dehydrated <i>Flakes</i> <i>Low moisture</i>	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 <i>Trimmed</i>	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 <i>Untrimmed</i>	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 <i>Whole with stem</i>	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 <i>Cherry</i> <i>Whole with stem</i>	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 <i>Cherry</i> <i>Whole with stem</i>	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 <i>Whole</i> <i>All sizes</i>	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 <i>Small or Medium</i> <i>approx 2-1/8-inch to 2-1/4-inch diameter</i> <i>Whole</i>	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 <i>Large or Extra large</i> <i>Approx. 2-1/2-inch to 2-3/4-inch diameter</i> <i>Whole</i>	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 <i>Diced</i> <i>Ready-to-use</i>	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 <i>Whole or Stewed</i> <i>Includes USDA Foods</i>	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 <i>Whole or Stewed</i> <i>Includes USDA Foods</i>	No. 10 can (102 oz)	48.80	1/4 cup vegetable and juice	2.1	1 No. 2-1/2 can = about 18.5 oz drained tomato
	No. 2-1/2 can (28 oz)	12.50	1/4 cup heated vegetable and juice	8.0	
	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 <i>Crushed</i>	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 <i>Diced</i> <i>Includes USDA Foods</i>	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 <i>Tomato Paste</i> <i>24%-28% Natural Tomato Soluble Solids (NTSS) Includes USDA Foods</i>	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 <i>Not less than 8% but less than 24% Natural Tomato Soluble Solids (NTSS)</i>	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 <i>Includes USDA Foods</i>	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 <i>Includes USDA Foods</i>	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 <i>Whole</i>	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 <i>Without tops</i>	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
	Pound	5.60	1/4 cup cooked, drained, pared, mashed vegetable	17.9	

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
TURNIP GREENS - Dark Green Subgroup					
Turnip Greens, fresh <i>Untrimmed</i>	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 <i>Chopped or Whole Leaf</i>	Pound	9.60	1/4 cup cooked, drained vegetable	10.5	
TURTLE BEANS (see BLACK BEANS) - Beans and Peas (Legumes) Subgroup					
VEGETABLES, MIXED – Additional Subgroup⁵					
Vegetables, Mixed, canned <i>Seven vegetables: celery, carrots, corn, green beans, green peas, lima beans and potatoes</i> <i>Includes USDA Foods</i>	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
	No. 2-1/2 can (29 oz)	11.50	1/4 cup heated, drained vegetable	8.7	1 No. 2-1/2 can = about 19.4 oz (3-3/8 cups) drained mixed vegetable
	No. 300 can (15 oz)	4.64	1/4 cup heated, drained vegetable	21.6	1 No. 300 can = about 8.6 oz (1-1/2 cups) drained, unheated 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
Vegetables, Mixed, frozen <i>Seven vegetables: celery, carrots, corn, green beans, green peas, lima beans and potatoes</i>	Pound	8.10	1/4 cup cooked, drained vegetable	12.4	
Vegetables, Mixed, frozen <i>Carrots, Corn, Green Bean Blend</i>	Pound	9.84	1/4 cup thawed vegetable (unheated for salads)	10.2	1 lb AP = 0.99 lb (about 2-3/8 cups) ready-to- serve thawed, mixed vegetables
	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	1 lb AP = 0.96 lb (about 2-1/4 cups) cooked, drained mixed vegetables
VEGETABLES, MIXED - Other Subgroup⁶					
Vegetables, Mixed, frozen <i>Broccoli and Cauliflower Blend</i>	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	10.70	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 <i>Broccoli, Carrots, and Cauliflower Blend</i>	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 <i>Peppers and Onions</i>	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

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
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 <i>Whole</i>	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 <i>Whole</i>	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 <i>Whole</i>	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 <i>125-138 count</i> <i>Whole</i>	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 <i>100 count</i> <i>Whole</i>	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 <i>Slices</i> <i>Solid pack</i> <i>Includes USDA Foods</i>	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 <i>Unsweetened</i> <i>Sliced, IQF</i> <i>Includes USDA Foods</i>	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 <i>Slices or Rings</i> <i>Regular moisture</i>	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
APPLESAUCE⁷					
Applesauce, canned⁷ <i>Smooth or Chunky</i> <i>Includes USDA Foods</i>	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 <i>Medium (approx. 1-3/8 inch diameter)</i> <i>Whole</i>	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 <i>Diced</i> <i>Includes USDA Foods</i>	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 <i>Halves</i> <i>Unpeeled</i>	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 <i>Slices</i> <i>Peeled</i>	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
	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

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

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Bananas, canned <i>Mashed</i>	No. 10 can (116 oz)	50.90	1/4 cup fruit	2.0	
	Pound	7.00	1/4 cup fruit	14.3	
BANANAS (continued)					
Bananas, dried⁸ <i>Slices</i> <i>100% dried fruit only</i>	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
BLACKBERRIES, (BOYSENBERRIES)					
Blackberries (Boysenberries), fresh <i>Whole</i>	Quart (20 oz)	14.90	1/4 cup raw fruit	6.8	1 qt AP = 1.2 lb (about 3- 3/4 cups) ready-to-serve raw blackberries
	Pound	11.90	1/4 cup raw fruit	8.5	1 lb AP = 0.96 lb (about 2-7/8 cups) ready-to- serve raw blackberries
Blackberries (Boysenberries), canned <i>Whole</i>	No. 10 can (103 oz)	47.80	1/4 cup fruit and juice	2.1	1 No. 10 can = about 66.0 oz (10-2/3 cups) drained blackberries
	Pound	7.42	1/4 cup fruit and juice	13.5	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 <i>Unsweetened Whole</i>	Pound	8.00	1/4 cup cooked fruit (sugar added by SFA during cooking)	12.5	
	Pound	9.00	1/4 cup thawed fruit (sugar added by SFA during cooking)	11.2	
Blackberries (Boysenberries), Frozen⁷ <i>Unsweetened Puree Includes USDA Foods</i>	Pound	7.70	1/4 cup thawed fruit	13.0	1 lb AP = about 1-7/8 cups thawed fruit juice
	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 <i>Whole Includes USDA Foods</i>	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
	Pound	11.90	1/4 cup raw fruit		1 lb AP = 0.96 lb ready-to-serve raw blueberries
Blueberries, canned <i>Whole</i>	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
	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 <i>Unsweetened Whole</i>	Pound	7.80	1/4 cup cooked fruit (sugar added by SFA during cooking)	12.9	

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.

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Blueberries, frozen <i>Unsweetened Whole Individually-quick- frozen</i>	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 <i>Whole</i>	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 <i>Whole fruit</i>	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 <i>Whole 18 Count (5-inch diameter, about 30 oz)</i>	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 <i>Whole 15 Count (5-3/4- inch diameter, about 40 oz)</i>	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.

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Cantaloupe, frozen <i>Unsweetened Melon balls, Unsweetened</i>	Pound	8.70	1/4 cup fruit	11.5	1 lb = 35 melon balls
CARAMBOLA (see STAR FRUIT)					
CHERRIES, MARASCHINO					
Cherries, Maraschino, canned <i>Large</i>	Pound	6.20	1/4 cup drained fruit	16.2	
Cherries, Maraschino, canned <i>Small</i>	Pound	5.70	1/4 cup drained fruit	17.6	
CHERRIES, RED TART					
Cherries, Red Tart, fresh <i>Whole</i>	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 <i>Pitted Water packed Includes USDA Foods</i>	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	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Cherries, Red Tart, frozen <i>Unsweetened Pitted Includes USDA Foods</i>	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 <i>Whole Without pits Includes USDA Foods</i>	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 <i>Whole With pits</i>	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 <i>Whole With pits</i>	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

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
	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 <i>Whole</i>	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 <i>Whole</i>	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 <i>Sweetened</i> <i>Whole</i> <i>Includes USDA Foods</i>	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 <i>Sweetened</i> <i>Whole</i> <i>Includes USDA Foods</i>	5 lb pkg	69.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	1.5	
	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					
Cranberry Relish or Sauce, canned <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (117 oz)	48.00	1/4 cup fruit	2.1	
	No. 300 can (16 oz)	6.70	1/4 cup fruit	15.0	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Cranberry Relish or Sauce, canned <i>Strained</i> <i>Includes USDA Foods</i>	No. 10 can (117 oz)	47.90	1/4 cup fruit	2.1	
	No. 300 can (16 oz)	6.50	1/4 cup fruit	15.4	
CURRENTS					
Currents, 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 currents
DATES					
Dates, dried <i>Moisturized</i> <i>With pits</i> <i>Whole</i>	Pound	10.00	1/4 cup pitted, dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	10.0	
Dates, dried <i>Pieces</i> <i>Regular moisture</i> <i>Includes USDA Foods</i>	Pound	12.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	7.9	1 lb dry = about 3-1/8 cups dried dates
	30 lb pkg	383.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	0.27	30 lb box = about 95-7/8 cups dried dates
DATES (continued)					
Dates, dried <i>Pitted</i> <i>Regular moisture</i> <i>Includes USDA Foods</i>	Pound	11.10	1/4 cup whole, dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	9.1	1 lb dry = about 2-3/4 cups dry dried dates
	Pound	10.60	1/4 cup chopped, dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	9.5	1 lb dry = about 2-2/3 cups dry dried dates
FIGS					
Figs, fresh <i>Small</i> <i>Whole</i>	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

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Figs, canned <i>Puree</i> ⁷ <i>Includes USDA Foods</i>	2 gallon	128.00	1/4 cup fruit	0.79	2 gallon container = 32 cups fruit juice
Figs, canned <i>Whole</i>	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 <i>Whole</i> <i>Includes USDA Foods</i>	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 <i>Diced and Sugared</i> <i>Includes USDA Foods</i>	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)					
<i>Diced and Sugared</i> <i>Includes USDA Foods</i>	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					
Fruit, Mixed, chilled <i>(may include: honeydew melon, cantaloupe, watermelon, grapes, etc.)</i>	Gallon (97.7 oz)	64.00	1/4 cup fruit and juice	1.6	1 gallon container = 16 cups fruit and 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.

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Fruit, Mixed, canned <i>Fruit Cocktail (peaches, pears, pineapple, grapes, cherries)</i> <i>Includes USDA Foods</i>	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 <i>(may include: apricots, peaches, pears, pineapple, cherries, grapes, etc.)</i> <i>Includes USDA Foods</i>	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 <i>Unsweetened (may include: peaches, grapes, apricots, pears, pineapple, cherries, etc.)</i>	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 <i>Regular moisture</i>	Pound	9.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	10.4	
GRAPEFRUIT					
Grapefruit, fresh <i>27-32 Count (large) Whole</i>	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

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

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
	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 <i>Seedless</i> <i>Whole</i> <i>Without stem</i>	Pound	10.80	1/4 cup whole fruit (about 7 large grapes)	9.3	
Grapes, fresh <i>Whole</i> <i>With seeds and stem</i>	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 <i>Seedless</i> <i>Whole</i>	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 <i>Unsweetened</i>	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					
Honeydew Melon, fresh ¹⁰ <i>Whole</i>	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

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.

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Honeydew Melon, frozen <i>Unsweetened</i>	Pound	8.70	1/4 cup fruit balls	11.5	1 lb = about 35 melon balls
JUICES ¹¹					
Juices, canned¹² <i>Single strength (100% fruit juice) (such as apple, grape, grapefruit, grapefruit-orange, lemon, lime, orange, pineapple, prune, tangerine)</i>	No. 10 can (96 fl oz)	48.00	1/4 cup fruit juice	2.1	1 No. 10 can = 12 cups juice
	No. 3 Can (46 fl oz)	23.00	1/4 cup fruit juice	4.4	
	Quart (32 fl oz)	16.00	1/4 cup fruit juice	6.3	
	No. 2-1/2 can (25-1/2 fl oz)	12.70	1/4 cup fruit juice	7.9	
Juices, frozen ¹¹ <i>Concentrated, any fruit (such as apple, grape, grapefruit, grapefruit-orange, and orange. (1 part juice concentrate to 3 parts) water) Includes USDA Foods</i>	32 fl oz can (about 38 oz)	64.00 12.00	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 (about 7 oz)		1 tablespoon concentrate (1/4 cup fruit juice)		6 fl oz can reconstituted = 3 cups (24 fl oz)

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.

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
JUICES¹³¹¹ (continued)					
Juices, frozen ¹¹ <i>Concentrated, any fruit (such as apple, grape, grapefruit, grapefruit-orange, and orange. (1 part juice concentrate to 3 parts water) Includes USDA Foods</i>	32 fl oz can (about 38 oz)	64.00	1 tablespoon concentrate (1/4 cup fruit juice)	1.6	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)
	6 fl oz can (about 7 oz)	12.00	1 tablespoon concentrate (1/4 cup fruit juice)	8.4	
KIWI					
Kiwi, fresh <i>33-39 Count Whole</i>	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

¹¹According 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.

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
	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 <i>Whole</i>	Pound	3.10	1/4 cup fruit juice	32.3	1 lb AP = 0.43 lb (about 3/4 cup) juice
LIMES					
Limes, fresh <i>Whole</i>	Pound	3.50	1/4 cup fruit juice	28.6	1 lb AP = 0.47 lb (about 7/8 cup) juice
MANGOES					
Mangoes, fresh <i>Whole</i>	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 <i>All sizes</i>	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 <i>Size 88-96</i> <i>(2-1/4 inch diameter)</i> <i>Whole</i>	Pound	4.40	1 whole, raw nectarine (about 1/2 cup fruit)	22.8	
	Pound	8.80	1/4 cup fruit and juice (about 1/2 nectarine)	11.4	
Nectarines, fresh <i>Size 56-64</i> <i>(2-3/4 inch diameter)</i> <i>Whole</i>	Pound	3.05	1 whole, raw nectarine (about 3/4 cup fruit)	32.8	
	Pound	9.15	1/4 cup fruit and juice (about 1/3 nectarine)	11.0	
ORANGES					
Oranges, fresh <i>All sizes</i> <i>Whole</i> <i>Includes USDA</i>	Pound	3.50	1/4 cup fruit sections membrane removed, drained	28.6	1 lb AP = 0.40 lb ready-to-serve oranges

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<i>Foods</i>	Pound	3.60	1/4 cup fruit juice	27.8	1 lb AP = 0.48 lb (7/8 cup) juice
Oranges, fresh <i>138 count Arizona or California Whole</i>	Pound	3.40	1 orange (about 1/2 cup fruit and juice)	29.5	
	Pound	6.80	1/4 cup fruit and juice (about 1/2 orange)	14.8	
ORANGES (continued)					
Oranges, fresh <i>125 count Florida or Texas Whole</i>	Pound	2.90	1 orange (about 5/8 cup fruit and juice)	34.5	
	Pound	7.02	1/4 cup fruit and juice (about 1/2 orange)	14.3	1 lb AP = about 0.76 lb (1-3/4 cups) ready-to-serve peeled oranges
Oranges, fresh <i>113 count Arizona or California Whole</i>	Pound	2.80	1 orange (about 5/8 cup fruit and juice)	35.8	
	Pound	5.60	1/4 cup fruit and juice (about 1/2 orange)	17.9	
Oranges, canned <i>Mandarin</i>	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 <i>Whole</i>	Pound	8.60	1/4 cup cubed fruit	11.7	1 lb AP = about 0.67 lb ready-to-serve papaya
	Pound	5.10	1/4 cup mashed fruit	19.7	
Papaya, frozen <i>Puree⁷ Unsweetened</i>	30 oz container	12.80	1/4 cup fruit	7.9	30 oz container = about 3-1/4 cups thawed papaya juice
	Pound	7.21	1/4 cup fruit	13.9	1 lb AP = about 1-3/4 cups thawed papaya 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.

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PASSION FRUIT					
Passion Fruit, fresh <i>Whole</i>	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					
Peaches, fresh <i>Size 88 and 84 (small)</i> <i>(2-1/8 inch diameter)</i> <i>Whole</i>	Pound	5.50	1 whole, raw small peach (about 3/8 cup fruit)	18.2	
	Pound	8.25	1/4 cup fruit (about 2/3 peach)	12.2	
Peaches, fresh <i>Size 80</i> <i>Whole</i>	Pound	4.50	1 whole, raw peach (about 1/2 cup fruit)	22.3	1 lb AP = 0.93 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, sliced peaches
	Pound	9.00	1/4 cup fruit (about 1/2 peach)	11.2	
	Pound	10.7	1/4 cup raw, sliced fruit (about 3 slices, 1/2-inch slices)	9.4	
	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 <i>Size 64 & 60 (medium)</i> <i>(2-1/2 inch diameter)</i> <i>Whole</i>	Pound	3.50	1 whole raw peach (about 2/3 cup fruit)	28.6	1 lb AP = 0.76 lb ready-to-cook or -serve unpeeled, pitted raw peaches
	Pound	7.0	1/4 cup fruit (about 1/2 peach)	14.7	
	Pound	5.10	1/4 cup raw, diced fruit	19.7	
	Pound	7.70	1/4 cup raw, sliced fruit	13.0	
	Pound	7.40	1/4 cup cooked, sliced fruit, sugar added	13.6	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Peaches, fresh <i>Size 56</i> <i>Whole</i>	Pound	2.89	1 whole raw peach (about 3/4 cup fruit)	34.7	1 lb AP = 0.96 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, diced peaches
	Pound	8.67	1/4 cup fruit (about 1/3 peach)	11.6	
PEACHES (continued)					
Peaches, canned <i>Cling</i> <i>Diced</i> <i>Light syrup pack</i> <i>Includes USDA Foods</i>	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 <i>Cling or Freestone Halves</i> <i>Includes USDA Foods</i>	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	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Peaches, canned <i>Cling Sliced Light syrup pack Includes USDA Foods</i>	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
PEACHES (continued)					
Peaches, canned <i>Cling Quarters Includes USDA Foods</i>	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 <i>Freestone Sliced Includes USDA Foods</i>	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 <i>Spiced Whole</i>	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 <i>Sliced Unsweetened Includes USDA Foods</i>	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

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

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Pears, canned <i>Diced</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Foods</i>	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 <i>Halves</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Foods</i>	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 <i>Halves</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Foods</i>	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 <i>Sliced</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Foods</i>	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 <i>Regular moisture</i> <i>Halves</i>	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	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PERSIMMONS					
Persimmons, fresh <i>Japanese Fuyu Whole</i>	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 <i>Whole</i>	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 <i>Chunks</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Foods</i>	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 <i>Crushed</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Foods</i>	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

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	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	
Pineapple, canned <i>Slices</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Foods</i>	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 <i>Tidbits</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Foods</i>	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 <i>Unsweetened</i> <i>Chunks</i>	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 <i>Italian</i> <i>1.5-inch by 2-inch</i> <i>Whole</i>	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	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Plums, fresh <i>Purple, Red, or Black</i> Size 45 & 50 2-inch diameter <i>Whole</i>	Pound	4.99	1 whole, raw plum (about 1/2 cup fruit and juice)	20.1	1 lb AP = 0.98 lb (about 2-2/3 cups) ready-to-cook or -serve unpeeled, pitted, raw plums
	Pound	10.70	1/4 cup quartered fruit (about 2 quarters)	9.4	
Plums, fresh <i>Japanese or Hybrid</i> <i>Whole</i> 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 <i>Purple or Red Halves</i> <i>Unpeeled</i>	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					
<i>No pits</i> <i>Includes USDA Foods</i>	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 <i>Purple or Red</i> <i>Unpeeled</i> <i>With pits</i> <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (106 oz)	48.50	1/4 cup pitted fruit and juice	2.1	1 No. 10 can = about 12 cups plums with pits and juice
	No. 10 can (106 oz)	27.80	1/4 cup pitted drained fruit	3.6	1 No. 10 can = about 58.2 oz (6-7/8 cups) drained plums with pits
	No. 2-1/2 can (30 oz)	14.50	1/4 cup pitted fruit and juice	6.9	1 No. 2-1/2 can = about 16.5 oz (2 cups) drained plums with pits
	Pound	7.32	1/4 cup pitted fruit and juice	13.7	1 lb AP = 8.8 oz (1 cup) drained plums with pits
	Pound	4.19	1/4 cup pitted drained fruit	23.9	
Plums, dried (Prunes), canned <i>With pits</i>	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

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
	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), canned⁷ <i>Paste or Puree</i> <i>Includes USDA Foods</i>	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) <i>Whole</i> <i>Regular moisture</i> <i>With pits</i>	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) <i>Whole</i> <i>Without pits</i> <i>Includes USDA Foods</i>	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 <i>Whole</i>	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)					
PRUNES (see PLUMS, dried)					

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
RAISINS					
Raisins <i>Regular moisture Seedless</i>	Pound	12.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	8.0	1 lb AP = about 3-1/8 cups raisins
<i>Includes USDA Foods</i>	Package (1.3 oz to 1.5 oz)	1.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	100.0	
	Pound	21.40	1/4 cup cooked fruit	4.7	
RASPBERRIES					
Raspberries, fresh <i>Whole</i>	Pint (11-1/2 oz)	8.70	1/4 cup raw, whole fruit	11.5	1 pt AP = 0.69 lb (about 2-1/8 cups) ready-to- serve raw raspberries
	Pound	12.10	1/4 cup raw, whole fruit	8.3	1 lb AP = 0.96 lb (about 3 cups) ready-to-serve raw raspberries
Raspberries (continued)					
Raspberries, canned <i>Red Whole</i>	No. 10 can (103 oz)	48.00	1/4 cup fruit and juice	2.1	1 No. 10 can = 53.0 oz drained raspberries
	Pound	7.45	1/4 cup fruit and juice	13.5	1 lb AP = about 8.25 oz drained raspberries
Raspberries, frozen <i>Unsweetened Fruit and Juice</i>	Pound	7.20	1/4 cup thawed fruit and juice	13.9	
Raspberries, frozen⁷ <i>Red Unsweetened Puree Includes USDA Foods</i>	Pound	7.69	1/4 cup thawed fruit	13.1	1 lb AP = about 1-7/8 cups thawed fruit juice
	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

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Raspberries, frozen <i>Red Whole Unsweetened Grade A Individually-quick Frozen</i>	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 <i>Without leaves</i>	Pound	6.20	1/4 cup cooked fruit, sugar added	16.2	1 lb AP = 0.86 lb ready-to-cook rhubarb
Rhubarb, frozen <i>Unsweetened</i>	Pound	10.00	1/4 cup cooked fruit (sugar added by SFA during cooking)	10.0	
STARFRUIT (CARAMBOLA)					
Star Fruit (Carambola), fresh <i>Whole</i>	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 <i>Whole</i>	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 <i>Sliced Unsweetened Includes USDA Foods</i>	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 <i>Whole, Grade A Unsweetened Individually-quick-frozen Includes USDA Foods</i>	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 <i>Whole</i>	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 <i>120 count Whole</i>	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 <i>Mandarin Oranges</i>	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

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					
Ugli Fruit, fresh <i>Whole</i>	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 <i>Whole</i>	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.