

Section 1 Meat/Meat Alternate

Section 1 – Meat/Meat Alternate

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
BEANS, CANNED					
Beans, Black (Turtle), dry, canned <i>Whole</i> Includes USDA Foods	No. 10 can (110 oz)	45.00	¼ cup drained, unheated beans	2.3	1 No.10 can = about 71 oz (11 ¼ cups) drained, unheated beans
	Pound	10.14	¼ cup drained, unheated beans	9.9	
Beans, Black-eye Peas, dry, canned <i>Whole</i> Includes USDA Foods	No. 10 can (108 oz)	46.00	¼ cup drained, unheated beans	2.2	1 No.10 can = about 78.5 oz (11 ½ cups) drained, unheated beans
	Pound	9.37	¼ cup drained, unheated beans	10.7	
Beans, Garbanzo, dry, canned <i>Whole</i> Includes USDA Foods	No. 10 can (110 oz)	45.50	¼ cup heated, drained beans	2.2	1 No.10 can = about 72 oz (11 ⅜ cups) heated, drained beans
	Pound	10.11	¼ cup heated, drained beans	9.9	
Beans, Kidney, dry, canned <i>Whole</i> Includes USDA Foods	No. 10 can (108 oz)	44.00	¼ cup drained, unheated beans	2.3	1 No.10 can = about 72 oz (11 cups) drained, unheated beans
	Pound	9.77	¼ cup drained, unheated beans	10.3	
Beans, Navy, dry, canned <i>Whole</i>	No. 10 can (108 oz)	44.00	¼ cup drained, unheated beans	2.3	1 No.10 can = about 76 oz (11 cups) drained, unheated beans
	Pound	9.26	¼ cup drained, unheated beans	10.8	
	No. 10 can (108 oz)	39.00	¼ cup heated, drained beans	2.6	1 No.10 can = about 72 oz (9 ¾ cups) heated, drained beans
	Pound	8.66	¼ cup heated, drained beans	11.6	
Beans, Pinto, dry, canned <i>Whole</i> Includes USDA Foods	No. 10 can (108 oz)	40.50	¼ cup drained, unheated beans	2.5	1 No.10 can = about 73 oz (10 ⅛ cups) drained, unheated beans
	Pound	8.87	¼ cup drained, unheated beans	11.3	
PUREE, BEANS^{1,2}					
Beans, Puree (Includes: garbanzo, navy, black-eye, pinto, black beans)	No. 10 can (110 oz)	46.50	¼ cup pureed beans	2.2	1 No.10 can pureed with liquid = 110 oz (about 11 ⅝ cups) pureed beans
	Pound	6.76	¼ cup pureed beans	14.8	

¹ Liquid from canned beans used to puree beans; no additional liquid added.

² Pureed foods such as fruits and vegetables may contribute to meal pattern requirements, provided that the dish that contains the pureed food also provides an adequate amount of recognizable, creditable fruits or vegetables. Additional information regarding crediting pureed foods is available in Memo SP 10-2012 v.9.

Section 2 Vegetables

Section 2 – Vegetables - Red/Orange Subgroup

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
PUMPKIN					
Pumpkin, Fresh Whole	Pound	4.00	¼ cup diced, cooked vegetable	25 .0	1 lb peeled, diced pumpkin (without seeds) = 0.28 lb (about 1 cup) cooked pumpkin
PUREES²					
Butternut Squash Puree	Pound	8.00	¼ cup vegetable	12.5	1 lb AP = 1 lb (about 2 cups) butternut squash puree
Carrot Puree	Pound	7.00	¼ cup vegetable	14.3	1 lb AP = 1 lb (about 1 ¾ cups) carrot puree
SWEET POTATOES					
Potatoes, Sweet, Fries, frozen Crinkle Cut Includes USDA Foods	Pound	11.00	¼ cup cooked vegetable	9.1	1 lb AP = 0.70 lb (about 2 ¾ cups) baked sweet potato crinkle cut fries
Potatoes, Sweet, Fries, frozen Puff	Pound	10.00	¼ cup cooked vegetable	10.0	1 lb AP = 0.76 lb (about 2 ½ cups) baked sweet potato puff fries
Potatoes, Sweet, Fries, frozen Straight Cut	Pound	11.50	¼ cup cooked vegetable	8.7	1 lb AP = 0.70 lb (about 2 ⅞ cups) baked sweet potato straight cut fries
Potatoes, Sweet, Fries, frozen Waffle Cut	Pound	12.00	¼ cup cooked vegetable	8.4	1 lb AP = 0.67 lb (about 3 cups) baked sweet potato waffle cut fries
Potatoes, Sweet, Fries, frozen Wedge Cut	Pound	9.50	¼ cup cooked vegetable	10.6	1 lb AP = 0.67 lb (about 2 ⅜ cups) baked sweet potato wedge cut fries
SQUASH, WINTER					
Squash, Winter, fresh Acorn, Whole	Whole Squash (~2.10 lb) ³	8.50	baked squash flesh (about ¼ cup vegetable)	11.8	One Whole Acorn Squash 2.10 lb = 0.90 lb without seed, ready-to-cook squash One Whole Acorn Squash 2.10 lb = 0.54 lb (about 2 ⅞ cups) baked acorn squash flesh

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³ Represents the average weight for one whole squash.

Additional Yield Information for School Meals

Section 2 – Vegetables - Red/Orange Subgroup

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
Squash, Winter, fresh <i>Spaghetti, Whole</i>	Whole Squash (~2.80 lb) ³	10.00	baked squash flesh (about ¼ cup vegetable)	10.0	One Whole Spaghetti Squash 2.80 lb = 0.89 lb without seeds, ready-to-cook squash One Whole Spaghetti Squash 2.80 lb = 0.51 lb (about 2 ½ cups) baked spaghetti squash flesh

TOMATOES

Tomatoes, fresh <i>Cherry, Whole, without Stem</i>	Pound	12.10	¼ cup whole vegetable	8.3	1 lb AP = 0.95 lb (about 2 ¾ cups) halved, ready-to-serve cherry tomatoes 1 lb AP = 0.94 lb (about 2 ½ cups) halved, cherry tomatoes, cooked
	Pound	11.00	¼ cup halved vegetable	9.1	
	Pound	10.00	¼ cup halved, cooked vegetable	10.0	

Section 2 – Vegetables - Dark Green Subgroup

Broccoli, fresh <i>Florets</i>	Pound	11.50	¼ cup trimmed, cooked vegetable	8.7	1 lb AP = 0.63 lb (about 2 ⅞ cups) trimmed, cooked, broccoli florets
Broccoli, frozen <i>Florets, Trimmed</i> Includes USDA Foods	Pound	14.00	¼ cup cooked vegetable	7.2	1 lb AP = 0.99 lb (about 3 ½ cups) trimmed, cooked, broccoli florets
Broccolini, fresh	Pound	16.00	¼ cup trimmed, cooked vegetable	6.3	1 lb AP = 0.88 lb (about 4 cups) trimmed, cooked broccolini
Cilantro, fresh <i>(Coriander)</i>	Pound	73.00	¼ cup trimmed, chopped vegetable	1.4	1 lb AP = 0.84 lb (about 18 ¼ cups) trimmed, chopped, ready-to-serve cilantro

PUREE²

Spinach <i>Puree</i>	Pound	8.00	¼ cup vegetable puree	12.5	1 lb AP = 1 lb (about 2 cups) spinach puree
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Section 2 – Vegetables - Beans and Peas (Legumes)

Beans, Black (Turtle), dry, canned <i>Whole</i> Includes USDA Foods	No. 10 can (110 oz)	45.00	¼ cup drained, unheated vegetable	2.3	1 No.10 can = about 71 oz (11 ¼ cups) drained, unheated beans
	Pound	10.14	¼ cup drained, unheated vegetable	9.9	

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Additional Yield Information for School Meals

Section 2 – Vegetables - Beans and Peas (Legumes)

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Beans, Kidney, dry, canned <i>Whole</i> Includes USDA Foods	No. 10 can (108 oz)	44.00	¼ cup drained, unheated vegetable	2.3	1 No.10 can = about 72 oz (11 cups) drained, unheated beans
	Pound	9.77	¼ cup drained, unheated vegetable	10.3	
Beans, Navy, dry, canned <i>Whole</i>	No. 10 can (108 oz)	44.00	¼ cup drained, unheated vegetable	2.3	1 No.10 can = about 76 oz (11 cups) drained, unheated beans
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Beans, Pinto, dry, canned <i>Whole</i> Includes USDA Foods	No. 10 can (108 oz)	40.50	¼ cup drained, unheated vegetable	2.5	1 No.10 can = about 73 oz (10 ⅛ cups) drained, unheated beans
	Pound	8.87	¼ cup drained, unheated vegetable	11.3	

PUREE, BEAN^{1,2}

Beans, Puree <i>(Includes: black, black-eye, garbanzo, navy, pinto, beans)</i>	No. 10 can (110 oz)	46.50	¼ cup pureed vegetable	2.2	1 No.10 can pureed with liquid = 110 oz (about 11 ⅝ cups) pureed beans
	Pound	6.76	¼ cup pureed vegetable	14.8	

Section 2 – Vegetables - Other Subgroup

Mushrooms, fresh <i>Whole</i>	Pound	22.5	¼ cup trimmed, chopped vegetable	4.5	1 lb AP = 0.97 lb (about 5 ⅝ cups) trimmed, chopped, ready-to-cook mushrooms
	Pound	12.00	¼ cup trimmed, chopped, cooked vegetable	8.4	

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Section 2 Fruits

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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 Unit for 100 Servings	6 Additional Information
Apples, fresh <i>Whole</i> Includes USDA Foods	Pound	14.56	¼ cup raw, unpeeled, cored, sliced fruit	6.9	1 lb AP = 0.91 lb raw, unpeeled, cored apple
Blueberries, wild <i>Frozen</i> Includes USDA Foods	Pound	15.00	¼ cup thawed fruit	6.7	
Clementines, fresh <i>Whole</i>	Pound	6.00	1 whole, peeled clementine (about ¾ cup fruit)	16.7	1 lb AP = 0.86 lb (about 2 ¼ cups) peeled clementine sections
Grapes, fresh <i>Seedless</i> <i>Whole</i> <i>Stemmed</i>	Pound	11.66	¼ cup whole fruit	8.6	
Plums, fresh <i>Purple, Red, or Black</i> <i>2 ½ - inch diameter</i> <i>Whole</i>	Pound	4.00	1 whole, pitted plum (about ⅝ cup fruit)	25.0	1 lb AP = 0.97 lb (about 2 ⅞ cups) pitted plums
Tangerines, fresh <i>150 count</i> <i>Whole</i>	Pound	5.00	1 whole, peeled tangerine (about ½ cup fruit)	20.0	1 lb AP = 0.85 lb (about 2 ½ cups) peeled, tangerine sections