

SHORT FORM – A MEAL COMPLIANCE GUIDE

Side A

	Food As Purchased FRUITS AND VEGETABLES	Purchase Unit	Servings per Purchase Unit	Serving Size	Comments
CANNED	FRUITS - Undrained - All types	#10 can	48	----- 1/4 cup -----	All varieties unless noted
	FRUITS - Drained - All types	#10 can	34		All varieties unless noted
	JUICES - Full strength - 100% Juice	46 oz can	23		
	VEGETABLES - Drained - All types	#10 can	38		
	PICKLES, CHIPS	Gallon	60		3-4 dill chips or 1 spear = 1/8 cup
	TOMATOES - In juice	#10 can	47		Whole, crushed, diced
	TOMATO PASTE	#10 can	192		1 T. paste = 1/4 cup
	TOMATO PUREE	#10 can	96		2 T. puree = 1/4 cup
	TOMATO SAUCE	#10 can	50		
	SOUP - Tomato and Vegetable only	46 oz can	11		1 cup soup = 1/4 cup veg.
	SPAGHETTI SAUCE or SALSA <i>Commodity</i>	#10 can	48		Commercial brands do not credit
FRESH	APPLES - Medium = 125-138 count	lb	13	1/2 apple = 1/2 cup fruit	
	BANANAS - Medium = 100-120 count	lb	7	1 banana = 1/2 cup fruit	
	GRAPES - Seedless	lb	10	7 large grapes = 1/4 cup	
	MELONS	lb	6	1 lb = 1 3/8 cup ready to eat	
	ORANGES - Small = 138 count	lb	6	1 orange = 1/2 c fruit/juice	
	CABBAGE - Shredded w/o Dressing	lb	24		
	CARROT - Sticks	lb	15	3 - 4"x 1/2" strips = 1/4 c	
	CARROT - Baby	lb	13	1/4 cup = 1.3 oz about 8	
	CELERY - Sticks	lb	12	3 - 1/2"x 4" strips = 1/4 c	
	LETTUCE - Cleaned and Cored	lb	29	Ready-to-serve	
	LETTUCE - Salad Mix w/o Dressing	lb	26	Ready-to-serve	
	POTATOES -With skin	lb	10	3 medium per pound	
	TOMATOES	lb	8	3-4 medium per pound	
	FROZEN	FRUITS - All types	lb	7	Peaches, cherries, strawberries
POTATOES - French Fries, regular/crinkle cut		lb	14	About 5 fries = 1/4 cup	
POTATOES - French Fries, shoestring cut		lb	16	About 7 fries = 1/4 cup	
POTATOES - Tater Tots		lb	12	About 4 regular sized tots = 1/4 c	
POTATOES - Wedges w/skin		lb	10		
POTATOES - Hash brown patty, prebrowned		lb	7	1 patty = 1/4 c	
VEGETABLES - Small uniform pieces		lb	10	Corn, peas, carrots, green beans	
VEGETABLES - All others		lb	9	Broccoli, cauliflower	
DRIED	POTATOES - Flakes, granules	lb	50		
	POTATOES - Sliced, diced	lb	44		

Serving sizes of less than 1/8 cup (2 tablespoons) may not be counted toward the fruit/vegetable requirement.

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Side B

	Food As Purchased MEAT/MEAT ALTERNATES	Purchase Unit	Servings per Purchase Unit	Serving Size	Comments	
CANNED	BEEF or PORK - In natural juices	29 oz can	14	1 ounce	Boneless	
	CHICKEN - Boned in broth	29 oz can	20		Drained	
	TUNA - Chunk	66½ oz can	50		Drained	
FRESH OR FROZEN	RAW					
	BEEF - Ground	lb	11.8		No more than 20% fat	
	PORK - Ground	lb	11.5			
	PORK - Fresh Ham/Roast/Shoulder–boneless	lb	9			
	CHICKEN or TURKEY - Ground	lb	11.2			
	CHICKEN - Fresh/Frozen - whole w/skin	lb	5.8			
	TURKEY - Roast or Roll – boneless	lb	10.5			
	BEEF Roast - Boneless	lb	10			
	PRECOOKED					
	BEEF - Breaded patties or nuggets	lb	8			
	CHICKEN - Breaded patties or nuggets	lb	8			
	FISH PORTIONS - Battered or breaded	lb	8			
	PORK - Breaded patties or nuggets	lb	8			
	COOKED MEATS					
	DELI - Style meats for sandwiches	lb	16			
HAM - Mild cured –boneless	lb	13				
FRANKS	lb	16				
PRECOOKED - Unbreaded meat portions	lb	16				
MEAT ALTERNATES	BEANS - Assorted Canned	#10 can	36	kidney, chili, lima, navy ¼ cup = 1 oz		
	CHEESE - Cheddar, Mozzarella, American	lb	16	4 c = 1 lb		
	CHEESE - Cottage or Ricotta	lb	8	¼ cup = 1 oz		
	CHEESE - Food, Spread	lb	8	2 oz = 1 oz meat/meat alt.		
	EGGS - Fresh, Large	Each	2	½ egg = 1 oz		
	EGGS - Frozen	lb	18	1 lb = 9 large eggs		
	NUTS and SEEDS - Shelled	lb	16	Max -50% of requirement		
	PEANUT BUTTER	lb / #10 can	14 / 97	2 Tbsp = 1 oz		
	YOGURT - Plain or flavored	lb	4	½ c or 4 fl.oz = 1 oz meat alt.		

Refer to Child Nutrition (CN) Labels for portion size and meal pattern contribution, if available.