

The New Mexico Food Purchasing & Production Guide

*for Child and Adult Care Food Program
(CACFP) and Summer Food Service
Program (SFSP) Sponsors*



For Small Quantity Food Production (5 – 100 Servings)

Child and Adult Care Food Program and
Summer Food Service Program
Early Childhood Services
Family Nutrition Bureau



2018 Edition



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The New Mexico Food Purchasing & Production Guide

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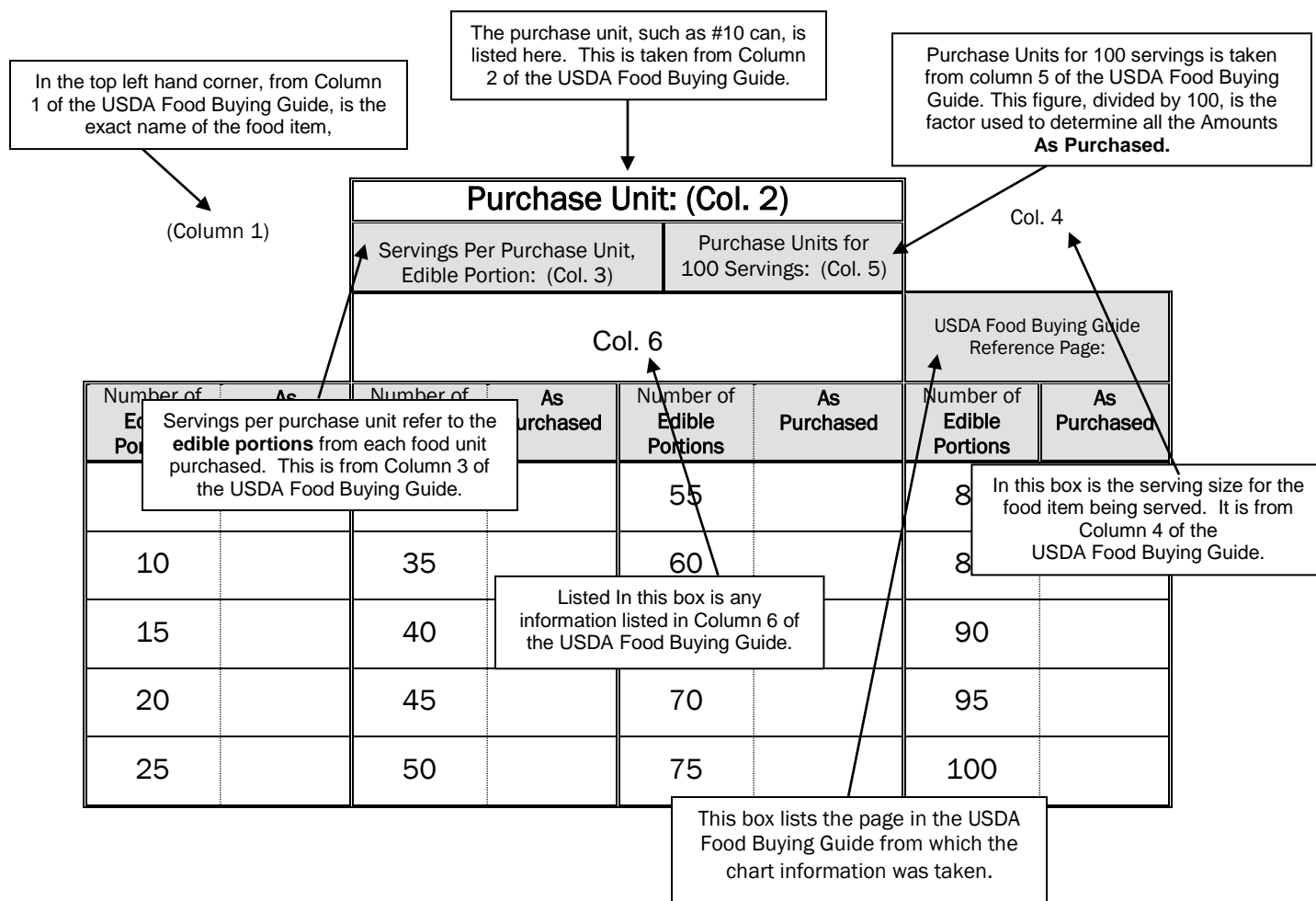
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Introducing The New Mexico Food Purchasing and Production Guide

The New Mexico Food Purchasing and Production Guide has been designed to eliminate the need for complicated math calculations when determining the amount of food to prepare for your program. This guide will also save valuable time and increase accuracy when completing the Menu Record Book. This guide consists of tables that list foods most often used in Child Care Centers and the Summer Food Service Program. It is divided into six sections by different colors:

Section	Color
1 Meats/Meat Alternates	Pink
2 Fruits	Yellow
3 Vegetables	Green
4 Grains/Breads	Tan
5 Milk	Blue

Each table in the guide shows the amount of food needed for 5 to 100 servings. The calculations have been done, based on the purchase units for 100 servings. The charts are set up with information taken from the **USDA Food Buying Guide for Child Nutrition Programs**, as follows:



Calculating Amounts to Purchase

You may want to calculate purchase amounts for specific foods on your cycle menu to make it easier to determine quantities to purchase. Use the following template and instructions to complete the calculations.

Blank template forms can be found at the end of the Appendix – please copy them for your use.

Before beginning the calculations, please locate the specific item you will be using in the USDA Food Buying Guide and “plug in” the correct information from Columns 1-6. Remember to include any footnote explanations from the USDA Food Buying Guide.

Template Col. 1		Purchase Unit: (Col. 2)				Col. 4	
		Servings Per Purchase Unit, Edible Portion: (Col. 3)		Purchase Units for 100 Servings: (Col. 5)			
		Col. 6				USDA Food Buying Guide Reference Page:	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5		30		55		80	
10		35		60		85	
15		40		65		90	
20		45		70		95	
25		50		75		100	

To calculate production amounts in increments of five:

- ❶ Take the number of edible portions
- ❷ Divide by Servings Per Purchase Unit (Column 3)
Ex: 5 edible portions divided by SPPU
- ❸ Round those figures to the nearest $\frac{1}{4}$ purchase unit. Record those figures in the “As Purchased” column.

How to Use the New Mexico Food Purchasing and Production Guide

Follow the steps below to determine how much food to purchase and prepare:

1. Find the **food item** you need in the guide. Food items are divided into five food components: Meat/Meat Alternates, Fruits, Vegetables, Grains/Breads and Milk. You may also look for the food item in the Appendix of Foods section provided at the end of this guide. If there is no table for the food item you will be serving, you must go to the USDA Food Buying Guide for Child Nutrition Programs.
2. Find the chart with the **portion size** you will be serving.
3. Find the **purchase unit** you will be using (by can size or by pound).
4. Decide on the **number of servings** needed for the food item.

Below are some examples of how to use this guide:

Question: How many pounds of ground beef are needed for 50 children at lunch (3-5 year olds)?

Answer: 50 divided by 7.89 = 6.337 or 6 ½ pounds (rounded up)

<div>Beef, Ground, fresh or frozen^{7, 8}</div> <div>no more than 20% fat Includes USDA Commodity (Like IMPS #136)</div>		Purchase Unit: Pound				1 ½ oz cooked lean meat			
		Servings Per Purchase Unit, Edible Portion: 7.89		Purchase Units for 100 Servings: 12.7					
						USDA Food Buying Guide Reference Page: 1-16			
Number of Edible Portions		As Purchased		Number of Edible Portions				As Purchased	
5		¾		30				4	
10		1 ½		35				4 ½	
15		2		40				5 ¼	
20		2 ¾		45				5 ¾	
25		3 ¼		50		6 ½			
55		7		65		8 ½			
60		7 ¾		70		9			
65		8 ½		75		9 ¾			
80		10 ¼		85		11			
90		11 ½		95		12 ¼			
95		12 ¼		100		12 ¾			

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

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

Question: How many gallons of milk are needed for 70 children (6-12 year olds) at breakfast?

Answer: 70 divided by 16 = 4.375 = **4 ½ gallons (round up)**

Milk, Fluid

Skim or Nonfat milk, Skim milk, Whole milk (1-2 yr.), Lactose-reduced milk, Lactose-free milk, Buttermilk, Acidified milk (unflavored for 0-5yrs or flavored for 6-18yr.)

Purchase Unit: Gallon

Servings Per Purchase Unit, Edible Portion: 16.0

Purchase Units for 100 Servings: 6.3

**½ pint milk
(1 cup milk)**

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2	55	3 ½	80	5 ¼
10	¾	35	2 ¼	60	4	85	5 ½
15	1	40	2 ¾	65	4 ¼	90	5 ¾
20	1 ½	45	3	70	4 ½	95	6
25	1 ¾	50	3 ¼	75	4 ¾	100	6 ½

If the food you are serving is not listed in this guide, please refer to the USDA Food Buying Guide for Child Nutrition Programs.

Some fruits and vegetables are listed by the pound (Purchase Unit) and by size, (for example - apples, size 138). You may find that your produce distributor or food service distributor does not carry a specific size. Sizes and counts may vary from area to area, and therefore availability of a particular size may depend upon your distributor's source of supply.

USDA CACFP MEAL PATTERN REQUIREMENTS FOR CHILDREN

BREAKFAST MEAL PATTERN				
COMPONENTS <i>(Serve all 3)</i>	AGE 1-2	AGE 3-5	AGE 6-12	AGE 13-18 ¹
Milk, fluid Unflavored Whole milk for children age 1. Unflavored Low Fat (1%) or Non-Fat (skim) for children 2-5 yrs. Unflavored Low Fat (1%) or Non-Fat (skim) or Flavored Non-Fat (skim) for children 6 yrs. and older.	½ cup or 4 fluid ounces	¾ cup or 6 fluid ounces	1 cup or 8 fluid ounces	1 cup or 8 fluid ounces
Vegetables and Fruits Vegetable(s) and/or fruit(s) or Full-strength 100% fruit or vegetable juice ² (1/day) or <i>An equivalent quantity of any combination of the above</i>	¼ cup ¼ cup	½ cup ½ cup	½ cup ½ cup	½ cup ½ cup
Grains/Breads^{3, 4} Whole grain or Whole grain-rich bread, or Whole grain or Whole grain-rich bread product (<i>cornbread, biscuits, rolls, muffins, etc.</i>), or Whole grain or Whole grain-rich or fortified, ready-to-eat breakfast cereal – dry, cold (<i>no more than 6 grams sugar per dry oz.</i>) Flakes or rounds Puffed cereal Granola or Whole grain or Whole grain-rich cooked cereal, cereal grain, and/or pasta or noodle products or <i>An equivalent quantity of any combination of the above</i>	½ oz. equiv. = ½ slice ½ serving ½ cup ¾ cup ⅞ cup ¼ cup	½ oz. equiv. = ½ slice ½ serving ½ cup ¾ cup ⅞ cup ¼ cup	1 oz. equiv. = 1 slice 1 serving 1 cup 1 ¼ cup ¼ cup ½ cup	1 oz. equiv. = 1 slice 1 serving 1 cup 1 ¼ cup ¼ cup ½ cup
Meats and Meat Alternates (optional)⁵ <i>May substitute for Grains/Breads serving up to 3 times per week (1 oz. = 1 oz.), or may be served as an additional “extra” component.</i>	½ oz.	½ oz.	1 oz.	1 oz.

1. Larger portion sizes than specified may need to be served to children 13 through 18 year olds to meet their nutritional needs.

2. Pasteurized full-strength 100% juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

3. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

4. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains

5. Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

USDA CACFP MEAL PATTERN REQUIREMENTS FOR CHILDREN

LUNCH OR SUPPER MEAL PATTERN				
COMPONENTS <i>(Serve all 5)</i>	AGE 1-2	AGE 3-5	AGE 6-12	AGE 13-18 ¹
Milk, fluid Unflavored Whole milk for children age 1. Unflavored Low Fat (1%) or Non-Fat (skim) for children 2-5. Unflavored Low Fat (1%) or Non-Fat (skim) or Flavored Non-Fat (skim) for children 6 and older.	½ cup or 4 fluid ounces	¾ cup or 6 fluid ounces	1 cup or 8 fluid ounces	1 cup or 8 fluid ounces
Vegetables Whole vegetable or 100% vegetable juice ² (1/day)	⅛ cup	¼ cup	½ cup	½ cup
Fruits ³ Whole fruit or 100% fruit juice ² (1/day)	⅛ cup	¼ cup	¼ cup	¼ cup
Grains/Breads ^{4,5} Whole-grain or whole grain-rich bread or Whole-grain or Whole grain rich bread product (cornbread, biscuits, rolls, muffins, etc.) or Whole-grain/rich cooked pasta or noodle products or Whole-grain/rich cooked cereal grains or <i>An equivalent quantity of any combination of the above</i>	½ oz. equiv. = ½ slice ½ serving ¼ cup ¼ cup	½ oz. equiv. = ½ slice ½ serving ¼ cup ¼ cup	1 oz. equiv. = 1 slice 1 serving ½ cup ½ cup	1 oz. equiv. = 1 slice 1 serving ½ cup ½ cup
Meat and Meat Alternates Lean meat, poultry, fish, tofu (firm) ⁶ , cheese or Large eggs or Cooked dry beans or peas or Peanut butter or soy nut butter or Other nut or seed butters or Peanuts or soy nuts or tree nuts or seeds ⁷ or Yogurt, plain or flavored (<i>no more than 23 grams sugar per 6 oz.</i>) or <i>An equivalent quantity of any combination of the above</i>	1 oz. ½ egg ¼ cup 2 tbsp. 2 tbsp. ½ oz = 50% 4 oz.	1 ½ oz. ¾ egg ⅜ cup 3 tbsp. 3 tbsp. ½ oz = 50% 6 oz.	2 oz. 1 egg ½ cup 4 tbsp. 4 tbsp. 1 oz = 50% 8 oz	2 oz. 1 egg ½ cup 4 tbsp. 4 tbsp. 1 oz = 50% 8 oz

1. Larger portion sizes than specified may need to be served to children 13 through 18 year olds to meet their nutritional needs.
2. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
3. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
4. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.
5. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.
6. Alternate protein products must meet the requirements in Appendix A to Part 226.
7. Can only be used to meet half the meat requirement at lunch or supper. Serve with caution to children under five because of the risk of choking.

USDA CACFP MEAL PATTERN REQUIREMENTS FOR CHILDREN

SUPPLEMENT (SNACK) MEAL PATTERN

COMPONENTS <i>(Choose 2)</i>	AGE 1-2	AGE 3-5	AGE 6-12	AGE 13-18 ¹
Milk, fluid Unflavored Whole milk for children age 1. Unflavored Low Fat (1%) or Non-Fat (skim) for 2-5 years Unflavored Low Fat (1%) or Non-Fat (skim) or Flavored Non-Fat (skim) for children 6 and older.	½ cup or 4 fluid ounces	½ cup or 4 fluid ounces	1 cup or 8 fluid ounces	1 cup or 8 fluid ounces
Vegetables Whole vegetable(s) or Full-strength 100% vegetable juice ² (1/day) or <i>An equivalent quantity of any combination of the above</i>	½ cup ½ cup	½ cup ½ cup	¾ cup ¾ cup	¾ cup ¾ cup
Fruits Whole fruit(s) or Full-strength 100% fruit juice ² (1/day) or <i>An equivalent quantity of any combination of the above</i>	½ cup ½ cup	½ cup ½ cup	¾ cup ¾ cup	¾ cup ¾ cup
Grains/Breads^{3,4} Whole grain, whole grain-rich, or enriched bread, Whole grain/whole grain-rich or enriched bread product <i>(cornbread, biscuits, rolls, muffins) or</i> Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal <i>(no more than 6 grams sugar per dry oz.)</i> Flakes or rounds Puffed cereal Granola or Whole grain or whole grain-rich, enriched, or fortified cooked cereal, cereal grain, and/or pasta or noodle products or <i>An equivalent quantity of any combination of the above</i>	½ oz. equiv.⁴ = ½ slice ½ serving ½ cup ¾ cup ⅞ cup ¼ cup	½ oz. equiv. = ½ slice ½ serving ½ cup ¾ cup ⅞ cup ¼ cup	1 oz. equiv. = 1 slice 1 serving 1 cup 1 ¼ cup ¼ cup ½ cup	1 oz. equiv. = 1 slice 1 serving 1 cup 1 ¼ cup ¼ cup ½ cup
Meat and Meat Alternates Lean meat, poultry, fish, tofu (firm) ⁵ , cheese or Large eggs or Cooked dry beans or peas or Peanut butter or soy nut butter or Other nut or seed butters or Peanuts or soy nuts or tree nuts or seeds ⁶ or Yogurt, plain or flavored <i>(no more than 23 grams sugar per 6 oz.) or</i> <i>An equivalent quantity of any combination of the above</i>	½ oz. ½ egg ⅞ cup 1 tbsp. 1 tbsp. ½ oz. 2 oz. or ¼ cup	½ oz. ½ egg ⅞ cup 1 tbsp. 1 tbsp. ½ oz. 2 oz. or ¼ cup	1 oz. ½ egg ¼ cup 2 tbsp. 2 tbsp. 1 oz. 4 oz or ½ cup	1 oz. ½ egg ¼ cup 2 tbsp. 2 tbsp. 1 oz. 4 oz or ½ cup

1. Larger portion sizes than specified may need to be served to children 13 through 18 year olds to meet their nutritional needs.

2. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

3. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

4. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

5. Alternate protein products must meet the requirements in Appendix A to Part 226.

6. Serve with caution to children under five as food item may be a choking hazard

√ **Remember that an all-fluid snack is not creditable! You may not serve juice if you serve milk as the only other component of a snack.**

USDA CACFP MEAL PATTERN REQUIREMENTS

BREAKFAST

ADULTS

BREAKFAST MEAL PATTERN and COMPONENTS (Serve all 3)	
Milk Milk, fluid – <i>unflavored Non-Fat (skim) or 1%, or, flavored Non-Fat (skim)</i>	1 cup or 8 fluid ounces
Vegetables/Fruits Whole fruit and/or vegetable, Juice ² (<i>limit 1/day</i>) or <i>An equivalent quantity of any combination of the above</i>	½ cup
Grains/Breads (2 oz eq)^{3, 4} Whole-grain bread or Whole grain bread product, such as cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal (<i>no more than 6 g sugar per dry ounce/1.5 cup minimum serving</i>) Flakes or rounds Puffed cereal Granola or Whole-grain cooked cereal, pasta or noodle products or <i>An equivalent quantity of any combination of the above</i>	2 slices 2 servings 2 cups 2 ½ cups ½ cup 1 cup
Meat/Meat Alternate (optional)⁵ <i>May substitute for Grains/Breads up to 3 times per week (1 oz. = 1 oz.), or may be served as an additional “extra” component (recommended).</i>	(ounces equivalent to grain serving)
1. Yogurt may substitute for milk only once a day, if yogurt is not served as a Meat/Meat Alternate in the same meal. 2. Pasteurized full-strength 100% juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day. 3. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement. 4. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains 5. Beginning October 1, 2017, Meat/Meat Alternates may be used to meet the entire grains requirement a maximum of three times per week. One ounce of Meat/Meat Alternate is equal to one ounce equivalent of grains.	



USDA CACFP MEAL PATTERN REQUIREMENTS

LUNCH and SUPPER

ADULTS

LUNCH and SUPPER MEAL PATTERN and COMPONENTS	
(Serve all 5)	
Milk¹ Milk, fluid – <i>unflavored Non-Fat (skim) or 1%, or flavored Non-Fat (skim)</i>	1 cup or 8 fluid ounces
Vegetables Whole vegetable, or Juice ³ (<i>limit to 1/day</i>), or <i>An equivalent quantity of any combination of the above</i>	½ cup
Fruits⁴ Whole fruit, or Juice ³ (<i>limit to 1/day</i>), or <i>An equivalent quantity of any combination of the above</i>	½ cup
Grains/Breads (2 oz. eq.)^{5, 6} Whole grain bread or Whole grain bread product, such as cornbread, biscuits, rolls, muffins, etc. or Whole grain cooked cereal, cereal grain, pasta or noodle products or <i>An equivalent quantity of any combination of the above</i>	2 slices 2 servings 1 cup
Meat and Meat Alternates Lean meat or poultry or fish ⁷ or cheese Commercially Prepared Firm Tofu (5 g protein) Soy product Large egg or Cooked dry beans or peas or Peanut butter or soy nut butter or other nut or seed butters or Nuts and/or seeds ⁹ or Yogurt (<i>no more than 23 grams sugar per 6 oz.</i>), or	2 oz. 4.4 oz. or ½ cup 2 oz. or 8 fl oz 1 egg ½ cup 4 Tbsp. 1 oz. = 50% 8 oz. or 1 cup
<ol style="list-style-type: none"> 1. A serving of fluid milk is optional for <u>suppers</u> served to adult participants. 2. Yogurt may substitute for milk only once a day, if yogurt is not served as a Meat/Meat Alternate in the same meal. 3. Pasteurized full-strength 100% juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day. 4. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served. 5. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement. 6. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains 7. A serving consists of the edible portion of cooked lean meat or poultry or fish. 8. Alternate protein products must meet the requirements in Appendix A to Part 226. 9. Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch requirement. 	



USDA CACFP MEAL PATTERN REQUIREMENTS

SUPPLEMENT (SNACK)

ADULTS

SNACK MEAL PATTERN and COMPONENTS <i>(Serve 2¹)</i>	
Milk Milk, fluid – <i>Unflavored Non-Fat (skim) or 1%, or Flavored Non-Fat (skim)</i>	1 cup or 8 ounces
Vegetables Whole vegetable, or Juice ³ <i>(limit to 1/day)</i> , or <i>An equivalent quantity of any combination of the above</i>	½ cup
Fruits Whole fruit, or Juice ³ <i>(limit to 1/day)</i> , or <i>An equivalent quantity of any combination of the above</i>	½ cup
Grains/Breads (oz. eq.)^{4, 5} Whole grain bread or Whole grain bread product, such as cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal <i>(with no more than 6 grams sugar per dry ounce)</i> Flakes or rounds Puffed cereal Granola or Whole grain cooked cereal, cereal grain, pasta or noodle products or <i>An equivalent quantity of any combination of the above</i>	1 slice 1 serving 1 cups 1 ¼ cup ¼ cup ½ cup
Meat and Meat Alternates Lean meat or poultry or fish ⁶ or cheese or Tofu, soy product or alternate protein product ⁷ ; or Large egg or Cooked dry beans or peas or Peanut butter or soy nut butter or other nut or seed butters or Nuts and/or seeds or Yogurt <i>(no more than 23 grams sugar per 6 oz.)</i> , or <i>An equivalent quantity or any combination or the above</i>	1 oz. 1 oz. ½ egg ¼ cup 2 Tbsp. 1 oz. 4 oz. or ½ cup
1. Only one of the two components may be a beverage. An all-fluid snack is not creditable. 2. Yogurt may substitute for milk only once a day, if yogurt is not served as a Meat/Meat Alternate in the same meal. 3. Pasteurized full-strength 100% juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day. 4. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement. 5. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains 6. A serving consists of the edible portion of cooked lean meat or poultry or fish. 7. Alternate protein products must meet the requirements in Appendix A to Part 226.	



USDA MEAL PATTERN REQUIREMENTS

SUMMER FOOD SERVICE PROGRAM

BREAKFAST

MINIMUM AMOUNT

Milk, fluid	1 cup
Fruit or Vegetable or 100% Juice	½ cup
Grains/Breads	1 slice or serving
Cold, dry cereal or	¾ cup or 1 ounce
Hot, cooked cereal or	½ cup
Pancake, waffle, or French toast, or	1 serving
English muffin or	1 serving
Biscuit or muffin	1 serving

SNACK (Supplement) Select 2 out of the 4 components:

Milk, fluid	1 cup
Fruit or Vegetable or 100% Juice	¾ cup
Meat or Meat Alternate or	1 ounce
Yogurt	½ cup
Grains/Breads	1 slice or serving
Crackers	0.7 ounce
Plain granola bar	1.8 ounces
Grain & fruit bar	2.2 ounces

LUNCH OR SUPPER

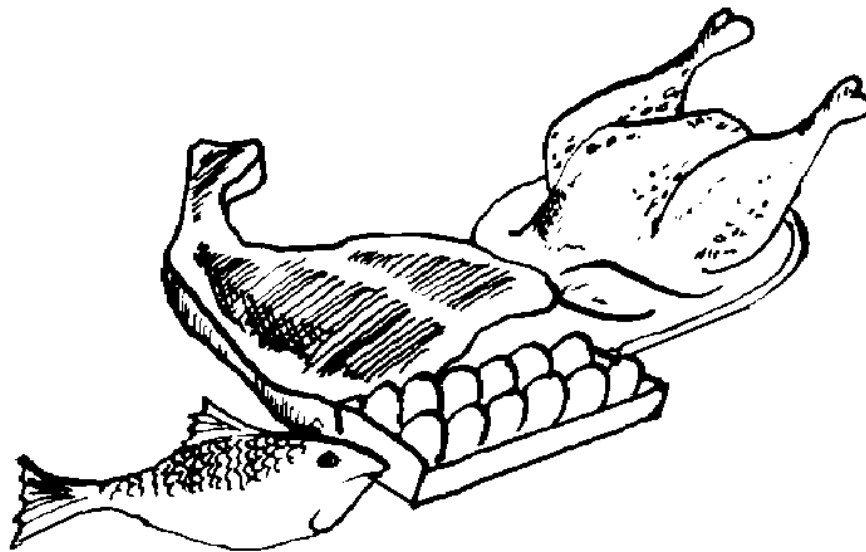
Milk, fluid	1 cup
Meat, Poultry, Fish, or Cheese or	2 ounces
Egg or	1 large
Cooked dry beans, peas or lentils or	½ cup
Nuts and seeds* or	1 ounce=1oz equiv.
Peanut butter or other nut butter or	4 Tablespoon
Cottage cheese or	½ cup
Yogurt	8 ounces or 1 cup
Fruits and/or Vegetables or 100% Juice** (2 or more to total)	¾ cup
Grains/Breads	1 slice or serving
Cooked pasta, noodles, rice or	½ cup cooked
Corn tortillas, or taco shells or	1 serving
Flour tortillas	1 serving

* Nuts and seeds can only be used to meet one-half of the meat/meat alternate requirement at lunch or supper.

**Full-strength vegetable or fruit juice cannot meet more than one-half of this component.

Meat/Meat Alternates

For all foods not listed in this supplemental guide, please refer to the Meat/Meat Alternate section of the USDA Food Buying Guide.



Information on Purchasing Deli-Luncheon Meats

The following entries provide purchasing information directly from the USDA Food Buying Guide on the cold sandwich (luncheon) meats that are creditable. Cold sandwich (luncheon) meats that are not specifically listed in the USDA Food Buying Guide are not creditable unless they have a valid Child Nutrition (CN) label or Product Formulation Statement (PFS).



Beans, Black, canned

*Whole
Includes USDA
Foods*

Purchase Unit: No.10 can (110 Oz.)

Servings Per Purchase
Unit, Edible Portion: 13.9

Purchase Units for 100
Servings: 7.2

**½ cup heated,
drained beans**

1 No 10 can = about 62.0 oz (6-7/8 cups)
heated, drained beans

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2 ¼	55	4	80	6
10	¾	35	2 ¾	60	4 ½	85	6 ¼
15	1 ¼	40	3	65	4 ¾	90	6 ½
20	1 ½	45	3 ½	70	5 ¼	95	7
25	2	50	3 ¾	75	5 ½	100	7 ¼

Beans, Black, canned

*Whole
Includes USDA
Foods*

Purchase Unit: No.10 can (110 Oz.)

Servings Per Purchase
Unit, Edible Portion: 18.50

Purchase Units for 100
Servings: 5.5

**¾ cup heated
drained beans**

1 No 10 can = about 62.0 oz (6-7/8 cups)
heated, drained beans

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	1 ¾	55	3	80	4 ½
10	¾	35	2	60	3 ½	85	4 ¾
15	1	40	2 ¼	65	3 ¾	90	5
20	1 ¼	45	2 ½	70	4	95	5 ¼
25	1 ½	50	3	75	4 ¼	100	5 ½



**Beans,
Black,
dry,
*Whole***

Beans, Black, dry, <i>Whole</i>		Purchase Unit: Pound				½ cup cooked beans	
		Servings Per Purchase Unit, Edible Portion: 9.15		Purchase Units for 100 Servings: 11.0			
		1 lb dry = 2-1/4 cups dry beans				USDA Food Buying Guide:	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	3 ½	55	6 ¼	80	9
10	1 ¼	35	4	60	6 ¾	85	9 ½
15	1 ¾	40	4 ½	65	7 ¼	90	10
20	2 ¼	45	5	70	7 ¾	95	10 ½
25	3	50	5 ½	75	8 ¼	100	11

**Beans,
Black,
dry,
*Whole***

Beans, Black, dry, <i>Whole</i>		Purchase Unit: Pound				$\frac{3}{8}$ cup cooked beans	
		Servings Per Purchase Unit, Edible Portion: 12.20		Purchase Units for 100 Servings: 8.2			
		1 lb dry = 2-1/4 cups dry beans				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	$\frac{1}{2}$	30	$2\frac{1}{2}$	55	$4\frac{3}{4}$	80	$6\frac{3}{4}$
10	1	35	3	60	5	85	7
15	$1\frac{1}{2}$	40	$3\frac{1}{2}$	65	$5\frac{1}{2}$	90	$7\frac{1}{2}$
20	$1\frac{3}{4}$	45	$3\frac{3}{4}$	70	$5\frac{3}{4}$	95	8
25	$2\frac{1}{4}$	50	$4\frac{1}{4}$	75	$6\frac{1}{4}$	100	$8\frac{1}{4}$



*Bean Products,
Canned,*
**Beans,
Baked or in
Sauce with
Pork**

Purchase Unit: No.10 can (110 Oz.)				½ cup heated beans			
Servings Per Purchase Unit, Edible Portion: 24.45		Purchase Units for 100 Servings: 4.2					
Number of Edible Portions		As Purchased		Number of Edible Portions		As Purchased	
30		1 ¼		55		2 ¼	
35		1 ½		60		2 ½	
40		1 ¾		65		2 ¾	
45		2		70		3	
50		2 ¼		75		3 ¼	
55		2 ½		80		3 ½	
60		2 ¾		85		3 ¾	
65		3		90		4	
70		3 ¼		95		4 ¼	
75		3 ½		100		4 ½	

*Bean Products,
Canned,*
**Beans,
Baked or in
Sauce with
Pork**

Purchase Unit: No.10 can (110 Oz.)				³ / ₈ cup heated beans	
Servings Per Purchase Unit, Edible Portion: 33		Purchase Units for 100 Servings: 3.1			
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	1	55	1 ³ / ₄	80	2 ¹ / ₂
35	1 ¹ / ₄	60	2	85	2 ³ / ₄
40	1 ¹ / ₄	65	2 ¹ / ₄	90	2 ³ / ₄
45	1 ¹ / ₂	70	2 ¹ / ₄	95	3
50	1 ³ / ₄	75	2 ¹ / ₂	100	3 ¹ / ₂



*Bean Products,
canned,
**Refried
Beans**
Includes USDA
Foods*

Purchase Unit: No. 10 can (115 oz)	
Servings Per Purchase Unit, Edible Portion: 24.8	Purchase Units for 100 Servings: 4.2
1 No. 10 can = about 12-1/4 cups heated refried beans	

½ cup heated beans

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ¼	80	3 ¼
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ¾	90	3 ¾
20	1	45	2	70	3	95	4
25	1	50	2 ¼	75	3 ¼	100	4 ½

*Bean Products,
canned,
**Refried
Beans**
Includes USDA
Foods*

Purchase Unit: No. 10 can (115 oz)	
Servings Per Purchase Unit, Edible Portion: 33	Purchase Units for 100 Servings: 3.1
1 No. 10 can = about 12-1/4 cups heated refried beans	

¾ cup heated beans

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1	55	1 ¾	80	2 ½
10	½	35	1 ¼	60	2	85	2 ¾
15	¾	40	1 ½	65	2 ¼	90	3
20	1	45	1 ¾	70	2 ½	95	3 ¼
25	1 ¼	50	2	75	2 ¾	100	3 ½



Beans, Pinto, dry,

*Whole
Includes USDA
Foods*

Purchase Unit: Pound

Servings Per Purchase
Unit, Edible Portion: 10.5

Purchase Units for 100
Servings: 9.6

**½ cup cooked
beans**

1 lb dry = 2-3/8 cups dry beans

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	3	55	5 ¼	80	7 ¾
10	1	35	3 ½	60	5 ¾	85	8 ¼
15	1 ½	40	4	65	6 ¼	90	8 ¾
20	2	45	4 ½	70	6 ¾	95	9 ¼
25	2 ½	50	5	75	7 ¼	100	10

Beans, Pinto, dry,

*Whole
Includes USDA
Foods*

Purchase Unit: Pound

Servings Per Purchase
Unit, Edible Portion: 14

Purchase Units for 100
Servings: 7.2

**¾ cup cooked
beans**

1 lb dry = 2-3/8 cups dry beans

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2 ¼	55	4	80	5 ¾
10	¾	35	2 ½	60	4 ½	85	6 ¼
15	1 ¼	40	3	65	4 ¾	90	6 ½
20	1 ½	45	3 ¼	70	5	95	7
25	2	50	3 ¾	75	5 ½	100	7 ½



**Beans,
Pinto,
canned,**
*Whole
Includes USDA
Foods*

Purchase Unit: No. 10 Can (108 oz.)				½ cup heated, drained beans	
Servings Per Purchase Unit, Edible Portion: 18.6		Purchase Units for 100 Servings: 5.4			
1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	1 ¾	55	3	80	4 ½
35	2	60	3 ¼	85	4 ¾
40	2 ¼	65	3 ½	90	5
45	2 ½	70	4	95	5 ¼
50	2 ¾	75	4 ¼	100	5 ½

**Beans,
Pinto,
canned,**
*Whole
Includes USDA
Foods*

Purchase Unit: No. 10 Can				3/8 cup heated, drained beans	
Servings Per Purchase Unit, Edible Portion: 24.8		Purchase Units for 100 Servings: 4.1			
1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	1 1/4	55	2 1/4	80	3 1/4
35	1 1/2	60	2 1/2	85	3 1/2
40	1 3/4	65	2 3/4	90	3 3/4
45	2	70	3	95	4
50	2 1/4	75	3 1/4	100	4 1/4



**Beef Chuck
Roast, fresh
or frozen,
without bone**
Practically-free-of-Fat

Beef Chuck Roast, fresh or frozen, without bone <i>Practically-free-of-Fat</i>		Purchase Unit: Pound				2 oz cooked lean meat	
		Servings Per Purchase Unit, Edible Portion: 5		Purchase Units for 100 Servings: 20			
		1 lb AP =0.63 lb cooked, lean meat				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	6	55	11	80	16
10	2	35	7	60	12	85	17
15	3	40	8	65	13	90	18
20	4	45	9	70	14	95	19
25	5	50	10	75	15	100	20

**Beef Chuck
Roast, fresh
or frozen,
without bone**
Practically-free-of-Fat

<div>Beef Chuck Roast, fresh or frozen, without bone</div> <div>Practically-free-of-Fat</div>		Purchase Unit: Pound				1 ½ oz cooked lean meat	
		Servings Per Purchase Unit, Edible Portion: 6.72		Purchase Units for 100 Servings: 14.9			
		1 lb AP =0.63 lb cooked, lean meat				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	4 ½	55	8 ¼	80	12
10	1 ½	35	5 ¼	60	9	85	12 ½
15	2 ¼	40	6	65	9 ¾	90	13 ½
20	3	45	6 ¾	70	10 ½	95	14 ¼
25	3 ¾	50	7 ½	75	11 ¼	100	15



Beef, Ground, fresh or frozen

*no more than 20% fat
Includes USDA Foods*

<div>Beef, Ground, fresh or frozen</div> <div>no more than 20% fat Includes USDA Foods</div>		Purchase Unit: Pound				2 oz cooked lean meat	
		Servings Per Purchase Unit, Edible Portion: 5.8		Purchase Units for 100 Servings: 17			
		1 lb AP =0.74 lb cooked, drained lean meat				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ¼	55	9 ½	80	14
10	1 ¾	35	6 ¼	60	10 ½	85	14 ¾
15	2 ¾	40	7	65	11 ¼	90	15 ¾
20	3 ½	45	7 ¾	70	12 ¼	95	16 ½
25	4 ½	50	8 ¾	75	13	100	17 ½

Beef, Ground, fresh or frozen

*no more than 20% fat
Includes USDA Foods*

Beef, Ground, fresh or frozen no more than 20% fat Includes USDA Foods		Purchase Unit: Pound				1 ½ oz cooked lean meat	
		Servings Per Purchase Unit, Edible Portion: 7.89		Purchase Units for 100 Servings: 12.7			
		1 lb AP =0.74 lb cooked, drained lean meat				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	4	55	7	80	10 ¼
10	1 ½	35	4 ½	60	7 ¾	85	11
15	2	40	5 ¼	65	8 ½	90	11 ½
20	2 ¾	45	5 ¾	70	9	95	12 ¼
25	3 ¼	50	6 ½	75	9 ¾	100	13



Beef Stew, Meat, fresh or frozen

*Composite of trimmed
retail cuts without bone
Practically-free-of-fat*

Beef Stew, Meat, fresh or frozen <i>Composite of trimmed retail cuts without bone Practically-free-of-fat</i>		Purchase Unit: Pound				2 oz cooked lean meat	
		Servings Per Purchase Unit, Edible Portion: 4.88		Purchase Units for 100 Servings: 20.6			
		1 lb AP =0.61 lb cooked lean meat				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	6 ¼	55	11 ½	80	16 ½
10	2 ¼	35	7 ¼	60	12 ½	85	17 ½
15	3 ¼	40	8 ¼	65	13 ½	90	18 ½
20	4 ¼	45	9 ¼	70	14 ½	95	19 ½
25	5 ¼	50	10 ¼	75	15 ½	100	20 ½

Beef Stew, Meat, fresh or frozen

*Composite of trimmed
retail cuts without bone
Practically-free-of-fat*

Beef Stew, Meat, fresh or frozen <i>Composite of trimmed retail cuts without bone Practically-free-of-fat</i>		Purchase Unit: Pound				1 ½ oz cooked lean meat	
		Servings Per Purchase Unit, Edible Portion: 6.5		Purchase Units for 100 Servings: 15.4			
		1 lb AP =0.61 lb cooked lean meat				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	4 ¾	55	8 ½	80	12 ½
10	1 ½	35	5 ½	60	9 ¼	85	13 ¼
15	2 ½	40	6 ¼	65	10	90	14
20	3 ¼	45	7	70	11	95	14 ¾
25	4	50	7 ¾	75	11 ¾	100	15 ½



Cheese
American,
Cheddar,
Mozzarella or
Swiss

Natural or Processed
Includes USDA Foods

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 8.0	Purchase Units for 100 Servings: 12.6
1 lb = about 4 cups shredded cheese	

2 oz cheese

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	$\frac{3}{4}$	30	$3\frac{3}{4}$	55	7	80	10
10	$1\frac{1}{4}$	35	$4\frac{1}{2}$	60	$7\frac{1}{2}$	85	$10\frac{3}{4}$
15	2	40	5	65	$8\frac{1}{4}$	90	$11\frac{1}{4}$
20	$2\frac{1}{2}$	45	$5\frac{3}{4}$	70	$8\frac{3}{4}$	95	12
25	$3\frac{1}{4}$	50	$6\frac{1}{4}$	75	$9\frac{1}{2}$	100	$12\frac{1}{2}$

Cheese
American,
Cheddar,
Mozzarella or
Swiss

Natural or Processed
Includes USDA Foods

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 10.6	Purchase Units for 100 Servings: 9.5
1 lb AP = about 2 cups cubed cheese	

1 ½ oz cheese

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	$\frac{1}{2}$	30	3	55	$5\frac{1}{4}$	80	$7\frac{3}{4}$
10	1	35	$3\frac{1}{2}$	60	$5\frac{3}{4}$	85	8
15	$1\frac{1}{2}$	40	4	65	$6\frac{1}{4}$	90	$8\frac{1}{2}$
20	2	45	$4\frac{1}{4}$	70	$6\frac{3}{4}$	95	9
25	$2\frac{1}{2}$	50	$4\frac{3}{4}$	75	$7\frac{1}{4}$	100	$9\frac{1}{2}$



Cheese, Cottage or Ricotta or Cheese Food

Cheese, Cottage or Ricotta or Cheese Food		Purchase Unit: Pound				4 oz serving, about ½ cup (=2 oz meat alternate)	
		Servings Per Purchase Unit, Edible Portion: 4.0		Purchase Units for 100 Servings: 25			
		1 lb = about 2 cups				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	7 ½	55	13 ¾	80	20
10	2 ½	35	8 ¾	60	15	85	21 ¼
15	3 ¾	40	10	65	16 ¼	90	22 ½
20	5	45	11 ¼	70	17 ½	95	23 ¾
25	6 ¼	50	12 ½	75	18 ¾	100	25

Cheese, Cottage or Ricotta or Cheese Food

Cheese, Cottage or Ricotta or Cheese Food		Purchase Unit: Pound				3 oz serving, about $\frac{3}{8}$ cup (=1 $\frac{1}{2}$ oz meat alternate)	
		Servings Per Purchase Unit, Edible Portion: 5.33		Purchase Units for 100 Servings: 18.8			
		1 lb = about 2 cups				USDA Food Buying Guide :	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 $\frac{3}{4}$	55	10 $\frac{1}{2}$	80	15
10	2	35	6 $\frac{3}{4}$	60	11 $\frac{1}{2}$	85	16
15	3	40	7 $\frac{3}{4}$	65	12 $\frac{1}{4}$	90	17
20	4	45	8 $\frac{1}{2}$	70	13 $\frac{1}{4}$	95	18
25	4 $\frac{3}{4}$	50	9 $\frac{1}{2}$	75	14 $\frac{1}{4}$	100	19



Chicken, Boneless

*Breasts or Thighs
Fresh or frozen,
Skinless*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 5.6	Purchase Units for 100 Servings: 18

**2 oz. cooked,
chicken**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ½	55	10	80	14 ½
10	2	35	6 ¼	60	10 ¾	85	15 ¼
15	2 ¾	40	7 ¼	65	11 ¾	90	16 ¼
20	3 ¾	45	8 ¼	70	12 ½	95	17
25	4 ½	50	9	75	13 ½	100	18

Chicken, Boneless

*Breasts or Thighs
Fresh or frozen,
Skinless*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 7.46	Purchase Units for 100 Servings: 13.5

**1 ½ oz. cooked,
chicken**

USDA Food Buying Guide

1 lb AP = 0.43 lb cooked, boned, chicken meat without skin

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	4 ¼	55	7 ½	80	10 ¾
10	1 ½	35	4 ¾	60	8 ¼	85	11 ½
15	2 ¼	40	5 ½	65	8 ¾	90	12 ¼
20	2 ¾	45	6 ¼	70	9 ½	95	12 ¾
25	3 ½	50	6 ¾	75	10 ¼	100	13 ½



Chicken,
Cooked, frozen
Diced or Pulled

*No skin, wing meat, neck
meat, giblets or kidneys
Includes USDA Foods*

Purchase Unit: Pound

Servings Per Purchase
Unit, Edible Portion: 8

Purchase Units for 100
Servings: 12.6

**2 oz. cooked,
chicken**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	$\frac{3}{4}$	30	$3\frac{3}{4}$	55	7	80	10
10	$1\frac{1}{4}$	35	$4\frac{1}{2}$	60	$7\frac{1}{2}$	85	$10\frac{3}{4}$
15	2	40	5	65	$8\frac{1}{4}$	90	$11\frac{1}{4}$
20	$2\frac{1}{2}$	45	$5\frac{3}{4}$	70	$8\frac{3}{4}$	95	12
25	$3\frac{1}{4}$	50	$6\frac{1}{4}$	75	$9\frac{1}{2}$	100	$12\frac{1}{2}$

Chicken,
Cooked, frozen
Diced or Pulled

*No skin, wing meat, neck
meat, giblets or kidneys
Includes USDA Foods*

Purchase Unit: Pound

Servings Per Purchase
Unit, Edible Portion: 10.6

Purchase Units for 100
Servings: 9.5

**1 ½ oz.
cooked,
chicken**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	$\frac{1}{2}$	30	3	55	$5\frac{1}{4}$	80	$7\frac{3}{4}$
10	1	35	$3\frac{1}{2}$	60	$5\frac{3}{4}$	85	$8\frac{1}{4}$
15	$1\frac{1}{2}$	40	4	65	$6\frac{1}{4}$	90	$8\frac{3}{4}$
20	2	45	$4\frac{1}{2}$	70	$6\frac{3}{4}$	95	$9\frac{1}{4}$
25	$2\frac{1}{2}$	50	$4\frac{3}{4}$	75	$7\frac{1}{4}$	100	$9\frac{1}{2}$



**Chicken,
Boneless,
Fresh or frozen
Tenders**

*Tenderloins, boneless
Breast pieces without skin*

Chicken, Boneless, Fresh or frozen Tenders <i>Tenderloins, boneless Breast pieces without skin</i>		Purchase Unit: Pound				2 oz. cooked, chicken	
		Servings Per Purchase Unit, Edible Portion: 5.8		Purchase Units for 100 Servings: 17.4			
		1 lb AP = 0.73 lb cooked chicken meat				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	3 ¾	55	7	80	10
10	1 ¼	35	4 ½	60	7 ½	85	10 ¾
15	2	40	5	65	8 ¼	90	11 ¼
20	2 ½	45	5 ¾	70	8 ¾	95	12
25	3 ¼	50	6 ¼	75	9 ½	100	12 ½

**Chicken,
Boneless,
Fresh or frozen
Tenders**

*Tenderloins, boneless
Breast pieces without skin*

Chicken, Boneless, Fresh or frozen Tenders <i>Tenderloins, boneless Breast pieces without skin</i>		Purchase Unit: Pound				1 ½ oz. cooked, chicken	
		Servings Per Purchase Unit, Edible Portion: 7.78		Purchase Units for 100 Servings: 12.9			
		1 lb AP = 0.73 lb cooked chicken meat					
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	4	55	7 ¼	80	10 ½
10	1 ½	35	4 ½	60	7 ¾	85	11
15	2	40	5 ¼	65	8 ½	90	11 ¾
20	2 ¾	45	6	70	9	95	12 ¼
25	3 ¼	50	6 ½	75	9 ¾	100	13



Eggs, Frozen, Whole Eggs, Liquid

*Pasteurized, Includes
USDA Foods*

Purchase Unit: 5 pound package

Servings Per Purchase
Unit, Edible Portion: 45

Purchase Units for 100
Servings: 2.3

1 large egg

1 lb frozen = about 1-7/8 cups (9 large eggs)

USDA Food Buying Guide:

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1/4	30	3/4	55	1 1/2	80	2
10	1/2	35	1	60	1 1/2	85	2
15	1/2	40	1	65	1 1/2	90	2 1/4
20	1/2	45	1 1/4	70	1 3/4	95	2 1/4
25	3/4	50	1 1/4	75	1 3/4	100	2 1/2

Eggs, Frozen, Whole Eggs, Liquid

*Pasteurized, Includes
USDA Foods*

Purchase Unit: Pound

Servings Per Purchase
Unit, Edible Portion: 9.0

Purchase Units for 100
Servings: 11.2

1 large egg

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	3/4	30	3 1/2	55	6 1/4	80	9
10	1 1/4	35	4	60	6 3/4	85	9 1/2
15	1 3/4	40	4 1/2	65	7 1/2	90	10 1/4
20	2 1/4	45	5	70	8	95	10 3/4
25	3	50	5 3/4	75	8 1/2	100	11 1/2



**Eggs,
Shell Eggs,
Fresh,
Large, Whole**

Purchase Unit: Dozen (24 oz)	
Servings Per Purchase Unit, Edible Portion: 12.0	Purchase Units for 100 Servings: 8.4
1 qt (34 oz) about 19 large whole eggs, or 29 whites, or 57 yolks	

1 large egg

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1/2	30	2 1/2	55	4 3/4	80	6 3/4
10	1	35	3	60	5	85	7 1/4
15	1 1/4	40	3 1/2	65	5 1/2	90	7 1/2
20	1 3/4	45	3 3/4	70	6	95	8
25	2 1/4	50	4 1/4	75	6 1/4	100	8 1/2



**Lamb, Stew
Meat,
fresh or
frozen
*Without bone***

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 5.2	Purchase Units for 100 Servings: 19.4
1 qt (34 oz) about 19 large whole eggs, or 29 whites, or 57 yolks	

2 oz cooked lean meat

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 1/4	30	6	55	10 3/4	80	15 1/2
10	2	35	6 3/4	60	11 3/4	85	16 1/2
15	3	40	7 3/4	65	12 1/2	90	17 1/2
20	4	45	8 3/4	70	13 1/2	95	18 1/2
25	5	50	9 3/4	75	14 1/2	100	19 1/2



Lentils, dry

Purchase Unit: Pound				½ cup cooked lentils	
Servings Per Purchase Unit, Edible Portion: 14.8		Purchase Units for 100 Servings: 6.8			
1 lb dry = about 2-3/8 cups dry				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	2 ¼	55	3 ¾	80	5 ½
35	2 ½	60	4 ¼	85	5 ¾
40	2 ¾	65	4 ½	90	6 ¼
45	3 ¼	70	4 ¾	95	6 ½
50	3 ½	75	5 ¼	100	7

Lentils, dry

Lentils, dry		Purchase Unit: Pound				³ / ₈ cup cooked lentils	
		Servings Per Purchase Unit, Edible Portion: 19.7		Purchase Units for 100 Servings: 5.1			
		1 lb dry = about 2-3/8 cups dry				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	1 ¾	55	3	80	4 ¼
10	¾	35	2	60	3 ¼	85	4 ½
15	1	40	2 ¼	65	3 ½	90	4 ¾
20	1 ¼	45	2 ½	70	3 ¾	95	5
25	1 ½	50	2 ¾	75	4	100	5 ¼



Peanut Butter and Other Nut or Seed Butters

*Includes USDA Foods
peanut butter*

Peanut Butter and Other Nut or Seed Butters <i>Includes USDA Foods peanut butter</i>		Purchase Unit: Pound				4 tablespoons nut/seed butter (2 oz meat alternate)	
		Servings Per Purchase Unit, Edible Portion: 7.2		Purchase Units for 100 Servings: 14			
		2 tablespoons = 1.1 oz nut/seed butter				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	4 ¼	55	7 ¾	80	11 ¼
10	1 ½	35	5	60	8 ½	85	12
15	2 ¼	40	5 ¾	65	9 ¼	90	12 ½
20	3	45	6 ¼	70	9 ¾	95	13 ¼
25	3 ½	50	7	75	10 ½	100	14

Peanut Butter and Other Nut or Seed Butters

*Includes USDA Foods
peanut butter*

<div>Peanut Butter and Other Nut or Seed Butters</div> <div>Includes USDA Foods peanut butter</div>		Purchase Unit: 32 oz jar				2 tablespoons nut/seed butter (1 oz meat alternate)	
		Servings Per Purchase Unit, Edible Portion: 28.8		Purchase Units for 100 Servings: 3.5			
		2 tablespoons = 1.1 oz nut/seed butter				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2	80	3
10	½	35	1 ¼	60	2 ¼	85	3
15	¾	40	1 ½	65	2 ½	90	3 ¼
20	¾	45	1 ¾	70	2 ½	95	3 ½
25	1	50	1 ¾	75	2 ¾	100	3 ½



**Pork,
Mild cured,
Fully cooked,
Chilled or
frozen ham**
*with natural juices,
smoked without bone*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 7.1	Purchase Units for 100 Servings: 14
1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)	

2 oz lean cooked meat (2.24 oz ham with natural juices provides 2 oz lean cooked meat)

USDA Food Buying Guide:

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	$\frac{3}{4}$	30	$4\frac{1}{4}$	55	$7\frac{3}{4}$	80	$11\frac{1}{2}$
10	$1\frac{1}{2}$	35	5	60	$8\frac{1}{2}$	85	12
15	$2\frac{1}{4}$	40	$5\frac{3}{4}$	65	$9\frac{1}{4}$	90	$12\frac{3}{4}$
20	3	45	$6\frac{1}{2}$	70	10	95	$13\frac{1}{2}$
25	$3\frac{3}{4}$	50	$7\frac{1}{4}$	75	$10\frac{3}{4}$	100	14

**Pork,
Mild cured,
Fully cooked,
Chilled or
frozen ham**
*with natural juices,
smoked without bone*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 9.58	Purchase Units for 100 Servings: 10.5
2 tablespoons = 1.1 oz nut/seed butter	

$1\frac{1}{2}$ oz lean cooked meat (1.67 oz ham with natural juices provides $1\frac{1}{2}$ oz lean cooked meat)

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	$\frac{3}{4}$	30	$3\frac{1}{4}$	55	6	80	$8\frac{1}{2}$
10	$1\frac{1}{4}$	35	$3\frac{3}{4}$	60	$6\frac{1}{2}$	85	9
15	$1\frac{3}{4}$	40	$4\frac{1}{4}$	65	7	90	$9\frac{1}{2}$
20	$2\frac{1}{4}$	45	5	70	$7\frac{1}{2}$	95	10
25	$2\frac{3}{4}$	50	$5\frac{1}{2}$	75	8	100	$10\frac{1}{2}$



Pork, Stew Meat, fresh or frozen

*Composite of
trimmed retail cuts
without bone*

Purchase Unit: **Pound**

Servings Per Purchase
Unit, Edible Portion: 4.64

Purchase Units for 100
Servings: 21.6

**2 oz lean
cooked
meat**

USDA Food Buying Guide

1 lb AP = 0.58 lb cooked, trimmed, drained lean meat

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	6 ½	55	12	80	17 ¼
10	2 ¼	35	7 ¾	60	13	85	17 ½
15	3 ¼	40	8 ¾	65	14	90	19 ½
20	4 ½	45	9 ¾	70	15 ¼	95	20 ½
25	5 ½	50	11	75	16 ¼	100	21 ¾

Pork, Stew Meat, fresh or frozen

*Composite of
trimmed retail cuts
without bone*

Purchase Unit: **Pound**

Servings Per Purchase
Unit, Edible Portion: 6.18

Purchase Units for 100
Servings: 16.2

**1 ½ oz cooked
lean meat**

USDA Food Buying Guide:

1 lb AP = 0.58 lb cooked, trimmed, drained lean meat

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5	55	9	80	13
10	1 ¾	35	5 ¾	60	9 ¾	85	14
15	2 ½	40	6 ½	65	10 ¾	90	14 ¾
20	3 ¼	45	7 ½	70	11 ½	95	15 ½
25	4 ¼	50	8 ¼	75	12 ¼	100	16 ¼



Seafood, Fresh or frozen Fish Fillets

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 5.6	Purchase Units for 100 Servings: 18.0

2 oz cooked fish

1 lb AP = 0.70 cooked fish

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ½	55	10	80	14 ½
10	2	35	6 ¼	60	10 ¾	85	15 ¼
15	2 ¾	40	7 ¼	65	11 ¾	90	16 ¼
20	3 ¾	45	8 ¼	70	12 ½	95	17
25	4 ½	50	9	75	13 ½	100	18

Seafood, Fresh or frozen Fish Fillets

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 7.46	Purchase Units for 100 Servings: 13.5

1 ½ oz cooked fish

1 lb AP = 0.70 lb cooked fish

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	4 ¼	55	7 ½	80	10 ¾
10	1 ½	35	4 ¾	60	8 ¼	85	11 ½
15	2 ¼	40	5 ½	65	8 ¾	90	12 ¼
20	2 ¾	45	6 ¼	70	9 ½	95	12 ¾
25	3 ½	50	6 ¾	75	10 ¼	100	13 ½



Seafood, Canned Salmon

Purchase Unit: 64 oz Can	
Servings Per Purchase Unit, Edible Portion: 24	Purchase Units for 100 Servings: 4.2
64 oz can = about 52.0 oz drained, unheated pink salmon	

**2 oz heated
fish**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	$\frac{1}{4}$	30	$1 \frac{1}{4}$	55	$2 \frac{1}{2}$	80	$3 \frac{1}{2}$
10	$\frac{1}{2}$	35	$1 \frac{1}{2}$	60	$2 \frac{1}{2}$	85	$3 \frac{3}{4}$
15	$\frac{3}{4}$	40	$1 \frac{3}{4}$	65	$2 \frac{3}{4}$	90	$3 \frac{3}{4}$
20	1	45	2	70	3	95	4
25	$1 \frac{1}{4}$	50	$2 \frac{1}{4}$	75	$3 \frac{1}{4}$	100	$4 \frac{1}{4}$

Seafood, Canned Salmon

Purchase Unit: 64 oz Can	
Servings Per Purchase Unit, Edible Portion: 32	Purchase Units for 100 Servings: 3.2
64 oz can = about 52.0 oz drained, unheated pink salmon	

**1 ½ oz heated
fish**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	$\frac{1}{4}$	30	1	55	$1 \frac{3}{4}$	80	$2 \frac{1}{2}$
10	$\frac{1}{2}$	35	$1 \frac{1}{4}$	60	2	85	$2 \frac{3}{4}$
15	$\frac{1}{2}$	40	$1 \frac{1}{4}$	65	$2 \frac{1}{4}$	90	3
20	$\frac{3}{4}$	45	$1 \frac{1}{2}$	70	$2 \frac{1}{4}$	95	3
25	1	50	$1 \frac{3}{4}$	75	$2 \frac{1}{2}$	100	$3 \frac{1}{4}$



Seafood, canned Tuna

Chunk style
Water packed
Includes USDA
Foods

Purchase Unit: 66 ½ oz can	
Servings Per Purchase Unit, Edible Portion: 25.6	Purchase Units for 100 Servings: 4.0
66 ½ oz can = 51.2 oz or 1 oz =1.3 oz drained tuna	

2.6 oz drained
tuna
(provides 2 oz
tuna)

USDA Food Buying Guide
Reference Page:

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	1 ¼	55	2 ½	80	3 ¼
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ¾	90	3 ¾
20	1	45	2	70	2 ¾	95	3 ¾
25	1	50	2	75	3	100	4

Seafood, canned Tuna

Chunk style
Water packed
Includes USDA
Foods

Purchase Unit: 66 ½ oz can	
Servings Per Purchase Unit, Edible Portion: 34.1	Purchase Units for 100 Servings: 3.0
66 ½ oz can = 51.2 oz or 1 oz =1.3 oz drained tuna	

2 oz drained
tuna
(provides 1 ½ oz
tuna)

USDA Food Buying Guide
Reference Page:

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1	55	1 ¾	80	2 ½
10	½	35	1 ¼	60	2	85	2 ¾
15	½	40	1 ¼	65	2	90	2 ¾
20	¾	45	1 ½	70	2 ¼	95	3
25	¾	50	1 ½	75	2 ¼	100	3



Seeds Pumpkin, Sunflower, Sesame

Seeds Pumpkin, Sunflower, Sesame		Purchase Unit: Pound				1 oz seeds	
		Servings Per Purchase Unit, Edible Portion: 16		Purchase Units for 100 Servings: 6.3			
		1 lb = about 3-1/2 cups sunflower seeds 1 lb = about 2 cups pumpkin seeds 1 lb = about 3-1/8 cups sesame seeds				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	1 ¼	55	2 ¼	80	3 ¼
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ¾	90	3 ¾
20	1	45	2	70	3	95	4
25	1	50	2	75	3	100	4



Tofu, firm *Commercially Prepared* 5 grams protein/ 2.2 oz by wt (37 grams protein/pound)

Tofu, firm <i>Commercially Prepared</i> <i>5 grams protein/2.2 oz by wt (37 grams protein/pound)</i>		Purchase Unit: Pound				¼ cup or 2.2 oz by weight (1 oz tofu)	
		Servings Per Purchase Unit, Edible Portion: 7.28		Purchase Units for 100 Servings: 13.7			
		½ cup (4.4 oz by weight) of tofu x 7.28 quarter cups divided by 16 ounces per pound = 2 ounces of meat alternate				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	4 ¼	55	7 ¾	80	11
10	1 ½	35	5	60	8 ¼	85	11 ¾
15	2 ¼	40	5 ½	65	9	90	12 ½
20	2 ¾	45	6 ¼	70	9 ¾	95	13 ¼
25	3 ½	50	7	75	10 ½	100	13 ¾



Turkey, Cooked, frozen Diced or pulled

*Light/dark meat in
natural proportions (no
skin, wing meat, neck
meat, giblets or kidneys)*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 8	Purchase Units for 100 Servings: 12.6
1 lb AP = 1.0 lb (about 2-3/4 cups) cooked turkey	

**2 oz cooked
turkey**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	3/4	30	3 3/4	55	7	80	10
10	1 1/2	35	4 1/2	60	7 1/2	85	10 3/4
15	2	40	5	65	8 1/4	90	11 1/4
20	2 1/2	45	5 3/4	70	8 3/4	95	12
25	3 1/4	50	6 1/4	75	9 1/2	100	12 3/4

Turkey, Cooked, frozen Diced or pulled

*Light/dark meat in
natural proportions (no
skin, wing meat, neck
meat, giblets or kidneys)*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 10.6	Purchase Units for 100 Servings: 9.5
1 lb AP = 1.0 lb (about 2-3/4 cups) cooked turkey	

**1 1/2 oz cooked
turkey**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1/2	30	3	55	5 1/4	80	7 3/4
10	1	35	3 1/2	60	5 3/4	85	8 1/4
15	1 1/2	40	4	65	6 1/4	90	8 3/4
20	2	45	4 1/2	70	6 3/4	95	9 1/4
25	2 1/2	50	4 3/4	75	7 1/4	100	9 1/2



Turkey, Ground, fresh or frozen

*With skin in natural
proportions, includes
USDA Foods*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 5.6	Purchase Units for 100 Servings: 18
1 lb AP = 0.70 lb cooked, drained turkey	

**2 oz cooked
turkey**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ½	55	10	80	14 ½
10	2	35	6 ¼	60	10 ¾	85	15 ½
15	2 ¾	40	7 ¼	65	11 ¾	90	16 ¼
20	3 ¾	45	8 ¼	70	12 ½	95	17
25	4 ½	50	9	75	13 ½	100	18

Turkey, Ground, fresh or frozen

*With skin in natural
proportions, includes
USDA Foods*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 7.46	Purchase Units for 100 Servings: 13.5
1 lb AP = 0.70 lb cooked, drained turkey	

**1 ½ oz cooked
turkey**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	4 ¼	55	7 ½	80	11
10	1 ½	35	4 ¾	60	8 ¼	85	11 ½
15	2 ¼	40	5 ½	65	8 ¾	90	12 ¼
20	2 ¾	45	6 ¼	70	9 ½	95	13
25	3 ½	50	6 ¾	75	10 ¼	100	13 ½



Turkey, Whole, fresh or frozen

*Without neck and
Giblets. Includes
USDA Foods*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 3.76	Purchase Units for 100 Servings: 26.6

**2 oz cooked
turkey
without skin**

1 lb AP = 0.47 lb cooked turkey without skin

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	8	55	14 ¾	80	21 ½
10	2 ¾	35	9 ½	60	16	85	22 ¾
15	4	40	10 ¾	65	17 ½	90	24
20	5 ½	45	12	70	18 ¾	95	25 ½
25	6 ¾	50	13 ½	75	20	100	26 ¾

Turkey, Whole, fresh or frozen

*Without neck and
Giblets. Includes
USDA Foods*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 5.01	Purchase Units for 100 Servings: 20.0

**1 ½ oz cooked
turkey without
skin**

1 lb AP = 0.47 lb cooked turkey without skin

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	6	55	11	80	16
10	2	35	7	60	12	85	17
15	3	40	8	65	13	90	18
20	4	45	9	70	14	95	19
25	5	50	10	75	15	100	20



Turkey Ham,

fully cooked,
chilled or frozen⁴¹

Turkey Ham, fully cooked, chilled or frozen ⁴¹		Purchase Unit: Pound				2 oz lean cooked meat	
		Servings Per Purchase Unit, Edible Portion: 5.6		Purchase Units for 100 Servings: 18.0			
		1 lb AP = 0.70 lb cooked turkey				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ½	55	10	80	14 ½
10	2	35	6 ¼	60	10 ¾	85	15 ¼
15	2 ¾	40	7 ¼	65	11 ¾	90	16 ¼
20	3 ¾	45	8 ¼	70	12 ½	95	17
25	4 ½	50	9	75	13 ½	100	18

⁴¹ Turkey ham is based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 381.171.

Turkey Ham,

fully cooked,
chilled or frozen⁴¹

Turkey Ham, fully cooked, chilled or frozen ⁴¹		Purchase Unit: Pound				1 ½ oz lean cooked meat	
		Servings Per Purchase Unit, Edible Portion: 8.4		Purchase Units for 100 Servings: 13.5			
		1 lb AP = 0.70 lb cooked turkey				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	3 ¾	55	6 ¾	80	9 ¾
10	1 ¼	35	4 ¼	60	7 ¼	85	10 ¼
15	2	40	5	65	8	90	10 ¾
20	2 ½	45	5 ½	70	8 ½	95	11 ½
25	3	50	6	75	9	100	12

⁴¹ Turkey ham is based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 381.171.



Yogurt, fresh or Yogurt, soy, fresh

*Plain or flavored
sweetened or unsweetened-
commercially prepared
(includes Greek yogurt)*

Purchase Unit: 32 oz. container

Servings Per Purchase
Unit, Edible Portion: 4.0

Purchase Units for 100
Servings: 25.0

**8 oz or 1 cup
Yogurt
(2 oz meat
alternate)**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	7 ½	55	13 ¾	80	20
10	2 ½	35	8 ¾	60	15	85	21 ¼
15	3 ¾	40	10	65	16 ¼	90	22 ½
20	5	45	11 ¼	70	17 ½	95	23 ¾
25	6 ¼	50	12 ½	75	18 ¾	100	25

Yogurt, fresh or Yogurt, soy, fresh

*Plain or flavored
sweetened or
unsweetened-
commercially prepared
(includes Greek yogurt)*

Purchase Unit: 32 oz. container

Servings Per Purchase
Unit, Edible Portion: 5.33

Purchase Units for 100
Servings: 18.8

**6 oz or ¾ cup
Yogurt
(1 ½ oz meat
alternate)**

USDA Food Buying Guide
Reference Page:

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ¾	55	10 ½	80	15
10	2	35	7	60	11 ¼	85	16
15	3	40	7 ½	65	12 ¼	90	17
20	4	45	8 ½	70	13 ¼	95	18
25	4 ¾	50	9 ½	75	14 ¼	100	19

Fruits

For all foods not listed in this supplemental guide, please refer to the Vegetables/Fruits section of the USDA Food Buying Guide.





Apples, fresh

125-138 count
Whole

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 7.4	Purchase Units for 100 Servings: 6.8
1 lb AP = 0.91 lb (3-2/3 cups) ready-to-cook or -serve raw, cored, unpeeled apple	

**½ cup raw,
unpeeled fruit
(about ½ apple)**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	4 ¼	55	7 ½	80	11
10	1 ½	35	5	60	8 ¼	85	11 ¾
15	2 ¼	40	5 ½	65	9	90	12 ¼
20	2 ¾	45	6 ¼	70	9 ¾	95	13
25	3 ½	50	7	75	10 ¼	100	13 ¾



Apples, canned Slices

Solid pack
Includes USDA
Foods

Purchase Unit: No. 10 can (100 oz)	
Servings Per Purchase Unit, Edible Portion: 25.2	Purchase Units for 100 Servings: 4.0
1 No. 10 can = about 89.0 oz (11-7/8 cups) drained apple	

**½ cup
fruit and juice**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ¼	80	3 ¼
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ¾	90	3 ¾
20	1	45	2	70	3	95	4
25	1	50	2	75	3	100	4



**Applesauce,
canned
Smooth or
Chunky**
*Includes USDA
Commodity*

Purchase Unit: 23 oz. Jar				½ cup fruit	
Servings Per Purchase Unit, Edible Portion: 5		Purchase Units for 100 Servings: 20			
				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	6	55	11	80	16
35	7	60	12	85	17
40	8	65	13	90	18
45	9	70	14	95	19
50	10	75	15	100	20



**Applesauce,
canned**
*Smooth or Chunky
Includes USDA
Commodity*

Purchase Unit: No.10 can (108 oz)				½ cup fruit	
Servings per Purchase Unit, Edible Portion: 23.8		Purchase Units per 100 Servings: 4.4			
1 No. 10 can = about 12 cups applesauce					
				USDA Food Buying Guide Reference Page: 2-8	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	1 ½	55	2 ½	80	3 ¾
35	1 ¾	60	2 ¾	85	3 ¾
40	2	65	3	90	4
45	2	70	3 ¼	95	4 ¼
50	2 ¼	75	3 ½	100	4 ½



Apricots, fresh Medium

(approx. 1-3/8 inch
diameter)
Whole

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 5.95	Purchase Units for 100 Servings: 17
1 lb AP = 0.93 lb ready-to-serve raw apricots	

½ cup fruit
(about 2
medium, raw
apricots)

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ¼	55	9 ½	80	13 ½
10	1 ¾	35	6	60	10 ¼	85	14 ½
15	2 ¾	40	6 ¾	65	11	90	15 ¼
20	3 ½	45	7 ¾	70	12	95	16
25	4 ¼	50	8 ½	75	12 ¾	100	17

Apricots, canned, Halves, Unpeeled

Purchase Unit: No. 10 can (106 oz)	
Servings Per Purchase Unit, Edible Portion: 24.0	Purchase Units for 100 Servings: 4.2
1 No. 10 can = about 31.0 oz (7-1/3 cups) drained apricots	

½ cup fruit and
juice

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ½	80	3 ½
10	½	35	1 ½	60	2 ½	85	3 ¾
15	¾	40	1 ¾	65	2 ¾	90	3 ¾
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼



Bananas, fresh

100-120 count
Regular
Whole

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 2.70	Purchase Units for 100 Servings: 37.2
USDA Food Buying Guide	

½ cup raw fruit,
unpeeled (about
1 banana)

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	2	30	11 ¼	55	20 ½	80	30
10	3 ¾	35	13	60	22 ½	85	31 ½
15	5 ¾	40	15	65	24 ¼	90	33 ½
20	7 ½	45	16 ¾	70	26	95	35 ½
25	9 ½	50	18 ¾	75	28	100	37 ¼



Blackberries (Boysenberries), frozen

Whole

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 5.95	Purchase Units for 100 Servings: 17
USDA Food Buying Guide	

½ cup raw
fruit

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ¼	55	9 ¼	80	13 ½
10	1 ¾	35	6	60	10 ¼	85	14 ½
15	2 ¾	40	6 ¾	65	11	90	15 ¼
20	3 ½	45	7 ¾	70	12	95	16
25	4 ½	50	8 ½	75	12 ¾	100	17



Blueberries, fresh

*Whole
Includes USDA
Commodity*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 5.9	Purchase Units for 100 Servings: 17
1 lb AP = 0.96 lb ready-to-serve raw berries	

½ cup raw fruit

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ¼	55	9 ½	80	13 ¾
10	1 ¾	35	6	60	10 ¼	85	14 ½
15	2 ¾	40	7	65	11 ¼	90	15 ½
20	3 ½	45	7 ¾	70	12	95	16 ¼
25	4 ½	50	8 ½	75	12 ¾	100	17

Blueberries, frozen,

*Individually-quick frozen
Whole*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 5.95	Purchase Units for 100 Servings: 17
1 lb AP = 0.91 lb (about 2-7/8 cups) ready-to-serve raw berries	

**½ cup thawed
fruit
unsweetened**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ¼	55	9 ¼	80	13 ½
10	1 ¾	35	6	60	10 ¼	85	14 ½
15	2 ¾	40	6 ¾	65	11	90	15 ¼
20	3 ½	45	7 ¾	70	12	95	16
25	4 ½	50	8 ½	75	12 ¾	100	17



Cantaloupe, fresh⁴, 15 Count

(5-3/4-inch diameter,
about 40 oz), Whole

Cantaloupe, fresh ⁴ , 15 Count <i>(5-3/4-inch diameter, about 40 oz), Whole</i>		Purchase Unit: Pound				½ cup cubed or diced fruit (⅛ large melon)	
		Servings Per Purchase Unit, Edible Portion: 3.37		Purchase Units for 100 Servings: 29.75			
		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				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	9	55	16 ½	80	23 ¾
10	3	35	10 ½	60	18	85	25 ¼
15	4 ½	40	12	65	19 ½	90	26 ¾
20	6	45	13 ½	70	21	95	28 ¼
25	7 ½	50	15	75	22 ½	100	29 ¾

Cantaloupe, frozen

Melon balls,
Unsweetened

Cantaloupe, frozen Melon balls, Unsweetened		Purchase Unit: Pound				½ cup fruit	
		Servings per Purchase Unit, Edible Portion: 4.35		Purchase Units per 100 Servings: 23			
		1 lb = 35 balls				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	7	55	12 ¾	80	18 ½
10	2 ½	35	8 ¼	60	14	85	19 ¾
15	3 ½	40	9 ¼	65	15	90	20 ¾
20	4 ¾	45	10 ½	70	16 ¼	95	22
25	5 ¾	50	11 ½	75	17 ½	100	23

⁴ 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.



Cherries, Sweet, fresh

Whole, with pits

Cherries, Sweet, fresh <i>Whole, with pits</i>		Purchase Unit: Pound				½ cup raw, pitted cherries (about 14 whole)	
		Servings Per Purchase Unit, Edible Portion: 4.25		Purchase Units for 100 Servings: 23.6			
		1 lb AP = 0.98 lb ready-to-serve cherries with pits or 0.84 lb pitted cherries				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	7 ¼	55	13	80	19
10	2 ½	35	8 ¼	60	14 ¼	85	20
15	3 ¾	40	9 ½	65	15 ½	90	21 ¼
20	4 ¾	45	10 ¾	70	16 ½	95	22 ½
25	6	50	12	75	17 ¾	100	23 ¾



Clementines, Fresh

Whole

Clementines, Fresh <i>Whole</i>		Purchase Unit: Pound				1 whole, raw (about ½ cup)	
		Servings Per Purchase Unit, Edible Portion: 3.68		Purchase Units for 100 Servings: 27.2			
						USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	8 ¼	55	15	80	21 ¾
10	2 ¾	35	9 ¾	60	16 ½	85	23 ¼
15	4 ¼	40	11	65	17 ¾	90	24 ½
20	5 ½	45	12 ¼	70	19 ¼	95	26
25	5 ½	50	13 ¾	75	20 ½	100	27 ¼



**Fruit, Mixed,
canned
Fruit Cocktail**
*(peaches, pears,
pineapple, grapes,
cherries) Includes
USDA Foods*

Purchase Unit: No. 10 can (106 oz)	
Servings Per Purchase Unit, Edible Portion: 23.45	Purchase Units for 100 Servings: 4.4
1 No. 10 can = about 69.0 oz (9-1/4 cups) drained fruit	

½ cup fruit and juice

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ½	80	3 ½
10	½	35	1 ½	60	2 ¾	85	3 ¾
15	¾	40	1 ¾	65	3	90	4
20	1	45	2	70	3	95	4 ¼
25	1 ¼	50	2 ¼	75	3 ½	100	4 ½



**Grapes,
fresh**
*Seedless
Whole
With stem*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 5.25	Purchase Units for 100 Servings: 19.2
1 lb AP = 0.97 lb (about 2-5/8 cups) ready-to-serve grapes	

**½ cup whole fruit
(about 14 large grapes)**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ¾	55	10 ½	80	15 ¼
10	2	35	6 ¾	60	11 ½	85	16 ¼
15	3	40	7 ¾	65	12 ½	90	17 ¼
20	4	45	8 ¾	70	13 ½	95	18 ¼
25	5	50	9 ¾	75	14 ½	100	19 ¼



**Honeydew
Melon,
Fresh⁵**
Whole

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 2.45	Purchase Units for 100 Servings: 41
1 lb AP = 0.46 lb (about 1-1/8 cups) ready-to-serve melon cubes	

**½ cup fruit
cubes**

Fresh ⁵ Whole		1 lb AP = 0.46 lb (about 1-1/8 cups) ready-to-serve melon cubes				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	2 ¼	30	12 ¼	55	22 ½	80	32 ¾
10	4 ¼	35	14 ½	60	24 ½	85	34 ¾
15	6 ¼	40	16 ½	65	26 ¾	90	36 ¾
20	8 ¼	45	18 ½	70	28 ¾	95	39
25	10 ¼	50	20 ½	75	30 ¾	100	41

⁵ 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.



Juices, canned⁶

Single strength (100% juice) Vegetable or Fruit (such as Apple, Grape, Grapefruit, Grapefruit-Orange, Lemon, Lime, Orange, Pineapple, Prune, Tomato and Tangerine)

Purchase Unit: No. 3 Can (46 fl oz)				½ cup fruit or vegetable juice	
Servings Per Purchase Unit, Edible Portion: 11.5		Purchase Units for 100 Servings: 8.8			
				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	2 ¾	55	5	80	7
35	3 ¼	60	5 ¼	85	7 ½
40	3 ½	65	5 ¾	90	8
45	4	70	6 ¼	95	8 ½
50	4 ½	75	6 ¾	100	9

⁶ 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.

Juices, frozen⁷ Concentrated, any fruit

(such as Apple, Grape, Grapefruit, Grapefruit-Orange and Orange) (1 part juice to 3 parts water)
Includes USDA Foods

Purchase Unit: 6 fl oz can (7oz)				2 tablespoon concentrate (½ cup fruit juice)	
Servings Per Purchase Unit, Edible Portion: 6		Purchase Units for 100 Servings: 16.8			
6 fl oz can reconstituted = 3 cups (24 fl oz) Reconstitute 1 part juice with not more than 3 parts water					
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	5	55	9 ¼	80	13 ½
35	6	60	10	85	14 ¼
40	6 ¾	65	11	90	15
45	7 ½	70	11 ¾	95	16
50	8 ½	75	12 ½	100	17

⁷ The canned and frozen juices listed in Column 1 are usually available in the can sizes listed in Column 2.



Kiwi, fresh

33-39 Count
Whole

Purchase Unit: Pound							
Servings Per Purchase Unit, Edible Portion: 5.4				Purchase Units for 100 Servings: 18.6			
1 lb AP = 0.99 lb ready-to-serve unpeeled Kiwi halves						USDA Food Buying Guide Reference	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	6	55	10 ½	80	15
10	1 ¾	35	6 ½	60	11 ½	85	16
15	3	40	7 ½	65	12 ½	90	17
20	4	45	8 ½	70	13 ½	95	18
25	5	50	9 ½	75	14	100	19

½ cup unpeeled
fruit halves (about 2
halves or ¾ of a
whole kiwi)



Mangoes, fresh

Whole

Mangoes, fresh <i>Whole</i>		Purchase Unit: Pound				½ cup cubed or sliced fruit	
		Servings Per Purchase Unit, Edible Portion: 3.8		Purchase Units for 100 Servings: 26.4			
		1 lb AP = 0.69 lb ready-to-serve raw mangoes				USDA Food Buying Guide Reference	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	8	55	14 ½	80	21 ¼
10	2 ¾	35	9 ¼	60	16	85	22 ½
15	4	40	10 ¾	65	17 ¼	90	23 ¾
20	5 ½	45	12	70	18 ½	95	25
25	6 ¾	50	13 ¼	75	19 ¾	100	26 ½

Mangoes, frozen

Whole

Mangoes, frozen <i>Whole</i>		Purchase Unit: Pound				½ cup fruit with thawed juice	
		Servings Per Purchase Unit, Edible Portion: 3.67		Purchase Units for 100 Servings: 27.4			
		1 lb AP = about 1-3/4 cups thawed mango juice				USDA Food Buying Guide Reference	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	8 ¼	55	15	80	22
10	2 ¾	35	9 ¾	60	16 ½	85	23 ¼
15	4 ¼	40	11	65	17 ¾	90	24 ¾
20	5 ½	45	12 ½	70	19 ¼	95	26
25	7	50	13 ¾	75	20 ½	100	27 ½



Nectarines, fresh

Size 88-96
(2-1/4 inch diameter)
Whole

Purchase Unit: **Pound**

Servings Per Purchase Unit,
Edible Portion: 4.4

Purchase Units for 100
Servings: 22.8

1 whole, raw fruit
(1/2 cup)

1 lb AP = 0.69 lb ready-to-serve raw mangoes

USDA Food Buying Guide Reference
Page: 2-48

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 1/4	30	7	55	12 1/2	80	18 1/4
10	2 1/2	35	8	60	13 3/4	85	19 1/2
15	3 1/2	40	9 1/4	65	15	90	20 1/2
20	4 3/4	45	10 1/2	70	16	95	21 1/4
25	5 3/4	50	11 1/2	75	17 1/4	100	23



Oranges, fresh

138 count
Arizona or
California
Whole

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 3.4	Purchase Units for 100 Servings: 29.5

½ cup fruit and juice (about 1 orange)

USDA Food Buying Guide
Reference Page: 2-88

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	9	55	16 ¼	80	23 ¾
10	3	35	10 ½	60	17 ¾	85	25
15	4 ½	40	12	65	19 ¼	90	26 ½
20	6	45	13 ¼	70	20 ¾	95	28
25	7 ½	50	14 ¾	75	22 ½	100	29 ½



Oranges, canned Mandarin

Purchase Unit: #10 can (108 oz)	
Servings per Purchase Unit, Edible Portion: 24.1	Purchase Units per 100 Servings: 4.2
1 No. 10 can = about 24 cups Mandarin oranges	

½ cup fruit and juice

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ½	80	3 ½
10	½	35	1 ½	60	2 ¾	85	3 ¾
15	¾	40	1 ¾	65	2 ¾	90	4
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼



**Papaya,
fresh**
Whole

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 4.3	Purchase Units for 100 Servings: 23.4
1 lb AP = about 0.67 lb ready-to-serve papaya	

½ cup cubed fruit

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	7	55	13	80	18 ¾
10	2 ½	35	8 ¼	60	14	85	20
15	3 ½	40	9 ½	65	15 ¼	90	21
20	4 ¾	45	10 ½	70	16 ½	95	22 ½
25	6	50	11 ¾	75	17 ½	100	23 ½



**Peaches,
fresh**
Size 80, Whole

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 4.5	Purchase Units for 100 Servings: 22.4

**½ cup fruit
(1 med. raw peach)**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	6 ¾	55	12 ¼	80	18
10	2 ¼	35	8	60	13 ½	85	19
15	3 ½	40	9	65	14 ½	90	20
20	4 ½	45	10	70	15 ¾	95	21 ¼
25	5 ¾	50	11 ¼	75	16 ¾	100	22 ½



Peaches, frozen Sliced

*Sweetened or
Unsweetened
Includes USDA
Foods*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 3.67	Purchase Units for 100 Servings: 27.4
1 lb AP = about 1-3/4 cups thawed peaches and juice	

**½ cup thawed
fruit and juice**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	8 ¼	55	15	80	22
10	2 ¾	35	9 ¾	60	16 ½	85	23 ¼
15	4 ¼	40	11	65	17 ¾	90	24 ¾
20	5 ½	45	12 ½	70	19 ¼	95	26
25	7	50	13 ¾	75	20 ½	100	27 ½

Peaches, canned

*Cling, Diced
Light syrup pack
Includes USDA
Foods*

Purchase Unit: No. 10 can (106 oz)	
Servings Per Purchase Unit, Edible Portion: 24.3	Purchase Units for 100 Servings: 4.2
1 No. 10 can = about 12-1/8 cups fruit and juice	

**½ cup fruit and
juice**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ½	80	3 ½
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ¾	90	3 ¾
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼



Pears, fresh

150 count
Whole

Purchase Unit: **Pound**

Servings Per Purchase
Unit, Edible Portion: 4.10

Purchase Units for 100
Servings: 24.4

1 lb AP = 0.92 lb ready-to-cook or -serve raw, unpared
pears

1 whole, raw
pear (about ½
cup fruit)

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	7 ½	55	13 ½	80	19 ¾
10	2 ½	35	8 ¾	60	14 ¾	85	20 ¾
15	3 ¾	40	10	65	16	90	22
20	5	45	11	70	17 ¼	95	23 ¼
25	6 ¼	50	12 ¼	75	18 ½	100	24 ½

Pears, canned Sliced

Packed in juice or
light syrup
Includes USDA
Foods

Purchase Unit: **No. 10 can (106 oz)**

Servings Per Purchase
Unit, Edible Portion: 24.85

Purchase Units for 100
Servings: 4.2

1 No. 10 can = about 12-3/8 cups pears and juice

½ cup fruit
and juice

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ¼	80	3 ¼
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ¾	90	3 ¾
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼



**Pineapple,
fresh**
Whole

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 3.2	Purchase Units for 100 Servings: 31.4
1 lb AP = 0.54 lb ready-to-serve raw pineapple	

**½ cup raw,
cubed fruit**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¾	30	9 ½	55	17 ¼	80	25
10	3 ¼	35	11	60	18 ¾	85	26 ¾
15	4 ¾	40	12 ½	65	20 ½	90	28 ¼
20	6 ¼	45	14 ¼	70	22	95	29 ¾
25	8	50	15 ¾	75	23 ½	100	31 ½

**Pineapple,
canned
crushed**
*Packed in juice or
light syrup
Includes USDA
Commodity*

Purchase Unit: No. 10 can (106 oz)	
Servings Per Purchase Unit, Edible Portion: 24.75	Purchase Units for 100 Servings: 4.2
1 No. 10 can = about 12-3/8 cups pineapple and juice	

**½ cup fruit and
syrup**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ¼	80	3 ¼
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ¾	90	3 ¾
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼



**Pineapple,
canned
Tidbits,**
*Packed in juice or
light syrup
Includes USDA
Commodity*

Purchase Unit: No. 10 can (106 oz)	
Servings Per Purchase Unit, Edible Portion: 25	Purchase Units for 100 Servings: 4.0
1 No. 10 can = about 12 cups pineapple and juice	

½ cup fruit and juice

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ¼	80	3 ¼
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ¾	90	3 ¾
20	1	45	2	70	3	95	4
25	1	50	2	75	3	100	4

**Pineapple,
frozen,
Chunks**
Unsweetened

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 3.65	Purchase Units for 100 Servings: 27.4
1 lb AP = 0.61 lb (about 1-1/3 cups) thawed, drained pineapple	

**½ cup thawed,
drained fruit**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	8 ¼	55	15 ¼	80	22
10	2 ¾	35	9 ¾	60	16 ½	85	23 ½
15	4 ¼	40	11	65	18	90	24 ¾
20	5 ½	45	12 ½	70	19 ¼	95	26 ¼
25	7	50	13 ¾	75	20 ¾	100	27 ½



Plums, fresh

*Italian, 1.5 inch
by 2-inch
Whole*

Purchase Unit: Pound				½ cup quartered fruit (about 10 quarters)	
Servings Per Purchase Unit, Edible Portion: 4.66		Purchase Units for 100 Servings: 21.6			
1 lb AP = 0.93 lb (about 2-13 cups) ready-to-cook or serve unpeeled, pitted, quartered, raw plums					
Number of Edible Portions		As Purchased		USDA Food Buying Guide	
Number of Edible Portions		As Purchased		Number of Edible Portions	
30		6 ½		80	
35		7 ¾		17 ¼	
40		60		18 ¼	
45		65		19 ½	
50		70		20 ½	
55		75		21 ¾	
60		80		22 ½	
65		85		23 ½	
70		90		24 ½	
75		95		25 ½	
80		100		26 ½	
85		105		27 ½	
90		110		28 ½	
95		115		29 ½	
100		120		30 ½	
105		125		31 ½	
110		130		32 ½	
115		135		33 ½	
120		140		34 ½	
125		145		35 ½	
130		150		36 ½	
135		155		37 ½	
140		160		38 ½	
145		165		39 ½	
150		170		40 ½	
155		175		41 ½	
160		180		42 ½	
165		185		43 ½	
170		190		44 ½	
175		195		45 ½	
180		200		46 ½	
185		205		47 ½	
190		210		48 ½	
195		215		49 ½	
200		220		50 ½	
205		225		51 ½	
210		230		52 ½	
215		235		53 ½	
220		240		54 ½	
225		245		55 ½	
230		250		56 ½	
235		255		57 ½	
240		260		58 ½	
245		265		59 ½	
250		270		60 ½	
255		275		61 ½	
260		280		62 ½	
265		285		63 ½	
270		290		64 ½	
275		295		65 ½	
280		300		66 ½	
285		305		67 ½	
290		310		68 ½	
295		315		69 ½	
300		320		70 ½	
305		325		71 ½	
310		330		72 ½	
315		335		73 ½	
320		340		74 ½	
325		345		75 ½	
330		350		76 ½	
335		355		77 ½	
340		360		78 ½	
345		365		79 ½	
350		370		80 ½	
355		375		81 ½	
360		380		82 ½	
365		385		83 ½	
370		390		84 ½	
375		395		85 ½	
380		400		86 ½	
385		405		87 ½	
390		410		88 ½	
395		415		89 ½	
400		420		90 ½	
405		425		91 ½	
410		430		92 ½	
415		435		93 ½	
420		440		94 ½	
425		445		95 ½	
430		450		96 ½	
435		455		97 ½	
440		460		98 ½	
445		465		99 ½	
450		470		100 ½	
455		475		101 ½	
460		480		102 ½	
465		485		103 ½	
470		490		104 ½	
475		495		105 ½	
480		500		106 ½	
485		505		107 ½	
490		510		108 ½	
495		515		109 ½	
500		520		110 ½	
505		525		111 ½	
510		530		112 ½	
515		535		113 ½	
520		540		114 ½	
525		545		115 ½	
530		550		116 ½	
535		555		117 ½	
540		560		118 ½	
545		565		119 ½	
550		570		120 ½	
555		575		121 ½	
560		580		122 ½	
565		585		123 ½	
570		590		124 ½	
575		595		125 ½	
580		600		126 ½	
585		605		127 ½	
590		610		128 ½	
595		615		129 ½	
600		620		130 ½	
605		625		131 ½	
610		630		132 ½	
615		635		133 ½	
620		640		134 ½	
625		645		135 ½	
630		650		136 ½	
635		655		137 ½	
640		660		138 ½	
645		665		139 ½	
650		670		140 ½	
655		675		141 ½	
660		680		142 ½	
665		685		143 ½	
670		690		144 ½	
675		695		145 ½	
680		700		146 ½	
685		705		147 ½	
690		710		148 ½	
695		715		149 ½	
700		720		150 ½	
705		725		151 ½	
710		730		152 ½	
715		735		153 ½	
720		740		154 ½	
725		745		155 ½	
730		750		156 ½	
735		755		157 ½	
740		760		158 ½	
745		765		159 ½	
750		770		160 ½	
755		775		161 ½	
760		780		162 ½	
765		785		163 ½	
770		790		164 ½	
775		795		165 ½	
780		800		166 ½	
785		805		167 ½	
790		810		168 ½	
795		815		169 ½	
800		820		170 ½	
805		825		171 ½	
810		830		172 ½	
815		835		173 ½	
820		840		174 ½	
825		845		175 ½	
830		850		176 ½	
835		855		177 ½	
840		860		178 ½	
845		865		179 ½	
850		870		180 ½	
855		875		181 ½	
860		880		182 ½	
865		885		183 ½	
870		890		184 ½	
875		895		185 ½	
880		900		186 ½	
885		905		187 ½	
890		910		188 ½	
895		915		189 ½	
900		920		190 ½	
905		925		191 ½	
910		930		192 ½	
915		935		193 ½	
920		940		194 ½	
925		945		195 ½	
930		950		196 ½	
935		955		197 ½	
940		960		198 ½	
945		965		199 ½	
950		970		200 ½	
955		975		201 ½	
960		980		202 ½	
965		985		203 ½	
970		990		204 ½	
975		995		205 ½	
980		1000		206 ½	
985		1005		207 ½	
990		1010		208 ½	
995		1015		209 ½	
1000		1020		210 ½	
1005		1025		211 ½	
1010		1030		212 ½	
1015		1035		213 ½	
1020		1040		214 ½	
1025		1045		215 ½	
1030		1050		216 ½	
1035		1055		217 ½	
1040		1060		218 ½	
1045		1065		219 ½	
1050		1070		220 ½	
1055		1075		221 ½	
1060		1080		222 ½	
1065		1085		223 ½	
1070		1090		224 ½	
1075		1095		225 ½	
1080		1100		226 ½	
1085		1105		227 ½	
1090		1110		228 ½	
1095		1115		229 ½	
1100		1120		230 ½	
1105		1125		231 ½	
1110		1130		232 ½	
1115		1135		233 ½	
1120		1140		234 ½	
1125		1145		235 ½	
1130		1150		236 ½	
1135		1155		237 ½	
1140		1160		238 ½	
1145		1165		239 ½	
1150		1170		240 ½	
1155		1175		241 ½	
1160		1180		242 ½	
1165		1185		243 ½	
1170		1190		244 ½	
1175		1195		245 ½	
1180		1200		246 ½	
1185		1205		247 ½	
1190		1210		248 ½	
1195		1215		249 ½	
1200		1220		250 ½	
1205		1225		251 ½	
1210		1230		252 ½	
1215		1235		253 ½	
1220		1240		254 ½	
1225		1245		255 ½	
1230		1250		256 ½	
1235		1255		257 ½	
1240		1260		258 ½	
1245		1265		259 ½	
1250		1270		260 ½	
1255		1275		261 ½	
1260		1280		262 ½	
1265		1285		263 ½	
1270		1290		264 ½	
1275		1295		265 ½	
1280		1300		266 ½	
1285		1305		267 ½	
1290		1310		268 ½	
1295		1315		269 ½	
1300		1320		270 ½	
1305		1325		271 ½	
1310		1330		272 ½	
1315		1335		273 ½	
1320		1340		274 ½	
1325		1345		275 ½	
1330		1350		276 ½	
1335		1355		277 ½	
1340		1360		278 ½	
1345		1365		279 ½	
1350		1370		280 ½	
1355		1375		281 ½	
1360		1380		282 ½	
1365		1385		283 ½	
1370		1390		284 ½	
1375		1395		285 ½	
1380		1400		286 ½	
1385		1405		287 ½	
1390		1410		288 ½	
1395		1415		289 ½	
1400		1420		290 ½	
1405		1425		291 ½	
1410		1430		292 ½	
1415		1435		293 ½	
1420		1440		294 ½	
1425		1445		295 ½	
1430		1450		296 ½	
1435		1455		297 ½	
1440		1460		298 ½	
1445		1465		299 ½	
1450		1470		300 ½	
1455		1475		301 ½	
1460		1480		302 ½	
1465		1485		303 ½	
1470		1490		304 ½	
1475		1495		305 ½	
1480		1500		306 ½	
1485		1505		307 ½	
1490		1510		308 ½	
1495		1515		309 ½	
1500		1520		310 ½	
1505		1525		311 ½	
1510		1530		312 ½	
1515		1535		313 ½	
1520		1540		314 ½	
1525		1545		315 ½	
1530		1550		316 ½	
1535		1555		317 ½	
1540		1560		318 ½	
1545		1565		319 ½	
1550		1570		320 ½	
1555		1575		321 ½	
1560		1580		322 ½	
1565		1585			



Raisins, Regular moisture

*Seedless
Includes USDA
Commodity*

Purchase Unit: Pound				½ cup fruit	
Servings Per Purchase Unit, Edible Portion: 6.3		Purchase Units for 100 Servings: 16.0			
1 lb AP = about 3-1/8 cups raisins					
				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	5	55	8 ¾	80	12 ¾
35	5 ¾	60	9 ¾	85	13 ½
40	6 ½	65	10 ½	90	14 ½
45	7 ¼	70	11 ¼	95	15 ¼
50	8	75	12	100	16



Raspberries, Fresh *Whole*

Raspberries, Fresh <i>Whole</i>		Purchase Unit: Pound				½ cup raw, whole fruit	
		Servings Per Purchase Unit, Edible Portion: 6.05		Purchase Units for 100 Servings: 16.6			
		1 lb AP = 0.96 lb. (about 3 cups ready-to-serve raw raspberries)				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5	55	9 ¼	80	13 ¼
10	1 ¾	35	6	60	10	85	14 ¼
15	2 ½	40	6 ¾	65	10 ¾	90	15
20	3 ½	45	7 ½	70	11 ¾	95	15 ¾
25	4 ¼	50	8 ½	75	12 ½	100	16 ¾

Raspberries Frozen, *Unsweetened Fruit and Liquid*

Raspberries Frozen, <i>Unsweetened Fruit and Liquid</i>		Purchase Unit: Pound				½ cup thawed fruit and liquid	
		Servings Per Purchase Unit, Edible Portion: 3.6		Purchase Units for 100 Servings: 27.8			
						USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	8 ½	55	15 ¾	80	22 ¼
10	3	35	9 ¾	60	16 ¾	85	23 ¾
15	4 ¼	40	11 ¼	65	18 ¼	90	25
20	5 ¾	45	12 ½	70	19 ½	95	26 ½
25	7	50	14	75	21	100	28



Strawberries, fresh

Whole

Strawberries, fresh <i>Whole</i>		Purchase Unit: Pound				½ cup raw, whole fruit	
		Servings Per Purchase Unit, Edible Portion: 5.25		Purchase Units for 100 Servings: 19.2			
		1 lb AP = 0.88 lb ready-to-serve raw berries				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ¾	55	10 ½	80	15 ¼
10	2	35	6 ¾	60	11 ½	85	16 ¼
15	3	40	7 ¾	65	12 ½	90	17 ¼
20	4	45	8 ¾	70	13 ½	95	18 ¼
25	5	50	9 ¾	75	14 ½	100	19 ¼

Strawberries, frozen

Sliced,

Unsweetened

Includes USDA Foods

Strawberries, frozen Sliced, <i>Unsweetened</i> <i>Includes USDA Foods</i>		Purchase Unit: Pound				½ cup thawed fruit and juice	
		Servings Per Purchase Unit, Edible Portion: 3.64		Purchase Units for 100 Servings: 27.6			
		1 lb AP = 1 lb (about 1-3/4 cups) ready-to-serve thawed berries and juice				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	8 ¼	55	15 ¼	80	22
10	2 ¾	35	9 ¾	60	16 ½	85	23 ½
15	4 ¼	40	11	65	18	90	24 ¾
20	5 ½	45	12 ½	70	19 ½	95	26 ¼
25	7	50	13 ¾	75	2 ¾	100	27 ¾



Tangerines, fresh

120 count,
Whole

Tangerines, fresh 120 count, Whole		Purchase Unit: Pound				½ cup peeled fruit sections	
		Servings Per Purchase Unit, Edible Portion: 3.89		Purchase Units for 100 Servings: 25.8			
		1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve peeled, sectioned tangerine				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ½	30	7 ¾	55	14 ¼	80	20 ¾
10	2 ¾	35	9	60	15 ½	85	22
15	4	40	10 ½	65	16 ¾	90	23 ¼
20	5 ¼	45	11 ¾	70	18	95	24 ½
25	6 ½	50	13	75	19 ½	100	26



Watermelon, Fresh¹¹

Whole

Watermelon, Fresh ¹¹ Whole		Purchase Unit: Pound				½ cup diced fruit without rind	
		Servings Per Purchase Unit, Edible Portion: 3.05		Purchase Units for 100 Servings: 32.8			
		1 lb AP = 0.61 lb (about 1-1/2 cups) ready-to-serve raw, ½-inch diced watermelon without rind				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¾	30	10	55	18 ¼	80	26 ¼
10	3 ½	35	11 ½	60	19 ¾	85	28
15	5	40	13 ¼	65	21 ½	90	29 ½
20	6 ¾	45	15	70	23	95	31 ¼
25	8 ¼	50	16 ½	75	24 ¾	100	33

¹¹ 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.

Vegetables

For all foods not listed in this supplemental guide, please refer to the Vegetables/Fruits of the USDA Food Buying Guide.





Asparagus, fresh

Whole

Asparagus, fresh <i>Whole</i>		Purchase Unit: Pound				½ cup cooked vegetable	
		Servings Per Purchase Unit, Edible Portion: 2.4		Purchase Units for 100 Servings: 41.8			
		1 lb. AP = 0.53 lb. ready-to-cook trimmed, raw asparagus				USDA Food Buying Guide Reference Page: 2-2	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	2 ¼	30	12 ½	55	23	80	33 ½
10	4 ¼	35	14 ¾	60	25	85	35 ½
15	6 ¼	40	16 ¾	65	27	90	37 ½
20	8 ½	45	18 ¾	70	29 ¼	95	39 ¾
25	10 ½	50	21	75	31 ¼	100	42

Asparagus, frozen

Cuts and Tips

Asparagus, frozen <i>Cuts and Tips</i>		Purchase Unit: Pound				½ cup cooked vegetable	
		Servings Per Purchase Unit, Edible Portion: 4.05		Purchase Units for 100 Servings: 24.8			
						USDA Food Buying Guide Reference Page: 2-3	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	7 ½	55	13 ¾	80	19 ¾
10	2 ½	35	8 ¾	60	15	85	21
15	6 ¼	40	10	65	16 ¼	90	22 ¼
20	3 ¾	45	11 ¼	70	17 ½	95	23 ½
25	6 ¼	50	12 ½	75	18 ¾	100	24 ¾



Avocados, fresh

All sizes, whole

Purchase Unit: Pound				½ cup raw, diced vegetable	
Servings Per Purchase Unit, Edible Portion: 4.1		Purchase Units for 100 Servings: 24.4			
1 lb AP = 0.67 lb ready-to-serve raw avocado				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	7 ½	55	13 ½	80	19 ¾
35	8 ¾	60	14 ¾	85	20 ¾
40	9 ¾	65	16	90	22
45	11	70	17 ¼	95	23 ¼
50	12 ¼	75	18 ½	100	24 ½



Beans, Black, canned

*Whole
Includes USDA
Foods*

Purchase Unit: No.10 can (110 Oz.)				½ cup heated, drained beans	
Servings Per Purchase Unit, Edible Portion: 13.9		Purchase Units for 100 Servings: 7.2			
1 No 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans				USDA Food Buying Guide:	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	2 ¼	55	4	80	6
35	2 ¾	60	4 ½	85	6 ¼
40	3	65	4 ¾	90	6 ½
45	3 ½	70	5 ¼	95	7
50	3 ¾	75	5 ½	100	7 ¼



**Beans, Black,
dry,
Whole**

Beans, Black, dry, Whole		Purchase Unit: Pound				½ cup cooked beans	
		Servings Per Purchase Unit, Edible Portion: 9.15		Purchase Units for 100 Servings: 11.0			
		1 lb dry = 2-1/4 cups dry beans				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	3 ½	55	6 ¼	80	9
10	1 ¼	35	4	60	6 ¾	85	9 ½
15	1 ¾	40	4 ½	65	7 ¼	90	10
20	2 ¼	45	5	70	7 ¾	95	10 ½
25	3	50	5 ½	75	8 ¼	100	11



**Beans,
Garbanzo or
Chickpeas,
canned**
*Whole, Includes
USDA Foods*

<div>Beans, Garbanzo or Chickpeas, canned</div> <div>Whole, Includes USDA Foods</div>		Purchase Unit: No. 10 can (105 oz)				<div>½ cup drained vegetable</div>	
		Servings per Purchase Unit, Edible Portion: 21.0		Purchase Units per 100 Servings: 4.8			
		1 No 10 can = about 68.4 oz (10-1/2 cups) unheated, drained beans				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ¾	80	4
10	½	35	1 ¾	60	3	85	4 ¼
15	¾	40	2	65	3 ¼	90	4 ½
20	1	45	2 ¼	70	3 ½	95	4 ¾
25	1 ¼	50	2 ½	75	3 ¾	100	5



Beans, Green, fresh

*Trimmed
Whole
Ready-to-use*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 5.6	Purchase Units for 100 Servings: 18
1 lb AP = 0.89 lb (about 2-3/4 cups) cooked, drained, cut beans	

**½ cup cut,
cooked, drained
vegetable**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ½	55	10	80	14 ½
10	2	35	6 ¼	60	10 ¾	85	15 ¼
15	2 ¾	40	7 ¼	65	11 ¾	90	16 ¼
20	3 ¾	45	8 ¼	70	12 ½	95	17
25	4 ½	50	9	75	13 ½	100	18

Beans, Green, frozen

*Cut, includes
USDA Foods*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 5.8	Purchase Units for 100 Servings: 17.4

**½ cup cooked,
drained
vegetable**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ¼	55	9 ½	80	14
10	1 ¾	35	6 ¼	60	10 ½	85	14 ¾
15	2 ¾	40	7	65	11 ¼	90	15 ¾
20	3 ½	45	7 ¾	70	12 ¼	95	16 ½
25	4 ½	50	8 ¾	75	13	100	17 ¼



Beans, Green, canned

*Cut, includes
USDA Foods*

Purchase Unit: No 10 can (101 oz)

Servings Per Purchase
Unit, Edible Portion: 22.7

Purchase Units for 100
Servings: 4.6

**½ cup heated,
drained
vegetable**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ½	80	3 ½
10	½	35	1 ¾	60	2 ¾	85	3 ¾
15	¾	40	2	65	3	90	4
20	1	45	2	70	3 ¼	95	4 ¼
25	1 ¼	50	2 ¼	75	3 ½	100	4 ½



Beans, Lima, frozen

Baby, Whole

Purchase Unit: Pound

Servings Per Purchase
Unit, Edible Portion: 5.45

Purchase Units for 100
Servings: 18.4

**½ cup cooked,
drained
vegetable**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ½	55	10 ¼	80	14 ¾
10	2	35	6 ½	60	11	85	15 ¾
15	2 ¾	40	7 ½	65	12	90	16 ¾
20	3 ¾	45	8 ¼	70	13	95	17 ½
25	4 ¾	50	9 ¼	75	14	100	18 ½



Beans, Pinto, dehydrated

Beans, Pinto, dehydrated		Purchase Unit: Pound				½ cup cooked vegetable	
		Servings Per Purchase Unit, Edible Portion: 10.85		Purchase Units for 100 Servings: 9.4			
		1 lb AP = about 3-3/4 dehydrated beans 1 lb AP = about 5-3/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	3	55	5 ¼	80	7 ½
10	1	35	3 ¼	60	5 ¾	85	8
15	1 ½	40	3 ¾	65	6	90	8 ½
20	2	45	4 ¼	70	6 ½	95	9
25	2 ½	50	4 ¾	75	7	100	9 ½

Beans, Pinto, dehydrated

Beans, Pinto, dehydrated		Purchase Unit: 30 oz. bag				½ cup or 2 oz. cooked vegetable	
		Servings Per Purchase Unit, Edible Portion: 20.3		Purchase Units for 100 Servings: 4.9			
		1 lb AP = about 3-3/4 dehydrated beans 1 lb AP = about 5-3/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ¾	80	4
10	½	35	1 ¾	60	3	85	4 ¼
15	¾	40	2	65	3 ¼	90	4 ½
20	1	45	2 ¼	70	3 ½	95	4 ¾
25	1 ¼	50	2 ½	75	3 ¾	100	5



Beans, Pinto, canned Whole

*Includes USDA
Foods*

Purchase Unit: No. 10 can (108 oz)

Servings Per Purchase
Unit, Edible Portion: 18.6

Purchase Units for 100
Servings: 5.4

**½ cup heated,
drained
vegetable**

1 No 10 can = about 67.4 oz (9-1/4 cups) heated,
drained beans

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	1 ¾	55	3	80	4 ½
10	¾	35	2	60	3 ¼	85	4 ¾
15	1	40	2 ¼	65	3 ½	90	5
20	1 ¼	45	2 ½	70	4	95	5 ¼
25	1 ½	50	2 ¾	75	4 ¼	100	5 ½

Beans Products, canned,

*Beans, Baked or
in Sauce with Pork*

Purchase Unit: No 10 can (110 oz)

Servings Per Purchase
Unit, Edible Portion: 24.45

Purchase Units for 100
Servings: 4.2

**½ cup heated
vegetable**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ¼	80	3 ½
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ¾	90	3 ¾
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼

<div>Beans, Refried, canned</div> <div>Includes USDA Foods</div>		<div>Purchase Unit: No. 10 can (115 oz)</div>				<div>½ cup heated vegetable</div>	
		<div>Servings per Purchase Unit, Edible Portion: 24.8</div>		<div>Purchase Units per 100 Servings: 4.2</div>			
		<div>1 No. 10 can = about 12-1/4 cups heated, refried beans</div>					
<div>Number of Edible Portions</div>	<div>As Purchased</div>	<div>Number of Edible Portions</div>	<div>As Purchased</div>	<div>Number of Edible Portions</div>	<div>As Purchased</div>	<div>Number of Edible Portions</div>	<div>As Purchased</div>
<div>5</div>	<div>¼</div>	<div>30</div>	<div>1 ¼</div>	<div>55</div>	<div>2 ¼</div>	<div>80</div>	<div>3 ¼</div>
<div>10</div>	<div>½</div>	<div>35</div>	<div>1 ½</div>	<div>60</div>	<div>2 ½</div>	<div>85</div>	<div>3 ½</div>
<div>15</div>	<div>¾</div>	<div>40</div>	<div>1 ¾</div>	<div>65</div>	<div>2 ¾</div>	<div>90</div>	<div>3 ¾</div>
<div>20</div>	<div>1</div>	<div>45</div>	<div>2</div>	<div>70</div>	<div>3</div>	<div>95</div>	<div>4</div>
<div>25</div>	<div>1</div>	<div>50</div>	<div>2 ¼</div>	<div>75</div>	<div>3 ¼</div>	<div>100</div>	<div>4 ¼</div>



**Broccoli,
fresh,
florets**
*Trimmed
Ready-to-use*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 14.4	Purchase Units for 100 Servings: 7
1 lb AP = 1 lb (about 7-1/8 cups) ready-to-cook broccoli	

½ cup cut, raw vegetable

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2 ¼	55	4	80	5 ¾
10	¾	35	2 ½	60	4 ¼	85	6
15	1 ¼	40	3	65	4 ¾	90	6 ¼
20	1 ½	45	3 ¼	70	5	95	6 ¾
25	1 ¾	50	3 ½	75	5 ¼	100	7

**Broccoli,
frozen**
Cut or chopped

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 4.8	Purchase Units for 100 Servings: 21

½ cup cooked, drained vegetable

USDA Food Buying Guide
Reference Page: 2-17

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	6 ¼	55	11 ½	80	16 ¾
10	2 ¼	35	7 ½	60	12 ½	85	17 ¾
15	3 ¼	40	8 ½	65	13 ¾	90	18 ¾
20	4 ¼	45	9 ½	70	14 ¾	95	20
25	5 ¼	50	10 ½	75	15 ¾	100	21



Brussels Sprouts, frozen

Ready-to-use

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 5.2	Purchase Units for 100 Servings: 19.4

½ cup cooked, drained vegetable

USDA Food Buying Guide
Reference Page: 2-18

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	6	55	10 ¾	80	15 ½
10	2	35	6 ¾	60	11 ¾	85	16 ½
15	3	40	7 ¾	65	12 ½	90	17 ½
20	4	45	8 ¾	70	13 ½	95	18 ½
25	5	50	9 ¾	75	14 ½	100	19 ½



Cabbage, fresh, green

*Untrimmed,
Whole*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 5.6	Purchase Units for 100 Servings: 18

**½ cup raw,
chopped
vegetable with
dressing**

						USDA Food Buying Guide Reference Page: 2-18	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ½	55	10	80	14 ½
10	2	35	6 ¼	60	10 ¾	85	15 ¼
15	2 ¾	40	7 ¼	65	11 ¾	90	16 ¼
20	3 ¾	45	8 ¼	70	12 ½	95	17
25	4 ½	50	9	75	13 ½	100	18



Cabbage, fresh, red

*Untrimmed,
Whole*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 6.5	Purchase Units for 100 Servings: 15.4
1 lb AP = 0.64 lb (about 3-1/4 cups) read-to-cook or serve raw, chopped cabbage	

**½ cup raw,
chopped
vegetable**

						USDA Food Buying Guide Reference Page: 2-19	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	4 ¾	55	8 ½	80	12 ½
10	1 ¾	35	5 ½	60	9 ¼	85	13 ¼
15	2 ½	40	6 ¼	65	10	90	14
20	3 ¼	45	7	70	11	95	14 ¾
25	4	50	7 ¾	75	11 ¾	100	15 ½



Carrots, fresh Without tops

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 4.08	Purchase Units for 100 Servings: 24.6
1 lb AP = 0.76 lb (about 2 cups) cooked, sliced carrots	

**½ cup cooked,
drained sliced
vegetable
(5/16-inch slices)**

USDA Food Buying Guide
Reference Page: 2-21

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	7 ½	55	13 ½	80	20
10	2 ½	35	8 ¾	60	15	85	21
15	3 ¾	40	10	65	16	90	22
20	5	45	11 ¼	70	17 ¼	95	23 ½
25	6 ¼	50	12 ¼	75	18 ½	100	24 ½

Carrots, fresh, Sticks

*Raw, Ready-to-use
(1/2-inch by 4-inch)*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 7.7	Purchase Units for 100 Servings: 13
1 lb AP = (about 3-3/4 cups) carrot sticks	

**½ cup raw
vegetable
(about 6 sticks)**

USDA Food Buying Guide
Reference Page: 2-21

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	4	55	7 ¼	80	10 ½
10	1 ½	35	4 ¾	60	8	85	11 ¼
15	2	40	5 ¼	65	8 ½	90	11 ¾
20	2 ¾	45	6	70	9 ¼	95	12 ½
25	3 ¼	50	6 ½	75	9 ¾	100	13



Carrots, fresh, Baby

Raw, Ready-to-use

<div>Carrots, fresh, Baby</div> <div>Raw, Ready-to-use</div>		Purchase Unit: Pound				½ cup raw vegetable	
		Servings Per Purchase Unit, Edible Portion: 6.45		Purchase Units for 100 Servings: 15.6			
		1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve raw carrots				USDA Food Buying Guide Reference Page: 2-21	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	4 ¾	55	8 ¾	80	12 ½
10	1 ¾	35	5 ½	60	9 ½	85	13 ¼
15	2 ½	40	6 ¼	65	10 ¼	90	14
20	3 ¼	45	7	70	11	95	14 ¾
25	4	50	7 ¾	75	11 ¾	100	15 ½

Carrots, frozen Sliced

Includes USDA Commodity

<div>Carrots, frozen Sliced</div> <div>Includes USDA Commodity</div>		Purchase Unit: Pound				<div>½ cup cooked, drained vegetable</div>	
		Servings Per Purchase Unit, Edible Portion: 4.9		Purchase Units for 100 Servings: 20.4			
		1 lb AP = 0.95 lb (about 2-3/8 cups) cooked, drained carrot				USDA Food Buying Guide Reference Page: 2-22	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	6 ¼	55	11 ¼	80	16 ½
10	2 ¼	35	7 ¼	60	12 ¼	85	17 ½
15	3 ¼	40	8 ¼	65	13 ¼	90	18 ½
20	4 ¼	45	9 ¼	70	14 ¼	95	19 ½
25	5 ¼	50	10 ¼	75	15 ¼	100	20 ½



Cauliflower, fresh Whole Trimmed

Cauliflower, fresh Whole Trimmed		Purchase Unit: Pound				½ cup raw vegetable florets	
		Servings Per Purchase Unit, Edible Portion: 6.15		Purchase Units for 100 Servings: 16.4			
		1 medium head = about 6 cups cauliflower florets				USDA Food Buying Guide Reference Page: 2-22	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5	55	9	80	13
10	1 ¾	35	5 ¾	60	10	85	14
15	2 ½	40	6 ½	65	10 ¾	90	14 ¾
20	3 ¼	45	7 ½	70	11 ½	95	15 ½
25	4 ¼	50	8 ¼	75	12 ¼	100	16 ½

Cauliflower, frozen

Cauliflower, frozen		Purchase Unit: Pound				½ cup cooked, drained vegetable	
		Servings Per Purchase Unit, Edible Portion: 4.6		Purchase Units for 100 Servings: 21.8			
						USDA Food Buying Guide Reference Page: 2-23	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	6 ¾	55	12	80	17 ½
10	2 ¼	35	7 ¾	60	13 ¼	85	18 ½
15	3 ½	40	8 ¾	65	14 ¼	90	19 ¾
20	4 ½	45	10	70	15 ¼	95	20 ¾
25	5 ½	50	11	75	16 ½	100	22



Celery, fresh Sticks

*Ready-to-use
(½-inch by 4-inch)*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 7.0	Purchase Units for 100 Servings: 14.4
1 lb AP = 1 lb (about 3-1/2 cups) ready-to-serve raw celery	

**½ cup raw
vegetables
(about 6 sticks)**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	4 ½	55	8	80	11 ½
10	1 ½	35	5	60	8 ¾	85	12 ¼
15	2 ¼	40	5 ¾	65	9 ½	90	13
20	3	45	6 ½	70	10	95	13 ¾
25	3 ¾	50	7 ¼	75	10 ¾	100	14 ½

Celery, fresh Trimmed

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 6.25	Purchase Units for 100 Servings: 16.0
1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or-serve raw celery	

**½ cup raw,
chopped
vegetable**

USDA Food Buying Guide

3

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5	55	9	80	13
10	1 ¾	35	5 ¾	60	9 ¾	85	13 ¾
15	2 ½	40	6 ½	65	10 ½	90	14 ½
20	3 ¼	45	7 ¼	70	11 ¼	95	15 ¼
25	4	50	8	75	12	100	16



Corn, Canned

*Whole Kernel,
Liquid pack,
Includes USDA
Foods*

Purchase Unit: No. 10 can (106 oz)

Servings Per Purchase
Unit, Edible Portion:
19.8

Purchase Units for 100
Servings: 5.2

1 No. 10 can = about 66.0 (9-7/8 cups) heated,
drained corn

**½ cup heated,
drained
vegetable**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¾	55	3	80	4 ¼
10	½	35	2	60	3 ¼	85	4 ½
15	¾	40	2 ¼	65	3 ½	90	4 ¾
20	1	45	2 ½	70	3 ¾	95	5
25	1 ½	50	2 ¾	75	4	100	5 ¼

Corn, Frozen Corn on the cob

*3-inch ear
(cobbette)
Includes USDA
Foods*

Purchase Unit: Pound

Servings Per Purchase
Unit, Edible Portion:
2.125

Purchase Units for 100
Servings: 47.2

1 lb AP = 0.53 lb (about 1 cup) edible portion cooked
corn

**½ cup cooked
vegetable (about
2 cobbettes)**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	2 ½	30	14 ¼	55	26	80	38
10	5	35	16 ½	60	28 ¼	85	40
15	7 ¼	40	19	65	31	90	42 ½
20	9 ½	45	21 ¼	70	33	95	44 ¾
25	12	50	23 ¾	75	35 ½	100	47 ¼



Corn, Frozen

Whole Kernel,
Includes USDA Foods

Purchase Unit: **Pound**

Servings Per Purchase
Unit, Edible Portion: 5.5

Purchase Units for 100
Servings: 18.2

**½ cup cooked
vegetable**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ½	55	10	80	14 ¾
10	2	35	6 ½	60	11	85	15 ½
15	3	40	7 ½	65	12	90	16 ½
20	3 ¾	45	8 ¼	70	13	95	17 ½
25	4 ¾	50	9 ¼	75	13 ¾	100	18 ¼



Cucumbers, fresh

Whole unpared

Purchase Unit: **Pound**

Servings Per Purchase
Unit, Edible Portion: 6.2

Purchase Units for 100
Servings: 16.2

**½ cup unpared,
sliced vegetable**

USDA Food Buying Guide
Reference Page: 2-27

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5	55	9	80	13
10	1 ¾	35	5 ¾	60	9 ¾	85	13 ¾
15	2 ½	40	6 ½	65	10 ½	90	14 ¾
20	3 ¼	45	7 ¼	70	11 ½	95	15 ½
25	4 ¼	50	8 ¼	75	12 ¼	100	16 ¼



**Kale, fresh
Trimmed,
without
stem**

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 24.4	Purchase Units for 100 Servings: 4.2
1 lb AP = 1 lb. ready-to-use /cook kale	

**½ cup raw,
chopped
vegetable**

USDA Food Buying Guide
Reference Page: 2-29

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ½	80	3 ½
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ¾	90	3 ¾
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼

**Kale, fresh
Trimmed,
without
stem**

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 6.85	Purchase Units for 100 Servings: 14.6
1 lb AP – 1.15 lb (about 3 3-8 cups) cooked, drained kale	

**½ cup cooked,
drained
vegetable**

USDA Food Buying Guide
Reference Page: 2-29

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	4 ½	55	8 ¼	80	11 ¾
10	1 ½	35	5 ¼	60	9	85	12 ½
15	2 ¼	40	6	65	9 ½	90	13 ¼
20	3	45	6 ¾	70	10 ¼	95	14
25	3 ¾	50	7 ½	75	11	100	14 ¾

Kale, frozen Whole leaf

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 4.75	Purchase Units for 100 Servings: 21.2

**½ cup cooked,
drained
vegetable**

						USDA Food Buying Guide Reference Page: 2-30	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	6 ½	55	11 ¾	80	17
10	2 ¼	35	7 ½	60	12 ¾	85	18
15	3 ¼	40	8 ½	65	13 ¾	90	19
20	4 ¼	45	9 ½	70	14 ¾	95	20
25	5 ½	50	10 ¾	75	16	100	21 ¼



Lentils, dry

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 14.8	Purchase Units for 100 Servings: 6.8

**½ cup cooked
lentils**

		1 lb dry = about 2-3/8 cups dry				USDA Food Buying Guide Reference Page:	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2 ¼	55	3 ¾	80	5 ½
10	¾	35	2 ½	60	4 ¼	85	5 ¾
15	1 ¼	40	2 ¾	65	4 ½	90	6 ¼
20	1 ½	45	3 ¼	70	4 ¾	95	6 ½
25	1 ¾	50	3 ½	75	5 ¼	100	7



**Lettuce,
fresh
Iceberg**
*Head,
Untrimmed*

<div>Lettuce, fresh Iceberg</div> <div>Head, Untrimmed</div>		Purchase Unit: Pound				<div>½ cup raw, shredded vegetable</div>	
		Servings Per Purchase Unit, Edible Portion: 11.1		Purchase Units for 100 Servings: 9.2			
		1 lb AP = 0.76 lb (about 5-1/2 cups) ready- to-serve shredded lettuce				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2 ¾	55	5	80	7 ¼
10	1	35	3 ¼	60	5 ½	85	7 ¾
15	1 ½	40	3 ¾	65	6	90	8 ¼
20	2	45	4 ¼	70	6 ½	95	8 ¾
25	2 ¼	50	4 ½	75	6 ¾	100	9



**Lettuce,
fresh
Romaine**
Untrimmed

Lettuce, fresh Romaine <i>Untrimmed</i>		Purchase Unit: Pound				½ cup raw vegetable pieces	
		Servings Per Purchase Unit, Edible Portion: 15.65		Purchase Units for 100 Servings: 6.4			
		1 lb AP = 0.64 lb ready-to-serve raw lettuce				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2	55	3 ¾	80	5 ¼
10	¾	35	2 ¼	60	4	85	5 ½
15	1	40	2 ¾	65	4 ¼	90	5 ¾
20	1 ½	45	3	70	4 ½	95	6 ¼
25	1 ¾	50	3 ¼	75	5	100	6 ½



Lettuce, fresh

Salad mix (mostly iceberg, some romaine with shredded carrot and red cabbage)

Purchase Unit: Pound				½ cup raw vegetable pieces	
Servings Per Purchase Unit, Edible Portion: 13.2		Purchase Units for 100 Servings: 7.6			
1 lb AP = 1 lb (about 6-1/2 cups) ready-to-serve lettuce					
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	2 ½	55	4 ¼	80	6 ¼
35	2 ¾	60	4 ¾	85	6 ½
40	3 ¼	65	5	90	7
45	3 ½	70	5 ½	95	7 ¼
50	4	75	5 ¾	100	7 ¾



Mushrooms, canned

Mushrooms, canned		Purchase Unit: No. 10 can (68 oz drained weight)				½ cup drained vegetable	
		Servings Per Purchase Unit, Edible Portion: 24.7		Purchase Units for 100 Servings: 4.2			
		1 No. 10 can = 12-1/3 cups drained mushrooms				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ¼	80	3 ¼
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ¾	90	3 ¾
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼



**Peas,
Sugar
Snap, fresh**

Purchase Unit: Pound	
Servings per Purchase Unit, Edible Portion: 4.89	Purchase Units per 100 Servings: 20.6
1 lb AP = 1 lb (about 2-3/8 cups) fresh	

**½ cup raw
vegetable**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	6 ¼	55	11 ¼	80	16 ½
10	2 ¼	35	7 ¼	60	12 ½	85	17 ½
15	3 ¼	40	8 ¼	65	13 ½	90	18 ½
20	4 ¼	45	9 ¼	70	14 ½	95	19 ½
25	5 ¼	50	10 ¼	75	15 ½	100	20 ½



**Peas,
Green,
frozen**
*Includes USDA
Foods*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 4.8	Purchase Units for 100 Servings: 21
1 lb AP = 0.98 lb (about 2-3/8 cups) cooked, drained peas	

**½ cup cooked,
drained
vegetable**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	6 ¼	55	11 ½	80	16 ¾
10	2 ¼	35	7 ½	60	12 ½	85	17 ¾
15	3 ¼	40	8 ½	65	13 ¾	90	18 ¾
20	4 ¼	45	9 ½	70	14 ¾	95	20
25	5 ¼	50	10 ½	75	15 ¾	100	21



Peas, Green, canned

*Includes USDA
Foods*

Peas, Green, canned <i>Includes USDA Foods</i>		Purchase Unit: No. 10 can (106 oz)				½ cup drained vegetable (unheated, for salads)	
		Servings Per Purchase Unit, Edible Portion: 21		Purchase Units for 100 Servings: 4.8			
		1 No. 10 can = about 10-1/5 cups drained, unheated peas				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ¾	80	4
10	½	35	1 ¾	60	3	85	4 ¼
15	¾	40	2	65	3 ¼	90	4 ½
20	1	45	2 ¼	70	3 ½	95	4 ¾
25	1 ¼	50	2 ½	75	3 ¾	100	5

Peas, Green, dry Split

*Includes USDA
Foods*

Peas, Green, dry Split <i>Includes USDA Foods</i>		Purchase Unit: Pound				½ cup cooked vegetable	
		Servings Per Purchase Unit, Edible Portion: 11.55		Purchase Units for 100 Servings: 8.8			
		1 lb dry == dry about 2-1/4 cups dry, split peas				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2 ¾	55	5	80	7
10	1	35	3 ¼	60	5 ¼	85	7 ½
15	1 ½	40	3 ½	65	5 ¾	90	8
20	1 ¾	45	4	70	6 ¼	95	8 ¼
25	2 ¼	50	4 ½	75	6 ½	100	9



Peas and Carrots, frozen

Peas and Carrots, frozen		Purchase Unit: Pound				½ cup cooked, drained vegetable	
		Servings Per Purchase Unit, Edible Portion: 5.45		Purchase Units for 100 Servings: 18.4			
						USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ½	55	10 ¼	80	14 ¾
10	2	35	6 ½	60	11	85	15 ¾
15	2 ¾	40	7 ½	65	12	90	16 ¾
20	3 ¾	45	8 ¼	70	13	95	17 ½
25	4 ¾	50	9 ¼	75	14	100	18 ½



Peppers, Bell, fresh

*Green or Red
Medium or Large
Whole*

Peppers, Bell, fresh Green or Red Medium or Large Whole		Purchase Unit: Pound				½ cup raw vegetable strips	
		Servings Per Purchase Unit, Edible Portion: 7.35		Purchase Units for 100 Servings: 13.8		USDA Food Buying Guide	
		1 lb AP = -.73 lb cooked pepper					
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	4 ¼	55	7 ½	80	11
10	1 ½	35	5	60	8 ¼	85	11 ¾
15	2 ¼	40	5 ½	65	9	90	12 ¼
20	2 ¾	45	6 ¼	70	9 ¾	95	13
25	3 ½	50	7	75	10 ¼	100	14



Green Chilies/Peppers, Fresh

Purchase Unit: **Pound**

*Servings per Purchase
Unit, Edible Portion: 5.7*

*Purchase Units per 100
Servings: 17.6*

**½ cup
chopped,
seeded raw
vegetable**

1 lb AP = 0.80 lb (about 2-3/4 cups)

USDA Food Buying
Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ½	55	9 ¾	80	14 ¼
10	1 ¾	35	6 ¼	60	10 ¾	85	15
15	2 ¾	40	7 ¼	65	11 ½	90	16
20	3 ½	45	8	70	12 ½	95	16 ¾
25	4 ½	50	9	75	13 ¼	100	17 ¾

Green Chilies/Peppers, Canned *Chopped*

Purchase Unit: **No. 10 can (103 oz)**

*Servings per Purchase
Unit, Edible Portion:
25.7*

*Purchase Units per 100
Servings: 4.0*

**½ cup heated
vegetable**

1 No. 10 can = about 12-7/8 cups drained
peppers

USDA Food Buying
Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ¼	80	3 ¼
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ¾	90	3 ½
20	1	45	1 ¾	70	2 ¾	95	3 ¾
25	1	50	2	75	3	100	4



Potatoes, fresh

White or Russet, All
sizes, Whole,
Includes USDA
Foods

Purchase Unit: **Pound**

Servings per Purchase
Unit, Edible Portion: 4.45

Purchase Units per 100
Servings: 22.6

$\frac{1}{2}$ cup pared,
cooked, diced
vegetable

1 lb AP = 0.74 lb baked potato without skin

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 $\frac{1}{4}$	30	6 $\frac{3}{4}$	55	12 $\frac{1}{2}$	80	18
10	2 $\frac{1}{2}$	35	8	60	13 $\frac{1}{2}$	85	19 $\frac{1}{4}$
15	3 $\frac{1}{2}$	40	9	65	14 $\frac{3}{4}$	90	20 $\frac{1}{4}$
20	4 $\frac{1}{2}$	45	10 $\frac{1}{4}$	70	15 $\frac{3}{4}$	95	21 $\frac{1}{2}$
25	5 $\frac{3}{4}$	50	11 $\frac{1}{4}$	75	17	100	22 $\frac{1}{2}$

Potato Products, frozen

Hashed patty,
Pre-browned, 2.25
oz each

Purchase Unit: **Pound**

Servings per Purchase
Unit, Edible Portion: 3.5

Purchase Units per 100
Servings: 28.2

2 cooked patties
(about $\frac{1}{2}$ cup
cooked
vegetable)

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 $\frac{1}{2}$	30	8 $\frac{3}{4}$	55	15 $\frac{3}{4}$	80	23
10	3	35	10	60	17 $\frac{1}{4}$	85	24 $\frac{1}{2}$
15	4 $\frac{1}{2}$	40	11 $\frac{1}{2}$	65	18 $\frac{3}{4}$	90	25 $\frac{3}{4}$
20	5 $\frac{3}{4}$	45	13	70	20	95	27 $\frac{1}{4}$
25	7 $\frac{1}{4}$	50	14 $\frac{1}{2}$	75	21 $\frac{1}{2}$	100	28 $\frac{3}{4}$



Potato Products, frozen

Rounds (similar to Tator Tots) Regular Size, Includes USDA Foods

Purchase Unit: Pound				½ cup cooked vegetable (about 8 pieces)	
Servings per Purchase Unit, Edible Portion: 6.35		Purchase Units per 100 Servings: 15.8			
5 lb bag = about 15-1/4 cups baked potato rounds (about 8.0 grams per piece)				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	4 ¾	55	8 ¾	80	12 ¾
35	5 ¾	60	9 ½	85	13 ½
40	6 ½	65	10 ¼	90	14 ¼
45	7 ¼	70	11 ¼	95	15
50	8	75	12	100	15 ¾

Potato Products, frozen

Skins, Pieces, or Wedges, etc., with skin, cooked

Purchase Unit: Pound				½ cup heated vegetable	
Servings per Purchase Unit, Edible Portion: 5.3		Purchase Units per 100 Servings: 19			
				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	6	55	10 ½	80	15 ½
35	7	60	11 ½	85	16 ½
40	8	65	12 ½	90	17 ½
45	9	70	13 ½	95	18 ½
50	9 ½	75	14 ½	100	19



**Potatoes,
French
Fries,
frozen**
*Crinkle cut
Regular Moisture*

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 6.3	Purchase Units for 100 Servings: 16
1 lb AP = 0.81 lb (about 3-1/8 cups) baked French fries	

½ cup cooked vegetable

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5	55	8 ¾	80	12 ¾
10	1 ¾	35	5 ¾	60	9 ¾	85	13 ½
15	2 ½	40	6 ½	65	10 ½	90	14 ½
20	3 ¼	45	7 ¼	70	11 ¼	95	15 ¼
25	4	50	8	75	12	100	16



**Potatoes,
canned
Whole
Small**

Purchase Unit: No. 10 can (102 oz)	
Servings Per Purchase Unit, Edible Portion: 21.85	Purchase Units for 100 Servings: 4.6
1 No. 10 can = about 10-7/8 cups heated, drained potato	

**½ cup heated,
drained
vegetable**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ¾	80	3 ¾
10	½	35	1 ¾	60	2 ¾	85	4
15	¾	40	2	65	3	90	4 ¼
20	1	45	2 ¼	70	3 ¼	95	4 ½
25	1 ¼	50	2 ½	75	3 ½	100	4 ¾

Potatoes, dehydrated, Granules

*Low moisture
Includes USDA
Foods*

Purchase Unit: Pound

Servings Per Purchase
Unit, Edible Portion:
25.25

Purchase Units for 100
Servings: 4.0

**½ cup
reconstituted,
heated
vegetable**

1 lb dry = about 2-1/4 cups dehydrated potato
granules

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ¼	80	3 ¼
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ¾	90	3 ¾
20	1	45	2	70	3	95	4
25	1	50	2	75	3	100	4



Radishes, fresh

Without tops

Purchase Unit: Pound

Servings Per Purchase Unit,
Edible Portion: 6.4

Purchase Units for 100
Servings: 15.8

**½ cup whole
vegetable (about
14 small
radishes)**

1 lb without tops = 0.94 lb ready-to-serve raw radishes

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	4 ¾	55	8 ¾	80	12 ½
10	1 ¾	35	5 ½	60	9 ½	85	13 ½
15	2 ½	40	6 ¼	65	10 ¼	90	14 ¼
20	3 ¼	45	7 ¼	70	11	95	15
25	4	50	8	75	11 ¾	100	16



Salsa, Canned Chunky

Commercial (all vegetable ingredients plus a minor amount of spices)

Purchase Unit: Gallon				½ cup vegetable	
Servings Per Purchase Unit, Edible Portion: 31.95		Purchase Units for 100 Servings: 3.2			
1 gallon container = 16 cups				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	1	55	1 ¾	80	2 ½
35	1 ¼	60	2	85	2 ¾
40	1 ¼	65	2 ¼	90	3
45	1 ½	70	2 ¼	95	3
50	1 ¾	75	2 ½	100	3 ¼

Soups, canned

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

<div>Soups, canned</div> <div>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</div>		Purchase Unit: No. 3 Can 50 oz (or about 46 fl oz)				2 cups reconstituted (about ½ cup vegetable)	
		Servings Per Purchase Unit, Edible Portion: 5.75		Purchase Units for 100 Servings: 17.4			
		Reconstitute 1 part soup with not more than 1 part water				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ¼	55	9 ¾	80	14
10	2	35	6 ¼	60	10 ½	85	15
15	2 ¾	40	7	65	11 ½	90	15 ¾
20	3 ½	45	8	70	12 ¼	95	16 ¾
25	4 ½	50	9	75	13 ¼	100	17 ½



Spinach, fresh

Partly trimmed

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 15.35	Purchase Units for 100 Servings: 6.6
1 lb AP = 0.88 lb ready-to-cook or –serve raw spinach	

**½ cup raw,
chopped
vegetable**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2	55	3 ¾	80	5 ¼
10	¾	35	2 ½	60	4	85	5 ¾
15	1	40	2 ¾	65	4 ¼	90	6
20	1 ½	45	3	70	4 ¾	95	6 ¼
25	1 ¾	50	3 ¼	75	5	100	6 ¾

Spinach, frozen

Chopped

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 2.8	Purchase Units for 100 Servings: 35.8

**½ cup cooked,
drained
vegetable**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	2	30	10 ¾	55	19 ¾	80	28 ¾
10	3 ¾	35	12 ½	60	21 ½	85	30 ½
15	5 ½	40	14 ½	65	23 ¼	90	32 ¼
20	7 ¼	45	16 ¼	70	25	95	34
25	9	50	18	75	27	100	36



**Squash,
Summer,
fresh
(Zucchini)**
Whole

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 5.1	Purchase Units for 100 Servings: 19.8

**½ cup sliced,
cooked, drained
vegetable**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	6	55	11	80	15 ¾
10	2	35	7	60	12	85	16 ¾
15	3	40	8	65	12 ¾	90	17 ¾
20	4	45	9	70	13 ¾	95	18 ¾
25	5	50	10	75	14 ¾	100	20



Sweet Potatoes, fresh
Whole

Sweet Potatoes, fresh <i>Whole</i>		Purchase Unit: Pound				½ cup cooked, sliced vegetable	
		Servings Per Purchase Unit, Edible Portion: 4.55		Purchase Units for 100 Servings: 22		USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	6 ¾	55	12 ¼	80	17 ¾
10	2 ¼	35	7 ¾	60	13 ¼	85	18 ¾
15	3 ½	40	9	65	14 ½	90	20
20	4 ½	45	10	70	15 ½	95	21
25	5 ½	50	11	75	16 ½	100	22

Sweet Potatoes, canned
Mashed
Includes USDA Foods

<div>Sweet Potatoes, canned</div> <div>Mashed Includes USDA Foods</div>	Purchase Unit: No. 10 can (109 oz)					½ cup heated vegetable	
	Servings Per Purchase Unit, Edible Portion: 24.5		Purchase Units for 100 Servings: 4.2				
	1 No. 10 can = about 12-1/4 cups heated, mashed sweet potato					USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ¼	80	3 ½
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	2	65	2 ¾	90	3 ¾
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼



Tomatoes, fresh

Whole
All sizes

Purchase Unit: Pound

Servings per Purchase
Unit, Edible Portion: 5.2

Purchase Units per 100
Servings: 19.4

**½ cup vegetable
wedges**

1 lb AP = 0.98 lb (about 2-1/2 cups) ready-to-serve
1/2 – inch tomato wedges

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	6	55	11	80	15 ½
10	2	35	7	60	12	85	16 ½
15	3	40	8	65	13	90	17 ½
20	4	45	9	70	14	95	18 ½
25	5	50	10	75	15	100	19 ½



Tomatoes, fresh Cherry

Whole with stem

Purchase Unit: Pound

Servings Per Purchase
Unit, Edible Portion: 6.05

Purchase Units for 100
Servings: 16.6

**½ cup whole
vegetable (about 6
whole cherry
tomatoes)**

1 lb AP = 0.99 lb (about 3 cups) stemmed, whole
cherry tomatoes

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5	55	9 ¼	80	13 ¼
10	1 ¾	35	6	60	10	85	14 ¼
15	2 ½	40	6 ¾	65	10 ¾	90	15
20	3 ½	45	7 ½	70	11 ¾	95	16
25	4 ¼	50	8 ½	75	12 ½	100	16 ¾



**Tomatoes,
fresh
Diced**
Ready-to-use

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 4.37	Purchase Units for 100 Servings: 23
1 lb AP – 1 lb (about 2-1/8 cups) ready-to-serve tomato	

½ cup raw vegetable

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	7	55	12 ¾	80	18 ½
10	2 ½	35	8	60	13 ¾	85	19 ½
15	3 ½	40	9 ¼	65	15	90	20 ¾
20	4 ¾	45	10 ½	70	16 ¼	95	21 ¾
25	5 ¾	50	11 ½	75	17 ¼	100	23

**Tomatoes,
canned**
*Diced
Includes USDA Foods*

Purchase Unit: No 10 can (102 oz)	
Servings per Purchase Unit, Edible Portion: 24.6	Purchase Units per 100 Servings: 4.2
1 No. 10 can= about 12-1/4 cups heated tomato and juice	

½ cup heated vegetable and juice

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ¼	80	3 ¼
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ¾	90	3 ¾
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ½



Tomato Products,
canned,
**Tomato
Sauce**
*Includes USDA
Foods*

Purchase Unit: No. 10 can (106 oz)				½ cup vegetable	
Servings per Purchase Unit, Edible Portion: 25.3		Purchase Units per 100 Servings:4.0			
				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	1 ¼	55	2 ¼	80	3 ¼
35	1 ½	60	2 ½	85	3 ½
40	1 ¾	65	2 ¾	90	3 ¾
45	2	70	3	95	4
50	2	75	3	100	4

Tomato Products,
canned
**Tomato
Purée,**
*Not less than 8% but
less than 24% natural
tomato soluble solids
(NTSS)*

Purchase Unit: No. 10 can (106 oz)				4 Tablespoons purée (½ cup vegetable)	
Servings per Purchase Unit, Edible Portion:48.0		Purchase Units per 100 Servings: 2.2			
1 No. 10 Can = 12 cups puree, 1 No. 10 can tomato puree + 1 can water = 24 cups single strength tomato juice.				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	¾	55	1 ¼	80	2
35	¾	60	1 ¼	85	2
40	1	65	1 ½	90	2
45	1	70	1 ½	95	2
50	1 ¼	75	1 ¾	100	2 ¼



Vegetables, Mixed, frozen

Seven vegetables: Carrots,
Celery, Corn, Green Beans,
Green Peas, Lima Beans
and Potatoes

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 4.05	Purchase Units for 100 Servings: 24.8

**½ cup cooked,
drained vegetable**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1 ¼	30	7 ½	55	13 ¾	80	19 ¾
10	2 ½	35	8 ¾	60	15	85	21
15	3 ¾	40	10	65	16 ¼	90	22 ¼
20	5	45	11 ¼	70	17 ½	95	23 ½
25	6 ¼	50	12 ½	75	18 ¾	100	25

Vegetables, Mixed, canned

Seven vegetables: Carrots,
Celery, Corn, Green Beans,
Green Peas, Lima Beans and
Potatoes
Includes USDA Foods

Purchase Unit: No. 10 can (106 oz)	
Servings Per Purchase Unit, Edible Portion: 18.05	Purchase Units for 100 Servings: 5.6

**½ cup heated,
drained
vegetable**

1 No. 10 can = about 66.5 oz (9-1/4 cups) drained
vegetable

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	1 ¾	55	3 ¼	80	4 ½
10	¾	35	2	60	3 ½	85	4 ¾
15	1	40	2 ¼	65	3 ¾	90	5
20	1 ¼	45	2 ½	70	4	95	5 ½
25	1 ½	50	3	75	4 ¼	100	5 ¾

Grains/Breads

Please refer to the Grains/Breads
Section of the USDA Food Buying Guide
for additional food items.

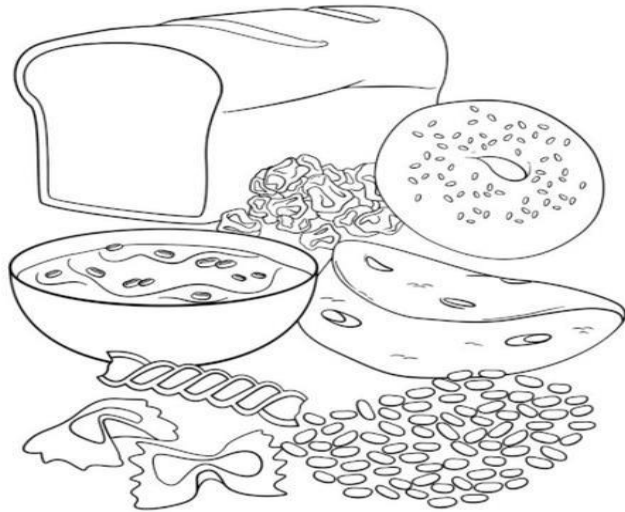


EXHIBIT A: GRAIN REQUIREMENT FOR CHILD NUTRITION PROGRAMS^{1, 2}

Group A	Minimum Serving Size for Group A	Oz Eq for Group A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	1 serving = 20 gm or 0.7 oz ¾ serving = 15 gm or 0.5 oz ½ serving = 10 gm or 0.4 oz ¼ serving = 5 gm or 0.2 oz	1 oz eq = 22 gm or 0.8 oz ¾ oz eq = 17 gm or 0.6 oz ½ oz eq = 11 gm or 0.4 oz ¼ oz eq = 6 gm or 0.2 oz
Group B	Minimum Serving Size for Group B	Oz Eq for Group B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced white, whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, whole wheat, whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (white, whole wheat, whole grain-rich) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells 	1 serving = 25 gm or 0.9 oz ¾ serving = 19 gm or 0.7 oz ½ serving = 13 gm or 0.5 oz ¼ serving = 6 gm or 0.2 oz	1 oz eq = 28 gm or 1.0 oz ¾ oz eq = 21 gm or 0.75 oz ½ oz eq = 14 gm or 0.5 oz ¼ oz eq = 7 gm or 0.25 oz

¹Under the CACFP, the following foods are whole grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ. For meals and snacks served to children and adults, at least one serving of grains per day in the CACFP must be whole grain-rich starting October 1, 2017. Under the NSLP and SBP, the following food quantities from Groups A-G, must contain at least 16 grams of whole grain or can be made with 8 grams of whole grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

²Some of the following foods, or the accompaniments, may contain more sugar, salt, and/or fat than others. This should be considered when deciding how often to serve them.

³Considered a grain-based dessert and cannot count towards the grain component at any meal served under the CACFP beginning October 1, 2017, as specified in §226.20(a)(4). Allowed only as dessert at lunch served under the NSLP as specified in §210.10.

***NOTE: Food items in red letters are NOT creditable for CACFP beginning October 1, 2017.**

Group C	Minimum Serving Size for Group C	Oz Eq for Group C
<ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers)* • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴,* and meat/meat alternate pies) • Waffles 	1 serving = 31 gm or 1.1oz ¾ serving = 23 gm or 0.8 oz ½ serving = 16 gm or 0.6 oz ¼ serving = 8 gm or 0.3 oz	1 oz eq = 34 gm or 1.2 oz ¾ oz eq = 26 gm or 0.9 oz ½ oz eq = 17 gm or 0.6 oz ¼ oz eq = 9 gm or 0.3 oz
Group D	Minimum Serving Size for Group D	Oz Eq for Group D
<ul style="list-style-type: none"> • Doughnuts³ (cake and yeast raised, unfrosted)* • Cereal bars, breakfast bars, granola bars⁴ (plain)* • Muffins (all, except corn) • Sweet roll⁴ (unfrosted)* • Toaster pastry⁴ (unfrosted)* 	1 serving = 50 gm or 1.8 oz ¾ serving = 38 gm or 1.3 oz ½ serving = 25 gm or 0.9 oz ¼ serving = 13 gm or 0.5 oz	1 oz eq = 55 gm or 2.0 oz ¾ oz eq = 42 gm or 1.5 oz ½ oz eq = 28 gm or 1.0 oz ¼ oz eq = 14 gm or 0.5 oz
Group E	Minimum Serving Size for Group E	Oz Eq for Group E
<ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces)* • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees)* • Doughnuts⁴ (cake and yeast raised, frosted or glazed)* • French toast • Sweet rolls⁴ (frosted)* • Toaster pastry⁴ (frosted)* 	1 serving = 63 gm or 2.2 oz ¾ serving = 47 gm or 1.7 oz ½ serving = 31 gm or 1.1 oz ¼ serving = 16 gm or 0.6 oz	1 oz eq = 69 gm or 2.4 oz ¾ oz eq = 52 gm or 1.8 oz ½ oz eq = 35 gm or 1.2 oz ¼ oz eq = 18 gm or 0.6 oz
Group F (These items are only allowed under the NSLP and SBP)	Minimum Serving Size for Group F	Oz Eq for Group F
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) * • Coffee cake⁴ ± 	1 serving = 75 gm or 2.7 oz ¾ serving = 56 gm or 2 oz ½ serving = 38 gm or 1.3 oz ¼ serving = 19 gm or 0.7 oz	1 oz eq = 82 gm or 2.9 oz ¾ oz eq = 62 gm or 2.2 oz ½ oz eq = 41 gm or 1.5 oz ¼ oz eq = 21 gm or 0.7 oz

³Considered a grain-based dessert and cannot count towards the grain component at any meal served under the CACFP beginning October 1, 2017, as specified in §226.20(a)(4). Allowed only as dessert at lunch served under the NSLP as specified in §210.10.

⁴Considered a grain-based dessert and cannot count towards the grain component at any meal served under the CACFP beginning October 1, 2017, as specified in §226.20(a)(4). Allowed for desserts at lunch served under the NSLP as specified in §210.10, and for breakfasts served under the SBP.

***NOTE: Food items in red letters are NOT creditable for CACFP beginning October 1, 2017.**

Group G <i>(These items are only allowed under the NSLP and SBP)</i>	Minimum Serving Size for Group G	Oz Eq for Group G
<ul style="list-style-type: none"> • Brownies³ (plain)* • Cake³ (all varieties, frosted)* 	1 serving = 115 gm or 4 oz ¾ serving = 86 gm or 3 oz ½ serving = 58 gm or 2 oz ¼ serving = 29 gm or 1 oz	1 oz eq = 125 gm or 4.4 oz ¾ oz eq = 94 gm or 3.3 oz ½ oz eq = 63 gm or 2.2 oz ¼ oz eq = 32 gm or 1.1 oz
Group H	Minimum Serving Size for Group H	Oz Eq for Group H
<ul style="list-style-type: none"> • Cereal Grains (barley, quinoa, etc.) • Breakfast cereals (cooked)^{5,6} • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	1 serving = ½ cup cooked or 25 gm dry	1 oz eq = ½ cup cooked or 1 ounce (28 gm) dry
Group I	Minimum Serving Size for Group I	Oz Eq for Group I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold, dry)^{5,6} 	1 serving = ¾ cup or 1 oz, whichever is less	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = ¼ cup or 1 ounce for granola

³Considered a grain-based dessert and cannot count towards the grain component at any meal served under the CACFP beginning October 1, 2017, as specified in §226.20(a)(4). Allowed only as desserts at lunch served under the NSLP as specified in §210.10.

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

⁶Under the CACFP, cereals must be whole grain, enriched, or fortified, and must contain no more than 6 grams of sugar per dry ounce. Under the NSLP and SBP, cereals must be whole grain, whole grain and enriched, or fortified.

***NOTE: Food items in red letters are NOT creditable for CACFP beginning October 1, 2017.**



Barley (Group H) Dry

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 21.2	Purchase Units for 100 Servings: 4.8
Note: 1 lb dry = about 2-1/3 cups dry barley	

½ cup cooked

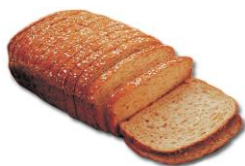
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ¾	80	4
10	½	35	1 ¾	60	3	85	4 ¼
15	¾	40	2	65	3 ¼	90	4 ½
20	1	45	2 ¼	70	3 ½	95	4 ¾
25	1 ¼	50	2 ½	75	3 ¾	100	5

Barley (Group H) Dry

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 42.0	Purchase Units for 100 Servings: 2.4
Note: 1 lb dry = about 2-1/3 cups dry barley	

¼ cup cooked

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	¾	55	1 ½	80	2
10	¼	35	1	60	1 ½	85	2 ¼
15	½	40	1	65	1 ¾	90	2 ¼
20	½	45	1 ¼	70	1 ¾	95	2 ½
25	¾	50	1 ¼	75	2	100	2 ½



Bread (Group B)

Sliced³, Fresh

All types – white, rye, whole wheat, raisin, quick bread, etc.

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 16.0	Purchase Units for 100 Servings: 6.3

1 oz eq
(1 slice) =
28 gm

1 serving = 25 gm or 0.9 oz (minimum serving size)

USDA Food Buying Guide
Reference Page 3-20

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2	55	3 ¾	80	5 ¼
10	¾	35	2 ¼	60	4	85	5 ½
15	1	40	2 ¾	65	4 ¼	90	6
20	1 ½	45	3	70	4 ½	95	6 ¼
25	1 ¾	50	3 ¼	75	5	100	6 ½

Bread (Group B)

Sliced³, Fresh

All types – white, rye, whole wheat, raisin, quick bread, etc.

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 32	Purchase Units for 100 Servings: 3.2

½ oz eq
(½ serving) =
0.4 oz

1/2 serving = 13 gm or 0.5 oz (minimum serving size)

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1	55	2	80	2 ¾
10	½	35	1 ¼	60	2	85	2 ¾
15	½	40	1 ½	65	2 ¼	90	3
20	¾	45	1 ½	70	2 ¼	95	3 ¼
25	1	50	1 ¾	75	2 ½	100	3 ¼

³ The number of slices per purchase unit does not include the end slices
NM Food Purchasing & Production Guide



Bread Sticks

(Group A) Hard

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 22.6	Purchase Units for 100 Servings: 4.5
Note: 7-3/4 inches long, 3/4 inch diameter 1 serving = 20 gm or 0.7 oz (minimum serving size)	

1 oz eq or 1 serving
(about 3 sticks:)
must weigh at least
22 gm or 0.8 oz.

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ½	80	3 ¾
10	½	35	1 ¾	60	2 ¾	85	4
15	¾	40	2	65	3	90	4 ¼
20	1	45	2 ¼	70	3 ¼	95	4 ½
25	1 ¼	50	2 ¼	75	3 ½	100	4 ½

Bread Sticks

(Group A) Hard

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 45.3	Purchase Units for 100 Servings: 2.2
Note: 7-3/4 inches long, 3/4 inch diameter 1/2 serving = 10 gm or 0.4 oz (minimum serving size)	

1/2 oz eq or 1/2 serving
(about 2 sticks)
must weigh at least
11 gm. or 0.4 oz.

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	¾	55	1 ¼	80	2
10	¼	35	1	60	1 ½	85	2
15	½	40	1	65	1 ½	90	2
20	½	45	1	70	1 ¾	95	2 ¼
25	¾	50	1 ¼	75	1 ¾	100	2 ¼



**Cereal
Grains
Cornmeal**
(Group H)
Dry

Purchase Unit: Pound				½ cup cooked	
Servings Per Purchase Unit, Edible Portion: 25.3		Purchase Units for 100 Servings: 4.0			
1 lb dry = about 3 cups dry cornmeal				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	1 ¼	55	2 ¼	80	3 ¼
35	1 ½	60	2 ½	85	3 ½
40	1 ¾	65	2 ¾	90	3 ¾
45	2	70	3	95	4
50	2	75	3	100	4

**Cereal
Grains
Cornmeal**
(Group H)
Dry

Cereal Grains Cornmeal <i>(Group H) Dry</i>		Purchase Unit: Pound				¼ cup cooked	
		Servings Per Purchase Unit, Edible Portion: 50.7		Purchase Units for 100 Servings: 2.0			
		1 lb dry = about 3 cups dry cornmeal				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	¾	55	1	80	1 ½
10	¼	35	¾	60	1 ¼	85	1 ¾
15	½	40	¾	65	1 ¼	90	1 ¾
20	½	45	1	70	1 ½	95	1 ¾
25	½	50	1	75	1 ½	100	2



**Cereal
Grains
Farina**
(Group H)
Regular, Dry

Purchase Unit: Pound				½ cup cooked	
Servings Per Purchase Unit, Edible Portion: 29.0		Purchase Units for 100 Servings: 3.5			
1 lb dry = about 2-1/2 cups dry, quick, farina				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	1 ¼	55	2	80	3
35	1 ¼	60	2 ¼	85	3
40	1 ½	65	2 ½	90	3 ¼
45	1 ¾	70	2 ½	95	3 ½
50	1 ¾	75	2 ¾	100	3 ½

**Cereal
Grains
Farina**
(Group H)
Regular, Dry

<div>Cereal Grains Farina</div> <div>(Group H)</div> <div>Regular, Dry</div>	Purchase Unit: Pound					¼ cup cooked	
	Servings Per Purchase Unit, Edible Portion: 58.9		Purchase Units for 100 Servings: 1.7				
	1 lb dry = about 2-1/2 cups dry, quick, farina					USDA Food Buying Guide	
	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions
5	¼	30	¾	55	1	80	1 ½
10	¼	35	¾	60	1 ¼	85	1 ½
15	½	40	¾	65	1 ¼	90	1 ¾
20	½	45	1	70	1 ¼	95	1 ¾
25	½	50	1	75	1 ½	100	1 ¾



**Cereal
Grains
Oats**

(Group H)
Rolled, Quick, Dry

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 23.8	Purchase Units for 100 Servings: 4.2
1 lb dry = about 6-1/4 cups dry, quick, rolled oats	

½ cup cooked

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ½	80	3 ½
10	½	35	1 ½	60	2 ¾	85	3 ¾
15	¾	40	1 ¾	65	2 ¾	90	4
20	1	45	2	70	3	95	4
25	1 ¼	50	2 ¼	75	3 ¼	100	4 ¼

**Cereal
Grains
Oats**

(Group H)
Rolled, Quick, Dry

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 47.6	Purchase Units for 100 Servings: 2.1
1 lb dry = about 6-1/4 cups dry, quick, rolled oats	

¼ cup cooked

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	¾	55	1 ¼	80	1 ¾
10	¼	35	¾	60	1 ½	85	2
15	½	40	1	65	1 ½	90	2
20	½	45	1	70	1 ½	95	2
25	¾	50	1 ¼	75	1 ¾	100	2 ¼



**Cereal
Grains
Quinoa**
(Group H)
Dry

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 13.2	Purchase Units for 100 Servings: 7.6
1 lb dry = about 2-1/2 cups dry or 2.51 lb (6-1/2 cups) cooked quinoa when prepared with 2 parts water to 1 part dry quinoa	

½ cup cooked

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2 ½	55	4 ¼	80	6 ¼
10	1	35	2 ¾	60	4 ¾	85	6 ½
15	1 ¼	40	3 ¼	65	5	90	7
20	1 ¾	45	3 ½	70	5 ½	95	7 ¼
25	2	50	4	75	6	100	7 ¾

**Cereal
Grains
Quinoa**
(Group H)
Dry

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 26.4	Purchase Units for 100 Servings: 3.8
1 lb dry = about 2-1/2 cups dry or 2.51 lb (6-1/2 cups) cooked quinoa when prepared with 2 parts water to 1 part dry quinoa	

¼ cup cooked

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ¼	80	3 ¼
10	½	35	1 ½	60	2 ½	85	3 ½
15	¾	40	1 ¾	65	2 ½	90	3 ½
20	1	45	2	70	2 ¾	95	3 ¾
25	1	50	2	75	3	100	4



Cereals, Ready-to- Eat

Wheat, Corn, Rice,
Oats, Granola
(Group I)

Purchase Unit: Single serve package

Servings Per Purchase
Unit, Edible Portion: 1.00

Purchase Units for 100
Servings: 100

1 serving = $\frac{3}{4}$ cup or 1 oz, whichever is less
(minimum serving size)

1 oz eq = 1 oz of:
1 cup flakes/rounds
-or-
1 $\frac{1}{4}$ cup puffed
cereal
or-
 $\frac{1}{4}$ cup granola

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	5	30	30	55	55	80	80
10	10	35	35	60	60	85	85
15	15	40	40	65	65	90	90
20	20	45	45	70	70	95	95
25	25	50	50	75	75	100	100



Chow Mein Noodles

(Group A)

Purchase Unit: **Pound**

Servings Per Purchase Unit, Edible Portion: 17.4

Purchase Units for 100 Servings: 5.8

1 serving = 20 mg or 0.7 oz (minimum serving size)
½ serving = 10 gm OR 0.4 oz (minimum serving size)

1 oz eq =
must weight at least
22 gm or 0.8 oz
or about ½ cup

USDA Food Buying Guide Reference

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	1 ¾	55	3 ¼	80	4 ¾
10	¾	35	2 ¼	60	3 ½	85	5
15	1	40	2 ½	65	4	90	5 ¼
20	1 ¼	45	2 ¾	70	4 ¼	95	5 ½
25	1 ½	50	3	75	4 ½	100	6

Chow Mein Noodles

(Group A)

Purchase Unit: **Pound**

Servings Per Purchase Unit, Edible Portion: 34.8

Purchase Units for 100 Servings: 2.9

1 serving = 20 mg or 0.7 oz (minimum serving size)
½ serving = 10 gm OR 0.4 oz (minimum serving size)

½ oz eq =
must weigh at least
11 gm. or 0.4 oz.
or about ¼ cup

USDA Food Buying Guide Reference

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1	55	1 ¾	80	2 ½
10	½	35	1 ¼	60	1 ¾	85	2 ½
15	½	40	1 ¼	65	2	90	2 ¾
20	¾	45	1 ½	70	2 ¼	95	3
25	¾	50	1 ½	75	2 ¼	100	3



**Pasta,
Elbow
Macaroni**
(Group H)
Regular, Dry

<div>Pasta, Elbow Macaroni</div> <div>(Group H) Regular, Dry</div>	Purchase Unit: Pound					<div>½ cup cooked</div>	
	Servings Per Purchase Unit, Edible Portion: 19.5		Purchase Units for 100 Servings: 5.2				
	1 lb dry = about 3-1/2 cups dry, elbow macaroni					USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	1 ¾	55	3	80	4 ¼
10	¾	35	2	60	3 ¼	85	4 ½
15	1	40	2 ¼	65	3 ½	90	4 ¾
20	1 ¼	45	2 ½	70	3 ¾	95	5
25	1 ½	50	2 ¾	75	4	100	5 ¼

**Pasta,
Elbow
Macaroni**
(Group H)
Regular, Dry

Pasta, Elbow Macaroni (Group H) Regular, Dry		Purchase Unit: Pound				¼ cup cooked	
		Servings Per Purchase Unit, Edible Portion: 39.0		Purchase Units for 100 Servings: 2.6			
		1 lb dry = about 3-1/2 cups dry, elbow macaroni				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1	55	1 ½	80	2 ¼
10	¼	35	1	60	1 ¾	85	2 ¼
15	½	40	1 ¼	65	1 ¾	90	2 ½
20	¾	45	1 ¼	70	2	95	2 ½
25	¾	50	1 ½	75	2	100	2 ¾



Pasta, Egg Noodles
(Group H)
Medium, Dry

Purchase Unit: Pound

Servings Per Purchase
Unit, Edible Portion: 20.1

Purchase Units for 100
Servings: 5.0

½ cup

1 lb dry = about 11-7/8 cups dry egg
noodles

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ¾	80	4
10	½	35	1 ¾	60	3	85	4 ¼
15	¾	40	2	65	3 ¼	90	4 ½
20	1	45	2 ¼	70	3 ½	95	4 ¾
25	1 ¼	50	2 ½	75	3 ¾	100	5

Pasta, Egg Noodles
(Group H)
Medium, Dry

Purchase Unit: Pound

Servings Per Purchase
Unit, Edible Portion: 40.3

Purchase Units for 100
Servings: 2.5

¼ cup

1 lb dry = about 11-7/8 cups dry egg
noodles

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	¾	55	1 ½	80	2
10	¼	35	1	60	1 ½	85	2 ¼
15	½	40	1	65	1 ¾	90	2 ¼
20	½	45	1 ¼	70	1 ¾	95	2 ½
25	¾	50	1 ¼	75	2	100	2 ½



**Pasta,
Spaghetti**
(Group H)
Medium, Dry

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 10.6	Purchase Units for 100 Servings: 9.5
1 lb dry = about 3-1/4 cups dry spaghetti pieces 1 lb dry = 2.37 lb (about 5 1/4 cups) <i>al dente</i> cooked pasta	

**1/2 cup cooked
*al dente***

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1/2	30	3	55	5 1/2	80	7 3/4
10	1	35	3 1/2	60	6	85	8 1/4
15	1 1/2	40	4	65	6 1/4	90	8 3/4
20	2	45	4 1/2	70	6 3/4	95	9 1/4
25	2 1/2	50	5	75	7 1/4	100	9 1/2

**Pasta,
Spaghetti**
(Group H)
Medium, Dry

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 21.2	Purchase Units for 100 Servings: 4.8
1 lb dry = about 3-1/4 cups dry spaghetti pieces 1 lb dry = 2.37 lb (about 5 1/4 cups) <i>al dente</i> cooked pasta	

**1/4 cup cooked
*al dente***

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1/4	30	1 1/2	55	2 3/4	80	4
10	1/2	35	1 3/4	60	3	85	4 1/4
15	3/4	40	2	65	3 1/4	90	4 1/2
20	1	45	2 1/4	70	3 1/2	95	4 3/4
25	1 1/4	50	2 1/2	75	3 3/4	100	5



Rice, Brown

(Group H)⁴
Instant, Dry

Purchase Unit: Pound				½ cup cooked	
Servings Per Purchase Unit, Edible Portion: 16.0		Purchase Units for 100 Servings: 6.3			
1 lb dry = about 8 cups cooked				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	2	55	3 ½	80	5
35	2 ¼	60	3 ¾	85	5 ½
40	2 ½	65	4 ¼	90	5 ¾
45	3	70	4 ½	95	6
50	3 ¼	75	4 ¾	100	6 ¼

Rice, Brown

(Group H)⁴
Instant, Dry

Purchase Unit: Pound				¼ cup cooked	
Servings Per Purchase Unit, Edible Portion: 32.0		Purchase Units for 100 Servings: 3.2			
1 lb dry = about 8 cups cooked				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	1	55	2	80	2 ½
35	1 ¼	60	2	85	2 ¾
40	1 ¼	65	2 ¼	90	3
45	1 ½	70	2 ¼	95	3
50	1 ¾	75	2 ½	100	3 ¼



Rice, Brown

(Group H)⁴
Long grain,
Regular, Dry

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 8.75	Purchase Units for 100 Servings: 11.5
1 lb dry = about 4-3/8 cups cooked	

½ cup cooked

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¾	30	3 ½	55	6 ½	80	9 ¼
10	1 ¼	35	4	60	7	85	10
15	2	40	4 ¾	65	7 ½	90	10 ½
20	2 ½	45	5 ¼	70	8	95	11
25	3	50	6	75	8 ¾	100	11 ½

Rice, Brown

(Group H)⁴
Long grain,
Regular, Dry

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 17.5	Purchase Units for 100 Servings: 5.8
1 lb dry = about 2-1/2 cups cooked	

¼ cup cooked

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Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	1 ¾	55	3 ¼	80	4 ¾
10	¾	35	2	60	3 ½	85	5
15	1	40	2 ½	65	3 ¾	90	5 ¼
20	1 ¼	45	2 ¾	70	4	95	5 ½
25	1 ½	50	3	75	4 ½	100	5 ¾



Rice, White
(Group H)⁴
Long Grain Instant
Dry

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 14.0	Purchase Units for 100 Servings: 7.2
1 lb dry = about 4-1/2 dry rice 1 lb dry = about 7 cups cooked 1 cup dry = about 1-1/2 cups cooked	

**½ cup cooked
prepared with
boiling water**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2 ¼	55	4	80	6
10	¾	35	2 ¾	60	4 ½	85	6 ¼
15	1 ¼	40	3	65	4 ¾	90	6 ½
20	1 ½	45	3 ¼	70	5 ¼	95	7
25	2	50	3 ¾	75	5 ½	100	7 ¼

Rice, White
(Group H)⁴
Long Grain Instant
Dry

Purchase Unit: Pound	
Servings Per Purchase Unit, Edible Portion: 28.0	Purchase Units for 100 Servings: 3.6
1 lb dry = about 4-1/2 dry rice 1 lb dry = about 7 cups cooked 1 cup dry = about 1-1/2 cups cooked	

**¼ cup cooked
prepared with
boiling water**

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2	80	3
10	½	35	1 ½	60	2 ¼	85	3 ¼
15	¾	40	1 ½	65	2 ½	90	3 ¼
20	¾	45	1 ¾	70	2 ¾	95	3 ½
25	1	50	2	75	2 ¾	100	3 ¾



Rice, White

(Group H)⁴
Medium Grain
Regular Dry

Purchase Unit: **Pound**

Servings Per Purchase
Unit, Edible Portion:
13.5

Purchase Units for 100
Servings: 7.5

½ cup cooked

1 lb dry = about 2-1/4 cups dry rice
1 lb dry = about 6 ¾ cups cooked
1 cup dry = about 3 cups cooked

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2 ¼	55	4 ¼	80	6
10	¾	35	2 ¾	60	4 ½	85	6 ½
15	1 ¼	40	3	65	5	90	6 ¾
20	1 ½	45	3 ½	70	5 ¼	95	7 ¼
25	2	50	3 ¾	75	5 ¾	100	7 ½

Rice, White

(Group H)⁴
Medium Grain
Regular Dry

Purchase Unit: **Pound**

Servings Per Purchase
Unit, Edible Portion: 27.0

Purchase Units for 100
Servings: 3.8

¼ cup cooked

1 lb dry = about 2-1/4 cups dry rice
1 lb dry = about 6 ¾ cups cooked
1 cup dry = about 3 cups cooked

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ¼	55	2 ¼	80	3 ¼
10	½	35	1 ½	60	2 ½	85	3 ¼
15	¾	40	1 ¾	65	2 ½	90	3 ½
20	1	45	1 ¾	70	2 ¾	95	3 ¾
25	1	50	2	75	3	100	4



Rice, Wild
(Group H)⁴
Dry

Rice, Wild (Group H) ⁴ Dry		Purchase Unit: Pound				½ cup cooked	
		Servings Per Purchase Unit, Edible Portion: 17.4		Purchase Units for 100 Servings: 5.8			
		2-1/2 cups water to 1 cup dry wild rice				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2	55	3 ¼	80	4 ¾
10	¾	35	2 ¼	60	3 ½	85	5
15	1	40	2 ½	65	4	90	5 ¼
20	1 ¼	45	2 ¾	70	4 ¼	95	5 ½
25	1 ½	50	3	75	4 ½	100	6

Rice, Wild
(Group H)⁴
Dry

Rice, Wild (Group H) ⁴ Dry		Purchase Unit: Pound				¼ cup cooked	
		Servings Per Purchase Unit, Edible Portion: 34.8		Purchase Units for 100 Servings: 2.9			
		1 lb dry = about 2-2/3 cups dry wild rice				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1	55	1 ¾	80	2 ½
10	½	35	1 ¼	60	2	85	2 ½
15	½	40	1 ¼	65	2	90	2 ¾
20	¾	45	1 ½	70	2 ¼	95	2 ¾
25	1	50	1 ½	75	2 ¼	100	3



Rice Cakes

(Group A)

Puffed

Includes seeds or other grains

Purchase Unit: Package (average 5.25 oz)				1 grains/breads serving (about 3 cakes, puffed) and must weigh at least 20 gm or 0.7 oz	
Servings Per Purchase Unit, Edible Portion: 5.30		Purchase Units for 100 Servings: 18.8			
1 lb AP = about 48 rice cakes 1 serving = 20 gm or 0.7 oz (minimum serving size ½ serving = 10 gm or 0.4 oz (minimum serving size)					
				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
30	5 ¾	55	10 ½	80	15 ¼
35	6 ¾	60	11 ½	85	16
40	7 ¾	65	12 ¼	90	17
45	8 ½	70	13 ¼	95	18
50	9 ½	75	14 ¼	100	19

Rice Cakes

(Group A)

Puffed

Includes seeds or other grains

<div>Rice Cakes</div> <div>(Group A)</div> <div>Puffed</div> <div>Includes seeds or other grains</div>		Purchase Unit: Package (average 5.25 oz)				½ grains/breads serving (about 1 ½ cakes) and must weigh at least 10 gm or 0.4 oz	
		Servings Per Purchase Unit, Edible Portion: 10.7		Purchase Units for 100 Servings: 9.3			
		1 lb AP = about 48 rice cakes 1 serving = 20 gm or 0.7 oz (minimum serving size) ½ serving = 10 gm or 0.4 oz (minimum serving size)				USDA Food Buying Guide	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	3	55	5 ¼	80	7 ½
10	1	35	3 ½	60	5 ¾	85	8
15	1 ½	40	3 ¾	65	6 ¼	90	8 ½
20	2	45	4 ¼	70	6 ¾	95	9
25	2 ½	50	4 ¾	75	7	100	9 ½



Saltines

(Group A)

Saltines (Group A)		Purchase Unit: Pound				1 oz eq = 22 g m or 0.8 oz (about 8 crackers)	
		Serving Per Purchase Unit, Edible Portion: 20.6		Purchase Units for 100 Servings: 4.9			
		1 serving = 20 gm or 0.7 oz (Minimum serving size) ½ serving = 10 gm or 0.4 oz (Minimum serving size)				USDA Food Buying Guide Reference	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ¾	80	4
10	½	35	1 ¾	60	3	85	4 ¼
15	¾	40	2	65	3 ¼	90	4 ½
20	1	45	2 ¼	70	3 ½	95	4 ¾
25	1 ¼	50	2 ½	75	3 ¾	100	5

Saltines

(Group A)

Saltines (Group A)		Purchase Unit: Pound				$\frac{1}{2}$ oz eq = 11 g m or 0.4 oz (about 4 crackers)	
		Serving Per Purchase Unit, Edible Portion: 41.2		Purchase Units for 100 Servings: 2.5			
		1 serving = 20 gm or 0.7 oz (Minimum serving size) $\frac{1}{2}$ serving = 10 gm or 0.4 oz (Minimum serving size)				USDA Food Buying Guide Reference	
Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	$\frac{1}{4}$	30	$\frac{3}{4}$	55	1 $\frac{1}{2}$	80	2
10	$\frac{1}{4}$	35	1	60	1 $\frac{1}{2}$	85	2 $\frac{1}{4}$
15	$\frac{1}{2}$	40	1	65	1 $\frac{3}{4}$	90	2 $\frac{1}{4}$
20	$\frac{1}{2}$	45	1 $\frac{1}{4}$	70	1 $\frac{3}{4}$	95	2 $\frac{1}{2}$
25	$\frac{3}{4}$	50	1 $\frac{1}{4}$	75	2	100	2 $\frac{1}{2}$



Taco/ Tostada Shells (Group B)

Purchase Unit: Dozen

Servings Per Purchase Unit,
Edible Portion: 6.00

Purchase Units for 100
Servings: 16.7

1 serving = 25 gm or 0.9 oz (minimum serving size)
½ serving = 13 gm or 0.5 oz (minimum serving size)

1 oz eq
(about 2 taco/tostada
shells) and must weigh
at least 28g

USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	1	30	5 ¼	55	9 ¼	80	13 ½
10	1 ¾	35	6	60	10 ¼	85	14 ¼
15	2 ½	40	6 ¾	65	11	90	15 ¼
20	3 ½	45	7 ¾	70	11 ¾	95	16
25	4 ¼	50	8 ½	75	12 ¾	100	16 ¾

Taco/ Tostada Shells (Group B)

Purchase Unit: Dozen

Servings Per Purchase Unit,
Edible Portion: 12.0

Purchase Units for 100
Servings: 8.4

1 serving = 25 gm or 0.9 oz (minimum serving size)
½ serving = 13 gm or 0.5 oz (minimum serving size)

½ oz eq
(about 1 taco/tostada
shells) and must weigh
at least 14g

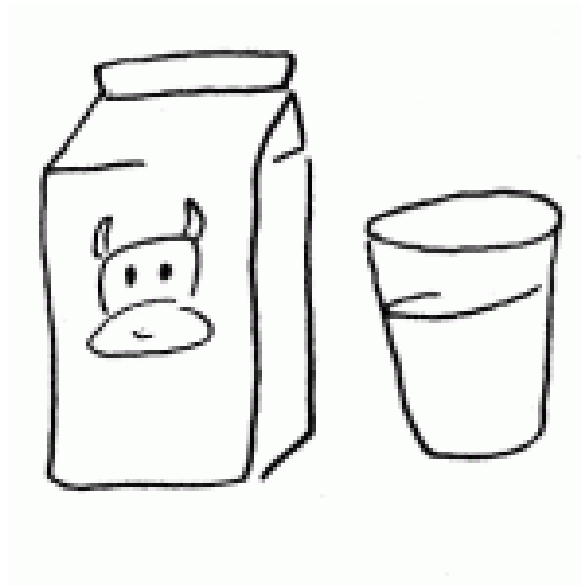
USDA Food Buying Guide

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2 ½	55	4 ¾	80	6 ¾
10	1	35	3	60	5	85	7 ¼
15	1 ¼	40	3 ½	65	5 ½	90	7 ½
20	1 ¾	45	3 ¾	70	6	95	8
25	2 ¼	50	4 ¼	75	6 ¼	100	8 ½

Milk

Before using this guide, please read page 4-1 in the USDA Food Buying Guide for Child Nutrition Programs.

For purchase units not listed in this supplemental guide, please refer to the Milk section 4, on page 4-2 of the USDA Food Buying Guide.





Milk, Fluid

Skim or Nonfat milk, Lowfat milk, Reduced fat milk, Whole milk, Lactose-reduced milk, Lactose-free milk, Buttermilk, Acidified milk (unflavored or flavored)

Purchase Unit: **Gallon**

Servings Per Purchase Unit, Edible Portion: 32

Purchase Units for 100 Servings: 3.2

½ cup milk

USDA Food Buying Guide
Reference Page: 4-2

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1	55	2	80	2 ¾
10	½	35	1 ¼	60	2	85	2 ¾
15	½	40	1 ½	65	2 ¼	90	3
20	¾	45	1 ½	70	2 ¼	95	3 ¼
25	1	50	1 ¾	75	2 ½	100	3 ¼

Milk, Fluid

Skim or Nonfat milk, Lowfat milk, Reduced fat milk, Whole milk, Lactose-reduced milk, Lactose-free milk, Buttermilk, Acidified milk (unflavored or flavored)

Purchase Unit: **Gallon**

Servings Per Purchase Unit, Edible Portion: 21.3

Purchase Units for 100 Servings: 4.7

¾ cup milk

USDA Food Buying Guide
Reference Page: 4-2

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	¼	30	1 ½	55	2 ¾	80	4
10	½	35	1 ¾	60	3	85	4
15	¾	40	2	65	3 ¼	90	4 ¼
20	1	45	2 ¼	70	3 ½	95	4 ½
25	1 ¼	50	2 ½	75	3 ¾	100	4 ¾



Milk, Fluid

Skim or Nonfat milk, Lowfat milk, Reduced fat milk, Whole milk, Lactose-reduced milk, Lactose-free milk, Buttermilk, Acidified milk (unflavored or flavored)

Purchase Unit: **Gallon**

Servings Per Purchase
Unit, Edible Portion: 16.0

Purchase Units for 100
Servings: 6.3

½ pint milk
(1 cup milk)

USDA Food Buying Guide
Reference Page: 4-2

Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased	Number of Edible Portions	As Purchased
5	½	30	2	55	3 ½	80	5 ¼
10	¾	35	2 ¼	60	4	85	5 ½
15	1	40	2 ¾	65	4 ¼	90	5 ¾
20	1 ½	45	3	70	4 ½	95	6
25	1 ¾	50	3 ¼	75	4 ¾	100	6 ½

