

Child & Adult Care Food Program

Simplified Food Buying Guide

(Revised May 2012)



Colorado Department
of Public Health
and Environment

Colorado Department of Public Health & Environment
Child and Adult Care Food Program
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**Colorado Department
of Public Health
and Environment**

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Introducing the Simplified Food Buying Guide

The **Simplified Food Buying Guide** has been designed to eliminate the need for complicated math steps when determining the amount of food to purchase and prepare for your center. The new buying guide will also save center personnel valuable time when doing Menu and Production Records (MPRs).

The charts in the guide show the amount of food needed for 1-9 servings and 10-100 servings. The serving or portion sizes are given for children 3-to 6 year olds, 6-to-12 year olds, and adults participating in adult day care centers.

At the beginning of each chart is the name of the food item, the purchase unit (by can size or pound), and the serving size. The charts also tell what meal or snack requirement the food item meets.

Beef, Ground, 80% lean, 20% fat:

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.75
3	.50	30	4.00
4	.50	40	5.25
5	.75	50	6.50
6	.75	60	7.75
7	1.00	70	9.00
8	1.00	80	10.25
9	1.25	90	11.50
		100	12.75

The number of cans or pounds of food to prepare is rounded off by the following method.

.25 = 1/4 can or pound

.50 = 1/2 can or pound

.75 = 3/4 can or pound

1.00 = a whole can or pound

The figures were rounded off in this way in order to make preparing and completing production records easier. Often it is difficult to understand exactly how much food is needed when dealing with complicated decimals. For instance, if you need 1.89 pounds of fresh carrots, that is approximately 2.00 pounds of carrots. All decimals are rounded up. Because the figures have been rounded up slightly, you may notice that for 1-9 servings, the amount needed will be the same.

Included with the **Simplified Food Buying Guide** is a simplified Menu and Production Record (MPR) on page 6, to use with the food buying guide. Please make copies for your center. A sample on how to complete the MPRs is also included on page 7. Remember, MPRs are to be filled out on a daily bases. At the top of each form write the center's name and date. When filling out the MPR's fill in the following information:

- (1) Menu
- (2) The estimated number to be served
- (3) The total amount of food prepared, using the **Simplified Food Buying Guide**.

Please note for children 6-to12 years old and adults participating in adult day care centers:

Three-fourths (3/4) cup **total** Fruit/Vegetable component is needed at lunch, supper, and snack. At lunch and supper, you must serve **two** different kinds of fruits and vegetables in order to meet the requirement. At snack only one type of fruit or vegetables needs to be served to meet the 3/4 cup requirement. The Fruits and Vegetables sections have the 1/4 cup and 1/2 cup serving sizes. In order to service 3/4 cup, you will need to choose two different types of fruits or vegetables at lunch and supper totaling up to at least 3/4 cup per serving. At snack the charts will need to be combined for the 1/4 cup and 1/2 cup serving sizes.

How to Use the Simplified Food Buying Guide

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

1. Find the food item you need in the guide. Food items are divided into five food components: Bread/Bread Alternates, Fruits, Vegetables, Milk, and Meat/Meat Alternates. you may also look for the food item in the Index of Foods section provided at the end of this guide on page 209.
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 pound).
4. Decide on the number of servings needed for the food item. In some cases it will be necessary to add together the amounts from each column to get the total number of pounds or cans to serve.

Below are some examples of how to use this guide.

Q: How many pounds of ground beef are needed for 55 children at lunch?

A. $6.50 + .75 = 7.25$ pounds

Beef, Ground, 80% lean, 20% fat:

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.75
3	.50	30	4.00
4	.50	40	5.25
5	.75	50	6.50
6	.75	60	7.75
7	1.00	70	9.00
8	1.00	80	10.25
9	1.25	90	11.50
		100	12.75

Q: How many #10 cans of crushed pineapple are needed for 80 aged 1-6 year old children at snack?

A: 4.50 #10 Cans

Pineapple: **canned, crushed**

Purchase Unit: #10 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.25	50	2.75
6	.50	60	3.25
7	.50	70	4.00
8	.50	80	4.50
9	.50	90	5.00
		100	5.50

Q: How many gallons of milk are needed for 22 adults participating in adult day care centers?

A: $1.25 + .25 = 1.50$ gallons

Milk, Fluid: **reduced fat (2%) milk, low fat (1%) milk, fat free skim milk, buttermilk, whole milk, unflavored milk or flavored milk**

Purchase Unit: gallon

Serving Size: 1 cup

Meal Component Requirement: Meets one serving of Milk at breakfast, lunch, supper, and snack for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Gallons Required	Number of Meals	Gallons Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	2.00
4	.25	40	2.75
5	.50	50	3.25
6	.50	60	4.00
7	.50	70	4.50
8	.50	80	5.25
9	.75	90	5.75
		100	6.50

Menu and Production Record

3 through 5 years old

Name of Center: _____

Month _____ Day _____ Year _____

CACFP Meal Pattern for 3 through 5 years old	Menu	Estimated Number to be served	Amount: Food Purchased / Prepared	Adjustments
<p><u>BREAKFAST</u> (3 components)</p> <p><input type="checkbox"/> Fluid Milk, 3/4 cup</p> <p><input type="checkbox"/> Fruit or Vegetable, 1/2 cup</p> <p><input type="checkbox"/> Bread or Bread Alternate, 1/2 slice or 1/3 cup dry cereal or 1/4 cup cooked cereal</p>		<p>_____ 1 through 2 yrs. 3 through 5 yrs.</p> <p style="text-align: center;">[]</p> <p style="text-align: center;">Blended</p> <p>_____ 6 through 12 yrs. Adults x2</p>		
<p><u>A.M. SNACK</u></p> <p>(choose 2 different food components)</p> <p><input type="checkbox"/> Fluid Milk, 1/2 cup</p> <p><input type="checkbox"/> Meat or Meat Alternate, 1/2 ounce</p> <p><input type="checkbox"/> Fruit or Vegetable, 1/2 cup</p> <p><input type="checkbox"/> Bread or Bread Alternate, 1/2 slice</p>		<p>_____ 1 through 2 yrs. 3 through 5 yrs.</p> <p style="text-align: center;">[]</p> <p style="text-align: center;">Blended</p> <p>_____ 6 through 12 yrs. Adults x2</p>		
<p><u>LUNCH</u> (5 components)</p> <p><input type="checkbox"/> Fluid Milk, 3/4 cup</p> <p><input type="checkbox"/> Meat or Meat Alternate, 1 1/2 ounces</p> <p><input type="checkbox"/> Fruit or Vegetable, 1/4 cup</p> <p><input type="checkbox"/> Fruit or Vegetable, 1/4 cup</p> <p><input type="checkbox"/> Bread or Bread Alternate, 1/2 slice or 1/4 cup</p>		<p>_____ 1 through 2 yrs. 3 through 5 yrs.</p> <p style="text-align: center;">[]</p> <p style="text-align: center;">Blended</p> <p>_____ 6 through 12 yrs. Adults x2</p>		
<p><u>P.M. SNACK</u></p> <p>(choose 2 different food components)</p> <p><input type="checkbox"/> Fluid Milk, 1/2 cup</p> <p><input type="checkbox"/> Meat or Meat Alternate, 1/2 ounce</p> <p><input type="checkbox"/> Fruit or Vegetable, 1/2 cup</p> <p><input type="checkbox"/> Bread or Bread Alternate, 1/2 slice</p>		<p>_____ 1 through 2 yrs. 3 through 5 yrs.</p> <p style="text-align: center;">[]</p> <p style="text-align: center;">Blended</p> <p>_____ 6 through 12 yrs. Adults x2</p>		
<p><u>SUPPER</u> (5 components)</p> <p><input type="checkbox"/> Fluid Milk, 3/4 cup</p> <p><input type="checkbox"/> Meat or Meat Alternate, 1 1/2 ounces</p> <p><input type="checkbox"/> Fruit or Vegetable, 1/4 cup</p> <p><input type="checkbox"/> Fruit or Vegetable, 1/4 cup</p> <p><input type="checkbox"/> Bread or Bread Alternate, 1/2 slice or 1/4 cup</p>		<p>_____ 1 through 2 yrs. 3 through 5 yrs.</p> <p style="text-align: center;">[]</p> <p style="text-align: center;">Blended</p> <p>_____ 6 through 12 yrs. Adults x2</p>		

Menu and Production Record

3 through 5 years old

Sample

Name of Center: Three Bears

Month 5 Day 19 Year 2009

CACFP Meal Pattern for 3 through 5 years old	Menu	Estimated Number to be served	Amount: Food Purchased / Prepared	Adjustments												
<p><u>BREAKFAST</u> (3 components)</p> <input type="checkbox"/> Fluid Milk, 3/4 cup <input type="checkbox"/> Fruit or Vegetable, 1/2 cup <input type="checkbox"/> Bread or Bread Alternate, 1/2 slice or 1/3 cup dry cereal or 1/4 cup cooked cereal	<p>Milk</p> <p>Apple Slices</p> <p>Cheerios</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; border-bottom: 1px solid black;">5</td> <td style="text-align: center; border-bottom: 1px solid black;">40</td> </tr> <tr> <td style="text-align: center; font-size: small;">1 through 2 yrs.</td> <td style="text-align: center; font-size: small;">3 through 5 yrs.</td> </tr> <tr> <td colspan="2" style="text-align: center; border: 1px solid black;">50</td> </tr> <tr> <td colspan="2" style="text-align: center; font-size: small;">Blended</td> </tr> <tr> <td style="text-align: center; border-bottom: 1px solid black;">5</td> <td style="text-align: center; border-bottom: 1px solid black;">0</td> </tr> <tr> <td style="text-align: center; font-size: small;">6 through 12 yrs.</td> <td style="text-align: center; font-size: small;">Adults x2</td> </tr> </table>	5	40	1 through 2 yrs.	3 through 5 yrs.	50		Blended		5	0	6 through 12 yrs.	Adults x2	<p>2.75 gallons milk</p> <p>8.5 lbs apples</p> <p>28 ounces Cheerios</p>	
5	40															
1 through 2 yrs.	3 through 5 yrs.															
50																
Blended																
5	0															
6 through 12 yrs.	Adults x2															
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<p><u>LUNCH</u> (5 components)</p> <input type="checkbox"/> Fluid Milk, 3/4 cup <input type="checkbox"/> Meat or Meat Alternate, 1 1/2 ounces <input type="checkbox"/> Fruit or Vegetable, 1/4 cup <input type="checkbox"/> Fruit or Vegetable, 1/4 cup <input type="checkbox"/> Bread or Bread Alternate, 1/2 slice or 1/4 cup	<p>Milk</p> <p>Sliced Roast Beef</p> <p>Broccoli</p> <p>Mashed Potatoes</p> <p>Whole Wheat Bread</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; border-bottom: 1px solid black;">5</td> <td style="text-align: center; border-bottom: 1px solid black;">40</td> </tr> <tr> <td style="text-align: center; font-size: small;">1 through 2 yrs.</td> <td style="text-align: center; font-size: small;">3 through 5 yrs.</td> </tr> <tr> <td colspan="2" style="text-align: center; border: 1px solid black;">45</td> </tr> <tr> <td colspan="2" style="text-align: center; font-size: small;">Blended</td> </tr> <tr> <td style="text-align: center; border-bottom: 1px solid black;">0</td> <td style="text-align: center; border-bottom: 1px solid black;">0</td> </tr> <tr> <td style="text-align: center; font-size: small;">6 through 12 yrs.</td> <td style="text-align: center; font-size: small;">Adults x2</td> </tr> </table>	5	40	1 through 2 yrs.	3 through 5 yrs.	45		Blended		0	0	6 through 12 yrs.	Adults x2	<p>2.5 gallons milk</p> <p>9.75 lbs roast beef with bone</p> <p>4.75 lbs frozen broccoli</p> <p>1.25 lbs dehydrated potato flakes</p> <p>1.75 lbs bread</p>	
5	40															
1 through 2 yrs.	3 through 5 yrs.															
45																
Blended																
0	0															
6 through 12 yrs.	Adults x2															
<p><u>P.M. SNACK</u></p> <p>(choose 2 different food components)</p> <input type="checkbox"/> Fluid Milk, 1/2 cup <input type="checkbox"/> Meat or Meat Alternate, 1/2 ounce <input type="checkbox"/> Fruit or Vegetable, 1/2 cup <input type="checkbox"/> Bread or Bread Alternate, 1/2 slice	<p>Pineapple-orange juice</p> <p>Graham crackers</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; border-bottom: 1px solid black;">5</td> <td style="text-align: center; border-bottom: 1px solid black;">40</td> </tr> <tr> <td style="text-align: center; font-size: small;">1 through 2 yrs.</td> <td style="text-align: center; font-size: small;">3 through 5 yrs.</td> </tr> <tr> <td colspan="2" style="text-align: center; border: 1px solid black;">45</td> </tr> <tr> <td colspan="2" style="text-align: center; font-size: small;">Blended</td> </tr> <tr> <td style="text-align: center; border-bottom: 1px solid black;">0</td> <td style="text-align: center; border-bottom: 1px solid black;">0</td> </tr> <tr> <td style="text-align: center; font-size: small;">6 through 12 yrs.</td> <td style="text-align: center; font-size: small;">Adults x2</td> </tr> </table>	5	40	1 through 2 yrs.	3 through 5 yrs.	45		Blended		0	0	6 through 12 yrs.	Adults x2	<p>4-12 oz cans frozen concentrated juice</p> <p>1.5 graham crackers</p>	
5	40															
1 through 2 yrs.	3 through 5 yrs.															
45																
Blended																
0	0															
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1 through 2 yrs.	3 through 5 yrs.															
Blended																
6 through 12 yrs.	Adults x2															

OVER

**REQUIRED AMOUNTS OF FOOD TO SERVE CHILDREN
FROM AGE 1 THROUGH 12**

BREAKFAST	1 through 2	3 through 5	6 through 12
Milk, fluid	1/2 cup	3/4 cup	1 cup
Fruits and Vegetables Fruit and/or vegetable or full strength 100% juice or any combination that make up required amounts of fruit, vegetable and/or juice	1/4 cup total	1/2 cup total	1/2 cup total
Bread and Bread Alternates * Bread or cornbread, biscuits, rolls, muffins, etc. or cold dry cereal **	1/2 slice 1/2 serving 1/4 cup or 1/3oz	1/2 slice 1/2 serving 1/3 cup or 1/2 oz.	1 slice 1 serving 3/4 cup or 1 oz.
or cooked cereal	1/4 cup	1/4 cup	1/2 cup
or cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
or cooked cereal grains	1/4 cup	1/4 cup	1/2 cup
or any combination that make up required amounts of bread/bread alternate	1/4 cup total	1/4 cup total	1/2 cup total

* Bread, pasta or noodle products, and cereal grains shall be whole grain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain, enriched meal or flour; cereal shall be whole grain or enriched iron, thiamine, niacin, folic acid, and riboflavin.

** Either by volume (cup) or by weight (ounce), whichever is less.

**REQUIRED AMOUNTS OF FOOD TO SERVE CHILDREN
FROM AGE 1 THROUGH 12
(Continued)**

SNACK	1 through 2	3 through 5	6 through 12
Milk, fluid	1/2 cup	1/2 cup	1 cup
Fruits and Vegetables Fruit and/or vegetable or full strength 100% juice or any combination that make up required amount of fruit, vegetable and/or juice	1/2 cup total	1/2 cup total	3/4 cup total
Bread and Bread Alternates * Bread or cornbread, biscuits, rolls, muffins, etc. or cold dry cereal **	1/2 slice 1/2 serving 1/4 cup or 1/3 oz.	1/2 slice 1/2 serving 1/3 cup or 1/2 oz.	1 slice 1 serving 3/4 cup or 1 oz.
or cooked cereal	1/4 cup	1/4 cup	1/2 cup
or cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
or any combination that make up required amounts of bread/bread alternate	1/4 cup total	1/4 cup total	1/2 cup total
Meat and Meat Alternates Lean meat or poultry or fish *** or cheese or eggs or cooked dry beans or dry peas or nut or seed butter or peanuts, soy nuts, tree nuts or seeds or any combination that make up required amounts of meat/meat alternates	1/2 oz. 1/2 oz. 1/2 egg 1/8 cup 1 tbsp. 1/2 oz.	1/2 oz. 1/2 oz. 1/2 egg 1/8 cup 1 tbsp. 1/2 oz.	1 oz. 1 oz. 1 egg 1/4 cup 2 tbsps. 1 oz.
or yogurt	1/4 cup or 2 oz.	1/4 cup or 2 oz.	1/2 cup or 4 oz.

* Bread, pasta or noodle products, and cereal grains shall be whole grain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain, enriched meal or flour; cereal shall be whole grain or enriched or fortified with iron, thiamine, niacin, and riboflavin.

** Either by volume (cup) or by weight (ounce), whichever is less.

*** Edible portion as served.

**REQUIRED AMOUNTS OF FOOD TO SERVE CHILDREN
FROM AGE 1 THROUGH 12
(Continued)**

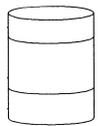
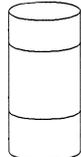
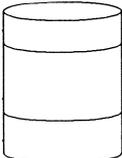
LUNCH OR SUPPER	1 through 2	3 through 5	6 through 12
Milk, fluid	1/2 cup	3/4 cup	1 cup
Fruits and Vegetables			
Fruit and/or vegetable (2 selections)*	1/4 cup total	1/2 cup total	3/4 cup total
Bread and Bread Alternates **			
Bread	1/2 slice	1/2 slice	1 slice
or cornbread, biscuits, rolls, muffins, etc.	1/2 serving	1/2 serving	1 serving
or cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
or cooked cereal grains	1/4 cup	1/4 cup	1/2 cup
or any combination that make up required amounts of bread/bread alternate	1/4 cup total	1/4 cup total	1/2 cup total
Meat and Meat Alternates			
Lean meat or poultry or fish ***	1 oz.	1 1/2 oz.	2 oz.
or cheese	1 oz.	1 1/2 oz.	2 oz.
or eggs	1 egg	1 egg	1 egg
or cooked dry beans or dry peas	1/4 cup	3/8 cup	1/2 cup
or nut or seed butter	2 tbsps.	3 tbsps.	4 tbsps.
or peanuts, soy nuts, tree nuts or seeds or any combination that make up required amounts of meat/meat alternates*	1/2 oz.	3/4 oz.	1 oz.
*No more than 50 percent of the requirement may be met with nuts or seeds and shall be combined with another meat/meat alternate to fulfill the requirements.			
Yogurt	4 oz. or 1/2 cup	6 oz. or 3/4 cup	8 oz. or 1 cup

* Serve two or more different fruits or vegetables or a fruit and a vegetable. Full-strength 100% vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

** Bread, pasta, or noodle products and cereal grains shall be whole grain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain, enriched meal or flour.

*** Edible portion as served.

Common Can and Jar Sizes

Can size (Industry term)*	Average net weight of fluid measure per can	Average volume per can	Principal products
 8 oz. can	8 oz	1 cup	Ready-to-serve soups, fruits, vegetables
 No. 1 can	10-1/2 oz. to 12 oz.	1-1/4 cups	Condensed soups, some fruits, vegetables, meat, fish
 No. 300 can *	14 oz. to 16 oz. (1 lb.)	1-3/4 cups	Some fruits and meat products
 No. 2-1/2 can *	26 oz. (1 lb. 10 oz.) to 30 oz. (1 lb. 14 oz.)	3-1/2 cups	Family size: fruits, some vegetables
 No. 3 cylinder	51 oz. (3 lb. 3 oz.) or 46 fl. oz. (1 qt. 14 fl. oz.)	5-3/4 cups	Condensed soups, some vegetables, meat and poultry products, fruit and vegetable juices
 No. 10 can	6 lb. (96 oz.) to 7 lb. 5 oz. (117 oz.)	12 cups to 13-2/3 cups	Institutional size: fruits, vegetables, some other foods

* Can sizes are industry terms and do not necessarily appear on the label. The old No. 2 cans held approximately 2 1/2 cups and the old No. 303 cans held approximately 2 cups.

*** The net weight on can or jar labels differs according to the density of the contents.

Source: *Food Buying Guide for Child Nutrition Programs*, by Dorothy W. Davis and others. Washington, D.C., U.S. Department of Agriculture, 1984. Used with permission.

Volume Equivalents

1 tablespoon	= 3 teaspoons	3/4 cup	= 12 tablespoons
1/8 cup	= 2 tablespoons	7/8 cup	= 14 tablespoons
1/8 cup	= 1 fluid ounce	1 cup	= 16 tablespoons
1/4 cup	= 4 tablespoons	1/2 pint	= 1 cup
1/3 cup	= 5-1/3 tablespoons	1/2 pint	= 8 fluid ounces
3/8 cup	= 6 tablespoons	1 pint	= 2 cups
1/2 cup	= 8 tablespoons	1 quart	= 2 pints
5/8 cup	= 10 tablespoons	1 gallon	= 4 quarts
2/3 cup	= 10-2/3 tablespoons	1 pound	= 16 ounces

Source: *Food Buying Guide for Child Nutrition Programs*, by Dorothy W. Davis and others. Washington, D.C., U.S. Department of Agriculture, 1984. Used with permission.

Scoops or dishers, ladles, and serving spoons of standard sizes are fairly dependable measures for portioning and serving food quickly. To ensure that you get your expected yield, you must take care in portioning.

You might use scoops or dishers for portioning such foods as drop cookies, muffins, meat patties, and some vegetables and salads. The number on the scoop handle or scraper shows the number of scoops to make 1 quart. The "Volume Equivalents" table shows the approximate measure of each scoop or disher in cups, tablespoons, and teaspoons.

Scoop and Disher Equivalents

Scoop or Disher Number	Level Measure
6	2/3 cup
8*	1/2 cup
10*	3/8 cup
12*	1/3 cup
16*	1/4 cup
20	3-1/5 tablespoons
24	2-2/3 tablespoons
30*	2-1/5 tablespoons
40	1-3/5 tablespoons
50	3-4/5 teaspoons
60	1 tablespoon

*Commonly used sizes

Source: *Food Buying Guide for Child Nutrition Programs*, by Dorothy W. Davis and others. Washington, D.C., U.S. Department of Agriculture, 1984. Used with permission.

You may use ladles to serve soups, stews, creamed dishes, sauces, gravies, and other similar products. The sizes of ladles shown in the "Ladle Equivalents" table are the ones most frequently used in serving foods.

Ladle Equivalents

Number on Ladle	Approximate Measure
1 ounce	1/8 cup
2 ounce	1/4 cup
4 ounce	1/2 cup
6 ounce	3/4 cup
8 ounce	1 cup
12 ounce	1-1/2 cup

Source: *Food Buying Guide for Child Nutrition Programs*, by Dorothy W. Davis and others. Washington, D.C., U.S. Department of Agriculture, 1984. Used with permission.

Although the ladles are labeled ounce, they are actually fluid ounce, which is a volume, not a weight, measurement.

You may use a serving spoon (solid or perforated) instead of a scoop. Because these spoons are not identified by number, make your own chart that shows the approximate measure of the spoons. Measure or weigh the quantity of food from the various sizes of spoons you use to obtain the number of spoonfuls you will need for the required serving size. Indicate if the spoon is to be filled level, rounded, or heaping.

Guide for Substituting Cans

	Can size you have	No. 10	No. 3 Cyl.	No. 2 1/2
Can Size in Yield Table	No. 10	1.0	2.1	3.7
	No. 3 Cyl.	0.5	1.0	1.8
	No. 2 1/2	0.3	0.6	1.0

Source: *Food Buying Guide for Child Nutrition Programs*, by Dorothy W. Davis and others. Washington, D.C., U.S. Department of Agriculture, 1984. Used with permission.

To use the "Guide for Substituting Cans" table, find the column with the can size you have. Then, find the row with the can size given in the yield table. The number where the column and row intersect is the required number of cans of the size you have. As an example, you can use 1.5 No. 2 cans in place of each No. 2 1/2 can (see highlighted number in chart).

2. Bread and Bread Alternates

*Please Note:

As a general guideline, you will have to approximate foods that are not found in the Bread and Bread Alternates Section of the Simplified Food Buying Guide. For example, if a product is not listed in the guide, remember, 1/2 of a bread product is needed for 1-to-6 year olds; 1 whole bread product for 6-to-12 years old and adults participating in adult day care centers.



FCS Instruction 783.1 Rev 2: Exhibit A

GRAINS/BREADS FOR THE FOOD-BASED MENU PLANNING ALTERNATIVES IN THE CHILD NUTRITION PROGRAMS 1,2

All products must have enriched or whole grain as first ingredient.

Group A		Minimum Serving Size for Group A
-Bread Sticks (hard) -Chow mein noodles -Crackers (Saltines and Snack Crackers)	-Croutons -Pretzels -Stuffing (dry) note: weights apply to bread in stuffing	1 serving = 20 gm or 0.7 oz for 6 -12 year olds and adults 1/2 serving = 10 gm or 0.4 oz. for 1-5 year olds and adults
Group B		Minimum Serving Size for Group B
-Bagels -Biscuits -Breads (white, wheat, whole wheat, French, Italian) -Buns (hamburger and hot dog) -Crackers (graham crackers - all shapes, animal crackers) -English Muffins	-PitaBread (white, wheat, whole wheat) -Pizza crust -Pretzels -Rolls (white, wheat, whole wheat, potato -Tortillas (wheat or corn) -Tortilla chips (wheat or corn) -Taco shells	1 serving = 25 gm or 0.9 oz for 6-12 year olds and adults 1/2 serving = 13 gm or 0.5 oz for 1 - 5 year olds and adults
Group C		Minimum Serving Size for Group C
-Cookies ³ (plain) -Cornbread -Corn muffins	-Croissants -Pancakes -Waffles	1 serving = 31gm or 1.1 oz for 6-12 year olds and adults 1/2 serving = 16 gm or 0.6 oz for 1-5 year olds and adults
Group D		Minimum Serving Size for Group D
-Doughnuts (cake and yeast raised, unfrosted) -Granola bars (plain) -Muffins (all, except corn)	-Sweet rolls -Toaster pasteries (unfrosted)	1 serving = 50 gm or 1.8 oz for 6 -12 year olds and adults 1/2 serving = 25 gm or 0.9 oz for 1-5 year olds and adults
Group E		Minimum Serving Size for Group E
-Cookies ³ (with nuts, raising, chocolate pieces and/or fruit purees) -Doughnuts ⁴ (cake and yeast raised, frosted or glazed)	-Grain fruit bars ⁴ -Granola bars (with nuts, raisins, chocolate pieces and/or fruit) -Sweet rolls ⁴ (frosted) -Toaster Pastries (frosted)	1 serving - 63 gm or 2.2 oz for 6 - 12 year olds and adults 1/2 serving - 31 gm or 1.1 oz for 1-5 year olds and adults
Group F		Minimum Serving Size for Group F
-Coffee cake ⁴		1 serving = 75 gm or 2.7 oz for 6 - 12 year olds and adults 1/2 serving = 38 gm or 1.3 oz for 1 - 5 year olds and adults
Group H		Minimum Serving Size for Group H
-Barley -Breakfast cereals ^{5,6} (cooked) - Bulgur or cracked wheat - Macaroni (all shapes)	-Noodles (all varieties) -Pasta -Ravioli (noodle only) -Rice (enriched white or brown)	1 serving - 1/2 cup cooked (or 25 gm) dry for 6 - 12 year olds and adults 1/2 serving - 1/4 cup cooked (or 13 gm) dry for 1 - 5 year olds and adults
Group I		Minimum Serving Size for Group I
1 serving - 3/4 cup or 1 oz, whichever is less		ready to eat breakfast cereal (cold dry) ^{5,6}

1. The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.
2. Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.
3. Allowed only for snacks, two times per week or less.
4. Allowed for snacks & breakfast only, two times per week or less
5. Refer to program regulations for the appropriate serving size for snacks served to children aged 1 through 5 in the NSLP; breakfasts 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.
6. Cereals may be whole-grain, enriched, or fortified.

Bread: white, whole wheat, rye, raisin, etc.

Purchase Unit: pound

Serving Size: 1/2 slice

Meal Component Requirement: Meets one serving of Bread/Bread Alternate at breakfast, lunch, supper and snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.75
9	.50	90	3.00
		100	3.25

Bread: white, whole wheat, rye, raisin, etc.

Purchase Unit: pound

Serving Size: 1 slice

Meal Component Requirement: Meets one serving of Bread/Bread Alternate at breakfast, lunch, supper and snack for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	2.00
4	.25	40	2.50
5	.50	50	3.25
6	.50	60	4.00
7	.50	70	4.50
8	.50	80	5.25
9	.75	90	5.75
		100	6.50

Cereal, Instant: Cream of Wheat, Malt O'Meal, Oatmeal, etc.

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Bread/Bread Alternate at breakfast, lunch, supper, and snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	1.75
9	.25	90	2.00
		100	2.25

Cereal, Instant: Cream of Wheat, Malt O'Meal, Oatmeal, etc.

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Bread/Bread Alternate at breakfast, lunch, supper, and snack for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.75
7	.50	70	3.25
8	.50	80	3.50
9	.50	90	4.00
		100	4.50

Cereal, Ready-to-eat: wheat, corn, rice, oats, granola

Purchase Unit: ounce

Serving Size: 1/3 cup or 1/2 ounce

Meal Component Requirement: Meets one Bread/Bread Alternate at breakfast and snack for 3-to-6 year olds.

Number of Meals	Ounces Required	Number of Meals	Ounces Required
1	.50	10	5.00
2	1.00	20	10.00
3	1.50	30	15.00
4	2.00	40	20.00
5	2.50	50	25.00
6	3.00	60	30.00
7	3.50	70	35.00
8	4.00	80	40.00
9	4.50	90	45.00
		100	50.00

Cereal, Ready-to-eat: wheat, corn, rice, oats, granola

Purchase Unit: ounce

Serving Size: 3/4 cup or 1 ounce

Meal Component Requirement: Meets one Bread/Bread Alternate at breakfast and snack for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Ounces Required	Number of Meals	Ounces Required
1	1.00	10	10.00
2	2.00	20	20.00
3	3.00	30	30.00
4	4.00	40	40.00
5	5.00	50	50.00
6	6.00	60	60.00
7	7.00	70	70.00
8	8.00	80	80.00
9	9.00	90	90.00
		100	100.00

Crackers, Graham

Purchase Unit: pound

Serving Size: 2 cracker squares

Meal Component Requirement: Meets one Bread/Bread Alternate at breakfast, lunch, supper and snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.50
9	.50	90	3.00
		100	3.25

Crackers, Graham

Purchase Unit: pound

Serving Size: 3 cracker squares

Meal Component Requirement: Meets one Bread/Bread Alternate at breakfast, lunch, supper and snack for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	3.75
9	.50	90	4.25
		100	4.75

Crackers, Melba Toast

Purchase Unit: pound

Serving Size: 3 pieces

Meal Component Requirement: Meets one Bread/Bread Alternate at breakfast, lunch, supper and snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	1.75
7	.25	70	2.00
8	.25	80	2.25
9	.25	90	2.50
		100	2.75

Crackers, Melba Toast

Purchase Unit: pound

Serving Size: 5 pieces

Meal Component Requirement: Meets one Bread/Bread Alternate at breakfast, lunch, supper and snack for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.25
6	.50	60	2.75
7	.50	70	3.25
8	.50	80	3.75
9	.50	90	4.25
		100	4.50

Crackers, Saltine

Purchase Unit: pound

Serving Size: 4 crackers

Meal Component Requirement: Meets one Bread/Bread Alternate at breakfast, lunch, supper and snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Crackers, Saltine

Purchase Unit: pound

Serving Size: 8 crackers

Meal Component Requirement: Meets one Bread/Bread Alternate at breakfast, lunch, supper and snack for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Macaroni, Elbow:

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Bread/Bread Alternate at breakfast, lunch, supper and snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	1.75
7	.25	70	2.00
8	.25	80	2.25
9	.25	90	2.50
		100	2.75

Macaroni, Elbow:

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Bread/Bread Alternate at breakfast, lunch, supper and snack for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.25	50	2.75
6	.50	60	3.25
7	.50	70	3.75
8	.50	80	4.25
9	.50	90	4.75
		100	5.25

Noodles, Egg: medium

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Bread/Bread Alternate at breakfast, lunch, supper and snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Noodles, Egg: medium

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Bread/Bread Alternate at breakfast, lunch, supper and snack for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Noodles, Lasagna

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Bread/Bread Alternate at breakfast, lunch, supper and snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	1.75
7	.25	70	2.00
8	.25	80	2.25
9	.25	90	2.50
		100	3.00

Noodles, Lasagna

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Bread/Bread Alternate at breakfast, lunch, supper, and snack for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.50	50	2.75
6	.50	60	3.50
7	.50	70	4.00
8	.50	80	4.50
9	.50	90	5.00
		100	5.50

Rice: white or brown, medium grain, regular cooking

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Bread/Bread Alternate at breakfast, lunch, supper and snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.25
4	.25	40	1.50
5	.25	50	2.00
6	.25	60	2.25
7	.25	70	2.75
8	.25	80	3.00
9	.25	90	3.50
		100	3.75

Rice: white or brown, medium grain, regular cooking

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Bread/Bread Alternate at breakfast, lunch, supper and snack for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.25	40	3.00
5	.50	50	3.75
6	.50	60	4.50
7	.50	70	5.25
8	.50	80	6.00
9	.75	90	6.75
		100	7.50

Spaghetti, Regular

Purchase Unit: pound

Serving Size: 1/4 cup, cooked (not over cooked)

Meal Component Requirement: Meets one serving of Bread/Bread Alternate at breakfast, lunch, supper and snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.25	60	3.00
7	.25	70	3.25
8	.50	80	3.75
9	.50	90	4.25
		100	4.75

Spaghetti, Regular

Purchase Unit: pound

Serving Size: 1/2 cup, cooked (not over cooked)

Meal Component Requirement: Meets one serving of Bread/Bread Alternate at breakfast, lunch, supper and snack for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.25	30	2.75
4	.50	40	3.75
5	.50	50	4.75
6	.50	60	5.75
7	.75	70	6.75
8	.75	80	7.50
9	.75	90	8.50
		100	9.50

3. Fruits



Apples: **canned, sliced**

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.00
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.00

Apples: **canned, sliced**

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00

Apples:**fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, raw (1/2 of a small apple)

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.50
5	.50	50	4.25
6	.50	60	5.00
7	.75	70	6.00
8	.75	80	6.75
9	.75	90	7.50
		100	8.50

Apples:**fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, raw (one small apple)

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.00
4	.75	40	6.75
5	1.00	50	8.50
6	1.00	60	10.00
7	1.25	70	11.75
8	1.50	80	13.50
9	1.50	90	15.00
		100	16.75

Apples: **fresh, cooked**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	11.75
9	1.50	90	13.25
		100	14.75

Apples: **fresh, cooked**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.00
2	.75	20	6.00
3	1.00	30	9.00
4	1.25	40	11.75
5	1.50	50	14.75
6	1.75	60	17.75
7	2.25	70	20.75
8	2.50	80	23.50
9	2.75	90	26.50
		100	29.50

Applesauce: **smooth or chunky**

Purchase Unit: 23 oz - 25 oz

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	23 - 25 oz jars Required	Number of Meals	23 - 25 oz jars Required
1	.25	10	1
2	.25	20	2
3	.50	30	3
4	.50	40	4
5	.50	50	5
6	.75	60	6
7	.75	70	7
8	1.00	80	8
9	1.00	90	9
		100	10

Applesauce: **smooth or chunky**

Purchase Unit: 23 oz - 25 oz jars

Serving size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	23 - 25 oz jars Required	Number of Meals	23 - 25 oz jars Required
1	.25	10	2
2	.50	20	4
3	.75	30	6
4	1	40	8
5	1	50	10
6	1.25	60	12
7	1.5	70	14
8	2.	80	16
9	2.	90	18
		100	20

Applesauce: **smooth or chunky**

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.25

Applesauce: **smooth or chunky**

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.75
7	.50	70	3.00
8	.50	80	3.50
9	.50	90	4.00
		100	4.40

Apricots: **canned, halves, drained**

Purchase Unit: #300 can (14 - 16 oz)

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch or supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.00
4	.75	40	6.50
5	1.00	50	8.25
6	1.00	60	10.00
7	1.25	70	11.50
8	1.25	80	13.25
9	1.50	90	14.75
		100	16.50

Apricots: **canned, halves, drained**

Purchase Unit: #303 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.50	10	3.50
2	.75	20	6.75
3	1.00	30	10.00
4	1.50	40	13.25
5	1.75	50	16.50
6	2.00	60	20.00
7	2.50	70	23.25
8	2.75	80	26.50
9	2.75	90	29.50
		100	33.00

Apricots: **canned, halves, drained**

Purchase Unit: #2 1/2 can (29 oz)

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch or supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.25	20	2.75
3	.50	30	4.00
4	.50	40	5.50
5	.75	50	6.75
6	.75	60	8.25
7	1.00	70	9.50
8	1.00	80	10.75
9	1.25	90	12.25
		100	13.50

Apricots: **canned, halves, drained**

Purchase Unit: #2 1/2 can (29 oz)

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	2.75
2	.50	20	5.50
3	.75	30	8.00
4	1.00	40	10.75
5	1.50	50	13.50
6	1.75	60	16.00
7	2.00	70	18.75
8	2.25	80	21.50
9	2.50	90	24.00
		100	26.75

Apricots: **canned, halves, drained**

Purchase Unit: #10 can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch or supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.75
9	.50	90	3.00
		100	3.25

Apricots: **canned, halves, drained**

Purchase Unit: #10 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.00
4	.25	40	2.75
5	.50	50	3.25
6	.50	60	4.00
7	.50	70	4.50
8	.50	80	5.25
9	.75	90	5.75
		100	6.50

Bananas: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, raw, approximately 1/2 small banana

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch or supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	4.75
4	.75	40	6.25
5	1.00	50	7.75
6	1.00	60	9.50
7	1.25	70	11.00
8	1.25	80	12.50
9	1.50	90	14.00
		100	15.50

Bananas: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, raw, approximately 1 small banana

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.25
2	.75	20	6.25
3	1.00	30	9.50
4	1.25	40	12.50
5	1.75	50	15.50
6	2.00	60	18.75
7	2.25	70	21.75
8	2.50	80	24.75
9	3.00	90	28.00
		100	31.00

Blueberries: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.50
5	.50	50	4.25
6	.50	60	5.25
7	.75	70	6.00
8	.75	80	6.75
9	.75	90	7.75
		100	8.50

Blueberries: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.25
4	.75	40	6.75
5	1.00	50	8.50
6	1.00	60	10.25
7	1.25	70	11.75
8	1.50	80	13.50
9	1.50	90	15.25
		100	17.00

Cantaloupe: **fresh, cubed**

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.25
4	.75	40	7.00
5	1.00	50	8.75
6	1.25	60	10.50
7	1.25	70	12.25
8	1.50	80	13.75
9	1.75	90	15.50
		100	17.25

Cantaloupe: **fresh, cubed**

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.50
2	.75	20	7.00
3	1.25	30	10.50
4	1.50	40	13.75
5	1.75	50	17.25
6	2.25	60	20.75
7	2.50	70	24.25
8	2.75	80	27.50
9	3.25	90	31.00
		100	34.50

Cranberry: **sauce, strained or whole**

Purchase Unit: #300 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	4.75
4	.75	40	6.25
5	1.00	50	7.75
6	1.00	60	9.25
7	1.25	70	10.75
8	1.25	80	12.25
9	1.50	90	14.00
		100	15.50

Cranberry: **sauce, strained, or whole**

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.25

Fruit Cocktail:

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.50
4	.50	40	4.50
5	.75	50	5.50
6	.75	60	6.75
7	.75	70	7.75
8	1.00	80	8.75
9	1.00	90	10.00
		100	11.00

Fruit Cocktail:

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	6.75
4	1.00	40	8.75
5	1.25	50	11.00
6	1.50	60	13.25
7	1.50	70	15.25
8	1.75	80	17.50
9	2.00	90	19.75
		100	22.00

Fruit Cocktail:

Purchase Unit: #10 can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	1.75
7	.25	70	2.25
8	.25	80	2.50
9	.25	90	2.75
		100	3.00

Fruit Cocktail:

Purchase Unit: #10 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.50
5	.50	50	3.00
6	.50	60	3.50
7	.50	70	4.25
8	.50	80	4.75
9	.50	90	5.25
		100	6.00

Grapefruit: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, about 1/4 large grapefruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.50
2	.50	20	5.00
3	.75	30	7.50
4	1.00	40	10.00
5	1.25	50	12.50
6	1.50	60	15.00
7	1.75	70	17.50
8	2.00	80	20.00
9	2.25	90	22.50
		100	25.00

Grapefruit: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, about 1/2 large grapefruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	5.00
2	1.00	20	10.00
3	1.50	30	15.00
4	2.00	40	20.00
5	2.50	50	25.00
6	3.00	60	30.00
7	3.50	70	35.00
8	4.00	80	40.00
9	4.50	90	45.00
		100	50.00

Grapes: **fresh, seedless**

Purchase Unit: pound

Serving Size: 1/4 cup, about 9 grapes

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	8.00
9	1.00	90	9.00
		100	10.00

Grapes: **fresh, seedless**

Purchase Unit: pound

Serving Size: 1/2 cup, about 18 grapes

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	12.00
7	1.50	70	14.00
8	1.75	80	16.00
9	2.00	90	18.00
		100	20.00

Kiwifruit: **fresh**
Purchase Unit: pound
Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.25
6	1.00	60	8.75
7	1.25	70	10.25
8	1.25	80	11.75
9	1.50	90	13.25
		100	14.50

Kiwifruit: **fresh**
Purchase Unit: pound
Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.00
2	.75	20	6.00
3	1.00	30	8.75
4	1.25	40	11.75
5	1.50	50	14.50
6	1.75	60	17.50
7	2.25	70	20.50
8	2.50	80	23.25
9	2.75	90	26.25
		100	29.00

Mangos: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, cubed or sliced

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.25	20	2.75
3	.50	30	4.00
4	.75	40	5.50
5	.75	50	6.75
6	1.00	60	8.00
7	1.00	70	9.25
8	1.25	80	10.75
9	1.25	90	12.00
		100	13.25

Mangos: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, cubed or sliced

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.75
2	.75	20	5.25
3	1.00	30	8.00
4	1.25	40	10.50
5	1.50	50	13.25
6	1.75	60	16.00
7	2.00	70	18.50
8	2.25	80	21.25
9	2.50	90	23.75
		100	26.50

Nectarines: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, raw, halves

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	3.50
4	.50	40	4.75
5	.75	50	6.00
6	.75	60	7.00
7	1.00	70	8.25
8	1.00	80	9.50
9	1.25	90	10.50
		100	11.75

Nectarines: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, raw, approximately 1 small

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.75
2	.50	20	5.25
3	1.00	30	8.00
4	1.25	40	10.50
5	1.50	50	13.25
6	1.75	60	15.75
7	2.00	70	18.50
8	2.25	80	21.00
9	2.50	90	23.50
		100	26.25

Oranges: **canned, Mandarin**

Purchase Unit: pound

Serving Size: 1/4 cup, fruit and juice

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.25	20	2.75
3	.50	30	4.25
4	.75	40	5.50
5	.75	50	7.00
6	1.00	60	8.25
7	1.00	70	9.75
8	1.25	80	11.00
9	1.25	90	12.50
		100	13.75

Oranges: **canned, Mandarin**

Purchase Unit: pound

Serving Size: 1/2 cup, fruit and juice

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.75
2	.75	20	5.50
3	1.00	30	8.25
4	1.25	40	11.00
5	1.50	50	13.75
6	1.75	60	16.50
7	2.00	70	19.25
8	2.25	80	22.00
9	2.50	90	24.75
		100	27.50

Oranges: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, raw (1/2 of a medium orange)

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	2.75
3	.50	30	4.25
4	.75	40	5.75
5	.75	50	7.00
6	1.00	60	8.50
7	1.00	70	9.75
8	1.25	80	11.25
9	1.25	90	12.50
		100	14.00

Oranges: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, raw (one medium orange)

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	2.75
2	.75	20	5.50
3	1.00	30	8.50
4	1.25	40	11.25
5	1.50	50	14.00
6	1.75	60	16.75
7	2.00	70	19.50
8	2.25	80	22.25
9	2.50	90	25.00
		100	27.75

Papaya: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, cubed

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	3.50
4	.50	40	4.75
5	.75	50	6.00
6	.75	60	7.00
7	1.00	70	8.25
8	1.00	80	9.50
9	1.25	90	10.50
		100	11.75

Papaya: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, cubed

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.50
2	.50	20	4.75
3	.75	30	7.00
4	1.00	40	9.50
5	1.25	50	11.75
6	1.50	60	14.00
7	1.75	70	16.50
8	2.00	80	18.75
9	2.25	90	21.00
		100	23.50

Papaya: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, mashed

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	11.75
7	1.50	70	13.75
8	1.75	80	15.75
9	1.75	90	17.75
		100	19.75

Papaya: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, mashed

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	4.00
2	1.00	20	8.00
3	1.25	30	11.75
4	1.75	40	15.75
5	2.00	50	19.75
6	2.50	60	23.50
7	2.75	70	27.50
8	3.25	80	31.50
9	3.75	90	35.50
		100	39.25

Peaches: **canned, diced**

Purchase Unit: #2 ½ can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 ½ Cans Required	Number of Meals	#2 ½ Cans Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.50
4	.50	40	4.50
5	.75	50	5.50
6	.75	60	6.75
7	1.00	70	8.00
8	1.00	80	9.00
9	1.00	90	10.00
		100	11.25

Peaches: **canned, diced**

Purchase Unit: #2 ½ can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 ½ Cans Required	Number of Meals	#2 ½ Cans Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	6.75
4	1.00	40	9.00
5	1.25	50	11.25
6	1.50	60	13.50
7	1.75	70	16.00
8	2.00	80	18.00
9	2.00	90	20.00
		100	22.25

Peaches: **canned, diced**

Purchase Unit: #10 can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	1.75
7	.25	70	2.00
8	.25	80	2.25
9	.25	90	2.50
		100	2.75

Peaches: **canned, diced**

Purchase Unit: #10 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.50	50	2.75
6	.50	60	3.50
7	.50	70	4.00
8	.50	80	4.50
9	.50	90	5.00
		100	5.50

Peaches: **canned, halves**

Purchase Unit: #2 ½ can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 ½ Cans Required	Number of Meals	#2 ½ Cans Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	3.75
4	.50	40	5.00
5	.75	50	6.25
6	.75	60	7.50
7	1.00	70	8.75
8	1.00	80	10.00
9	1.25	90	11.25
		100	12.50

Peaches: **canned, halves**

Purchase Unit: #2 ½ can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 ½ Cans Required	Number of Meals	#2 ½ Cans Required
1	.25	10	2.50
2	.50	20	5.00
3	.75	30	7.50
4	1.00	40	10.00
5	1.25	50	12.50
6	1.50	60	15.00
7	1.75	70	17.50
8	2.00	80	20.00
9	2.25	90	22.50
		100	25.00

Peaches: **canned, halves**

Purchase Unit: #10 can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.50
9	.50	90	3.00
		100	3.25

Peaches: **canned, halves**

Purchase Unit: #10 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	2.00
4	.25	40	2.50
5	.50	50	3.25
6	.50	60	3.75
7	.50	70	4.50
8	.50	80	5.00
9	.75	90	5.75
		100	6.25

Peaches: **fresh, diced**

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	7.75
5	1.00	50	9.75
6	1.25	60	11.75
7	1.50	70	13.50
8	1.75	80	15.50
9	1.75	90	17.50
		100	19.50

Peaches: **fresh, diced**

Purchase Unit: pound

Serving Size: 1/2 cup, raw (about one small peach)

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	2.75
2	.75	20	5.50
3	1.00	30	8.00
4	1.25	40	10.75
5	1.50	50	13.50
6	1.75	60	16.00
7	2.00	70	18.75
8	2.25	80	21.50
9	2.50	90	24.25
		100	26.75

Peaches: **frozen, sliced**

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.75
3	.50	30	4.00
4	.50	40	5.25
5	.75	50	6.50
6	.75	60	7.75
7	1.00	70	9.25
8	1.00	80	10.50
9	1.25	90	11.75
		100	13.00

Peaches: **fresh, sliced**

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.75
2	.50	20	5.50
3	1.00	30	8.25
4	1.25	40	11.00
5	1.50	50	13.50
6	1.75	60	16.25
7	2.00	70	19.00
8	2.25	80	21.75
9	2.50	90	24.50
		100	27.00

Pears: **canned, diced**

Purchase Unit: #2 ½ can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 ½ Cans Required	Number of Meals	#2 ½ Cans Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.75	50	5.00
6	.75	60	5.75
7	.75	70	6.75
8	1.00	80	7.75
9	1.00	90	8.75
		100	9.75

Pears: **canned, diced**

Purchase Unit: #2 ½ can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 ½ Cans Required	Number of Meals	#2 ½ Cans Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	5.75
4	1.00	40	7.75
5	1.00	50	9.75
6	1.25	60	11.50
7	1.50	70	13.50
8	1.75	80	15.25
9	1.75	90	17.25
		100	19.25

Pears: **canned, diced**

Purchase Unit: #10 can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	1.75
7	.25	70	2.00
8	.25	80	2.25
9	.25	90	2.50
		100	2.75

Pears: **canned, diced**

Purchase Unit: #10 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.50	50	2.75
6	.50	60	3.25
7	.50	70	3.75
8	.50	80	4.25
9	.50	90	4.75
		100	5.50

Pears: **canned, halves**

Purchase Unit: #2 ½ can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 ½ Cans Required	Number of Meals	#2 ½ Cans Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	3.75
4	.50	40	5.00
5	.75	50	6.25
6	.75	60	7.50
7	1.00	70	8.75
8	1.00	80	10.00
9	1.25	90	11.25
		100	12.50

Pears: **canned, halves**

Purchase Unit: #2 ½ can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 ½ Cans Required	Number of Meals	#2 ½ Cans Required
1	.25	10	2.50
2	.50	20	5.00
3	.75	30	7.50
4	1.00	40	10.00
5	1.25	50	12.50
6	1.50	60	15.00
7	1.75	70	17.50
8	2.00	80	20.00
9	2.25	90	22.50
		100	25.00

Pears: **canned, halves**

Purchase Unit: #10 can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.50
8	.50	80	2.75
9	.50	90	3.00
		100	3.25

Pears: **canned, halves**

Purchase Unit: #10 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.00
4	.50	40	2.75
5	.50	50	3.25
6	.50	60	4.00
7	.50	70	4.50
8	.75	80	5.25
9	.75	90	6.00
		100	6.50

Pears: **fresh, cubed or sliced**

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.25
4	.75	40	5.75
5	.75	50	7.00
6	1.00	60	8.50
7	1.00	70	10.00
8	1.25	80	11.25
9	1.25	90	12.75
		100	14.00

Pears: **fresh, cubed or sliced**

Purchase Unit: pound

Serving Size: 1/2 cup, raw, about 1 small

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.50
2	.50	20	5.00
3	.75	30	7.25
4	1.00	40	9.75
5	1.25	50	12.25
6	1.50	60	14.50
7	1.75	70	17.00
8	2.00	80	19.50
9	2.25	90	21.75
		100	24.25

Pineapple: **canned, chunks**

Purchase Unit: 20 oz can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 Cans Required	Number of Meals	#2 Cans Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	5.00
4	.75	40	6.50
5	1.00	50	8.00
6	1.00	60	9.75
7	1.25	70	11.25
8	1.50	80	13.00
9	1.50	90	14.50
		100	16.25

Pineapple: **canned, chunks**

Purchase Unit: 20 oz. can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 Cans Required	Number of Meals	#2 Cans Required
1	.50	10	3.25
2	.75	20	6.50
3	1.00	30	9.75
4	1.50	40	13.00
5	1.75	50	16.25
6	2.00	60	19.50
7	2.25	70	22.75
8	2.75	80	25.75
9	3.00	90	29.00
		100	32.25

Pineapple: **canned, chunks**

Purchase Unit: #10 can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.50
9	.50	90	2.75
		100	3.00

Pineapple: **canned, chunks**

Purchase Unit: #10 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	2.00
4	.25	40	2.50
5	.50	50	3.00
6	.50	60	3.75
7	.50	70	4.25
8	.50	80	5.00
9	.75	90	5.50
		100	6.00

Pineapple: **canned, crushed**

Purchase Unit: #2 can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 Cans Required	Number of Meals	#2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.25
6	1.00	60	8.75
7	1.00	70	10.25
8	1.25	80	11.75
9	1.50	90	13.25
		100	14.50

Pineapple: **canned, crushed**

Purchase Unit: #2 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 Cans Required	Number of Meals	#2 Cans Required
1	.50	10	3.00
2	.75	20	6.00
3	1.00	30	8.75
4	1.25	40	11.75
5	1.50	50	14.50
6	1.75	60	17.50
7	2.25	70	20.50
8	2.50	80	23.25
9	2.75	90	26.25
		100	29.00

Pineapple: **canned, crushed**

Purchase Unit: #10 can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	1.75
7	.25	70	2.00
8	.25	80	2.25
9	.25	90	2.50
		100	2.75

Pineapple: **canned, crushed**

Purchase Unit: #10 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.25	50	2.75
6	.50	60	3.25
7	.50	70	4.00
8	.50	80	4.50
9	.50	90	5.00
		100	5.50

Pineapple: **canned, sliced**

Purchase Unit: #2 can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 Cans Required	Number of Meals	#2 Cans Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	4.75
4	.75	40	6.25
5	1.00	50	7.75
6	1.00	60	9.25
7	1.25	70	11.00
8	1.25	80	12.50
9	1.50	90	14.00
		100	15.50

Pineapple: **canned, sliced**

Purchase Unit: #2 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 Cans Required	Number of Meals	#2 Cans Required
1	.50	10	3.25
2	.75	20	6.25
3	1.00	30	9.25
4	1.25	40	12.50
5	1.75	50	15.50
6	2.00	60	18.50
7	2.25	70	21.75
8	2.50	80	24.75
9	3.00	90	27.75
		100	31.00

Pineapple: **canned, sliced**

Purchase Unit: #10 can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.50
9	.50	90	3.00
		100	3.25

Pineapple: **canned, sliced**

Purchase Unit: #10 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.00
4	.25	40	2.75
5	.50	50	3.25
6	.50	60	4.00
7	.50	70	4.50
8	.50	80	5.25
9	.75	90	5.75
		100	6.50

Pineapple: **fresh, cubed**

Purchase Unit: 1 pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	4.75
4	.75	40	6.25
5	1.00	50	8.00
6	1.00	60	9.50
7	1.25	70	11.00
8	1.25	80	12.50
9	1.50	90	14.25
		100	15.75

Pineapple: **fresh, cubed**

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.25
2	.75	20	6.25
3	1.00	30	9.50
4	1.25	40	12.50
5	1.75	50	15.50
6	2.00	60	18.75
7	2.25	70	22.00
8	2.50	80	25.00
9	3.00	90	28.25
		100	31.25

Plums: **canned, purple**

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	3.75
4	.50	40	5.00
5	.75	50	6.25
6	.75	60	7.25
7	1.00	70	8.50
8	1.00	80	9.75
9	1.25	90	11.00
		100	12.25

Plums: **canned, purple**

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	2.50
2	.50	20	5.00
3	.75	30	7.25
4	1.00	40	9.75
5	1.25	50	12.25
6	1.50	60	14.75
7	1.75	70	17.00
8	2.00	80	19.50
9	2.25	90	22.00
		100	24.25

Plums: **canned, purple**

Purchase Unit: #10 can

Serving Size: 1/4 cup, drained fruit

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.25
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.25
7	.25	70	2.50
8	.50	80	2.75
9	.50	90	3.25
		100	3.50

Plums: **canned, purple**

Purchase Unit: #10 can

Serving Size: 1/2 cup, drained fruit

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	2.75
5	.50	50	3.50
6	.50	60	4.25
7	.50	70	4.75
8	.75	80	5.50
9	.75	90	6.25
		100	7.00

Plums: **fresh, Italian or purple**

Purchase Unit: pound

Serving Size: 1/4 cup, raw, about 1 1/2 plums

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	3.75
5	.50	50	4.75
6	.75	60	5.75
7	.75	70	6.75
8	.75	80	7.75
9	1.00	90	8.50
		100	9.50

Plums: **fresh, Italian or purple**

Purchase Unit: pound

Serving Size: 1/2 cup, raw, about 3 plums

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.75
4	.75	40	7.75
5	1.00	50	9.50
6	1.25	60	11.50
7	1.50	70	13.25
8	1.50	80	15.25
9	1.75	90	17.00
		100	19.00

Prunes: **canned**

Purchase Unit: #10 can

Serving Size: 1/4 cup, fruit and juice

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	1.75
9	.25	90	2.00
		100	2.25

Prunes: **canned**

Purchase Unit: #10 can

Serving Size: 1/2 cup, fruit and juice

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.75
7	.50	70	3.25
8	.50	80	3.50
9	.50	90	4.00
		100	4.50

Prunes: **canned**

Purchase Unit: pound

Serving Size: 1/4 cup, fruit and juice

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	11.75
9	1.50	90	13.25
		100	14.75

Prunes: **canned**

Purchase Unit: pound

Serving Size: 1/2 cup, fruit and juice

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.00
2	.75	20	6.00
3	1.00	30	9.00
4	1.25	40	12.00
5	1.50	50	14.75
6	1.75	60	17.75
7	2.25	70	20.75
8	2.50	80	23.75
9	2.75	90	26.75
		100	29.50

Prunes: **dried**

Purchase Unit: pound

Serving Size: 1/4 cup, with pits

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.25
5	.75	50	5.25
6	.75	60	6.25
7	.75	70	7.50
8	1.00	80	8.50
9	1.00	90	9.50
		100	10.50

Prunes: **dried**

Purchase Unit: pound

Serving Size: 1/2 cup, with pits

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.25
4	1.00	40	8.50
5	1.25	50	10.50
6	1.25	60	12.50
7	1.50	70	14.75
8	1.75	80	16.75
9	2.00	90	18.75
		100	21.00

Prunes: **dried**

Purchase Unit: pound

Serving Size: 1/4 cup, without pits

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	3.75
5	.50	50	4.75
6	.75	60	5.75
7	.75	70	6.75
8	.75	80	7.75
9	1.00	90	8.50
		100	9.50

Prunes: **dried**

Purchase Unit: pound

Serving Size: 1/2 cup, without pits

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	5.75
4	.75	40	7.75
5	1.00	50	9.50
6	1.25	60	11.50
7	1.50	70	13.25
8	1.50	80	15.25
9	1.75	90	17.00
		100	19.00

Prunes: **dried, pitted**

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.25	20	2.75
3	.50	30	4.25
4	.50	40	5.75
5	.75	50	7.00
6	1.00	60	8.50
7	1.00	70	9.75
8	1.25	80	11.25
9	1.25	90	12.75
		100	14.00

Prunes: **dried, pitted**

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	6.75
4	1.00	40	8.75
5	1.25	50	11.00
6	1.50	60	13.25
7	1.75	70	15.50
8	1.75	80	17.75
9	2.00	90	20.00
		100	22.00

Raisins:

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.25
5	.50	50	4.00
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.50
9	.75	90	7.25
		100	8.00

Raisins:

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	5.00
4	.75	40	6.50
5	1.00	50	8.00
6	1.00	60	9.75
7	1.25	70	11.25
8	1.50	80	13.00
9	1.50	90	14.50
		100	16.00

Star Fruit (Carambola): fresh, sliced

Purchase Unit: pound

Serving Size: 1/4 cup - approximately 6 1/4-inch slices

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.50
5	.50	50	4.25
6	.50	60	5.25
7	.75	70	6.00
8	.75	80	6.75
9	.75	90	7.75
		100	8.50

Star Fruit (Carambola): fresh, sliced

Purchase Unit: pound

Serving Size: 1/2 cup - approximately 12 1/4-inch slices

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.00
4	.75	40	6.75
5	1.00	50	8.50
6	1.00	60	10.00
7	1.25	70	11.75
8	1.50	80	13.50
9	1.50	90	15.25
		100	16.75

Strawberries: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	4.75
6	.75	60	5.75
7	.75	70	6.75
8	.75	80	7.75
9	1.00	90	8.75
		100	9.50

Strawberries: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	5.75
4	.75	40	7.75
5	1.00	50	9.50
6	1.25	60	11.50
7	1.50	70	13.50
8	1.75	80	15.25
9	1.75	90	17.25
		100	19.00

Strawberries: **frozen, whole**

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	12.00
7	1.50	70	14.00
8	1.75	80	16.00
9	2.00	90	18.00
		100	20.00

Strawberries: **frozen, whole**

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	4.00
2	.75	20	8.00
3	1.25	30	12.00
4	1.75	40	16.00
5	2.00	50	20.00
6	2.50	60	24.00
7	3.00	70	28.00
8	3.25	80	32.00
9	3.50	90	36.00
		100	40.00

Strawberries: **frozen, sliced**

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.25	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Strawberries: **frozen, sliced**

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.75
2	.50	20	5.50
3	1.00	30	8.25
4	1.25	40	10.25
5	1.50	50	13.50
6	1.75	60	16.25
7	2.00	70	19.00
8	2.25	80	21.75
9	2.50	90	24.50
		100	27.00

Watermelon: fresh, cubed

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	4.75
4	.75	40	6.25
5	1.00	50	7.75
6	1.00	60	9.50
7	1.25	70	11.00
8	1.25	80	12.50
9	1.50	90	14.00
		100	15.50

Watermelon: fresh, cubed

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.25
2	.75	20	6.25
3	1.00	30	9.50
4	1.25	40	12.50
5	1.75	50	15.50
6	2.00	60	18.75
7	2.25	70	21.75
8	2.50	80	25.00
9	3.00	90	28.00
		100	31.00

4. Vegetables



Avocados: fresh

Purchase Unit: pound

Serving Size: 1/4 cup, raw, mashed

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch or supper for 3-to-6 year olds. Meets part of the Fruit/ Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	11.75
7	1.50	70	13.75
8	1.75	80	15.75
9	2.00	90	17.75
		100	19.75

Avocados: fresh

Purchase Unit: pound

Serving Size: 1/2 cup, raw, mashed

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	4.00
2	1.00	20	8.00
3	1.25	30	11.75
4	1.75	40	15.75
5	2.00	50	19.75
6	2.50	60	23.75
7	2.75	70	27.50
8	3.25	80	31.50
9	3.75	90	35.50
		100	39.25

Avocados: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, raw, sliced

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch or supper for 3-to-6 year olds. Meets part of the Fruit/ Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	2.75
3	.50	30	4.00
4	.75	40	5.50
5	.75	50	6.75
6	1.00	60	8.00
7	1.00	70	9.50
8	1.25	80	10.75
9	1.25	90	12.00
		100	13.50

Avocados: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, raw, sliced

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	2.75
2	.75	20	5.50
3	1.00	30	8.00
4	1.25	40	10.75
5	1.50	50	13.50
6	1.75	60	16.00
7	2.00	70	18.75
8	2.25	80	21.50
9	2.50	90	24.00
		100	26.75

Bean Sprouts:

Alfalfa

Purchase Unit:

pound

Serving Size:

1/4 cup, fresh, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	1.75
7	.25	70	2.00
8	.25	80	2.25
9	.25	90	2.50
		100	2.75

Bean Sprouts:

Alfalfa

Purchase Unit:

pound

Serving Size:

1/2 cup, fresh, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.75
4	.25	40	2.25
5	.25	50	2.75
6	.50	60	3.25
7	.50	70	3.75
8	.50	80	4.25
9	.50	90	4.75
		100	5.25

Bean Sprouts:

Mung

Purchase Unit: pound

Serving Size: 1/4 cup, fresh, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	2.75
8	.50	80	3.25
9	.50	90	3.50
		100	4.00

Bean Sprouts:

Mung

Purchase Unit: pound

Serving Size: 1/2 cup, fresh, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.25
5	.50	50	4.00
6	.50	60	4.75
7	.75	70	5.50
8	.75	80	6.25
9	.75	90	7.00
		100	7.75

Beans, Garbanzo: canned, drained

Purchase Unit: #300 can (15 ounces)

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.25	90	13.50
		100	15.00

Beans, Garbanzo: canned, drained

Purchase Unit: #300 can (15 ounces)

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.50	10	3.00
2	.75	20	6.00
3	1.00	30	9.00
4	1.25	40	12.00
5	1.50	50	15.00
6	1.75	60	18.00
7	2.25	70	21.00
8	2.50	80	24.00
9	2.75	90	27.00
		100	30.00

Beans, Great Northern, Kidney, or Pinto: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.75
4	.50	40	3.50
5	.50	50	4.50
6	.50	60	5.25
7	.75	70	6.25
8	.75	80	7.00
9	1.00	90	7.75
		100	8.75

Beans, Great Northern, Kidney, or Pinto: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Beans, Great Northern, Kidney, or Pinto: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Beans, Great Northern, Kidney, or Pinto: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Beans, Great Northern, Kidney, or Pinto: dry

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.50
9	.50	90	3.75
		100	4.25

Beans, Great Northern, Kidney, or Pinto: dry

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.50
5	.50	50	4.25
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.75
9	.75	90	7.50
		100	8.25

Beans, Green: canned, cut

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.25
5	.50	50	4.00
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.50
9	.75	90	7.25
		100	8.00

Beans, Green: canned, cut

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	5.00
4	.75	40	6.50
5	1.00	50	8.00
6	1.00	60	9.75
7	1.25	70	11.25
8	1.50	80	13.00
9	1.50	90	14.50
		100	16.00

Beans, Green: canned, cut

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Beans, Green: canned, cut

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	2.75
7	.50	70	3.25
8	.50	80	3.75
9	.50	90	4.25
		100	4.75

Beans, Green: canned, french-style

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	8.00
9	1.00	90	9.00
		100	10.00

Beans, Green: canned, french-style

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	12.00
7	1.50	70	14.00
8	1.75	80	16.00
9	2.00	90	18.00
		100	20.00

Beans, Green: canned, french-style

Purchase Unit: #10 cans

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	1.75
7	.25	70	2.00
8	.25	80	2.25
9	.25	90	2.50
		100	3.00

Beans, Green: canned, french-style

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.50	50	3.00
6	.50	60	3.50
7	.50	70	4.00
8	.50	80	4.50
9	.50	90	5.25
		100	5.75

Beans, Green: **fresh**
Purchase Unit: pound
Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.25	30	2.75
4	.50	40	3.75
5	.50	50	4.50
6	.75	60	5.50
7	.75	70	6.50
8	.75	80	7.25
9	1.00	90	8.25
		100	9.00

Beans, Green: **fresh**
Purchase Unit: pound
Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.25
5	1.00	50	9.00
6	1.25	60	11.00
7	1.25	70	12.75
8	1.50	80	14.50
9	1.75	90	16.25
		100	18.00

Beans, Green: frozen, cut

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.75
4	.50	40	3.50
5	.50	50	4.50
6	.50	60	5.25
7	.75	70	6.25
8	.75	80	7.00
9	1.00	90	8.00
		100	8.75

Beans, Green: frozen, cut

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.25
4	.75	40	7.00
5	1.00	50	8.75
6	1.25	60	10.50
7	1.25	70	12.25
8	1.50	80	14.00
9	1.75	90	15.75
		100	17.50

Beans, Green: frozen, french-style

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.50
5	.50	50	4.25
6	.50	60	5.00
7	.75	70	6.00
8	.75	80	6.75
9	.75	90	7.50
		100	8.50

Beans, Green: frozen, french-style

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.00
4	.75	40	6.75
5	1.00	50	8.50
6	1.00	60	10.00
7	1.25	70	11.75
8	1.50	80	13.50
9	1.50	90	15.00
		100	16.75

Beans, Lima: **canned**

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.00
4	.25	40	2.75
5	.50	50	3.25
6	.50	60	4.00
7	.50	70	4.50
8	.50	80	5.25
9	.75	90	5.75
		100	6.50

Beans, Lima: **canned**

Purchase Unit: #2 1/2 can

Serving Size: 2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.25	20	2.75
3	.50	30	4.00
4	.50	40	5.25
5	.75	50	6.50
6	.75	60	7.75
7	1.00	70	9.00
8	1.00	80	10.25
9	1.25	90	11.50
		100	13.00

Beans, Lima: **canned**

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Beans, Lima: **canned**

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Beans, Lima: **frozen**
Purchase Unit: pound
Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	2.75
4	.50	40	3.75
5	.50	50	4.75
6	.75	60	5.50
7	.75	70	6.50
8	.75	80	7.50
9	1.00	90	8.50
		100	9.25

Beans, Lima: **frozen**
Purchase Unit: pound
Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.50
5	1.00	50	9.25
6	1.25	60	11.25
7	1.50	70	13.00
8	1.50	80	14.75
9	1.75	90	16.75
		100	18.50

Beans: Pork and Beans or Beans Baked in Sauce

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.75
6	.50	60	4.50
7	.75	70	5.25
8	.75	80	6.00
9	.75	90	6.75
		100	7.50

Beans: Pork and Beans or Beans Baked in Sauce

Purchase Unit: #2 1/2 can

Serving Size: 2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Beans: Pork and Beans or Beans Baked in Sauce

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.00
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.00

Beans: Pork and Beans or Beans Baked in Sauce

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00

Beans, Refried: canned

Purchase Unit: #300 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.25
4	.75	40	5.75
5	.75	50	7.25
6	1.00	60	8.50
7	1.00	70	10.00
8	1.25	80	11.50
9	1.25	90	12.75
		100	14.25

Beans, Refried: canned

Purchase Unit: #300 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.50	10	3.00
2	.75	20	5.75
3	1.00	30	8.50
4	1.25	40	11.50
5	1.50	50	14.25
6	1.75	60	17.00
7	2.00	70	19.75
8	2.25	80	22.75
9	2.75	90	25.50
		100	28.25

Beans, Refried: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.75
6	.50	60	4.50
7	.75	70	5.25
8	.75	80	6.00
9	.75	90	6.75
		100	7.50

Beans, Refried: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Beans, Refried: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.00
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.00

Beans, Refried: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00
		100	4.25

Beets: **canned, sliced**

Purchase Unit: #300 can (15 oz)

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	.75	40	7.75
5	1.00	50	9.75
6	1.25	60	11.75
7	1.50	70	13.50
8	1.50	80	15.50
9	1.75	90	17.50
		100	19.50

Beets: **canned, sliced**

Purchase Unit: #300 can (15 oz)

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.50	10	4.00
2	.75	20	7.75
3	1.25	30	11.75
4	1.50	40	15.50
5	2.00	50	19.50
6	2.50	60	23.25
7	2.75	70	27.25
8	3.25	80	31.00
9	3.50	90	35.00
		100	38.75

Beets: canned, sliced

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Beets: canned, sliced

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	2.75
7	.50	70	3.25
8	.50	80	3.75
9	.50	90	4.25
		100	4.75

Bell Peppers, Green: raw, sliced in strips

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.50
5	.50	50	3.00
6	.50	60	3.75
7	.50	70	4.25
8	.50	80	4.75
9	.50	90	5.50
		100	6.00

Bell Peppers, Green: raw, sliced in strips

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.75
3	.50	30	4.00
4	.50	40	5.25
5	.75	50	6.50
6	.75	60	7.75
7	1.00	70	9.25
8	1.00	80	10.50
9	1.25	90	11.75
		100	13.00

Bell Peppers, Green: raw, diced

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	8.00
9	1.00	90	9.00
		100	10.00

Bell Peppers, Green: raw, diced

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	12.00
7	1.50	70	14.00
8	1.75	80	16.00
9	2.00	90	18.00
		100	20.00

Broccoli: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	8.00
9	1.00	90	9.00
		100	10.00

Broccoli: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	11.75
7	1.50	70	13.75
8	1.75	80	15.75
9	1.75	90	17.75
		100	19.75

Broccoli: **fresh**
Purchase Unit: pound
Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.25
5	.50	50	5.25
6	.75	60	6.25
7	.75	70	7.25
8	1.00	80	8.25
9	1.00	90	9.50
		100	10.50

(Note: One Pound of raw broccoli florets [no waste] yields 17, 1/4 cup portions.)

Broccoli: **fresh**
Purchase Unit: pound
Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.25
4	1.00	40	8.25
5	1.25	50	10.50
6	1.25	60	12.50
7	1.50	70	14.50
8	1.75	80	16.50
9	2.00	90	18.75
		100	20.75

Broccoli: frozen, spears, cut or chopped

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.25
5	.50	50	5.25
6	.75	60	6.25
7	.75	70	7.50
8	1.00	80	8.50
9	1.00	90	9.50
		100	10.50

Broccoli: frozen, spears, cut or chopped

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.25
4	1.00	40	8.25
5	1.25	50	10.50
6	1.25	60	12.50
7	1.50	70	14.75
8	1.75	80	16.75
9	2.00	90	18.75
		100	21.00

Cabbage: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.75
6	.50	60	4.50
7	.50	70	5.25
8	.75	80	6.00
9	.75	90	6.75
		100	7.50

Cabbage: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	8.75
7	1.00	70	10.25
8	1.25	80	11.75
9	1.50	90	13.25
		100	14.75

Cabbage: **fresh**
Purchase Unit: pound
Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.50	50	3.00
6	.50	60	3.50
7	.50	70	4.00
8	.50	80	4.75
9	.75	90	5.25
		100	5.75

Cabbage: **fresh**
Purchase Unit: pound
Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	3.50
4	.50	40	4.75
5	.50	50	5.75
6	.75	60	7.00
7	.75	70	8.00
8	1.00	80	9.25
9	1.25	90	10.25
		100	11.50

Cabbage: **chopped with dressing (coleslaw)**

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.25	30	2.75
4	.50	40	3.75
5	.50	50	4.50
6	.75	60	5.50
7	.75	70	6.50
8	.75	80	7.25
9	1.00	90	8.25
		100	9.00

Cabbage: **chopped with dressing (coleslaw)**

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.25
5	1.00	50	9.00
6	1.25	60	11.00
7	1.25	70	12.75
8	1.50	80	14.50
9	1.75	90	16.25
		100	18.00

Carrots: **canned, sliced or diced**

Purchase Unit: #10 can

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	1.75
9	.25	90	2.00
		100	2.25

Carrots: **canned, sliced or diced**

Purchase Unit: #10 can

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.75
7	.50	70	3.25
8	.50	80	3.50
9	.50	90	4.00
		100	4.50

Carrots: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked, slices

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	3.75
4	.50	40	4.75
5	.75	50	6.00
6	.75	60	7.25
7	1.00	70	8.50
8	1.00	80	9.50
9	1.25	90	10.75
		100	12.00

Carrots: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked, slices

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.50
2	.50	20	4.75
3	.75	30	7.25
4	1.00	40	9.50
5	1.25	50	12.00
6	1.50	60	14.50
7	1.75	70	16.75
8	2.00	80	19.25
9	2.25	90	21.50
		100	24.00

Carrots: fresh, shredded

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.50
6	.50	60	4.25
7	.50	70	5.00
8	.75	80	5.75
9	.75	90	6.50
		100	7.00

Carrots: fresh, shredded

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.25
4	.75	40	5.75
5	.75	50	7.00
6	1.00	60	8.50
7	1.00	70	10.00
8	1.25	80	11.25
9	1.25	90	12.75
		100	14.00

Carrots: **fresh, sticks, or baby carrots**

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	7.75
9	1.00	90	8.75
		100	9.75

Carrots: **fresh, sticks, or baby carrots**

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	7.75
5	1.00	50	9.75
6	1.25	60	11.75
7	1.50	70	13.75
8	1.75	80	15.50
9	1.75	90	17.50
		100	19.50

Carrots: **frozen, sliced**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	4.75
6	.75	60	5.75
7	.75	70	6.75
8	.75	80	7.75
9	1.00	90	8.75
		100	9.50

Carrots: **frozen, sliced**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	5.75
4	.75	40	7.75
5	1.00	50	9.50
6	1.25	60	11.50
7	1.50	70	13.50
8	1.50	80	15.25
9	1.75	90	17.25
		100	19.00

Cauliflower: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.50
4	.50	40	4.50
5	.75	50	5.75
6	.75	60	7.00
7	1.00	70	8.00
8	1.00	80	9.25
9	1.00	90	10.25
		100	11.50

Cauliflower: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	7.00
4	1.00	40	9.25
5	1.25	50	11.50
6	1.50	60	13.75
7	1.75	70	16.00
8	2.00	80	18.25
9	2.25	90	20.50
		100	22.75

Cauliflower: **fresh**
Purchase Unit: pound
Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.25
5	.50	50	4.25
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.50
9	.75	90	7.50
		100	8.25

Cauliflower: **fresh**
Purchase Unit: pound
Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	5.00
4	.75	40	6.50
5	1.00	50	8.25
6	1.00	60	9.75
7	1.25	70	11.50
8	1.50	80	13.00
9	1.50	90	14.75
		100	16.25

Cauliflower: **frozen**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.50
5	.75	50	5.50
6	.75	60	6.75
7	.75	70	7.75
8	1.00	80	8.75
9	1.00	90	10.00
		100	11.00

Cauliflower: **frozen**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	6.75
4	1.00	40	8.75
5	1.25	50	11.00
6	1.50	60	13.25
7	1.75	70	15.25
8	1.75	80	17.50
9	2.00	90	19.75
		100	22.00

Celery: **fresh, sticks**

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.50
5	.50	50	4.25
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.75
9	.75	90	7.50
		100	8.25

Celery: **fresh, sticks**

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.00
4	.75	40	6.75
5	1.00	50	8.25
6	1.00	60	10.00
7	1.25	70	11.50
8	1.50	80	13.25
9	1.50	90	14.75
		100	16.50

Collards: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked leaves

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	5.00
4	.75	40	6.50
5	1.00	50	8.25
6	1.00	60	9.75
7	1.25	70	11.50
8	1.50	80	13.00
9	1.50	90	14.75
		100	16.25

Collards: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked leaves

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.25
2	.75	20	6.50
3	1.00	30	9.75
4	1.50	40	13.00
5	1.75	50	16.25
6	2.00	60	19.50
7	2.25	70	22.75
8	2.75	80	26.00
9	3.00	90	29.25
		100	32.50

Collards: **frozen**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.50
5	.75	50	5.50
6	.75	60	6.75
7	.75	70	7.75
8	1.00	80	8.75
9	1.00	90	10.00
		100	11.00

Collards: **frozen**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	6.50
4	1.00	40	8.75
5	1.25	50	11.00
6	1.50	60	13.00
7	1.50	70	15.25
8	1.75	80	17.50
9	2.00	90	19.75
		100	21.75

Corn: canned, cream style, vacuum packed, or liquid packed

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Corn: canned, cream style, vacuum packed, or liquid packed

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Corn: fresh, without husk

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.75	30	5.50
4	.75	40	7.25
5	1.00	50	9.00
6	1.25	60	10.75
7	1.25	70	12.50
8	1.50	80	14.25
9	1.75	90	16.00
		100	17.75

Corn: fresh, without husk

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.50
2	.75	20	7.25
3	1.25	30	10.75
4	1.50	40	14.25
5	1.75	50	17.75
6	2.25	60	21.25
7	2.50	70	24.75
8	3.00	80	28.25
9	3.25	90	31.75
		100	35.25

Corn: frozen, whole kernel

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	2.75
4	.50	40	3.75
5	.50	50	4.75
6	.75	60	5.50
7	.75	70	6.50
8	.75	80	7.50
9	1.00	90	8.25
		100	9.25

Corn: frozen, whole kernel

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.50
5	1.00	50	9.25
6	1.25	60	11.00
7	1.25	70	12.75
8	1.50	80	14.75
9	1.75	90	16.50
		100	18.25

Cucumbers: **fresh, sliced**

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.25
5	.50	50	4.25
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.50
9	.75	90	7.50
		100	8.25

Cucumbers: **fresh, sliced**

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	5.00
4	.75	40	6.50
5	1.00	50	8.25
6	1.00	60	9.75
7	1.25	70	11.50
8	1.50	80	13.00
9	1.50	90	14.75
		100	16.25

Green Chiles: canned, chopped or diced

Purchase Unit: 1 pound can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	1 Pound Cans Required	Number of Meals	1 Pound Cans Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	4.00
4	.50	40	5.25
5	.75	50	6.50
6	.75	60	7.75
7	1.00	70	9.00
8	1.00	80	10.25
9	1.25	90	11.50
		100	12.75

Green Chiles: canned, chopped or diced

Purchase Unit: 1 pound can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	1 Pound Cans Required	Number of Meals	1 Pound Cans Required
1	.25	10	2.50
2	.50	20	5.25
3	.75	30	7.75
4	1.00	40	10.25
5	1.25	50	12.75
6	1.50	60	15.25
7	1.75	70	17.75
8	2.00	80	20.25
9	2.25	90	22.75
		100	25.25

Green Chiles: canned, chopped or diced

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.00
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.00

Green Chiles: canned, chopped or diced

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00

Jicama: **diced**
Purchase Unit: pound
Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.25	30	2.75
4	.50	40	3.75
5	.50	50	4.50
6	.75	60	5.50
7	.75	70	6.25
8	.75	80	7.25
9	1.00	90	8.25
		100	9.00

Jicama: **diced**
Purchase Unit: pound
Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.25
5	1.00	50	9.00
6	1.25	60	10.75
7	1.25	70	12.75
8	1.50	80	14.50
9	1.75	90	16.25
		100	18.00

Jicama: **diced**
Purchase Unit: pound
Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	3.50
4	.50	40	4.75
5	.75	50	5.75
6	.75	60	7.00
7	1.00	70	8.25
8	1.00	80	9.25
9	1.25	90	10.50
		100	11.50

Jicama: **diced**
Purchase Unit: pound
Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.50
2	.50	20	4.75
3	.75	30	7.00
4	1.00	40	9.25
5	1.25	50	11.50
6	1.50	60	14.00
7	1.75	70	16.25
8	2.00	80	18.50
9	2.25	90	20.75
		100	23.00

Lentils: **dry, cooked**

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one-half the Fruit/Vegetable component at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.25
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.25
7	.25	70	2.50
8	.50	80	2.75
9	.50	90	3.25
		100	3.50

Lentils: **dry, cooked**

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.50
6	.50	60	4.25
7	.75	70	5.00
8	.75	80	5.50
9	.75	90	6.25
		100	7.00

Lettuce: **shredded or pieces (includes commercial bags of salad)**

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Lettuce: **shredded or pieces (includes commercial bags of salad)**

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	5.75
7	.75	70	6.75
8	.75	80	7.75
9	1.00	90	8.75
		100	9.75

Mushrooms: **canned**

Purchase Unit: #300 can

Serving Size: 1/4 cup, drained

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.25
4	.75	40	7.00
5	1.00	50	8.75
6	1.25	60	10.50
7	1.25	70	12.25
8	1.50	80	13.75
9	1.75	90	15.50
		100	17.25

Mushrooms: **canned**

Purchase Unit: #300 can

Serving Size: 1/2 cup, drained

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.50	10	3.50
2	.75	20	7.00
3	1.25	30	10.50
4	1.50	40	14.00
5	1.75	50	17.25
6	2.25	60	20.75
7	2.50	70	24.25
8	2.75	80	27.75
9	3.25	90	31.25
		100	34.50

Mushrooms: **canned**

Purchase Unit: #10 can

Serving Size: 1/4 cup, drained

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.25

Mushrooms: **canned**

Purchase Unit: #10 can

Serving Size: 1/2 cup, drained

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.50
9	.50	90	3.75
		100	4.25

Mushrooms: **fresh**

Purchase Unit: pound

Serving Size: 1/4 cup, raw, sliced

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.50	50	2.75
6	.50	60	3.25
7	.50	70	4.00
8	.50	80	4.50
9	.50	90	5.00
		100	5.50

Mushrooms: **fresh**

Purchase Unit: pound

Serving Size: 1/2 cup, raw, sliced

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.50
5	.75	50	5.50
6	.75	60	6.50
7	.75	70	7.50
8	1.00	80	8.75
9	1.00	90	9.75
		100	10.75

Peas and Carrots: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Peas and Carrots: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Peas and Carrots: frozen

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	2.75
4	.50	40	3.75
5	.50	50	4.75
6	.75	60	5.50
7	.75	70	6.50
8	.75	80	7.50
9	1.00	90	8.50
		100	9.25

Peas and Carrots: frozen

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.50
5	1.00	50	9.25
6	1.25	60	11.25
7	1.50	70	13.00
8	1.50	80	14.75
9	1.75	90	16.75
		100	18.50

Peas, Green: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Peas, Green: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	2.75
7	.50	70	3.25
8	.50	80	3.75
9	.50	90	4.25
		100	4.75

Peas, Green: **frozen**
Purchase Unit: pound
Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	8.00
9	1.00	90	9.00
		100	10.00

Peas, Green: **frozen**
Purchase Unit: pound
Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	12.00
7	1.50	70	14.00
8	1.75	80	16.00
9	2.00	90	18.00
		100	20.00

Peas, Split: **dry, cooked**

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one-half the Fruit/Vegetable component at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	1.75
5	.25	50	2.25
6	.50	60	2.75
7	.50	70	3.25
8	.50	80	3.50
9	.50	90	4.00
		100	4.50

Peas, Split: **dry, cooked**

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.50
5	.50	50	4.50
6	.50	60	5.25
7	.75	70	6.25
8	.75	80	7.00
9	.75	90	8.00
		100	8.75

Potatoes: **canned, whole, white**

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	2.75
4	.50	40	3.75
5	.50	50	4.75
6	.75	60	5.50
7	.75	70	6.50
8	.75	80	7.50
9	1.00	90	8.25
		100	9.25

Potatoes: **canned, whole, white**

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.50
5	1.00	50	9.25
6	1.25	60	11.00
7	1.25	70	12.75
8	1.50	80	14.75
9	1.75	90	16.50
		100	18.25

Potatoes: **canned, whole, white**

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Potatoes: **canned, whole, white**

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	2.75
7	.50	70	3.25
8	.50	80	3.75
9	.50	90	4.25
		100	4.75

Potatoes, Dehydrated: flakes or granules

Purchase Unit: pound
Serving Size: 1/4 cup, rehydrated

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.00
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.00

Potatoes, Dehydrated: flakes or granules

Purchase Unit: pound
Serving Size: 1/2 cup, rehydrated

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00

Potatoes: **fresh, white, diced**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.50
4	.50	40	4.50
5	.75	50	5.75
6	.75	60	7.00
7	1.00	70	8.00
8	1.00	80	9.25
9	1.00	90	10.25
		100	11.50

Potatoes: **fresh, white, diced**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	7.00
4	1.00	40	9.25
5	1.25	50	11.50
6	1.50	60	13.75
7	1.75	70	16.00
8	2.00	80	18.25
9	2.25	90	20.50
		100	22.75

Potatoes, French Fries: frozen

Purchase Unit: pound

Serving Size: 1/4 cup, about 5 pieces

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.75
6	.50	60	4.50
7	.50	70	5.25
8	.75	80	6.00
9	.75	90	6.75
		100	7.50

Potatoes, French Fries: frozen

Purchase Unit: pound

Serving Size: 1/2 cup, about 10 pieces

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	8.75
7	1.00	70	10.25
8	1.25	80	11.75
9	1.50	90	13.25
		100	14.75

Potatoes, French Fries: frozen

Purchase Unit: 5 pound bag

Serving Size: 1/4 cup, about 5 pieces

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	5 Pound Bags Required	Number of Meals	5 Pound Bags Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.50
4	.25	40	.75
5	.25	50	.75
6	.25	60	1.00
7	.25	70	1.25
8	.25	80	1.25
9	.25	90	1.50
		100	1.50

Potatoes, French Fries: frozen

Purchase Unit: 5 pound bag

Serving Size: 1/2 cup, about 10 pieces

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	5 Pound Bags Required	Number of Meals	5 Pound Bags Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.50
9	.25	90	2.75
		100	3.00

Potato Rounds: frozen, (similar to Tator Tots)

Purchase Unit: pound

Serving Size: 1/4 cup, about 4 pieces

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.25
5	.50	50	4.00
6	.50	60	4.75
7	.75	70	5.75
8	.75	80	6.50
9	.75	90	7.25
		100	8.00

Potato Rounds: frozen, (similar to Tator Tots)

Purchase Unit: pound

Serving Size: 1/2 cup, about 8 pieces

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	4.75
4	.75	40	6.50
5	1.00	50	8.00
6	1.00	60	9.50
7	1.25	70	11.25
8	1.25	80	12.75
9	1.50	90	14.25
		100	16.00

Potato Rounds: frozen, (similar to Tator Tots)

Purchase Unit: 5 pound bag

Serving Size: 1/4 cup, about 4 pieces

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	5 Pound Bags Required	Number of Meals	5 Pound Bags Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.50
4	.25	40	.75
5	.25	50	1.00
6	.25	60	1.00
7	.25	70	1.25
8	.25	80	1.50
9	.25	90	1.50
		100	1.75

Potato Rounds: frozen, (similar to Tator Tots)

Purchase Unit: 5 pound bag

Serving Size: 1/2 cup, about 8 pieces

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	5 Pound Bags Required	Number of Meals	5 Pound Bags Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.75
9	.50	90	3.00
		100	3.25

Pumpkin: **canned**
 Purchase Unit: #2 1/2 can
 Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/ Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.75
6	.50	60	4.25
7	.50	70	5.00
8	.75	80	5.75
9	.75	90	6.50
		100	7.25

Pumpkin: **canned**
 Purchase Unit: #2 1/2 can
 Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.25
4	.75	40	5.75
5	.75	50	7.25
6	1.00	60	8.50
7	1.00	70	10.00
8	1.25	80	11.50
9	1.50	90	13.00
		100	14.25

Sauerkraut: **canned**

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	.75
5	.25	50	1.00
6	.25	60	1.25
7	.25	70	1.25
8	.25	80	1.50
9	.25	90	1.75
		100	2.00

Sauerkraut: **canned**

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.25
4	.25	40	1.50
5	.25	50	2.00
6	.25	60	2.25
7	.25	70	2.50
8	.25	80	3.00
9	.50	90	3.25
		100	3.75

Spinach: **canned**
Purchase Unit: #2 1/2 can
Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	5.75
5	.75	50	7.25
6	1.00	60	8.75
7	1.00	70	10.25
8	1.25	80	11.50
9	1.50	90	13.00
		100	14.50

Spinach: **canned**
Purchase Unit: #2 1/2 can
Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.50	10	3.00
2	.75	20	5.75
3	1.00	30	8.75
4	1.25	40	11.50
5	1.50	50	14.50
6	1.75	60	17.50
7	2.00	70	20.25
8	2.50	80	23.25
9	2.75	90	26.00
		100	29.00

Spinach: **canned**

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00

Spinach: **canned**

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.25
5	.50	50	4.00
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.50
9	.75	90	7.25
		100	8.00

Spinach: **fresh**
Purchase Unit: pound
Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.50
8	.25	80	2.75
9	.50	90	3.00
		100	3.50

Spinach: **fresh**
Purchase Unit: pound
Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.00
4	.25	40	2.75
5	.50	50	3.50
6	.50	60	4.00
7	.50	70	4.75
8	.75	80	5.50
9	.75	90	6.00
		100	6.75

Spinach: **frozen, chopped**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.75	30	5.50
4	.75	40	7.25
5	1.00	50	9.00
6	1.25	60	10.75
7	1.25	70	12.50
8	1.50	80	14.25
9	1.75	90	16.00
		100	17.75

Spinach: **frozen, chopped**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.50
2	.75	20	7.25
3	1.25	30	10.75
4	1.50	40	14.25
5	1.75	50	17.75
6	2.25	60	21.25
7	2.50	70	24.75
8	3.00	80	28.25
9	3.25	90	31.75
		100	35.25

Squash, winter: (Butternut or Acorn)

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.50
4	1.00	40	8.50
5	1.25	50	10.75
6	1.50	60	13.00
7	1.50	70	15.00
8	1.75	80	17.00
9	2.00	90	19.25
		100	21.50

Squash, winter: (Butternut, Acorn)

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	4.25
2	1.00	20	8.50
3	1.50	30	12.75
4	1.75	40	17.00
5	2.25	50	21.50
6	2.75	60	25.50
7	3.00	70	30.00
8	3.50	80	34.00
9	4.00	90	38.50
		100	42.50

Succotash: **frozen**

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.25
5	.75	50	5.50
6	.75	60	6.50
7	.75	70	7.50
8	1.00	80	8.50
9	1.00	90	9.75
		100	10.75

Succotash: **frozen**

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.50
4	1.00	40	8.50
5	1.25	50	10.75
6	1.25	60	12.75
7	1.50	70	15.00
8	1.75	80	17.00
9	2.00	90	19.25
		100	21.25

Sweet Potatoes: canned, whole

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.50
5	.50	50	4.25
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.75
9	.75	90	7.50
		100	8.25

Sweet Potatoes: canned, whole

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	5.00
4	.75	40	6.75
5	1.00	50	8.25
6	1.00	60	10.00
7	1.25	70	11.50
8	1.50	80	13.25
9	1.50	90	14.75
		100	16.50

Sweet Potatoes: canned, whole

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	1.75
9	.25	90	2.00
		100	2.25

Sweet Potatoes: canned, whole

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.75
7	.50	70	3.25
8	.50	80	3.50
9	.50	90	4.00
		100	4.50

Tomato Paste: canned

Purchase Unit: 12 ounce can

Serving Size: (one Tablespoon Tomato Paste= 1/4 cup vegetable)

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	12 Oz. Cans Required	Number of Meals	12 Oz. Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Tomato Paste: canned

Purchase Unit: 12 ounce can

Serving Size: (2 Tablespoons Tomato Paste= 1/2 cup vegetable)

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	12 Oz. Cans Required	Number of Meals	12 Oz. Cans Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	8.00
9	1.00	90	9.00
		100	10.00

Tomato Paste: canned

Purchase Unit: #10 can

Serving Size: (one Tablespoon Tomato Paste= 1/4 cup vegetable)

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.25
3	.25	30	.25
4	.25	40	.25
5	.25	50	.50
6	.25	60	.50
7	.25	70	.50
8	.25	80	.50
9	.25	90	.75
		100	.75

Tomato Paste: canned

Purchase Unit: #10 can

Serving Size: (2 Tablespoons Tomato Paste= 1/2 cup vegetable)

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.25
3	.25	30	.50
4	.25	40	.50
5	.25	50	.75
6	.25	60	.75
7	.25	70	1.00
8	.25	80	1.00
9	.25	90	1.25
		100	1.25

Tomato Sauce: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.00
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.00

Tomato Sauce: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00

Tomatoes: **canned, whole**

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.75
6	.50	60	4.50
7	.75	70	5.25
8	.75	80	6.00
9	.75	90	6.75
		100	7.50

Tomatoes: **canned, whole**

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Tomatoes: **canned, whole**

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.25

Tomatoes: **canned, whole**

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.50
9	.50	90	4.00
		100	4.25

Tomatoes: **fresh, cut-up**

Purchase Unit: pound

Serving Size: 1/4 cup , raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.50
4	.50	40	4.50
5	.75	50	5.75
6	.75	60	6.75
7	1.00	70	8.00
8	1.00	80	9.00
9	1.00	90	10.25
		100	11.25

Tomatoes: **fresh, cut-up**

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	6.75
4	1.00	40	9.00
5	1.25	50	11.25
6	1.50	60	13.50
7	1.75	70	15.75
8	2.00	80	18.00
9	2.00	90	20.25
		100	22.50

Tomatoes: **fresh, sliced**

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.25
5	.50	50	5.25
6	.75	60	6.25
7	.75	70	7.25
8	1.00	80	8.25
9	1.00	90	9.25
		100	10.25

Tomatoes: **fresh, sliced**

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.25
4	1.00	40	8.25
5	1.00	50	10.25
6	1.25	60	12.25
7	1.50	70	14.50
8	1.75	80	16.50
9	2.00	90	18.50
		100	20.50

Vegetables, Mixed: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.75
4	.50	40	3.50
5	.50	50	4.50
6	.75	60	5.25
7	.75	70	6.25
8	.75	80	7.00
9	1.00	90	8.00
		100	8.75

Vegetables, Mixed: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.25
4	.75	40	7.00
5	1.00	50	8.75
6	1.25	60	10.50
7	1.25	70	12.25
8	1.50	80	14.00
9	1.75	90	15.75
		100	17.50

Vegetables, Mixed: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Vegetables, Mixed: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Vegetables, Mixed: frozen

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	3.75
4	.50	40	5.00
5	.75	50	6.25
6	.75	60	7.50
7	1.00	70	8.75
8	1.00	80	10.00
9	1.25	90	11.25
		100	12.50

Vegetables, Mixed: frozen

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.50
2	.50	20	5.00
3	.75	30	7.50
4	1.00	40	10.00
5	1.25	50	12.50
6	1.50	60	14.75
7	1.75	70	17.25
8	2.00	80	19.75
9	2.25	90	22.25
		100	24.75

Vegetable Soups: canned, vegetable-type soups such as minestrone, tomato, vegetable

Purchase Unit: #3 cyl. can

Serving Size: 1 cup reconstituted VEGETABLE soup equals 1/4 cup vegetable serving. (1/2 cup reconstituted BEAN or PEA soup equals 1/4 cup vegetable serving.)

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	#3 Cyl Cans Required	Number of Meals	#3 Cyl Cans Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.75
4	.50	40	3.50
5	.50	50	4.50
6	.50	60	5.25
7	.75	70	6.25
8	.75	80	7.00
9	1.00	90	8.00
		100	8.75

Zucchini: fresh, sliced

Purchasing Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	8.00
9	1.00	90	9.00
		100	10.00

Zucchini: **fresh, sliced**

Purchasing Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	11.75
7	1.50	70	13.75
8	1.75	80	15.75
9	1.75	90	17.75
		100	19.75

Zucchini: **fresh, sticks**

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving Fruit/Vegetable at lunch and supper for 3-to-6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6-to-12 years old at breakfast, lunch, supper and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.50
6	.50	60	4.25
7	.50	70	5.00
8	.75	80	5.75
9	.75	90	6.50
		100	7.00

Zucchini: **fresh, sticks**

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3-to-6 year olds and adults participating in adult day care centers and at breakfast for children 6-to-12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6-to-12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.25
4	.75	40	5.75
5	.75	50	7.00
6	1.00	60	8.50
7	1.00	70	10.00
8	1.25	80	11.25
9	1.25	90	12.75
		100	14.00

5. Milk



Milk: Quick Reference

Gallon = 16, 1 cups

= 21, 3/4 cups

= 32, 1/2 cups

= 64, 1/4 cups

MILK COMPONENT

To be eligible for case reimbursement, each breakfast, lunch, and supper must contain fluid milk. A snack may contain fluid milk as one of the two food components served.

Milk served must be pasteurized fluid cow's milk that meets State and local standards and may be flavored or unflavored. Milk is an important source of 9 essential nutrients needed for healthy growth and development including: calcium, riboflavin, protein, Vitamin A, Vitamin D, and others.

The Dietary Guidelines for Americans recommends all persons ages 2 years and older to consume fat-free or low-fat milk. Therefore, the CACFP requires all milk served to children and adults ages 2 years and older must be low-fat (1%) or fat-free (skim). All children ages 1 to 2 years must be served whole milk. Reduced-fat milk (2%) is not creditable for any age group. The following milk types meet the definition of milk and are creditable:

- Low-fat (1%) or fat-free (skim) flavored or unflavored milk
- Low-fat (1%) or fat-free (skim) lactose reduced milk
- Low-fat (1%) or fat-free (skim) lactose free milk
- Low-fat (1%) or fat-free (skim) buttermilk
- Low-fat (1%) or fat-free (skim) acidified milk
- Whole milk for children ages 1 to 2 years **only**.

Milk, Fluid: Low-fat (1%) or fat-free (skim) flavored or unflavored milk, low-fat (1%) or fat-free (skim) lactose reduced milk, low-fat (1%) or fat-free (skim) lactose free milk, low-fat (1%) or fat-free (skim) buttermilk, low-fat (1%) or fat-free (skim) acidified milk,
Whole milk for children ages 1 to 2 years only.

Purchase Unit: gallon

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving Milk Component at breakfast, lunch, and supper for 1-to-3 year olds and snack for 1-to-6 year olds.

Number of Meals	Gallons Required	Number of Meals	Gallons Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.75
9	.50	90	3.00
		100	3.25

Milk, Fluid: Low-fat (1%) or fat-free (skim) flavored or unflavored milk, low-fat (1%) or fat-free (skim) lactose reduced milk, low-fat (1%) or fat-free (skim) lactose free milk, low-fat (1%) or fat-free (skim) buttermilk, low-fat (1%) or fat-free (skim) acidified milk,
Whole milk for children ages 1 to 2 years only.

Purchase Unit: gallon
 Serving Size: 3/4 cup
 Meal Component Requirement: Meets one serving Milk Component at breakfast, lunch, and supper for 3-to-6 year olds.

Number of Meals	Gallons Required	Number of Meals	Gallons Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.25
		100	4.75

Milk, Fluid: Low-fat (1%) or fat-free (skim) flavored or unflavored milk, low-fat (1%) or fat-free (skim) lactose reduced milk, low-fat (1%) or fat-free (skim) lactose free milk, low-fat (1%) or fat-free (skim) buttermilk, low-fat (1%) or fat-free (skim) acidified milk,
Whole milk for children ages 1 to 2 years only.

Purchase Unit: gallon
 Serving Size: 1 cup
 Meal Component Requirement: Meets one serving of Milk at breakfast, lunch, supper, and snack for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Gallons Required	Number of Meals	Gallons Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	2.00
4	.25	40	2.75
5	.50	50	3.25
6	.50	60	4.00
7	.50	70	4.50
8	.50	80	5.25
9	.75	90	5.75
		100	6.50

6. Meat/Meat Alternates



♠ Items marked with a SPADE SYMBOL (♠) are higher in fat. Limit serving these items. Serve leaner items whenever possible.

Beans: canned, Blackeye Pea, Great Northern, Kidney, Lima, Pinto

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup meets the 1 1/2 ounce or 2 ounce of Meat Alternate requirement.

Meal Component Requirement: Meets one serving of Meat/Meat alternate at lunch and supper for 3-to-12 year olds and adults participating in adult day care centers.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Beans: canned, Blackeye Pea, Great Northern, Kidney, Lima, Pinto

Purchase Unit: #10 can

Serving Size: 1/2 cup meets the 1 1/2 ounce or 2 ounce of Meat Alternate requirement.

Meal Component Requirement: Meets one serving of Meat/Meat alternate at lunch and supper for 3-to-12 year olds and adults participating in adult day care centers.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Beans: dry, Great Northern, Kidney, Navy, Pinto

Purchase Unit: pound

Serving Size: 1/2 cup cooked beans meets the 1 1/2 ounce or 2 ounce Meat Alternate requirement.

Meal Component Requirement: Meets one serving of Meat/Meat alternate at lunch and supper for 3-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.50
5	.50	50	4.25
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.75
9	.75	90	7.50
		100	8.25

Beans: dry, Split Peas, cooked

Purchase Unit: pound

Serving Size: 1/2 cup cooked beans meets the 2 ounce Meat/Meat Alternate requirement.

Meal Component Requirement: Meets more than one serving of Meat/Meat alternate at lunch and supper for 3-to-6 year olds. Also, meets the minimum requirement for one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.50
5	.50	50	4.50
6	.50	60	5.25
7	.75	70	6.25
8	.75	80	7.00
9	.75	90	8.00
		100	8.75

Beans, Garbanzo: canned, drained

Purchase Unit: #300 can (15 ounces)

Serving Size: 1/2 cup is equal to 2 oz. Meat/Meat Alternate requirement.

Meal Component Requirement: Meets one serving of Meat/Meat alternate at lunch and supper for 3-to-12 year olds and adults participating in adult day care centers. (1/2 cup is slightly more than the minimum amount required for lunch for a 3-6 year old.)

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.50	10	3.00
2	.75	20	6.00
3	1.00	30	9.00
4	1.25	40	12.00
5	1.50	50	15.00
6	1.75	60	18.00
7	2.25	70	21.00
8	2.50	80	24.00
9	2.75	90	27.00
		100	30.00

Beans: Pork and Beans or Beans Baked in Sauce

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup meets the 1 1/2 ounce or 2 ounce of Meat Alternate requirement.

Meal Component Requirement: Meets one serving of Meat/Meat alternate at lunch and supper for 3-to-12 year olds and adults participating in adult day care centers.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Beans: Pork and Beans or Beans Baked in Sauce

Purchase Unit: #10 can

Serving Size: 1/2 cup meets the 1 1/2 ounce or 2 ounce of Meat Alternate requirement.

Meal Component Requirement: Meets one serving of Meat/Meat alternate at lunch and supper for 3-to-12 year olds and adults participating in adult day care centers.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00

Beans, Refried: canned

Purchase Unit: #300 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Meat/Meat alternate at lunch, supper, and snack for 3-to-12 year olds and adults participating in adult day care centers.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.50	10	3.00
2	.75	20	5.75
3	1.00	30	8.50
4	1.25	40	11.50
5	1.50	50	14.25
6	1.75	60	17.00
7	2.00	70	19.75
8	2.25	80	22.75
9	2.75	90	25.50
		100	28.25

Beans, Refried: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Meat/Meat alternate at lunch, supper, and snack for 3-to-12 year olds and adults participating in adult day care centers.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Beans, Refried: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Meat/Meat alternate at lunch and supper for 3-to-12 year olds and adults participating in adult day care centers.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00

Beef, Ground, 80% lean, 20% fat:

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.75
3	.50	30	4.00
4	.50	40	5.25
5	.75	50	6.50
6	.75	60	7.75
7	1.00	70	9.00
8	1.00	80	10.25
9	1.25	90	11.50
		100	12.75

Beef, Ground, 80% lean, 20% fat:

Purchase Unit: pound

Serving Size: 2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.00
4	.75	40	7.00
5	1.00	50	8.50
6	1.00	60	10.00
7	1.25	70	12.00
8	1.50	80	13.75
9	1.50	90	15.00
		100	17.00

Beef, Roast:

with bone:

Purchase Unit:

pound

Serving Size:

1 1/2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.25
4	.75	40	7.00
5	1.00	50	8.75
6	1.25	60	10.50
7	1.25	70	12.25
8	1.50	80	14.00
9	1.75	90	15.75
		100	17.50

Beef, Roast:

with bone

Purchase Unit:

pound

Serving Size:

2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.50
2	.50	20	4.75
3	.75	30	7.00
4	1.00	40	9.50
5	1.25	50	11.75
6	1.50	60	14.00
7	1.75	70	16.25
8	2.00	80	18.75
9	2.25	90	21.00
		100	23.25

Beef, Roast: **without bone**

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Beef, Roast: **without bone**

Purchase Unit: pound

Serving Size: 2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	12.00
7	1.50	70	14.00
8	1.75	80	16.00
9	2.00	90	18.00
		100	20.00

Beef, Round Steak: without bone

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Beef, Round Steak: without bone

Purchase Unit: pound

Serving Size: 2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	12.00
7	1.50	70	14.00
8	1.75	80	16.00
9	2.00	90	18.00
		100	20.00

Beef, Stew Meat:

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	4.75
4	.75	40	6.25
5	.75	50	7.75
6	1.00	60	9.25
7	1.25	70	11.00
8	1.25	80	12.50
9	1.50	90	14.00
		100	15.50

Beef, Stew Meat:

Purchase Unit: pound

Serving Size: 2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.25
4	1.00	40	8.25
5	1.00	50	10.50
6	1.25	60	12.50
7	1.50	70	14.50
8	1.75	80	16.50
9	2.00	90	18.75
		100	20.75

▲ Bologna:

Purchase Unit: pound

Serving Size: 1/2 ounce

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.50
9	.50	90	3.00
		100	3.25

▲ Bologna:

Purchase Unit: pound

Serving Size: 1 1/2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	4.75
6	.75	60	5.75
7	.75	70	6.75
8	.75	80	7.75
9	1.00	90	8.50
		100	9.50

♠ Bologna:

Purchase Unit: pound

Serving Size: 2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.25	20	2.75
3	.50	30	4.00
4	.50	40	5.25
5	.75	50	6.50
6	.75	60	7.75
7	1.00	70	9.00
8	1.00	80	10.25
9	1.25	90	11.50
		100	12.75

♠ Cheese, natural or processed: American, Cheddar, Mozzarella or Swiss

Purchase Unit: pound

Serving Size: 1/2 ounce

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.50
9	.50	90	3.00
		100	3.25

♠ Cheese, natural or processed: American, Cheddar, Mozzarella or Swiss

Purchase Unit: pound

Serving Size: 1 1/2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	3.75
5	.50	50	4.75
6	.75	60	5.75
7	.75	70	6.75
8	.75	80	7.50
9	1.00	90	8.50
		100	9.50

♠ Cheese, natural or processed: American, Cheddar, Mozzarella or Swiss

Purchase Unit: pound

Serving Size: 2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.25	20	2.75
3	.50	30	4.00
4	.50	40	5.25
5	.75	50	6.50
6	.75	60	7.75
7	1.00	70	9.00
8	1.00	80	10.25
9	1.25	90	11.50
		100	12.75

♠ Cheese: Cottage Cheese, Ricotta, Cheese Food, Cheese Spread

Purchase Unit: pound

Serving Size: 1 ounce (2 tablespoons) meets 1/2 ounce Meat Alternate requirement. (Twice as much is needed of these types of cheeses because they are lower in protein than other Meat/Meat Alternates).

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds. Also meets 1/3 serving of the Meat/Meat Alternate at lunch or supper for 3-to-6 year olds. (Additional Meat/Meat Alternate must be served at lunch and supper).

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	2.00
4	.25	40	2.50
5	.50	50	3.25
6	.50	60	4.00
7	.50	70	4.50
8	.50	80	5.25
9	.75	90	5.75
		100	6.50

♠ Cheese: Cottage Cheese, Ricotta, Cheese Food, Cheese Spread

Purchase Unit: pound

Serving Size: 2 ounces (4 tablespoons or 1/4 cup) meets a 1 ounce Meat Alternate requirement. (Twice as much is needed of these types of cheeses because they are lower in protein than other Meat/Meat Alternates).

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 6-to-12 year olds and adults participating in adult day care centers. Also meets 3/4 serving of the Meat/Meat Alternate at lunch or supper for 3-to-6 year olds and 2 serving for adults participating in adult day care centers. (Additional Meat/Meat Alternate must be served at lunch and supper).

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	3.75
4	.50	40	5.00
5	.75	50	6.25
6	.75	60	7.50
7	1.00	70	8.75
8	1.00	80	10.00
9	1.25	90	11.25
		100	12.50

♠ Cheese: grated, Parmesan, Romano

Purchase Unit: pound

Serving Size: 1/2 ounce

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds. Also meets 1/3 serving of the Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.75
9	.50	90	3.00
		100	3.25

Chicken: **canned, without bone**

Purchase Unit: pound

Serving Size: 1/2 ounce

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.25
4	.25	40	1.50
5	.25	50	2.00
6	.25	60	2.25
7	.25	70	2.50
8	.50	80	3.00
9	.50	90	3.25
		100	3.75

Chicken: **canned, without bone**

Purchase Unit: pound

Serving Size: 1 1/2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.25
5	.75	50	5.50
6	.75	60	6.50
7	.75	70	7.50
8	1.00	80	8.75
9	1.00	90	9.75
		100	10.75

Chicken: **canned, without bone**

Purchase Unit: pound

Serving Size: 2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.25
4	.75	40	5.75
5	.75	50	7.25
6	1.00	60	8.75
7	1.00	70	10.00
8	1.25	80	11.50
9	1.50	90	13.00
		100	14.25

Chicken: **diced, cooked**(no skin, wing meat, neck meat, giblet, or kidneys)

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	3.75
5	.50	50	4.75
6	.75	60	5.75
7	.75	70	6.75
8	.75	80	7.50
9	1.00	90	8.50
		100	9.50

Chicken: **diced, cooked** (no skin, wing meat, neck meat, giblet, or kidneys)
Purchase Unit: pound
Serving Size: 2 ounces, cooked
Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	4.00
4	.50	40	5.25
5	.75	50	6.50
6	.75	60	7.75
7	1.00	70	9.00
8	1.00	80	10.25
9	1.25	90	11.50
		100	12.75

♠ **Chicken Nuggets: fried, frozen**
Purchase Unit: pound - **USDA Commodity or C.N. labeled only!**
Serving Size: 1 1/2 ounces, cooked (approximately 4 1/2 nuggets)
Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.50
4	1.00	40	8.50
5	1.25	50	10.75
6	1.25	60	12.75
7	1.50	70	15.00
8	1.75	80	17.00
9	2.00	90	19.25
		100	21.25

♠ Chicken Nuggets: fried, frozen

Purchase Unit: pound - **USDA Commodity or C.N. labeled only!**

Serving Size: 2 ounces, cooked (approximately 6 nuggets)

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.00
2	.75	20	5.75
3	1.00	30	8.50
4	1.25	40	11.50
5	1.50	50	14.25
6	1.75	60	17.00
7	2.00	70	19.75
8	2.25	80	22.75
9	2.75	90	25.50
		100	28.25

Chicken: Whole (without neck meat and giblets)

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.75
2	.50	20	5.25
3	1.00	30	8.00
4	1.25	40	10.50
5	1.50	50	13.25
6	1.75	60	15.75
7	2.00	70	18.50
8	2.25	80	21.00
9	2.50	90	23.50
		100	26.25

Chicken: **Whole** (without neck meat and giblets)

Purchase Unit: pound

Serving Size: 2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.50
2	.75	20	7.00
3	1.25	30	10.50
4	1.50	40	14.00
5	1.75	50	17.50
6	2.25	60	21.00
7	2.50	70	24.50
8	3.00	80	28.00
9	3.25	90	31.50
		100	35.00

Chicken: **raw, boneless, skinless**

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	2.75
3	.50	30	4.25
4	.75	40	5.50
5	.75	50	6.75
6	1.00	60	8.25
7	1.00	70	9.50
8	1.25	80	10.75
9	1.25	90	12.25
		100	13.50

Chicken: **raw, boneless, skinless**

Purchase Unit: pound

Serving Size: 2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.25
5	1.00	50	9.00
6	1.25	60	10.75
7	1.25	70	12.50
8	1.50	80	14.50
9	1.75	90	16.25
		100	18.00

Chicken, Breasts: bone-in, breast halves with ribs

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.25
4	.75	40	6.75
5	1.00	50	8.50
6	1.00	60	10.25
7	1.25	70	11.75
8	1.50	80	13.50
9	1.50	90	15.25
		100	17.00

Chicken, Breasts: bone-in, breast halves with ribs

Purchase Unit: pound

Serving Size: 2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	6.75
4	1.00	40	9.00
5	1.25	50	11.25
6	1.50	60	13.50
7	1.75	70	15.75
8	2.00	80	18.00
9	2.00	90	20.25
		100	22.50

Chicken:

Purchase Unit:

Drumstick

pound

Serving Size:

1 1/2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.50
2	.50	20	4.75
3	.75	30	7.00
4	1.00	40	9.25
5	1.25	50	11.50
6	1.50	60	13.75
7	1.75	70	16.25
8	2.00	80	18.50
9	2.25	90	20.75
		100	23.00

Chicken:

Purchase Unit:

Drumstick

pound

Serving Size:

2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.25
2	.75	20	6.25
3	1.00	30	9.25
4	1.25	40	12.25
5	1.75	50	15.50
6	2.00	60	18.50
7	2.25	70	21.50
8	2.50	80	24.50
9	2.75	90	27.75
		100	30.75

Chicken: **Thigh**
Purchase Unit: pound
Serving Size: 1 1/2 ounces, cooked
Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	6.75
4	1.00	40	8.75
5	1.25	50	11.00
6	1.50	60	13.25
7	1.75	70	15.25
8	1.75	80	17.50
9	2.00	90	19.75
		100	22.00

Chicken: **Thigh**
Purchase Unit: pound
Serving Size: 2 ounces, cooked
Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.00
2	.75	20	6.00
3	1.00	30	8.75
4	1.25	40	11.75
5	1.50	50	14.75
6	1.75	60	17.75
7	2.25	70	20.50
8	2.50	80	23.50
9	2.75	90	26.50
		100	29.25

Eggs: **dried, whole**

Purchase Unit: pound

Serving Size: 1 egg

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for children and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.75
9	.50	90	3.00
		100	3.25

Eggs: **fresh, whole from shell**

Purchase Unit: dozen

Serving Size: 1 egg

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for children and adults.

Eggs Required: Multiply the number of children or adults participating in adult day care centers by "1" to get the total number of eggs needed.

$$1 \text{ egg} \times \text{_____ (number of participants)} = \text{_____ (total number of eggs needed)}$$

Egg substitutes: liquid

Purchase Unit: ounce (2 ounces = 1/4 cup)

Serving Size: 2 ounces is equivalent to 1 large egg

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for children and adults.

Number of Meals	Ounces Required	Cups Required	Number of Meals	Ounces Required	Cups Required
1	2.0	.25	10	20.0	2.50
2	4.0	.50	20	40.0	5.00
3	6.0	.75	30	60.0	7.50
4	8.0	1.00	40	80.0	10.00
5	10.0	1.25	50	100.0	12.50
6	12.0	1.50	60	120.0	15.00
7	14.0	1.75	70	140.0	17.50
8	16.0	2.00	80	160.0	20.00
9	18.0	2.25	90	180.0	22.50
			100	200.0	25.00

Fish: **Fish Fillets, unbreaded**

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	2.75
3	.50	30	4.25
4	.75	40	5.50
5	.75	50	6.75
6	1.00	60	8.25
7	1.00	70	9.50
8	1.25	80	10.75
9	1.25	90	12.25
		100	13.50

Fish: **Fish Fillets, unbreaded**

Purchase Unit: pound

Serving Size: 2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.25
5	1.00	50	9.00
6	1.25	60	11.00
7	1.50	70	12.75
8	1.50	80	14.50
9	1.75	90	16.25
		100	18.00

♠ Fish: **Fish Sticks, fried breaded or raw breaded**

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked, about 3 sticks

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.75
4	.75	40	7.50
5	1.00	50	9.50
6	1.25	60	11.50
7	1.50	70	13.25
8	1.50	80	15.25
9	1.75	90	17.00
		100	19.00

♠ Fish: **Fish Sticks, fried breaded or raw breaded**

Purchase Unit: pound

Serving Size: 2 ounces, cooked, about 4 sticks

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds or adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.50
2	.50	20	5.00
3	.75	30	7.50
4	1.00	40	10.00
5	1.25	50	12.50
6	1.50	60	15.00
7	1.75	70	17.50
8	2.00	80	20.00
9	2.25	90	22.50
		100	25.00

Fish:**Mackerel**

Purchase Unit: 15 ounce can

Serving Size: 1 1/2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	15 Ounce Cans Required	Number of Meals	15 Ounce Cans Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	5.75
4	.75	40	7.75
5	1.00	50	9.50
6	1.25	60	11.50
7	1.50	70	13.25
8	1.50	80	15.25
9	1.75	90	17.00
		100	19.00

Fish:**Mackerel**

Purchase Unit: 15 ounce can

Serving Size: 2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	15 Ounce Cans Required	Number of Meals	15 Ounce Cans Required
1	.25	10	2.50
2	.50	20	5.25
3	.75	30	7.75
4	1.00	40	10.25
5	1.25	50	12.75
6	1.50	60	15.25
7	1.75	70	17.75
8	2.00	80	20.25
9	2.25	90	22.75
		100	25.25

Fish:

Salmon

Purchase Unit: 15 1/2 ounce can

Serving Size: 1 1/2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	15 1/2 Ounce Cans Required	Number of Meals	15 1/2 Ounce Cans Required
1	.25	10	1.50
2	.25	20	2.75
3	.50	30	4.00
4	.50	40	5.25
5	.75	50	6.50
6	.75	60	7.75
7	1.00	70	9.25
8	1.25	80	10.50
9	1.25	90	11.75
		100	13.00

Fish:

Salmon

Purchase Unit: 15 1/2 ounce can

Serving Size: 2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	15 1/2 Ounce Cans Required	Number of Meals	15 1/2 Ounce Cans Required
1	.25	10	1.75
2	.50	20	3.50
3	.75	30	5.25
4	.75	40	7.00
5	1.00	50	8.75
6	1.25	60	10.50
7	1.25	70	12.25
8	1.50	80	13.75
9	1.75	90	15.50
		100	17.25

Fish:

Salmon

Purchase Unit: 64 ounce can

Serving Size: 1 1/2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	64 Ounce Cans Required	Number of Meals	64 Ounce Cans Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.75
9	.50	90	3.00
		100	3.25

Fish:

Salmon

Purchase Unit: 64 ounce can

Serving Size: 2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	64 Ounce Cans Required	Number of Meals	64 Ounce Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.75
7	.50	70	3.00
8	.50	80	3.50
9	.50	90	4.00
		100	4.25

Fish:

Purchase Unit:

Tuna

6 1/2 Ounce can

Serving Size:

1/2 ounce

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds.

Number of Meals	6 1/2 Ounce Cans Required	Number of Meals	6 1/2 Ounce Cans Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.75
4	.50	40	3.50
5	.50	50	4.50
6	.50	60	5.25
7	.75	70	6.25
8	.75	80	7.00
9	1.00	90	8.00
		100	8.75

Fish:

Purchase Unit:

Tuna

6 1/2 ounce can

Serving Size:

1 1/2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	6 1/2 Ounce Cans Required	Number of Meals	6 1/2 Ounce Cans Required
1	.25	10	2.75
2	.50	20	5.25
3	1.00	30	8.00
4	1.25	40	10.50
5	1.50	50	13.00
6	1.75	60	15.75
7	2.00	70	18.25
8	2.25	80	21.00
9	2.50	90	23.50
		100	26.00

Fish:**Tuna**

Purchase Unit: 6 1/2 ounce can

Serving Size: 2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	6 1/2 Ounce Cans Required	Number of Meals	6 1/2 Ounce Cans Required
1	.50	10	3.50
2	.75	20	7.00
3	1.25	30	10.50
4	1.50	40	14.00
5	1.75	50	17.50
6	2.25	60	20.75
7	2.50	70	24.25
8	2.75	80	27.75
9	3.25	90	31.25
		100	34.75

Fish:**Tuna**

Purchase Unit: 12 1/2 ounce can

Serving Size: 1/2 ounce

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds.

Number of Meals	12 1/2 Ounce Cans Required	Number of Meals	12 1/2 Ounce Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.25	60	2.75
7	.50	70	3.25
8	.50	80	3.75
9	.50	90	4.25
		100	4.75

Fish:**Tuna**

Purchase Unit: 12 1/2 ounce can

Serving Size: 1 1/2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	12 1/2 Ounce Cans Required	Number of Meals	12 1/2 Ounce Cans Required
1	.25	10	1.50
2	.25	20	2.75
3	.50	30	4.25
4	.75	40	5.50
5	.75	50	7.00
6	1.00	60	8.25
7	1.00	70	9.75
8	1.25	80	11.00
9	1.25	90	12.50
		100	13.75

Fish:**Tuna**

Purchase Unit: 12 1/2 ounce can

Serving Size: 2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	12 1/2 Ounce Cans Required	Number of Meals	12 1/2 Ounce Cans Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.50
5	1.00	50	9.25
6	1.25	60	11.00
7	1.25	70	12.75
8	1.50	80	14.75
9	1.75	90	16.50
		100	18.25

Fish:

Tuna

Purchase Unit: 66 1/2 ounce can

Serving Size: 1/2 ounce

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds.

Number of Meals	66 1/2 Ounce Cans Required	Number of Meals	66 1/2 Ounce Cans Required
1	.25	10	.25
2	.25	20	.25
3	.25	30	.50
4	.25	40	.50
5	.25	50	.50
6	.25	60	.75
7	.25	70	.75
8	.25	80	1.00
9	.25	90	1.00
		100	1.00

Fish:

Tuna

Purchase Unit: 66 1/2 ounce can

Serving Size: 1 1/2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	66 1/2 Ounce Cans Required	Number of Meals	66 1/2 Ounce Cans Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.50
9	.50	90	2.75
		100	3.00

Fish:**Tuna**

Purchase Unit: 66 1/2 ounce can

Serving Size: 2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	66 1/2 Ounce Cans Required	Number of Meals	66 1/2 Ounce Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00

▲ Hot Dogs (Frankfurters)

Purchase Unit: pound

Serving Size: 1/2 ounce

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.75
9	.50	90	3.00
		100	3.25

♠ Hot Dogs (Frankfurters)

Purchase Unit: pound

Serving Size: 1 1/2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	8.00
9	1.00	90	9.00
		100	10.00

♠ Hot Dogs (Frankfurters)

Purchase Unit: pound

Serving Size: 2 ounces

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	3.75
4	.50	40	5.00
5	.75	50	6.25
6	.75	60	7.50
7	1.00	70	8.75
8	1.00	80	10.00
9	1.25	90	11.25
		100	12.50

Lentils: **dry, cooked**

Purchase Unit: pound

Serving Size: 1/2 cup meets the 2 oz. Meat/Meat Alternate requirement.

Meal Component Requirement: Meets one serving of Meat/Meat alternate at lunch and supper for 3-to-12 year olds and adults participating in adult day care centers. (1/2 cup is slightly more than the minimum amount required for lunch for a 3-6 year old.)

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.50
6	.50	60	4.25
7	.75	70	5.00
8	.75	80	5.50
9	.75	90	6.25
		100	7.00

Nuts and Seeds:

Purchase Unit: pound

Serving Size: 1/2 ounce

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.50
9	.50	90	3.00
		100	3.25

Nuts and Seeds

Purchase Unit: pound

Serving Size: 3/4 ounce

Meal Component Requirement: Meets 50 percent of one serving of Meat/ Meat Alternate at lunch and supper for 3-to-6 year olds; 3/4 ounce of another Meat/Meat Alternate is needed to fulfill the total requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	3.75
9	.50	90	4.25
		100	4.75

Nuts and Seeds

Purchase Unit: pound

Serving Size: 1 ounce

Meal Component Requirement: Meets 50 percent of one serving of Meat/ Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers; 1 ounce of another Meat/ Meat Alternate is needed to fulfill the total requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	2.00
4	.25	40	2.50
5	.50	50	3.25
6	.50	60	4.00
7	.50	70	4.50
8	.50	80	5.25
9	.75	90	5.75
		100	6.50

▲ Peanut Butter

Purchase Unit: pound

Serving Size: 1/2 ounce, 1 tablespoon

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.25
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.25
7	.25	70	2.50
8	.50	80	3.00
9	.50	90	3.25
		100	3.50

▲ Peanut Butter

Purchase Unit: pound

Serving Size: 1 1/2 ounces, 3 tablespoons

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.25
5	.50	50	5.25
6	.75	60	6.25
7	.75	70	7.50
8	1.00	80	8.50
9	1.00	90	9.50
		100	10.50

♠ Peanut Butter

Purchase Unit: 32 ounce jar

Serving Size: 1/2 ounce, 1 tablespoon

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds.

Number of Meals	32 Ounce Jars Required	Number of Meals	32 Ounce Jars Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.50
4	.25	40	.75
5	.25	50	1.00
6	.25	60	1.25
7	.25	70	1.25
8	.25	80	1.50
9	.25	90	1.75
		100	1.75

♠ Peanut Butter

Purchase Unit: 32 ounce jar

Serving Size: 1 1/2 ounces, 3 tablespoons

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	32 Ounce Jars Required	Number of Meals	32 Ounce Jars Required
1	.25	10	.50
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.25	50	2.75
6	.50	60	3.25
7	.50	70	3.75
8	.50	80	4.25
9	.50	90	4.75
		100	5.25

♠ Peanut Butter

Purchase Unit: 48 ounce jar

Serving Size: 1/2 ounce, 1 tablespoon

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds.

Number of Meals	48 Ounce Jars Required	Number of Meals	48 Ounce Jars Required
1	.25	10	.25
2	.25	20	.25
3	.25	30	.50
4	.25	40	.50
5	.25	50	.75
6	.25	60	.75
7	.25	70	1.00
8	.25	80	1.00
9	.25	90	1.25
		100	1.25

♠ Peanut Butter

Purchase Unit: 48 ounce jar

Serving Size: 1 1/2 ounces, 3 tablespoons

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	48 Ounce Jars Required	Number of Meals	48 Ounce Jars Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.25
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.25
7	.25	70	2.50
8	.50	80	2.75
9	.50	90	3.25
		100	3.50

♠ Peanut Butter

Purchase Unit: #10 can

Serving Size: 1/2 ounce, 1 tablespoon

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.25
3	.25	30	.25
4	.25	40	.25
5	.25	50	.50
6	.25	60	.50
7	.25	70	.50
8	.25	80	.50
9	.25	90	.50
		100	.75

♠ Peanut Butter

Purchase Unit: #10 can

Serving Size: 1 1/2 ounces, 3 tablespoons

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.50
4	.25	40	.75
5	.25	50	1.00
6	.25	60	1.00
7	.25	70	1.25
8	.25	80	1.50
9	.25	90	1.50
		100	1.75

Pork, Chops: **with bone**

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.25
4	1.00	40	8.50
5	1.25	50	10.50
6	1.25	60	12.75
7	1.50	70	14.75
8	1.75	80	16.75
9	2.00	90	19.00
		100	21.00

Pork, Chops: **with bone**

Purchase Unit: pound

Serving Size: 2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.00
2	.75	20	5.75
3	1.00	30	8.50
4	1.25	40	11.25
5	1.50	50	14.00
6	1.75	60	16.75
7	2.00	70	19.50
8	2.25	80	22.25
9	2.50	90	25.00
		100	28.00

Pork, Ground: 80% lean, 20% fat

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.75
3	.50	30	4.00
4	.50	40	5.25
5	.75	50	6.50
6	.75	60	7.75
7	1.00	70	9.00
8	1.00	80	10.25
9	1.25	90	11.50
		100	12.75

Pork, Ground: 80% lean, 20% fat

Purchase Unit: pound

Serving Size: 2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.00
4	.75	40	7.00
5	1.00	50	8.50
6	1.00	60	10.00
7	1.25	70	12.00
8	1.50	80	13.75
9	1.50	90	15.00
		100	17.00

Pork, Ham: **with bone**

Purchase Unit: pound

Serving Size: 1/2 ounce, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.50
5	.50	50	3.00
6	.50	60	3.75
7	.50	70	4.25
8	.50	80	4.75
9	.75	90	5.50
		100	6.00

Pork, Ham: **with bone**

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.25
5	1.00	50	9.00
6	1.25	60	10.75
7	1.25	70	12.50
8	1.50	80	14.25
9	1.75	90	16.00
		100	17.75

Pork, Ham: with bone

Purchase Unit: pound

Serving Size: 2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.50
2	.50	20	4.75
3	.75	30	7.25
4	1.00	40	9.50
5	1.25	50	12.00
6	1.50	60	14.25
7	1.75	70	16.50
8	2.00	80	19.00
9	2.25	90	21.25
		100	22.75

Pork, Ham: without bone

Purchase Unit: pound

Serving Size: 1/2 ounce, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Pork, Ham: **without bone**

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Pork, Ham: **without bone**

Purchase Unit: pound

Serving Size: 2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	12.00
7	1.50	70	14.00
8	1.75	80	16.00
9	2.00	90	18.00
		100	20.00

Pork, Roast: **with bone**

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.25
5	1.00	50	9.25
6	1.25	60	11.00
7	1.25	70	12.75
8	1.50	80	14.50
9	1.75	90	16.50
		100	18.25

Pork, Roast: **with bone**

Purchase Unit: pound

Serving Size: 2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.50
2	.50	20	5.00
3	.75	30	7.25
4	1.00	40	9.75
5	1.25	50	12.25
6	1.50	60	14.50
7	1.75	70	17.00
8	2.00	80	19.50
9	2.25	90	22.00
		100	24.25

Pork, Roast: **without bone**

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	4.75
4	.75	40	6.50
5	1.00	50	8.00
6	1.00	60	9.50
7	1.25	70	11.00
8	1.25	80	12.75
9	1.50	90	14.25
		100	15.75

Pork, Roast: **without bone**

Purchase Unit: pound

Serving Size: 2 ounces, cooked lean meat

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.50
4	1.00	40	8.50
5	1.25	50	10.50
6	1.25	60	12.75
7	1.50	70	14.75
8	1.75	80	17.00
9	2.00	90	19.00
		100	21.00

♠ Pork, Sausage

Purchase Unit: pound

Serving Size: 1/2 ounce, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.00
4	.25	40	2.75
5	.50	50	3.25
6	.50	60	4.00
7	.50	70	4.75
8	.75	80	5.25
9	.75	90	6.00
		100	6.75

♠ Pork, Sausage

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	12.00
7	1.50	70	14.00
8	1.75	80	16.00
9	2.00	90	18.00
		100	20.00

▲ Pork, Sausage

Purchase Unit: pound

Serving Size: 2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	2.75
2	.75	20	5.50
3	1.00	30	8.00
4	1.25	40	10.75
5	1.50	50	13.50
6	1.75	60	16.00
7	2.00	70	18.75
8	2.25	80	21.50
9	2.50	90	24.00
		100	26.75

Turkey, Breast

Purchase Unit: pound

Serving Size: 1 1/2 ounces, with skin, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.00
4	.75	40	6.75
5	1.00	50	8.25
6	1.00	60	10.00
7	1.25	70	11.75
8	1.50	80	13.25
9	1.50	90	15.00
		100	16.50

Turkey, Breast

Purchase Unit: pound

Serving Size: 2 ounces, with skin, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	6.75
4	1.00	40	9.00
5	1.25	50	11.00
6	1.50	60	13.25
7	1.75	70	15.50
8	1.75	80	17.75
9	2.00	90	20.00
		100	22.00

Turkey, Ground: U.S.D.A.-donated (less than 12% fat)

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.25
4	.75	40	5.75
5	.75	50	7.00
6	1.00	60	8.50
7	1.00	70	10.00
8	1.25	80	11.25
9	1.25	90	12.75
		100	14.00

Turkey, Ground: U.S.D.A.-donated (less than 12% fat)

Purchase Unit: pound

Serving Size: 2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.75
4	.75	40	7.50
5	1.00	50	9.50
6	1.25	60	11.50
7	1.50	70	13.25
8	1.50	80	15.25
9	1.75	90	17.00
		100	19.00

Turkey, Roast or Roll: U.S.D.A.-donated

Purchase Unit: pound

Serving Size: 1 1/2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	5.75
5	.75	50	7.25
6	1.00	60	8.75
7	1.00	70	10.00
8	1.25	80	11.50
9	1.50	90	13.00
		100	14.50

Turkey, Roast or Roll: U.S.D.A.-donated

Purchase Unit: pound

Serving Size: 2 ounces, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	5.75
4	.75	40	7.75
5	1.00	50	9.50
6	1.25	60	11.50
7	1.50	70	13.50
8	1.50	80	15.25
9	1.75	90	17.25
		100	19.00

Turkey: Whole (without neck and giblets)

Purchase Unit: pound

Serving Size: 1/2 ounce, with skin, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.00
4	.25	40	2.75
5	.50	50	3.50
6	.50	60	4.00
7	.50	70	4.75
8	.75	80	5.50
9	.75	90	6.00
		100	6.75

Turkey: **Whole (without neck and giblets)**

Purchase Unit: pound

Serving Size: 1 1/2 ounces, with skin, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 3-to-6 year olds.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	12.00
7	1.50	70	14.00
8	1.75	80	16.00
9	2.00	90	18.00
		100	20.00

Turkey: **Whole (without neck and giblets)**

Purchase Unit: pound

Serving Size: 2 ounces, with skin, cooked

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at lunch and supper for 6-to-12 year olds and adults participating in adult day care centers.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	2.75
2	.75	20	5.50
3	1.00	30	8.00
4	1.25	40	10.75
5	1.50	50	13.50
6	1.75	60	16.00
7	2.00	70	18.75
8	2.25	80	21.50
9	2.50	90	24.00
		100	26.75

Yogurt

Purchase Unit: ounce

Serving Size: 2 ounces or 1/4 cup to meet the 2 ounce Meat Alternate requirement at snack only.

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack only for 1-to-6 year olds.

Ounces Required: Multiply 2 ounces by the number of children to be served to get the total number of ounces needed.

2 ounces X _____ (number of children) = _____ (total number of ounces of Yogurt needed)

Yogurt

Purchase Unit: ounce

Serving Size: 4 ounces or 1/2 cup to meet the 1 ounce Meat Alternate requirement at snack only.

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack only for 6-to-12 year olds and adults participating in adult day care centers.

Ounces Required: Multiply 2 ounces by the number of children or adults to be served to get the total number of ounces needed.

4 ounces X _____ (number of children) = _____ (total number of ounces of Yogurt needed)