

**VEGETABLES and FRUITS**

<b>Section 2 – Vegetables (All Vegetable Subgroups)</b>					
<b>1. Food As Purchased, AP</b>	<b>2. Purchase Unit</b>	<b>3. Servings Per Purchase Unit, EP</b>	<b>4. Serving Size per Meal Contribution</b>	<b>5. Purchase Units for 100 Servings</b>	<b>6. Additional Information</b>
<b>ARTICHOKES – Other Subgroup</b>					
<b>Artichokes, fresh</b> <i>36 count (large)</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
<i>Untrimmed Whole</i>	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
<b>Artichokes, canned</b> <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
<b>Artichokes, canned</b> <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
<b>Artichokes, frozen</b> <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

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<b>ASPARAGUS – Other Subgroup</b>					
<b>Asparagus, fresh</b> <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
<b>Asparagus, canned</b> <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
	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	
	Pound	4.31	1/4 cup heated, drained vegetable	23.3	1 No. 300 can = about 8.7 oz (1- 1/8 cups) drained, unheated asparagus
	Pound	5.03	1/4 cup drained vegetable	19.9	
<b>Asparagus, canned</b> <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

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>ASPARAGUS – Other Subgroup (continue)</b>					
<b>Asparagus, canned</b> <i>Spears</i>	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	
<b>Asparagus, frozen</b> <i>Cuts and Tips</i>	Pound	8.10	1/4 cup cooked vegetable	12.4	
<b>Asparagus, frozen</b> <i>Spears</i>	Pound	10.70	1/4 cup cooked vegetable	9.4	
<b>AVOCADOS – Other Subgroup</b>					
<b>Avocados, fresh</b> <i>All sizes 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	
<b>Avocados, fresh</b> <i>California 48 count (approx. 2.5- inch width by 3.5-inch length) Whole</i>	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]
<b>Avocados, fresh</b> <i>Florida (approx. 3.5- inch width by 4.75-inch length) Whole</i>	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]

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>BAMBOO SHOOTS – Other Subgroup</b>					
<b>Bamboo Shoots, canned</b> <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
<b>BEANS, BLACK (TURTLE BEANS) – Beans and Peas (Legumes) Subgroup</b>					
<b>Beans, Black (Turtle beans), dry, canned</b> <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
<b>Beans, Black (Turtle beans), dry</b> <i>Whole</i>	Pound	18.30	1/4 cup cooked vegetable	5.5	1 lb dry = 2-1/4 cups dry beans
<b>BEANS, BLACK-EYED (or PEAS) – Starchy Subgroup</b>					
<b>Beans, Black-eyed (or Peas), fresh</b> <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
<b>Beans, Black-eyed (or Peas), frozen</b> <i>Whole</i>	Pound	11.20	1/4 cup cooked, drained vegetable	9.0	
<b>BEANS, BLACK-EYED (or PEAS) - Beans and Peas (Legumes) Subgroup</b>					
<b>Beans, Black-eyed (or Peas), dry</b> <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

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<b>BEANS, BLACK-EYED (or PEAS) - Beans and Peas (Legumes) Subgroup (continued)</b>					
<b>Beans, Black-eyed (or Peas), dry, canned</b> <i>Whole</i> <i>Includes</i> <i>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	
<b>BEANS, GARBANZO OR CHICKPEAS - Beans and Peas (Legumes) Subgroup</b>					
<b>Beans, Garbanzo or Chickpeas, dry, canned</b> <i>Whole</i> <i>Includes</i> <i>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	
<b>Beans, Garbanzo or Chickpeas, dry</b> <i>Whole</i>	Pound	24.60	1/4 cup cooked vegetable	4.1	1 lb dry = about 2-1/2 cups dry beans
<b>BEANS, GREAT NORTHERN - Beans and Peas (Legumes) Subgroup</b>					
<b>Beans, Great Northern, dry, canned</b> <i>Whole</i> <i>Includes</i> <i>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	
	Pound	25.50	1/4 cup cooked vegetable	4.0	1 lb dry = about 2-1/2 cups dry beans

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<b>BEANS, GREEN – Other Subgroup</b>					
<b>Beans, Green, fresh <i>Trimmed</i></b>	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
<i>Whole Ready- to-use</i>	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
<b>Beans, Green, fresh <i>Untrimmed Whole</i></b>	Pound	11.10	1/4 cup whole, cooked vegetable	9.1	1 lb AP = 0.88 lb ready-to-cook beans
<b>Beans, Green, canned <i>Cut Includes USDA Foods</i></b>	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  1 No. 2-1/2 can = about 16.0 oz (3- 1/2 cups) drained, unheated beans  1 No. 300 can = about 7.4 oz (1- 1/4 cups) heated, drained beans  1 No. 300 can = about 7.7 oz (1- 3/8 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. 2-1/2 can (28 oz)	14.1	1/4 cup drained vegetable	7.1	
	No. 300 can (15 oz)	5.00	1/4 cup heated, drained vegetable	20.0	
	No. 300 can (15 oz)	5.77	1/4 cup drained vegetable	17.4	

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<b>BEANS, GREEN – Other Subgroup (continued)</b>					
<b>Beans, Green, canned Cut</b> <i>Includes USDA Foods</i>	Pound	7.17	1/4 cup heated, drained vegetable	14.0	
	Pound	8.10	1/4 cup drained vegetable	12.4	
<b>Beans, Green, canned French style</b> <i>Includes USDA Foods</i>	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
	Pound	5.80	1/4 cup heated, drained vegetable	17.3	
<b>Beans, Green, canned Whole</b> <i>Includes USDA Foods</i>	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	
	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	

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<b>BEANS, GREEN – Other Subgroup (continued)</b>					
<b>Beans, Green, canned</b> <i>Whole</i> <i>Includes</i> <i>USDA Foods</i>	Pound	8.20	1 /4 cup drained vegetable	12.2	
<b>Beans, Green, frozen</b> <i>Cut</i> <i>Includes</i> <i>USDA Foods</i>	Pound	11.60	1/4 cup cooked, drained vegetable	8.7	
<b>Beans, Green, frozen</b> <i>French style</i> <i>Includes</i> <i>USDA Foods</i>	Pound	12.00	1/4 cup cooked, drained vegetable	8.4	
<b>Beans, Green, frozen</b> <i>Whole</i> <i>Includes</i> <i>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
<b>BEANS, GREEN, FLAT ITALIAN - Other Subgroup</b>					
<b>Beans, Green, Flat Italian, canned</b> <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
<b>Beans, Green, Flat Italian, frozen</b> <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

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<b>BEANS, KIDNEY - Beans and Peas (Legumes) Subgroup</b>					
<b>Beans, Kidney, dry, canned</b> <i>Whole</i> <i>Includes</i> <i>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	
	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
<b>Beans, Kidney, dry</b> <i>Whole</i> <i>Includes</i> <i>USDA Foods</i>	Pound	24.80	1/4 cup cooked vegetable	4.1	1 lb dry = about 2-1/2 cups dry beans
<b>BEANS, LIMA – Beans and Peas (Legumes) Subgroup</b>					
<b>Beans, Lima, dry</b> <i>Baby</i> <i>Whole</i> <i>Includes</i> <i>USDA Foods</i>	Pound	23.40	1/4 cup cooked vegetable	4.3	1 lb dry = about 2-3/8 cups dry beans
<b>Beans, Lima, dry</b> <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

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<b>BEANS, LIMA – Starchy Subgroup</b>					
<b>Beans, Lima, canned <i>Green</i></b>	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
	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
<b>Beans, Lima, fresh <i>Shelled Whole</i></b>	Pound	10.80	1/4 cup cooked, drained vegetable	9.3	1 lb in pod = 0.44 lb ready-to-cook beans
<b>Beans, Lima, frozen <i>Baby Whole</i></b>	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	
<b>Beans, Lima, frozen <i>Fordhook Whole</i></b>	Pound	11.10	1/4 cup cooked, drained vegetable	9.1	
<b>BEANS, MUNG - Beans and Peas (Legumes) Subgroup</b>					
<b>Beans, Mung, dry <i>Whole</i></b>	Pound	28.10	1/4 cup cooked vegetable	3.6	1 lb dry = about 2-1/4 cups dry beans
<b>BEANS, NAVY or PEA - Beans and Peas (Legumes) Subgroup</b>					
<b>Beans, Navy or Pea, dry <i>Whole Includes USDA Foods</i></b>	Pound	23.90	1/4 cup cooked vegetable	4.2	1 lb dry = about 2-1/4 cups dry beans

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<b>BEANS, PINK - Beans and Peas (Legumes) Subgroup</b>					
<b>Beans, Pink, dry, canned</b> <i>Whole</i> <i>Includes</i> <i>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
<b>Beans, Pink, dry</b> <i>Whole</i> <i>Includes</i> <i>USDA Foods</i>	Pound	19.30	1/4 cup cooked vegetable	5.2	1 lb dry = about 2-1/4 cups dry beans
<b>BEANS, PINTO - Beans and Peas (Legumes) Subgroup</b>					
<b>Beans, Pinto, dry, canned</b> <i>Whole</i> <i>Includes</i> <i>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	
<b>Beans, Pinto, dry</b> <i>Whole</i> <i>Includes</i> <i>USDA Foods</i>	Pound	21.00	1/4 cup cooked vegetable	4.8	1 lb dry = about 2-3/8 cups dry beans
<b>Beans, Pinto, dehydrated</b>	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

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<b>BEAN PRODUCTS - Beans and Peas (Legumes) Subgroup</b>					
Bean Products, dry beans, canned <b>Beans Baked or In Sauce Vegetarian</b> <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, dry beans, canned <b>Beans Baked or in Sauce with Pork</b>	No. 10 can (110 oz)	48.90	1/4 cup heated vegetable	2.1	
	No. 2-1/2 can (30 oz)	13.30	1/4 cup heated vegetable	7.6	
	No. 300 can (16 oz)	7.10	1/4 cup heated vegetable	14.1	
Bean Products, dry beans, canned <b>Beans with Bacon in Sauce</b>	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	
<b>Beans, Refried, canned</b> <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
<b>Beans, Refried, dehydrated</b>	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

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<b>BEANS, RED, SMALL - Beans and Peas (Legumes) Subgroup</b>					
<b>Beans, Red, Small, dry, canned</b> <i>Whole</i> <i>Includes</i> <i>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
<b>Beans, Red, Small, dry</b> <i>Whole</i> <i>Includes</i> <i>USDA Foods</i>	Pound	20.40	1/4 cup cooked, drained vegetable	5.0	1 lb dry = about 2-1/8 cups dry beans
<b>BEANS, SOY – Beans and Peas (Legumes)</b>					
<b>Beans, Soy, fresh (Edamame)</b> <i>Shelled</i>	Pound	10.70	1/4 cup cooked, drained vegetable	9.4	
<b>Beans, Soy, fresh (Edamame)</b> <i>Whole</i> <i>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
<b>Beans, Soy, dry, canned</b> <i>Shelled</i>	Pound	7.30	1/4 cup heated, drained vegetable	13.7	1 lb dry = about 2-1/2 cups dry beans
	Pound	25.90	1 /4 cup cooked vegetable	3.9	
<b>BEAN SPROUTS<sup>1</sup> - Other Subgroup</b>					
<b>Bean Sprouts, fresh<sup>1</sup></b> <i>Mung</i>	Pound	14.60	1/4 cup parboiled, drained vegetable	6.9	1 lb AP = 0.89 lb parboiled bean sprouts

<sup>1</sup> 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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<b>BEAN SPROUTS<sup>1</sup> - Other Subgroup (continued)</b>					
<b>Bean Sprouts, fresh<sup>1</sup></b> <i>Soybean</i>	Pound	17.20	1/4 cup parboiled, drained vegetable	5.9	1 lb AP = 0.95 lb parboiled bean sprouts
<b>Bean Sprouts, canned</b>	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
<b>BEANS, WAX - Other Subgroup</b>					
<b>Beans, Wax, fresh</b> <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
<b>Beans, Wax, canned</b>	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
	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

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

## Section 2 – Vegetables (All Vegetable Subgroups)

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>BEANS, WAX – Other Subgroup (continued)</b>					
<b>Beans, Wax, canned</b>	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	
<b>BEETS - Other Subgroup</b>					
<b>Beets, fresh <i>Without tops</i></b>	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
<b>Beets, canned <i>Baby Whole</i></b>	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
	Pound	5.70	1/4 cup heated, drained vegetable	17.6	
	Pound	6.24	1/4 cup drained vegetable	16.1	

## 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
<b>BEETS - Other Subgroup (continued)</b>					
<b>Beets, canned <i>Diced</i></b>	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	
<b>Beets, canned <i>Sliced</i></b>	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
<b>BEET GREENS – Dark Green Subgroup</b>					
<b>Beet Greens, fresh <i>Untrimmed</i></b>	Pound	3.50	1/4 cup cooked vegetable	28.6	1 lb AP = 0.48 lb ready-to-cook beet greens
<b>BOK CHOY – Dark Green Subgroup</b>					
<b>Bok Choy, Fresh <i>Whole</i></b>	Pound	14.40	1/4 cup raw, shredded vegetable (credits as 1/8 cup in NSLP/SBP)	7.0	1 lb AP = 0.77 lb (about 3-1/2 cups) ready-to-serve bok choy

## 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
<b>BREADFRUIT - Other Subgroup</b>					
<b>Breadfruit, fresh <i>Guatemalan</i></b>	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
<b>BROCCOLI - Dark Green Subgroup</b>					
<b>Broccoli, fresh <i>Untrimmed</i></b>	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	
<b>Broccoli, fresh <i>Florets Trimmed Ready-to-use</i></b>	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
<b>Broccoli, fresh <i>Spears Trimmed Ready-to-use</i></b>	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
<b>Broccoli, fresh <i>Slaw Ready-to-use</i></b>	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
<b>Broccoli, frozen <i>Spears</i></b>	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	1 lb AP = 0.90 lb (about 2-5/8 cups) cooked broccoli
<b>Broccoli, frozen <i>Cut or chopped</i></b>	Pound	9.60	1/4 cup cooked, drained vegetable	10.5	

## 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
<b>BRUSSELS SPROUTS - Other Subgroup</b>					
<b>Brussels Sprouts, fresh</b> <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
<b>Brussels Sprouts, fresh</b> <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
<b>Brussels Sprouts, frozen</b> <i>Ready-to-use</i>	Pound	10.40	1/4 cup cooked, drained vegetable	9.7	
<b>CABBAGE, CELERY OR NAPA - Other Subgroup</b>					
<b>Cabbage, Celery, or NAPA fresh</b> <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	
<b>CABBAGE, GREEN - Other Subgroup</b>					
<b>Cabbage, fresh</b> <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	
	Pound	9.86	1/4 cup cooked, drained vegetable wedges	10.2	

## 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
<b>CABBAGE, GREEN - Other Subgroup (continued)</b>					
<b>Cabbage, fresh</b> <i>Green Untrimmed Whole</i>	1 head	9.00	1 large cooked leaf (3/4 cups vegetable)	11.2	1 large leaf = 10 to 12 inches in diameter
	1 head	7.00	1 medium cooked leaf (3/8 cup vegetable)	14.3	1 medium leaf = 6 to 8 inches in diameter
<b>Cabbage, fresh</b> <i>Green Shredded 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
<b>CABBAGE, RED - Other Subgroup</b>					
<b>Cabbage, Red, fresh</b> <i>Whole 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	
<b>Cabbage, Red, fresh</b> <i>Shredded 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
<b>CACTUS (NOPALES) - Other Subgroup</b>					
<b>Cactus (Nopales), fresh</b> <i>Leaves (or petals) Unpeeled 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
<b>CACTUS (NOPALES) - Other Subgroup (continued)</b>					
<b>Cactus (Nopales), fresh</b> <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
<b>Cactus (Nopalitos), canned</b> <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
<b>CARROTS – Red/Orange Subgroup</b>					
<b>Carrots, fresh</b> <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

## 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
<b>CARROTS – Red/Orange Subgroup (continued)</b>					
<b>Carrots, fresh</b> <i>Without tops</i>	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
<b>Carrots, fresh</b> <i>Shredded 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
<b>Carrots, fresh</b> <i>Sliced Peeled 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
<b>Carrots, fresh</b> <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
<b>Carrots, fresh</b> <i>Baby 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
<b>Carrots, canned</b> <i>Diced 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	

## 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
<b>CARROTS – Red/Orange Subgroup (continued)</b>					
<b>Carrots, canned</b> <i>Diced</i> <i>Includes</i> <i>USDA Foods</i>	Pound	6.09	1/4 cup drained vegetable	16.5	
<b>Carrots, canned</b> <i>Sliced</i> <i>Includes</i> <i>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
	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
<b>Carrots, frozen</b> <i>Sliced</i> <i>Includes</i> <i>USDA 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
<b>Carrots, frozen</b> <i>Baby</i>	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	
<b>CASSAVA (see YUCCA) – Starchy Subgroup</b>					
<b>CAULIFLOWER - Other Subgroup</b>					
<b>Cauliflower, fresh</b> <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 florets

## 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
<b>CAULIFLOWER – OTHER Subgroup (continued)</b>					
<b>Cauliflower, fresh <i>Florets Ready-to-use</i></b>	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	
<b>Cauliflower, frozen</b>	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	
<b>CELERY - Other Subgroup</b>					
<b>Celery, fresh <i>Trimmed</i></b>	Pound	12.20	1/4 cup raw vegetable sticks or strips (about 3 sticks, 1/2-inch by 4-inch sticks)	8.2	1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or - serve raw celery
	Pound	12.50	1/4 cup raw, chopped vegetable	8.0	
	Pound	12.30	1/4 cup raw, diced vegetable	8.2	
	Pound	8.70	1/4 cup diced, cooked, drained vegetable	11.5	
	Pound	8.10	1/4 cup sliced, cooked, drained vegetable	12.4	
<b>Celery, fresh <i>Sticks Ready-to-use (1/2-inch by 4-inch)</i></b>	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
<b>Celery, fresh <i>Diced Ready-to-use</i></b>	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

## 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
<b>CELERY - Other Subgroup (continued)</b>					
<b>Celery, canned <i>Diced</i></b>	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	
<b>Celery, canned <i>Diced In sauce</i></b>	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
<b>CHARD, SWISS (see SWISS CHARD) - Dark Green Subgroup</b>					
<b>CHAYOTE (MIRLITON) - Other Subgroup</b>					
<b>Chayote (Mirliton), fresh <i>Whole Unpeeled</i></b>	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
<b>CHICKPEAS (see BEANS, GARBANZO) - Beans and Peas (Legumes) Subgroup</b>					
<b>CHICORY - Dark Green Subgroup</b>					
<b>Chicory, fresh</b>	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

## 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
<b>CHICORY - Dark Green Subgroup (continued)</b>					
<b>Chicory, fresh</b>	Pound	31.60	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP)	3.2	
<b>COLLARD GREENS - Dark Green Subgroup</b>					
<b>Collard Greens, fresh <i>Untrimmed</i></b>	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
<b>Collard Greens, canned</b>	No. 10 can (101 oz)	27.20	1/4 cup heated, drained vegetable	3.7	1 No. 10 can = about 54.0 oz (6-3/4 cups) heated, drained collards
	No. 10 can (101 oz)	35.90	1/4 cup drained vegetable	2.8	1 No. 10 can = about 66.4 oz (9 cups) drained, unheated collards
	No. 2-1/2 can (27 oz)	6.80	1/4 cup heated, drained vegetable	14.7	1 No. 2-1/2 can = about 17.6 oz (3 cups) drained collards
	No. 300 can (14-1/2 oz)	3.67	1/4 cup heated, drained vegetable	27.3	
<b>Collard Greens, frozen <i>Chopped or Whole leaf</i></b>	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	
<b>CORN – Starchy Subgroup</b>					
<b>Corn, fresh <i>With husks (5 to 6-inch length) Medium</i></b>	Pound	1.67	1 medium ear (about 1/2 cup cooked vegetable)	59.9	

## 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
<b>CORN – Starchy Subgroup (continued)</b>					
<b>Corn, fresh</b> <i>With husks</i> <i>(5 to 6-inch</i> <i>length)</i> <i>Medium</i>	Pound	3.35	1/4 cup cooked vegetable (about 1/2 cob)	29.9	1 lb AP = 0.34 lb raw cut corn
<b>Corn, fresh</b> <i>Without</i> <i>husks</i> <i>(5 to 6-inch</i> <i>length)</i> <i>Medium</i>	Pound	2.33	1 medium ear (about 1/2 cup cooked vegetable)	43.0	
	Pound	5.27	1/4 cup cooked vegetable (about 1/2 cob)	19.0	1 lb AP = 0.54 lb raw cut corn
<b>Corn, canned</b> <i>Cream style</i> <i>Includes</i> <i>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
<b>Corn, canned</b> <i>Whole kernel</i> <i>Vacuum</i> <i>packed</i> <i>Includes</i> <i>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
	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
<b>Corn, canned</b> <i>Whole kernel</i> <i>Liquid pack</i> <i>Includes</i> <i>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

## 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
<b>CORN – Starchy Subgroup (continued)</b>					
<b>Corn, canned</b> <i>Whole kernel Liquid pack Includes USDA Foods</i>	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
	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
<b>Corn, frozen</b> <i>Whole Kernel Includes USDA Foods</i>	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
	Pound	11.00	1/4 cup cooked vegetable	9.1	
<b>Corn, frozen</b> <i>Corn on the cob 3-inch ear (cobbette) 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
<b>Corn, frozen</b> <i>Corn on the cob 5-1/4-inch ear (medium) 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
<b>CUCUMBERS - Other Subgroup</b>					
<b>Cucumbers, fresh</b> <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	

## 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
<b>CUCUMBERS - Other Subgroup (continued)</b>					
<b>Cucumbers, fresh</b> <i>Whole Unpared</i>	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
<b>Cucumbers, fresh</b> <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
<b>EGGPLANT - Other Subgroup</b>					
<b>Eggplant, fresh</b> <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
<b>ENDIVE, ESCAROLE - Dark Green Subgroup</b>					
<b>Endive or Escarole, fresh</b> <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)
<b>GRAPE LEAVES - Dark Green Subgroup</b>					
<b>Grape Leaves, fresh</b> <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
<b>Grape Leaves, canned</b> <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

## 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
<b>JICAMA (YAM BEAN) – Starchy Subgroup</b>					
<b>Jicama (Yam Bean), fresh <i>Whole</i></b>	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
<b>KALE - Dark Green Subgroup</b>					
<b>Kale, fresh <i>Trimmed With stem Ready-to-use</i></b>	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
<b>Kale, fresh <i>Trimmed Without stem</i></b>	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
<b>Kale, fresh <i>Untrimmed</i></b>	Pound	11.80	1/4 cup cooked, drained vegetable	8.5	1 lb AP = 0.67 lb ready-to-cook kale
<b>Kale, canned</b>	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

## 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
<b>KALE - Dark Green Subgroup (continued)</b>					
<b>Kale, canned</b>	No 2-1/2 can (27 oz)	11.00	1/4 cup drained vegetable	9.1	1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained, unheated kale
	Pound	4.35	1/4 cup heated, drained vegetable	23.0	
	Pound	6.56	1/4 cup drained vegetable	15.3	
<b>Kale, frozen <i>Chopped</i></b>	Pound	12.10	1/4 cup cooked, drained vegetable	8.3	
<b>Kale, frozen <i>Whole leaf</i></b>	Pound	9.50	1/4 cup cooked, drained vegetable	10.6	
<b>KOHLRABI - Other Subgroup</b>					
<b>Kohlrabi, fresh <i>Untrimmed</i></b>	Pound	5.10	1/4 cup cooked, drained vegetable	19.7	1 lb AP = 0.45 lb ready-to-cook, pared kohlrabi
<b>Kohlrabi, fresh <i>Whole With leaves and stems</i></b>	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
<b>LENTILS, DRY - Beans and Peas (Legumes) Subgroup</b>					
<b>Lentils, dry</b>	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	

## 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
<b>LETTUCE - Other Subgroup</b>					
<b>Lettuce, fresh</b> <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	
<b>Lettuce, fresh</b> <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
<b>Lettuce, fresh</b> <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
<b>Lettuce, fresh</b> <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
<b>LETTUCE – Dark Green Subgroup</b>					
<b>Lettuce, fresh</b> <i>Dark Green Leafy (loose lettuce) 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
<b>Lettuce, fresh</b> <i>Dark Green Leafy (loose lettuce) Untrimmed</i>	Pound	14.50	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP)	6.9	
<b>Lettuce, fresh</b> <i>Romaine 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	
<b>MALANGA (TARO) – Starchy Subgroup</b>					
<b>Malanga (Taro), fresh</b> <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 taro
<b>MIRLITON (see CHAYOTE) - Other Subgroup</b>					
<b>MUSHROOMS - Other Subgroup</b>					
<b>Mushrooms, fresh</b> <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
<b>Mushrooms, fresh</b> <i>Slices 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
<b>MUSHROOMS - Other Subgroup (continued)</b>					
<b>Mushrooms, canned</b>	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
<b>Mushrooms, frozen <i>Slices</i></b>	Pound	12.20	1/4 cup tempered vegetable	8.2	1 lb AP = 0.90 lb (about 3 cups) ready-to-serve, tempered mushrooms
<b>MUSTARD GREENS or MUSTARD CABBAGE GREENS - Dark Green Subgroup</b>					
<b>Mustard greens, fresh <i>Trimmed Without Stems</i></b>	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	
<b>Mustard greens, fresh <i>Untrimmed</i></b>	Pound	13.20	1/4 cup cooked, drained vegetable	7.6	1 lb AP = 0.93 lb ready-to-cook greens
<b>Mustard Greens, canned</b>	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

## 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
<b>MUSTARD GREENS or MUSTARD CABBAGE GREENS (continued)</b>					
<b>Mustard Greens, canned</b>	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	
<b>Mustard Greens, frozen</b> <i>Chopped</i>	Pound	11.60	1/4 cup cooked, drained vegetable	8.7	
<b>Mustard Greens, frozen</b> <i>Leaf</i>	Pound	12.30	1/4 cup cooked, drained vegetable	8.2	
<b>NOPALES (see CACTUS) - Other Subgroup</b>					
<b>OKRA - Other Subgroup</b>					
<b>Okra, fresh</b> <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	
<b>Okra, canned</b> <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
	Pound	6.20	1/4 cup heated, drained vegetable	16.2	
	No. 300 can (14 oz)	4.58	1/4 cup heated, drained vegetable	21.9	1 No. 300 can = about 7.1 oz (1-1/8 cups) drained okra
<b>Okra, frozen</b> <i>Cut</i>	Pound	9.10	1/4 cup cooked, drained vegetable	11.0	
<b>Okra, frozen</b> <i>Whole</i>	Pound	11.80	1/4 cup cooked, drained vegetable	8.5	

## 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
<b>OLIVES - Other Subgroup</b>					
<b>Olives, canned <i>Green Stuffed</i></b>	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	
<b>Olives, canned <i>Green Whole With pits</i></b>	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	
<b><i>Olives, canned Green Whole Pitted</i></b>	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
<b><i>Olives, canned Ripe Pitted Large Whole</i></b>	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
<b><i>Olives, canned Ripe Pitted Large Whole</i></b>	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	
<b><i>Olives, canned Ripe Sliced</i></b>	No. 10 can (103 oz)	47.90	1/4 cup sliced vegetable	2.1	1 No. 10 can = about 56.0 oz (11- 7/8 cups) drained olives

## Section 2 – Vegetables (All Vegetable Subgroups)

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>OLIVES - Other Subgroup (continued)</b>					
<b>Olives, frozen</b> <i>Ripe 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
<b>ONIONS, GREEN - Other Subgroup</b>					
<b>Onions, Green, fresh</b> <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
	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
<b>ONIONS, MATURE - Other Subgroup</b>					
<b>Onions, Mature, fresh</b> <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	
<b>Onions, Mature, fresh</b> <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
<b>Onions, Mature, fresh</b> <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
<b>Onions, Mature, fresh</b> <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

## 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
<b>ONIONS, MATURE - Other Subgroup (continued)</b>					
<b>Onions, Mature, canned <i>Whole</i></b>	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
<b>Onions, Mature, frozen <i>Chopped</i></b>	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
<b>Onions, Mature, Dehydrated <i>Chopped</i></b>	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	
<b>PARSLEY - Dark Green Subgroup</b>					
<b>PARSLEY, fresh <i>Curly</i></b>	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
<b>PARSNIPS – Starchy Subgroup</b>					
<b>Parsnips, fresh <i>Whole</i></b>	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	

## 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
<b>PEAS, BLACKEYED (see BEANS, BLACKEYED) - Beans and Peas (Legumes) Subgroup</b>					
<b>PEAS, CHINESE SNOW - Other Subgroup</b>					
<b>Peas, Chinese Snow, frozen</b> <i>Edible podded Whole</i>	Pound	11.40	1/4 cup cooked, drained vegetable	8.8	
<b>PEAS, FIELD - Starchy Subgroup</b>					
<b>Peas, Field, canned</b> <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
	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
<b>PEAS, GREEN - Starchy Subgroup</b>					
<b>Peas, Green, fresh</b> <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
<b>Peas, Green, canned</b> <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

## 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
<b>PEAS, GREEN - Starchy Subgroup (continued)</b>					
<b>Peas, Green, canned</b> <i>Includes USDA Foods</i>	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	
<b>Peas, Green, frozen</b> <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
<b>PEAS, GREEN – Beans and Peas (Legumes) Subgroup</b>					
<b>Peas, Green, dry</b> <i>Whole</i>	Pound	25.60	1/4 cup cooked vegetable	4.0	1 lb dry = about 2-1/3 cups dry peas
<b>Peas, Green, dry</b> <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 spilt peas
<b>PEAS, PIGEON, GREEN - Starchy Subgroup</b>					
<b>Peas, Pigeon, Green, frozen</b> <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
<b>PEAS, SUGAR SNAP - Other Subgroup</b>					
<b>Peas, Sugar Snap, frozen</b> <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

## 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
<b>PEAS AND CARROTS - Additional Subgroup</b>					
<b>Peas and Carrots, canned</b>	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
<b>Peas and Carrots, canned</b>	Pound	6.30	1/4 cup heated, drained vegetable	15.9	
<b>Peas and Carrots, frozen</b>	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	
<b>PEPPERCINI - Other Subgroup</b>					
<b>Peppercini canned Whole</b>	Gallon (72 oz drained weight)	64.00	1/4 cup drained vegetable	1.6	1 gallon container = about 207 peppercini
<b>PEPPERS, BELL - Other Subgroup</b>					
<b>Peppers, Bell, fresh</b> <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 peppers
	Pound	14.70	1/4 cup raw vegetable strips	6.9	1 lb AP = 0.73 lb cooked peppers
	Pound	9.80	1/4 cup cooked, drained vegetable strips	10.3	
<b>Peppers, Bell, frozen</b> <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	
<b>Peppers, Bell, dehydrated</b> <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 dehydrated pepper
	Pound	38.60	1/4 cup dehydrated vegetable	2.6	

## 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
<b>PEPPERS, BELL ORANGE OR RED – Red/Orange Subgroup</b>					
<b>Peppers, Bell, fresh</b> <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 peppers
	Pound	14.70	1/4 cup raw vegetable strips	6.9	1 lb AP = 0.73 lb cooked peppers
	Pound	9.80	1/4 cup cooked, drained vegetable strips	10.3	
<b>Peppers, Bell, frozen</b> <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	
<b>Peppers, Bell, dehydrated</b> <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 dehydrated peppers
	Pound	38.60	1/4 cup dehydrated vegetable	2.6	
<b>PEPPERS, CHERRY – Red/Orange Subgroup</b>					
<b>Peppers, fresh</b> <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 peppers
<b>PEPPERS, GREEN CHILIES - Other Subgroup</b>					
<b>Peppers, Green Chilies, fresh</b> <i>Anaheim 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 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
<b>PEPPERS, GREEN CHILIES - Other Subgroup (continued)</b>					
<b>Peppers, Green, Chilies, fresh</b> <i>Jalapeño 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
<b>Peppers, Green Chilies, canned</b> Chopped	No. 10 can (103 oz)	51.40	1/4 cup heated vegetable	2.0	1 No. 10 can = about 12-7/8 cups drained peppers
	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	
<b>Peppers, Green, Chilies, canned</b> <i>Jalapeño 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
<b>Peppers, Green, Chilies, canned</b> <i>Jalapeño 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
<b>PICKLES - Other Subgroup</b>					
<b>Pickles, canned</b> <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
	Gallon (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	

## 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
<b>PICKLES - Other Subgroup (continued)</b>					
<b>Pickles, canned Spears Medium size 4.75 x 0.75 x 1.5-inches</b>	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
<b>Pickles, canned Whole</b>	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
	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	
<b>PIMIENTOS (PIMENTOS) - Red/Orange Subgroup</b>					
<b>Pimientos, canned Chopped or Diced</b>	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
	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	
<b>Pimientos, canned Whole</b>	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

## 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
<b>PIMIENTOS (PIMENTOS) - Red/Orange Subgroup (continued)</b>					
<b>Pimientos, canned Whole</b>	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	
<b>PLANTAIN - Starchy Subgroup</b>					
<b>Plantain, fresh <i>Green</i></b>	Pound	7.50	1/4 cup peeled, sliced, cooked vegetable	13.4	1 lb = 0.62 lb ready-to-cook peeled, sliced plantains
<b>Plantain, fresh <i>Ripe</i></b>	Pound	5.60	1/4 cup peeled, sliced, cooked vegetable	17.9	1 lb = 0.65 lb ready-to-cook peeled, sliced plantains
<b>POI – Starchy Subgroup</b>					
<b>Poi <i>Undiluted</i></b>	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
<b>POTATOES - Starchy Subgroup</b>					
<b>Potatoes, fresh <i>Red Whole</i></b>	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
<b>Potatoes, fresh <i>White or Russet All sizes Whole Includes USDA Foods</i></b>	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

## 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
<b>POTATOES - Starchy Subgroup (continued)</b>					
<b>Potatoes, fresh</b> White or Russet <i>All sizes</i> <i>Whole</i> <i>Includes</i> <i>USDA Foods</i>	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
<b>Potatoes, fresh</b> <i>White or</i> <i>Russet</i> <i>120 Count</i> <i>(approx. 6 oz</i> <i>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	
<b>Potatoes, fresh</b> <i>White or</i> <i>Russet</i> <i>100 Count</i> <i>(approx. 8 oz</i> <i>each)</i> <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	
<b>Potatoes, fresh</b> <i>White or</i> <i>Russet</i> <i>80 Count</i> <i>(approx. 10</i> <i>oz each)</i> <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	
<b>Potatoes, canned</b> <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

## 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
<b>POTATOES - Starchy Subgroup (continued)</b>					
<b>Potatoes, canned <i>Sliced</i></b>	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
<b>Potatoes, canned <i>Whole Small</i></b>	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	
<b>Potatoes, frozen <i>Diced Precooked</i></b>	Pound	10.10	1/4 cup tempered, unheated vegetable	10.0	1 lb AP = 1 lb (about 2-1/2 cups) tempered potato
<b>Potatoes, frozen <i>Diced Precooked</i></b>	Pound	8.97	1/4 cup cooked vegetable	11.2	1 lb AP = 0.83 lb (about 2-1/8 cups) cooked potato
<b>Potatoes, frozen <i>Shells</i></b>	Pound	11.10	1/4 cup baked vegetable	9.1	1 lb AP = 0.90 lb baked potato shell
<b>Potatoes, frozen <i>Wedges USDA Foods</i></b>	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

## 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
<b>POTATOES - Starchy Subgroup (continued)</b>					
<b>Potatoes, frozen</b> <i>Whole Small</i>	Pound	10.10	1/4 cup cooked vegetable	10.0	
<b>Potatoes, dehydrated</b> <i>Diced Low moisture 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
<b>Potatoes, dehydrated</b> <i>Flake Low moisture 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
<b>Potatoes, dehydrated, Granules</b> <i>Low moisture 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
<b>Potatoes, dehydrated</b> <i>Slices Low moisture 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
<b>POTATOES, FRENCH FRIES – Starchy Subgroup</b>					
<b>Potatoes, French Fries, frozen</b> <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	

## 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
<b>POTATOES, FRENCH FRIES – Starchy Subgroup (continued)</b>					
<b>Potatoes, French Fries, Frozen</b> <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	
<b>Potatoes, French Fries, frozen</b> <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	
<b>Potatoes, French Fries, frozen</b> <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	
<b>Potatoes, French Fries, frozen</b> <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	
<b>Potatoes, French Fries, frozen</b> <i>Straight cut Regular moisture 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

## 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
<b>POTATO PRODUCTS - Starchy Subgroup</b>					
<b>Potato Products, fresh</b> <i>Raw</i>	Pound	5.33	3/8 cup cooked vegetable (about 1 portion)	18.8	1 lb AP = 0.94 lb cooked vegetable
<i>Shredded Pre-portioned 3.0 oz</i>	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	
<b>Potato Products, frozen</b> <i>Hashed patty Pre-browned 2.25 oz each</i>	Pound	7.11	1 cooked patty (about 1/4 cup cooked vegetable)	14.1	
<b>Potato Products, frozen</b> <i>Hash browns Diced</i>	Pound	7.70	1/4 cup cooked vegetable	13.0	
<b>Potato Products, frozen</b> <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
<b>Potato Products, frozen</b> <i>Skins or Pieces or Wedges, etc. With skin Cooked</i>	Pound	10.60	1/4 cup heated vegetable	9.5	

## 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
<b>POTATO PRODUCTS – Starchy Subgroup (continued)</b>					
<b>Potato Products, frozen</b> <i>Rounds<sup>2</sup></i> <i>Regular Size</i> <i>Includes</i> <i>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
<b>Potato Products, frozen</b> <i>Rounds<sup>2</sup></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)
<b>Potato Products, frozen</b> <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)
<b>Potato Products, dehydrated</b> <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
<b>PUMPKIN - Red/Orange Subgroup</b>					
<b>Pumpkin, fresh</b> <i>Whole</i>	Pound	4.70	1/4 cup cooked, mashed vegetable	21.3	1 lb AP = 0.70 lb ready-to-cook pumpkin
<b>Pumpkin, canned</b>	No. 10 can (106 oz)	51.50	1/4 cup heated vegetable	2.0	
	No. 2-1/2 can (29 oz)	14.10	1/4 cup heated vegetable	7.1	

<sup>2</sup> 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
<b>PUMPKIN - Red/Orange Subgroup (continued)</b>					
<b>Pumpkin, canned</b>	No. 300 can (15 oz)	7.04	1/4 cup heated vegetable	14.3	1 No. 300 can = about 15.1 oz (1- 3/4 cups) ready- to-serve or -cook pumpkin
	Pound	7.77	1/4 cup heated vegetable	12.9	
<b>RADISHES - Other Subgroup</b>					
<b>Radishes, Fresh <i>Without tops</i></b>	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	
<b>RUTABAGAS - Other Subgroup</b>					
<b>Rutabagas, fresh <i>Whole</i></b>	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	
<b>SALSA<sup>3</sup> – Red/Orange Subgroup</b>					
<b>Salsa, canned <i>USDA Foods (all vegetable ingredients plus a minor amount of spices)</i></b>	No. 10 can (106 oz)	49.30	1/4 cup vegetable	2.1	1 No. 10 can = about 12-1/3 cups vegetable

<sup>3</sup> 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
<b>SALSA<sup>3</sup> – Red/Orange Subgroup (continued)</b>					
<b>Salsa, canned<sup>3</sup> Chunky Commercial (all vegetable ingredients plus a minor amount of spices)</b>	Gallon (8 lb 10 oz)	63.90	1/4 cup vegetable	1.6	1 gallon container = 16 cups
<b>SAUERKRAUT - Other Subgroup</b>					
<b>Sauerkraut, canned</b>	No. 10 can (99 oz)	36.50	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 11-7/8 cups drained, unheated vegetable
	No. 2-1/2 can (27 oz)	15.00	1/4 cup heated, drained vegetable	6.7	1 No. 2-1/2 can = about 23.0 oz (4- 1/2 cups) drained, unheated vegetable
	No. 300 can (14-1/2 oz)	4.93	1/4 cup heated, drained vegetable	20.3	
<b>SEAWEED - Other Subgroup</b>					
<b>Seaweed, dehydrated Wakame</b>	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

<sup>3</sup> 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
<b>SOUPS, CANNED – Additional Subgroup<sup>4</sup></b>					
<b>Soups, canned<sup>4</sup></b> <i>Condensed (1 part soup to 1 part water) minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such as meat or poultry</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	
<b>Soups, canned<sup>4</sup></b> <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	

<sup>4</sup> For the purposes of the NSLP, the “Additional vegetables” requirement will be used for any vegetable mixture that also includes vegetables from the starchy subgroup 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
<b>SOUPS, CANNED – Beans and Peas (Legumes)</b>					
<b>Soups, canned</b> <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	
<b>Soups, canned</b> <i>Bean Soup Ready-to- serve</i>	8 oz can	1.00	1 cup serving (1/2 cup heated beans)	100.0	
<b>SPINACH - Dark Green Subgroup</b>					
<b>Spinach, fresh</b> <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	
<b>Spinach, fresh</b> <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
<b>Spinach, canned</b>	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 1 No. 2-1/2 can = about 17.6 oz (2- 1/4 cups) drained spinach
	No. 2-1/2 can (27 oz)	6.90	1/4 cup heated, drained vegetable	14.5	

## 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
<b>SPINACH - Dark Green Subgroup (continued)</b>					
<b>Spinach, canned</b>	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
	Pound	4.11	1/4 cup heated, drained vegetable	24.4	
<b>Spinach, frozen <i>Chopped</i></b>	Pound	5.60	1/4 cup cooked, drained vegetable	17.9	
<b>Spinach, frozen <i>Leaf, Whole</i></b>	Pound	6.50	1/4 cup cooked, drained vegetable	15.4	
<b>SQUASH, SUMMER - Other Subgroup</b>					
<b>Squash, Summer, fresh <i>Yellow</i></b>	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
<b>Squash, Summer, fresh <i>Zucchini Whole</i></b>	Pound	11.90	1/4 cup raw vegetable sticks (about 3 sticks, 1/2-inch by 3-inch sticks)	8.5	1 lb AP = 0.95 lb (about 2-7/8 cups) ready-to-serve or - cook raw (1/2-inch by 3-inch) squash sticks
	Pound	12.70	1/4 cup raw, cubed vegetable	7.9	1 lb AP = 0.95 lb (about 3-1/8 cups) ready-to-cook or - serve raw 3/4-inch cubed zucchini

## 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
<b>SQUASH, SUMMER - Other Subgroup (continued)</b>					
<b>Squash, Summer, fresh</b> <i>Zucchini Whole</i>	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
	Pound	10.20	1/4 cup sliced, cooked, drained vegetable	9.9	
<b>Squash, Summer, canned</b> <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
<b>Squash, Summer, frozen</b> <i>Yellow Sliced</i>	Pound	7.90	1/4 cup cooked, drained vegetable	12.7	
<b>Squash, Summer, frozen</b> <i>Zucchini Sliced</i>	Pound	7.00	1/4 cup cooked, drained vegetable	14.3	
<b>SQUASH, WINTER – Red/Orange Subgroup</b>					
<b>Squash, Winter, fresh</b> <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
	Pound	4.70	1/4 cup cooked, drained, pared, mashed vegetable	21.3	1 lb AP = 0.70 lb ready-to-cook pared squash

## Section 2 – Vegetables (All Vegetable Subgroups)

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>SQUASH, WINTER – Red/Orange Subgroup (continued)</b>					
<b>Squash, Winter, fresh</b> <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	
<b>Squash, Winter, fresh</b> <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	
<b>Squash, Winter, frozen</b> <i>Mashed All varieties</i>	Pound	7.00	1/4 cup cooked vegetable	14.3	
<b>SUCCOTASH – Additional Subgroup<sup>4</sup></b>					
<b>Succotash, canned</b> <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	

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## 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
<b>SUCCOTASH – Additional Subgroup<sup>4</sup> (continued)</b>					
<b>Succotash, frozen</b> <i>Corn and Green Beans</i>	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	
<b>SUCCOTASH – Starchy Subgroup</b>					
<b>Succotash, canned</b> <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
	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	
<b>Succotash, frozen</b> <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

<sup>4</sup> For the purposes of the NSLP, the “Additional vegetables” requirement will be used for any vegetable mixture that also includes vegetables from the starchy subgroup 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
<b>SWEET POTATOES – Red/Orange Subgroup</b>					
<b>Sweet Potatoes, fresh</b> <i>Whole</i>	Pound	6.60	1/4 cup baked vegetable	15.2	1 lb AP = 0.61 lb baked sweet potato without skin
	Pound	5.50	1/4 cup cooked, mashed vegetable	18.2	1 lb AP = 0.80 lb peeled ready-to-cook sweet potato
	Pound	9.10	1/4 cup cooked, sliced vegetable	11.0	
<b>Sweet Potatoes, canned</b> <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 9.0 oz (1-1/4 cups) heated, drained sweet potato
<b>Sweet Potatoes, canned</b> <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
<b>Sweet Potatoes, canned</b> <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

## 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
<b>SWEET POTATOES – Red/Orange Subgroup (continued)</b>					
<b>Sweet Potatoes, canned</b> <i>Whole</i> <i>Includes</i> <i>USDA Foods</i>	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
<b>Sweet Potatoes, frozen</b> <i>Mashed</i> <i>Includes</i> <i>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
<b>Sweet Potatoes, frozen</b> <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
<b>Sweet Potatoes, frozen</b> <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
<b>Sweet Potatoes, frozen</b> <i>Random cut chunks</i> <i>Includes</i> <i>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
<b>Sweet Potatoes, frozen</b> <i>Packed in syrup</i>	Pound	7.60	1/4 cup cooked, drained vegetable	13.2	

## 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
<b>SWEET POTATOES – Red/Orange Subgroup (continued)</b>					
<b>Sweet Potatoes, dehydrated Flakes</b> <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
<b>SWISS CHARD - Dark Green Subgroup</b>					
<b>Swiss Chard, fresh Trimmed</b>	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
<b>Swiss Chard, fresh Untrimmed</b>	Pound	6.30	1/4 cup cooked, drained vegetable	15.9	1 lb AP = 0.92 lb ready-to-cook trimmed Swiss chard
<b>TANNIER (see YAUTIA) – Starchy Subgroup</b>					
<b>TARO (see MALANGA) – Starchy Subgroup</b>					
<b>TOMATILLOS - Other Subgroup</b>					
<b>Tomatillos, fresh</b> <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
<b>TOMATOES – Red/Orange Subgroup</b>					
<b>Tomatoes, fresh</b> <i>Cherry 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

## 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
<b>TOMATOES – Red/Orange Subgroup (continued)</b>					
<b>Tomatoes, fresh</b> <i>Cherry 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
<b>Tomatoes, fresh</b> <i>Whole 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
<b>Tomatoes, fresh</b> <i>Small or Medium approx 2-1/8- inch to 2-1/4- inch diameter 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
<b>Tomatoes, fresh</b> <i>Large or Extra large Approx. 2- 1/2-inch to 2- 3/4-inch diameter 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)
<b>Tomatoes, fresh</b> <i>Diced 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
<b>Tomatoes, canned</b> <i>Whole or Stewed 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

## 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
<b>TOMATOES – Red/Orange Subgroup (continued)</b>					
<b>Tomatoes, canned</b> <i>Whole or Stewed 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	
<b>Tomatoes, canned</b> <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  1 No. 2-1/2 can = about 18.5 oz drained tomato
	No. 2-1/2 can (28 oz)	12.70	1/4 cup heated vegetable and juice	7.9	
	Pound	7.30	1/4 cup heated vegetable and juice	13.7	
<b>Tomatoes, canned</b> <i>Diced 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  1 No. 2-1/2 can = about 18.5 oz drained, unheated tomato
	No. 2-1/2 can (28 oz)	13.50	1/4 cup heated vegetable and juice	7.5	
	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	

## 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
<b>TOMATO PRODUCTS – Red/Orange Subgroup</b>					
Tomato Products, Canned <b>Tomato Paste</b> <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
Tomato Products, canned <b>Tomato Puree</b> <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 <b>Tomato Sauce</b> <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	

## 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
<b>TOMATO PRODUCTS – Red/Orange Subgroup (continued)</b>					
Tomato Products, canned <b><i>Spaghetti Sauce, Meatless</i></b> <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
<b>TURNIPS - Other Subgroup</b>					
<b>Turnips, fresh</b> <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
<b>Turnips, fresh</b> <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	
<b>TURNIP GREENS - Dark Green Subgroup</b>					
<b>Turnip Greens, fresh</b> <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
<b>Turnip Greens, canned</b>	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	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>TURNIP GREENS - Dark Green Subgroup (continued)</b>					
<b>Turnip Greens, frozen</b> <i>Chopped or Whole Leaf</i>	Pound	9.6	1/4 cup cooked, drained vegetable	10.5	
<b>TURTLE BEANS (see BLACK BEANS) - Beans and Peas (Legumes) Subgroup</b>					
<b>VEGETABLES, MIXED – Additional Subgroup<sup>4</sup></b>					
<b>Vegetables, Mixed, canned</b> <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
<b>Vegetables, Mixed, frozen</b> <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	
<b>Vegetables, Mixed, frozen</b> <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

<sup>4</sup> For the purposes of the NSLP, the "Additional vegetables" requirement will be used for any vegetable mixture that also includes vegetables from the starchy subgroup 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
<b>VEGETABLES, MIXED – Additional Subgroup<sup>4</sup></b>					
<b>Vegetables, Mixed, frozen</b> <i>Carrots, Corn, Green Bean Blend</i>	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
<b>VEGETABLES, MIXED - Other Subgroup<sup>5</sup></b>					
<b>Vegetables, Mixed, frozen</b> <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
<b>Vegetables, Mixed, frozen</b> <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
<b>Vegetables, Mixed, frozen</b> <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

<sup>4</sup> For the purposes of the NSLP, the "Additional vegetables" requirement will be used for any vegetable mixture that also includes vegetables from the starchy subgroup 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.

<sup>5</sup> 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
<b>WATER CHESNUTS - Starchy Subgroup</b>					
<b>Water Chestnuts, canned</b>	Pound	6.70	1/4 cup drained vegetable	15.0	
<b>WATERCRESS - Dark Green Subgroup</b>					
<b>Watercress, fresh</b>	Pound	50.50	1/4 cup raw vegetable sprigs or pieces (credits as 1/8 cup in NSLP/ SBP)	2.0	1 lb AP = 0.92 lb ready-to-serve raw watercress
<b>YAM BEAN (see JICAMA) – Starchy Subgroup</b>					
<b>YAUTIA (TANNIER) – Starchy Subgroup</b>					
<b>Yautia (Tannier), fresh <i>Whole</i></b>	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)
	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)
<b>YUCCA (CASSAVA) – Starchy Subgroup</b>					
<b>Yucca, (Cassava), fresh <i>Whole</i></b>	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
<b>APPLES</b>					
<b>Apples, fresh</b> <i>125-138 count 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	
<b>Apples, fresh</b> <i>100 count 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
<b>Apples, canned</b> <i>Slices Solid pack 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 liquid	12.5	
<b>Apples, frozen</b> <i>Unsweetened Sliced, IQF 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	

## 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
<b>APPLES (continued)</b>					
<b>Apples, dried</b> <i>Slices or Rings</i>	Pound	21.10	1/4 cup dried fruit	4.8	1 lb AP = about 5-1/4 cups dried apples
<i>Regular moisture</i>	Pound	28.70	1/4 cup cooked fruit	3.5	
<b>APPLESAUCE<sup>6</sup></b>					
<b>Apple-sauce, canned<sup>6</sup></b> <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	
<b>APRICOTS</b>					
<b>Apricots, fresh</b> <i>Medium (approx. 1-3/8 inch diameter)</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
<i>Whole</i>	Pound	10.80	1/4 cup raw, seeded and unpeeled fruit halves	9.3	
<b>Apricots, canned</b> <i>Diced</i> <i>Includes USDA Foods</i>	1 No. 10 can (108 oz)	48.00	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12 cups fruit and liquid
<b>Apricots, canned</b> <i>Halves</i> <i>Unpeeled</i>	No. 10 can (106 oz)	48.00	1/4 cup fruit and liquid	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 liquid	7.6	1 No. 2-1/2 can = about 16.0 oz (1-7/8 cups) drained apricots

<sup>6</sup> 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
<b>APRICOTS (continued)</b>					
<b>Apricots, canned</b> <i>Halves Unpeeled</i>	No. 300 can (15-1/4 oz)	6.54	1/4 cup fruit and liquid	15.3	
	No. 300 can (15-1/4 oz)	6.08	1/4 cup heated, drained fruit	16.5	
<b>Apricots, canned</b> <i>Slices Peeled</i>	No. 10 can (106 oz)	45.70	1/4 cup fruit and liquid	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 liquid	8.0	1 No. 2-1/2 can = about 17.2 oz (2 cups) drained apricots
<b>Apricots, canned</b> <i>Slices Peeled</i>	Pound	6.90	1/4 cup fruit and liquid	14.5	1 lb AP = about 8.9 oz (1-1/8 cups) drained apricots
<b>Apricots, canned</b> <i>Whole With pits Peeled</i>	No. 10 can (106 oz)	44.20	1/4 cup pitted fruit and liquid	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 liquid	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 liquid	15.0	1 lb AP = about 6.9 oz (1 cup) drained, pitted apricots
<b>Apricots, canned</b> <i>Whole With pits Unpeeled</i>	No. 10 can (106 oz)	43.60	1/4 cup pitted fruit and liquid	2.3	1 No. 10 can = about 53.0 oz (6-1/3 cups) drained, pitted apricots

## 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
<b>APRICOTS (continued)</b>					
<b>Apricots, canned</b> <i>Whole With pits Unpeeled</i>	No. 2-1/2 can (29 oz)	11.90	1/4 cup pitted fruit and liquid	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 liquid	15.2	1 lb AP = about 7.0 oz (7/8 cup) drained, pitted apricots
<b>Apricots, frozen</b> <i>Unsweetened Halves Unpeeled</i>	Pound	6.70	1/4 cup cooked fruit and liquid	15.0	1 lb AP = 1-2/3 cups cooked fruit
	Pound	7.25	1/4 cup thawed fruit and liquid	13.8	1 lb AP = 1-3/4 cups thawed fruit and liquid
	Pound	4.90	1/4 cup thawed, drained fruit	20.5	1 lb AP = 1-1/8 cups thawed, drained fruit
<b>Apricots, frozen</b> <i>Unsweetened Sliced Unpeeled Includes USDA Foods</i>	Pound	7.26	1/4 cup thawed fruit and liquid	13.8	1 lb AP = 0.98 lb (about 1-3/4 cups) ready-to-serve, thawed, apricots with juice
	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	142.60	1/4 cup thawed fruit and liquid	0.71	20 lb Bag = about 35-2/3 cups thawed apricots and liquid
	20 lb bag	96.40	1/4 cup thawed, drained fruit	1.1	20 lb Bag = about 24-1/8 cups thawed, drained apricots
<b>Apricots, dried</b> <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

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
<b>APRICOTS (continued)</b>					
<b>Apricots, dried</b> <i>Halves Regular moisture</i>	Pound	23.40	1/4 cup cooked fruit	4.3	
<b>BANANAS</b>					
<b>Bananas, fresh</b> <i>150 count 7 to 7-7/8 inch</i>	Pound	3.60	1 banana (1/2 cup fruit)	27.8	
<i>Whole</i>	Pound	7.20	1/4 cup sliced fruit	13.9	1 lb AP = 0.64 lb (about 1-5/8 cups) ready-to-serve banana slices
<b>Bananas, fresh</b> <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	
<b>Bananas, canned</b> <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	
<b>Bananas, dried<sup>7</sup></b> <i>Slices 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
<b>BLACKBERRIES, (BOYSENBERRIES)</b>					
<b>Black- berries (Boysen- berries), fresh</b>	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

<sup>7</sup> 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
<b>BLACKBERRIES, (BOYSENBERRIES) (continued)</b>					
<b>Black-berries (Boysen-berries), fresh</b> <i>Whole</i>	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
<b>Black-berries (Boysen-berries), canned</b> <i>Whole</i>	No. 10 can (103 oz)	47.80	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 66.0 oz (10-2/3 cups) drained blackberries
	Pound	7.42	1/4 cup fruit and liquid	13.5	1 lb AP = about 9.2 oz (1-1/2 cups) drained blackberries
<b>Black-berries (Boysen-berries), frozen</b> <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	
<b>Black-berries (Boysen-berries), Frozen<sup>6</sup></b> <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
<b>BLUEBERRIES</b>					
<b>Blue-berries, fresh</b> <i>Whole Includes USDA Foods</i>	Pint (14-1/4 oz)	10.70	1/4 cup raw fruit	9.4	1 pt AP = 0.87 lb (about 2-2/3 cups) ready-to-serve raw blueberries
	Pound	11.90	1/4 cup raw fruit	8.5	1 lb AP = 0.96 lb ready-to-serve raw blueberries

<sup>6</sup> 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
<b>BLUEBERRIES (continued)</b>					
<b>Blue-berries, canned</b> <i>Whole</i>	No. 10 can (105 oz)	47.60	1/4 cup fruit and liquid	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 liquid	14.8	1 No. 300 can = about 8.2 oz (1-3/8 cups) drained blueberries
	Pound	7.20	1/4 cup fruit and liquid	13.9	
<b>Blue-berries, frozen</b> <i>Unsweetened Whole</i>	Pound	7.80	1/4 cup cooked fruit (sugar added by SFA during cooking)	12.9	
<b>Blue-berries, frozen</b> <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
<b>Blue-berries, dried</b> <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
<b>BOYSENBERRIES (see BLACKBERRIES)</b>					
<b>CACTUS FRUIT (PRICKLY PEAR)</b>					
<b>Cactus Fruit (Prickly Pear), fresh</b> <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

## 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
<b>CACTUS FRUIT (PRICKLY PEAR) (continued)</b>					
<b>Cactus Fruit (Prickly Pear), fresh</b> <i>Whole fruit</i>	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
<b>CANTALOUPE<sup>8</sup></b>					
<b>Cantaloupe, fresh<sup>8</sup></b> <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
<b>Cantaloupe, fresh<sup>8</sup></b> <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
<b>Cantaloupe, frozen</b> <i>Melon balls Unsweetened</i>	Pound	8.70	1/4 cup fruit	11.5	1 lb = 35 melon balls
<b>CARAMBOLA (see STAR FRUIT)</b>					
<b>CHERRIES, MARASCHINO</b>					
<b>Cherries, Maraschino, canned</b> <i>Large</i>	Pound	6.20	1/4 cup drained fruit	16.2	
<b>Cherries, Maraschino, canned</b> <i>Small</i>	Pound	5.70	1/4 cup drained fruit	17.6	

<sup>8</sup> 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
<b>CHERRIES, RED TART</b>					
<b>Cherries, Red Tart, fresh</b> <i>Whole</i>	Pound	6.40	1/4 cup cooked, pitted fruit, sugar added	15.7	1 lb AP = 0.87 lb pitted cherries
<b>Cherries, Red Tart, canned</b> <i>Pitted Water packed Includes USDA Foods</i>	No. 10 can (102 oz)	46.80	1/4 cup fruit and liquid	2.2	1 No. 10 can = about 11-3/4 cups pitted cherries and liquid
	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 liquid	13.8	
	Pound	5.79	1/4 cup drained fruit	17.3	
<b>Cherries, Red Tart, frozen</b> <i>Unsweetened Pitted Includes USDA Foods</i>	Pound	11.40	1/4 cup thawed fruit and liquid	8.8	1 lb AP = 0.98 lb (about 2-3/4 cups) thawed cherries and liquid
	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 liquid	17.0	
	40 lb pkg	457.40	1/4 cup thawed fruit and liquid	0.22	40 lb pkg = about 114-1/4 cups thawed cherries and liquid
	40 lb pkg	280.80	1/4 cup thawed, drained fruit	0.36	40 lb pkg = about 70-1/8 cups thawed, 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
<b>CHERRIES, RED TART (continued)</b>					
<b>Cherries, Red Tart, dried</b> <i>Whole</i>	40 lb pkg	236.70	1/4 cup cooked fruit and liquid	0.43	
<i>Without pits</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
<i>Includes USDA Foods</i>	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	
<b>CHERRIES, SWEET</b>					
<b>Cherries, Sweet, fresh</b> <i>Whole</i> <i>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
<b>Cherries, Sweet, canned</b> <i>Whole</i> <i>With pits</i>	No. 10 can (106 oz)	45.80	1/4 cup pitted fruit and liquid	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 liquid	8.0	1 No. 2-1/2 can = about 17.6 oz (2-3/8 cups) drained cherries
	Pound	6.91	1/4 cup pitted fruit and liquid	14.5	1 lb AP = about 8.4 oz (1-1/3 cups) drained, pitted cherries

<b>Section 2 – Fruits</b>					
<b>1. Food As Purchased, AP</b>	<b>2. Purchase Unit</b>	<b>3. Servings Per Purchase Unit, EP</b>	<b>4. Serving Size per Meal Contribution</b>	<b>5. Purchase Units for 100 Servings</b>	<b>6. Additional Information</b>
<b>CLEMENTINES</b>					
<b>Clementines fresh</b> <i>Whole</i>	Pound	3.68	1 whole, raw clementine (about 1/2 cup fruit)	27.2	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve, raw clementine sections
	Pound	7.65	1/4 cup peeled, sectioned, raw fruit (about 5 sections)	13.1	
<b>CRANBERRIES</b>					
<b>Cranberries, fresh</b> <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	
<b>Cranberries, dried</b> <i>Sweetened</i> <i>Whole</i> <i>Includes</i> <i>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
	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	
<b>CRANBERRY RELISH OR SAUCE</b>					
<b>Cranberry Relish or Sauce, canned</b> <i>Whole</i> <i>Includes</i> <i>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
<b>CRANBERRY RELISH OR SAUCE (continued)</b>					
<b>Cranberry Relish or Sauce, canned</b>	No. 10 can (117 oz)	47.90	1/4 cup fruit	2.1	
<i>Strained Includes USDA Foods</i>	No. 300 can (16 oz)	6.50	1/4 cup fruit	15.4	
<b>CURRENTS</b>					
<b>Currents, dried</b>	Pound	13.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	7.3	1 lb dry = about 3-3/8 cups dry currants
<b>DATES</b>					
<b>Dates, dried</b>	Pound	10.00	1/4 cup pitted, dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	10.0	
<i>Moisturized With pits Whole</i>					
<b>Dates, dried</b>	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
<i>Pieces Regular moisture Includes USDA Foods</i>	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
<b>Dates, dried</b>	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
<i>Pitted Regular moisture Includes USDA Foods</i>	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
<b>FIGS</b>					
<b>Figs, fresh</b>	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
<i>Small Whole</i>					

## 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
<b>FIGS (continued)</b>					
<b>Figs, canned</b> <i>Puree<sup>6</sup></i> <i>Includes USDA Foods</i>	2 gallon	128.00	1/4 cup fruit	0.79	2 gallon container = 32 cups fruit juice
<b>Figs, canned</b> <i>Whole</i>	No. 10 can (110 oz)	49.30	1/4 cup fruit and liquid	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 liquid	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 liquid	14.0	
<b>Figs, dried</b> <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 liquid	7.5	
<b>Figs, dried</b> <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
	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

<sup>6</sup> 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
<b>FRUIT, MIXED</b>					
<b>Fruit, Mixed, chilled</b> <i>(may include: honeydew melon, cantaloupe, watermelon, grapes, etc.)</i>	Gallon (97.7 oz)	64.00	1/4 cup fruit and liquid	1.6	1 gallon container = 16 cups fruit and liquid
<b>Fruit, Mixed, canned</b> <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 liquid	2.2	1 No. 10 can = about 69.0 oz (9-1/4 cups) drained fruit
<i>peaches, pineapple, grapes, cherries)</i> <i>Includes USDA Foods</i>	No. 2-1/2 can (29 oz)	12.80	1/4 cup fruit and liquid	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 liquid	15.9	
<b>Fruit, Mixed, canned</b> <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 liquid	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 liquid	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 liquid	15.4	
<b>Fruit, Mixed, frozen</b> <i>Unsweetened (may include: peaches, grapes, apricots, pears, pineapple, cherries, etc.)</i>	136 oz tub	58.20	1/4 cup thawed fruit and liquid	1.8	136 oz tub = about 14-3/8 cups thawed fruit and liquid
	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

<b>Section 2 – Fruits</b>					
<b>1. Food As Purchased, AP</b>	<b>2. Purchase Unit</b>	<b>3. Servings Per Purchase Unit, EP</b>	<b>4. Serving Size per Meal Contribution</b>	<b>5. Purchase Units for 100 Servings</b>	<b>6. Additional Information</b>
<b>FRUIT, MIXED (continued)</b>					
<b>Fruit, Mixed, dried</b> <i>Regular moisture</i>	Pound	9.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	10.4	
<b>GRAPEFRUIT</b>					
<b>Grapefruit, fresh</b> <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
	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 liquid)	50.0	1 lb AP = 0.48 lb (7/8 cup) fruit and liquid
	Pound	3.50	1/4 cup fruit and liquid	28.6	
<b>Grapefruit, canned</b> <i>Sections</i>	No. 3 Cyl (50 oz)	23.30	1/4 cup fruit and liquid	4.3	1 No. 3 Cyl = about 26.0 oz (3-1/8 cups) drained grapefruit
	Pound	7.45	1/4 cup fruit and liquid	13.5	
<b>Grapefruit, frozen</b> <i>Sections Unsweetened</i>	Pound	7.50	1/4 cup fruit and liquid	13.4	1 lb AP = about 0.55 lb (1-1/8 cups) thawed, drained grapefruit

## Section 2 – Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>GRAPEFRUIT and ORANGE SECTIONS</b>					
<b>Grapefruit and Orange Sections, chilled</b>	Gallon (136 oz)	63.90	1/4 cup fruit and liquid	1.6	1 gallon = about 91.0 oz (13-1/4 cups) drained fruit
	Pound	7.51	1/4 cup fruit and liquid	13.4	
	No. 3 Cyl (50 oz)	22.60	1/4 cup fruit and liquid	4.5	1 No. 3 Cyl = about 26.0 oz (3-1/2 cups) drained fruit
<b>Grapefruit and Orange Sections, canned</b>	Pound	7.23	1/4 cup fruit and liquid	13.9	1 lb AP = about 8.5 oz (1-1/8 cups) drained fruit
<b>GRAPES</b>					
<b>Grapes, fresh</b> <i>Seedless</i> <i>Whole</i> <i>With stem</i>	Pound	10.50	1/4 cup whole fruit (about 7 large grapes)	9.6	1 lb AP = 0.97 lb (about 2-5/8 cups) ready-to-serve grapes
	Pound	9.27	1/4 cup fruit halves (about 14 large grape halves)	10.8	1 lb AP = 0.97 lb (about 2-1/4 cups) ready-to-serve grape halves
<b>Grapes, fresh</b> <i>Seedless</i> <i>Whole</i> <i>Without stem</i>	Pound	10.80	1/4 cup whole fruit (about 7 large grapes)	9.3	
<b>Grapes, fresh</b> <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
<b>Grapes, canned</b> <i>Seedless</i> <i>Whole</i>	No. 10 can (108 oz)	50.00	1/4 cup fruit and liquid	2.0	1 No. 10 can = about 67.0 oz (10 cups) drained grapes

<b>Section 2 – Fruits</b>					
<b>1. Food As Purchased, AP</b>	<b>2. Purchase Unit</b>	<b>3. Servings Per Purchase Unit, EP</b>	<b>4. Serving Size per Meal Contribution</b>	<b>5. Purchase Units for 100 Servings</b>	<b>6. Additional Information</b>
<b>GRAPES (continued)</b>					
<b>Grapes, canned</b> <i>Seedless Whole</i>	No. 2-1/2 can (30 oz)	13.80	1/4 cup fruit and liquid	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 liquid	13.6	1 lb AP = about 9.9 oz (1-1/2 cups) drained grapes
<b>GUAVA PUREE<sup>6</sup></b>					
<b>Guava Puree, frozen<sup>6</sup></b> <i>Unsweetened</i>	30 oz container	13.30	1/4 cup fruit	7.6	30 oz container = about 29.6 oz (3-1/3 cups) thawed fruit juice
	Pound	7.20	1/4 cup fruit	13.9	
<b>HONEYDEW MELON<sup>8</sup></b>					
<b>Honeydew Melon, fresh<sup>8</sup></b> <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
<b>Honeydew Melon, frozen</b> <i>Unsweetened</i>	Pound	8.70	1/4 cup fruit balls	11.5	1 lb = about 35 melon balls

<sup>6</sup> 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.

<sup>8</sup> 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
<b>JUICES<sup>9</sup></b>					
<b>Juices, canned<sup>9</sup></b> <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	
<b>Juices, frozen<sup>10</sup></b> <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 (about 7 oz)	12.00	1 tablespoon concentrate (1/4 cup fruit juice)	8.4	

<sup>9</sup> 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.

<sup>10</sup> The canned and frozen juices listed in Column 1 are usually available in the can size 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
<b>KIWI</b>					
<b>Kiwi, fresh</b> <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 six 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 six 1/4-inch slices)	8.7	1 lb AP = 0.99 lb (about 2-7/8 cups) ready-to-serve unpeeled 1/4-inch kiwi slices
	Pound	10.80	1/4 cup unpeeled fruit halves (about 2 halves or 3/4 of a whole kiwi)	9.3	1 lb AP = 0.99 lb ready-to-serve unpeeled kiwi halves
<b>LEMONS</b>					
<b>Lemons, fresh</b> <i>Whole</i>	Pound	3.10	1/4 cup fruit juice	32.3	1 lb AP = 0.43 lb (about 3/4 cup) juice
<b>LIMES</b>					
<b>Limes, fresh</b> <i>Whole</i>	Pound	3.50	1/4 cup fruit juice	28.6	1 lb AP = 0.47 lb (about 7/8 cup) juice
<b>MANGOES</b>					
<b>Mangoes, fresh</b> <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

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>NECTARINES</b>					
<b>Nectarines, fresh</b> <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
<b>Nectarines, fresh</b> <i>Size 88-96 (2-1/4 inch diameter) Whole</i>	Pound	4.40	1 whole, raw nectarine (about 1/2 cup fruit)	22.8	
	Pound	8.80	1/4 cup fruit and liquid (about 1/2 nectarine)	11.4	
<b>Nectarines, fresh</b> <i>Size 56-64 (2-3/4 inch diameter) Whole</i>	Pound	3.05	1 whole, raw nectarine (about 3/4 cup fruit)	32.8	
	Pound	9.15	1/4 cup fruit and liquid (about 1/3 nectarine)	11.0	
<b>ORANGES</b>					
<b>Oranges, fresh</b> <i>All sizes Whole Includes USDA Foods</i>	Pound	3.50	1/4 cup fruit sections membrane removed, drained	28.6	1 lb AP = 0.40 lb ready-to-serve oranges
	Pound	3.60	1/4 cup fruit juice	27.8	1 lb AP = 0.48 lb (7/8 cup) juice
<b>Oranges, fresh</b> <i>138 count Arizona or California Whole</i>	Pound	3.40	1 orange (about 1/2 cup fruit and liquid)	29.5	
	Pound	6.80	1/4 cup fruit and liquid (about 1/2 orange)	14.8	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>Oranges (continued)</b>					
<b>Oranges, fresh</b> <i>125 count Florida or Texas Whole</i>	Pound	2.90	1 orange (about 5/8 cup fruit and liquid)	34.5	
	Pound	7.02	1/4 cup fruit and liquid (about 1/2 orange)	14.3	1 lb AP = about 0.76 lb (1-3/4 cups) ready-to-serve peeled oranges
<b>Oranges, fresh</b> <i>113 count Arizona or California Whole</i>	Pound	2.80	1 orange (about 5/8 cup fruit and liquid)	35.8	
	Pound	5.60	1/4 cup fruit and liquid (about 1/2 orange)	17.9	
<b>Oranges, canned</b> <i>Mandarin</i>	Pound	7.30	1/4 cup fruit and liquid	13.7	1 lb = about 0.61 lb (about 1-1/2 cups) drained oranges
<b>PAPAYA</b>					
<b>Papaya, fresh</b> <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	
<b>Papaya, frozen</b> <i>Puree<sup>6</sup> 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

<sup>6</sup> 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
<b>PASSION FRUIT</b>					
<b>Passion Fruit, fresh</b> <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
<b>PEACHES</b>					
<b>Peaches, fresh</b> <i>Size 88 and 84 (small) (2-1/8 inch diameter) 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	
<b>Peaches, fresh</b> <i>Size 80 Whole</i>	Pound	4.50	1 whole, raw peach (about 1/2 cup fruit)	22.3	
	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	1 lb AP = 0.93 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, sliced peaches
<b>Peaches, fresh</b> <i>Size 80 Whole</i>	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
<b>Peaches, fresh</b> <i>Size 64 &amp; 60 (medium) (2-1/2 inch diameter) 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	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PEACHES (continued)</b>					
<b>Peaches, fresh</b> <i>Size 64 &amp; 60 (medium) (2-1/2 inch diameter) Whole</i>	Pound	7.40	1/4 cup cooked, sliced fruit, sugar added	13.6	
<b>Peaches, fresh</b> <i>Size 56 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	
<b>Peaches, canned</b> <i>Cling Diced Light syrup pack Includes USDA Foods</i>	No. 10 can (106 oz)	48.6	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12-1/8 cups fruit and liquid
	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 liquid	7.6	1 No. 2-1/2 can = about 3-1/3 cups peaches and liquid
	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
<b>Peaches, canned</b> <i>Cling Diced Light syrup pack Includes USDA Foods</i>	Pound	7.33	1/4 cup fruit and liquid	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	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PEACHES (continued)</b>					
<b>Peaches, canned</b> <i>Cling or Freestone Halves</i> <i>Includes USDA Foods</i>	No. 10 can (106 oz)	47.1	1/4 cup fruit and liquid (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 liquid	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 liquid	15.8	
<b>Peaches, canned</b> <i>Cling Sliced Light syrup pack</i> <i>Includes USDA Foods</i>	No. 10 can (105 oz)	50.0	1/4 cup fruit and liquid	2.0	1 No. 10 can = about 105.0 oz (12-1/2 cups) fruit and liquid
	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
<b>Peaches, canned</b> <i>Cling Quarters</i> <i>Includes USDA Foods</i>	No. 10 can (106 oz)	48.5	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 71.0 oz (9-7/8 cups) drained peaches
<b>Peaches, canned</b> <i>Freestone Sliced</i> <i>Includes USDA Foods</i>	No. 10 can (106 oz)	47.5	1/4 cup fruit and liquid	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 liquid	7.7	1 No. 2-1/2 can = about 15.7 oz (2 cups) drained Freestones

<b>Section 2 – Fruits</b>					
<b>1. Food As Purchased, AP</b>	<b>2. Purchase Unit</b>	<b>3. Servings Per Purchase Unit, EP</b>	<b>4. Serving Size per Meal Contribution</b>	<b>5. Purchase Units for 100 Servings</b>	<b>6. Additional Information</b>
<b>PEACHES (continued)</b>					
<b>Peaches, canned</b> <i>Freestone Sliced</i> <i>Includes USDA Foods</i>	No. 300 can (16 oz)	6.40	1/4 cup fruit and liquid	15.7	1 No. 300 can = about 8.1 oz (3/4 cup) drained Freestones
<b>Peaches, canned</b> <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
<b>Peaches, frozen</b> <i>Sliced Unsweetened</i> <i>Includes USDA Foods</i>	Pound	7.34	1/4 cup thawed fruit and liquid	13.7	1 lb AP = about 1-3/4 cups thawed peaches and liquid
	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
	Pound	7.10	1/4 cup cooked fruit	14.1	
	20 lb Bag	147.4	1/4 cup thawed fruit and liquid	0.68	20-lb Bag = about 36-7/8 cups thawed peaches and liquid
	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	
<b>Peaches, dried</b> <i>Halves</i>	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
	Pound	22.9	1/4 cup cooked fruit and liquid	4.4	
<b>PEARS</b>					
<b>Pears, fresh</b> <i>All sizes Whole</i> <i>Includes USDA Foods</i>	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	

## 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
<b>PEARS (continued)</b>					
<b>Pears, fresh</b> <i>150 count</i> <i>Whole</i>	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
<b>Pears, fresh</b> <i>120 count</i> <i>Whole</i>	Pound	3.30	1 whole, raw, medium pear (about 3/4 cup fruit)	30.4	1 lb AP = 0.78 lb ready-to-cook or -serve raw, pared pears
	Pound	7.10	1/4 cup raw, pared, cubed fruit	14.1	
<b>Pears, fresh</b> <i>100 count</i> <i>D'Anjou or Bosc or Bartlett, Whole</i>	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
<b>Pears, canned</b> <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 liquid	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 liquid	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 liquid	13.9	1 lb AP = about 10.2 oz (1-1/2 cups) drained pears
<b>Pears, canned</b> <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 liquid (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 liquid (about 1 pear half with juice)	7.0	1 No. 2-1/2 can = about 15.8 oz (2 cups) drained pears
	No. 300 can (15 oz)	7.02	1/4 cup fruit and liquid (about 1 pear half with juice)	14.3	1 No. 300 can = about 7.3 oz (3/4 cup) drained pears

## Section 2 – Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PEARS (continued)</b>					
<b>Pears, canned</b> <i>Sliced Packed in juice or light syrup Includes USDA Foods</i>	No. 10 can (105 oz)	49.70	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12-3/8 cups pears and liquid
	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
<b>Pears, dried</b> <i>Regular moisture 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 liquid	5.0	
<b>PERSIMMONS</b>					
<b>Persimmons fresh</b> <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
<b>PINEAPPLE</b>					
<b>Pineapple, fresh</b> <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 liquid	13.4	

## 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
<b>PINEAPPLE (continued)</b>					
<b>Pineapple, canned</b> <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 liquid	2.1	1 No. 10 can = about 12-3/8 cups pineapple and liquid
	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 liquid	10.7	1 No. 2 can = about 12.4 oz (1-7/8 cups) drained pineapple
	Pound	7.53	1/4 cup fruit and liquid	13.3	
<b>Pineapple, canned</b> <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 liquid	2.1	1 No. 10 can = about 12-3/8 cups pineapple and liquid
	No. 10 can (106 oz)	36.10	1/4 cup drained fruit	2.8	1 No. 10 can = about 75.6 oz (9 cups) drained pineapple
	No. 2 can (20 oz)	9.20	1/4 cup fruit and liquid	10.9	1 No. 2 can = about 13.8 oz (2 cups) drained pineapple
	Pound	7.56	1/4 cup fruit and liquid	13.3	
<b>Pineapple, canned</b> <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 liquid	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	

## 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
<b>PINEAPPLE (continued)</b>					
<b>Pineapple, canned</b> <i>Slices</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Foods</i>	No. 2 can (20 oz)	8.87	1/4 cup fruit and liquid	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 liquid	14.1	
	Pound	5.63	1/4 cup drained fruit	17.8	
<b>Pineapple, canned</b> <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 liquid	2.0	1 No. 10 can = about 12 cups pineapple and liquid
	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
<b>Pineapple, frozen</b> <i>Unsweetened 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
<b>PLANTAINS-See Vegetables section</b>					
<b>PLUMS</b>					
<b>Plums, fresh</b> <i>Italian</i> <i>1.5-inch by 2-inch 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 liquid	14.7	

## Section 2 – Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PLUMS (continued)</b>					
<b>Plums, fresh</b> <i>Purple, Red, or Black</i> <i>Size 45 &amp; 50</i> <i>2-inch diameter</i> <i>Whole</i>	Pound	4.99	1 whole, raw plum (about 1/2 cup fruit and liquid)	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	
<b>Plums, fresh</b> <i>Japanese or Hybrid</i> <i>Whole</i> <i>Size 60 &amp; 65</i>	Pound	6.40	1 whole, raw plum (about 3/8 cup fruit and liquid)	15.7	1 plum = about 1-1/2 inch diameter
<b>Plums, canned</b> <i>Purple or Red Halves</i> <i>Unpeeled</i> <i>No pits</i> <i>Includes USDA Foods</i>	No. 10 can (105 oz)	49.20	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12-1/8 cups plums and liquid without pits
	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
<b>Plums, canned</b> <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 liquid	2.1	1 No. 10 can = about 12 cups plums with pits and liquid
	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 liquid	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 liquid	13.7	1 lb AP = 8.8 oz (1 cup) drained plums with pits

## Section 2 – Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>PLUMS (continued)</b>					
<b>Plums, canned</b> <i>Purple or Red Unpeeled With pits Whole Includes USDA Foods</i>	Pound	4.19	1/4 cup pitted drained fruit	23.9	
<b>Plums, dried (Prunes), canned</b> <i>With pits</i>	No. 10 can (108 oz)	46.00	1/4 cup fruit and liquid (about 4 prunes with liquid)	2.2	1 No. 10 can = about 57.0 oz (7-1/8 cups) drained, pitted prunes
	25 oz jar	10.60	1/4 cup fruit and liquid	9.5	25 oz jar = about 13.2 oz (1-2/3 cups) drained, pitted prunes
<b>Plums, dried (Prunes), canned<sup>6</sup></b> <i>Paste or Puree 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
<b>Plums, dried (Prunes)</b> <i>Whole Regular moisture 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 liquid	7.8	
<b>Plums, dried (Prunes)</b> <i>Whole Without pits 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

<sup>6</sup> 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.

<b>Section 2 – Fruits</b>					
<b>1. Food As Purchased, AP</b>	<b>2. Purchase Unit</b>	<b>3. Servings Per Purchase Unit, EP</b>	<b>4. Serving Size per Meal Contribution</b>	<b>5. Purchase Units for 100 Servings</b>	<b>6. Additional Information</b>
<b>PLUMS (continued)</b>					
<b>Plums, dried (Prunes)</b> <i>Whole Without pits Includes USDA Foods</i>	Pound	14.70	1/4 cup cooked fruit and liquid	6.9	
<b>POMEGRANATE</b>					
<b>Pomegranate, fresh</b> <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
<b>PRICKLY PEAR, (see CACTUS FRUIT)</b>					
<b>PRUNES (see PLUMS, dried)</b>					
<b>RAISINS</b>					
<b>Raisins</b> <i>Regular moisture Seedless Includes USDA Foods</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
	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	
<b>RASPBERRIES</b>					
<b>Raspberries fresh</b> <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

## 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
<b>RASPBERRIES (continued)</b>					
<b>Raspberries fresh</b> <i>Whole</i>	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
<b>Raspberries canned</b> <i>Red Whole</i>	No. 10 can (103 oz)	48.00	1/4 cup fruit and liquid	2.1	1 No. 10 can = 53.0 oz drained raspberries
	Pound	7.45	1/4 cup fruit and liquid	13.5	1 lb AP = about 8.25 oz drained raspberries
<b>Raspberries frozen</b> <i>Unsweetened Fruit and liquid</i>	Pound	7.20	1/4 cup thawed fruit and liquid	13.9	
<b>Raspberries frozen<sup>6</sup></b> <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
<b>Raspberries frozen</b> <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

<sup>6</sup> 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
<b>RHUBARB</b>					
<b>Rhubarb, fresh</b> <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
<b>Rhubarb, frozen</b> <i>Unsweetened</i>	Pound	10.00	1/4 cup cooked fruit (sugar added by SFA during cooking)	10.0	
<b>STARFRUIT (CARAMBOLA)</b>					
<b>Star Fruit (Carambola), fresh</b> <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	
<b>STRAWBERRIES</b>					
<b>Strawberries, fresh</b> <i>Whole</i>	Pint (11-1/2 oz)	7.90	1/4 cup raw, whole fruit	12.	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
<b>Strawberries, frozen</b> <i>Sliced Unsweetened Includes USDA Foods</i>	Pound	7.28	1/4 cup thawed fruit and liquid	13.8	1 lb AP = 1 lb (about 1-3/4 cups) ready-to-serve thawed strawberries and liquid

<b>Section 2 – Fruits</b>					
<b>1. Food As Purchased, AP</b>	<b>2. Purchase Unit</b>	<b>3. Servings Per Purchase Unit, EP</b>	<b>4. Serving Size per Meal Contribution</b>	<b>5. Purchase Units for 100 Servings</b>	<b>6. Additional Information</b>
<b>STRAWBERRIES (continued)</b>					
<b>Strawberries, frozen</b> <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
<b>Strawberries, dried</b>	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
<b>TANGELOS</b>					
<b>Tangelos, fresh</b> <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
<b>TANGERINES</b>					
<b>Tangerines, fresh</b> <i>120 count Whole</i>	Pound	4.00	1 whole, raw tangerine (about 3/8 cup fruit and liquid)	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
<b>Tangerines, canned</b> <i>Mandarin Oranges</i>	Pound	7.30	1/4 cup fruit and liquid	13.7	1 lb AP = about 0.61 lb (about 1-1/2 cups) drained tangerines

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>UGLI FRUIT</b>					
<b>Ugli Fruit, fresh</b> <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
<b>WATERMELON<sup>8</sup></b>					
<b>Watermelon, fresh<sup>8</sup></b> <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

<sup>8</sup> 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.