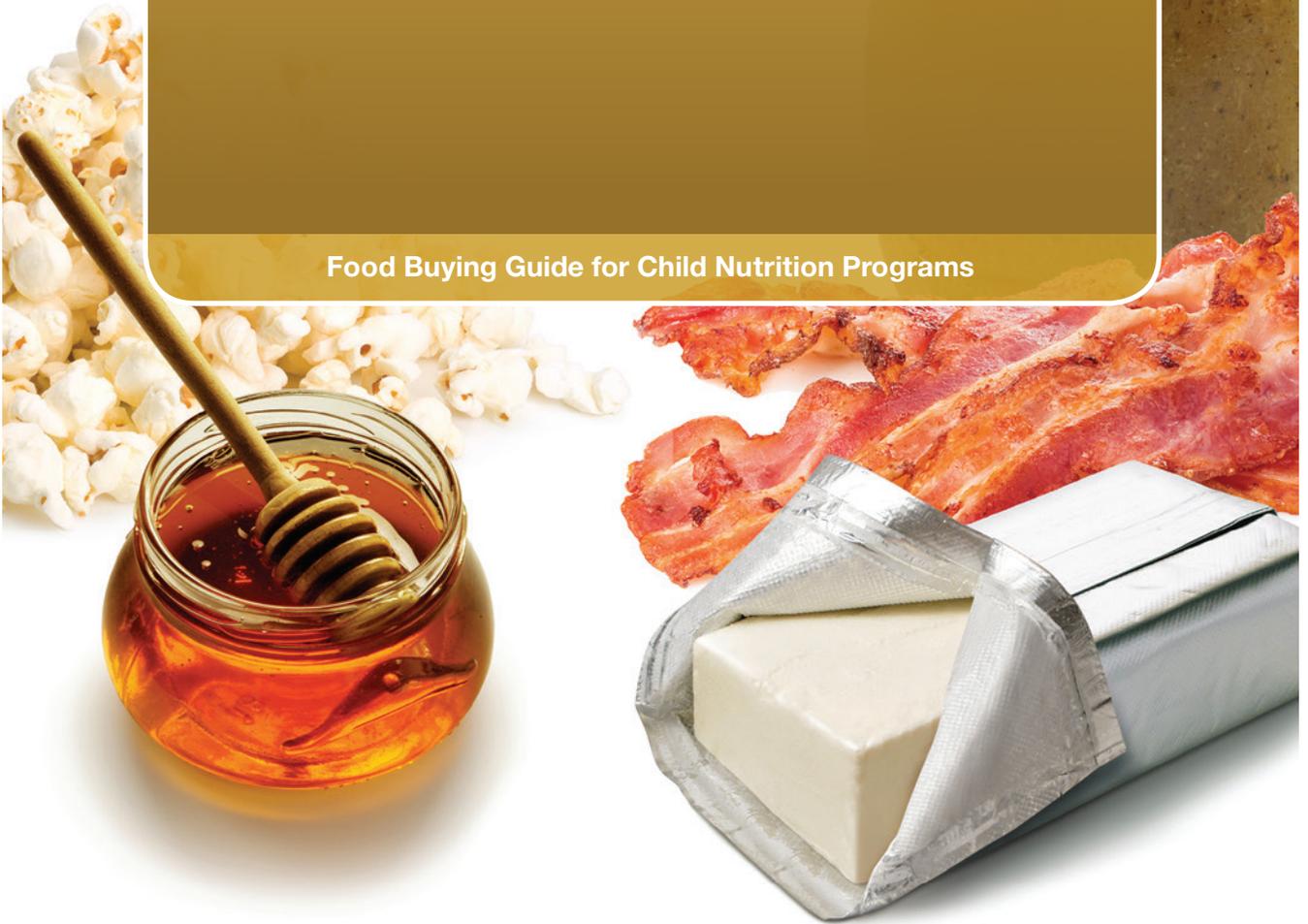


6

Other Foods

Food Buying Guide for Child Nutrition Programs



6 | Other Foods

Description of Other Foods that DO NOT Meet the Meal Pattern Requirements

The foods in this section do not meet the requirement for any component in the meal patterns. These items are included for your convenience since they are frequently used as condiments and seasonings to round out the meal, improve acceptability, and satisfy children's or adults' appetites. Child Nutrition Program operators may include these foods in small portions.

While these extra foods do not credit toward meal pattern components, school program operators do need to make sure they are counted in dietary specifications. If menus exceed any of the dietary specifications for calories, saturated fat, or sodium, the menu planner should evaluate how these noncreditable foods contribute to the excess calories and other nutrients.

The calories supplied by these foods help to meet the energy needs of growing children. They also contribute varying amounts of protein, vitamins, and minerals essential to good nutrition. However, many of these foods are high in salt, sugar, and/or fat. For that reason, you may want to consider carefully how often and in what amount you serve them. The Dietary Guidelines for Americans recommend eating patterns that are low in added sugars, saturated fats, and sodium.

Foods are designated as "USDA Foods" or "Market pack" in Column 1. USDA Foods are not normally available on the market. Market pack foods are commercially available.



Food Buying Guide for Child Nutrition Programs

Section 6 Other Foods

Section 6 - Other Foods

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
BUTTER, MARGARINE					
Butter	Pound	96.00	1 teaspoon butter	1.10	1 lb = 2 cups
Margarine	Pound	96.00	1 teaspoon margarine	1.10	1 lb = 2 cups
CATSUP (KETCHUP)					
Catsup (Ketchup) <i>Tomato</i>	No. 10 Can (115 oz)	11.40	1 cup catsup		1 No. 10 can = about 11-1/2 cups
	No. 10 Can (115 oz)	183.00	1 tablespoon catsup	0.60	1 No. 10 can = about 11-1/2 cups
	20 oz Bottle	32.00	1 tablespoon catsup	3.20	
	Pound	1.60	1 cup catsup		
CHILI SAUCE					
Chili Sauce	No. 10 Can (113 oz)	12.90	1 cup sauce		
	19 oz Bottle	2.20	1 cup sauce		
	Pound	1.80	1 cup sauce		
COCONUT					
Coconut, fresh <i>In shell</i>	Pound	2.70	1 cup shredded or grated coconut		1 lb in shell = about 0.48 lb (2-3/4 cups) shredded or grated ready-to-serve
Coconut, frozen <i>Shredded</i>	Pound	5.80	1 cup coconut		
Coconut, dried <i>Flakes</i>	Pound	5.10	1 cup coconut		
Coconut, dried <i>Shredded</i>	Pound	4.90	1 cup coconut		
CREAM					
Cream, fresh <i>Light</i>	Quart	64.00	1 tablespoon cream	1.60	
Cream, fresh <i>Heavy Whipping</i>	Quart	128.00	1 tablespoon whipped cream	0.79	Volume doubles when whipped
	Pint	64.00	1 tablespoon whipped cream	1.60	
CREAM CHEESE					
Cream Cheese	Pound	15.60	2 tablespoon cream cheese	6.50	
EGG PRODUCT					
Egg Product, frozen, Egg Whites	Pound	7.51	1/4 cup portion	13.40	1 lb frozen = about 1-5/8 cups thawed egg whites

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
EGG PRODUCT (continued)					
Egg Product, frozen, Egg Yolks	Pound	7.51	1/4 cup portion	13.40	1 lb frozen = about 1-5/8 cups thawed egg yolks
FISH, SURIMI					
Fish, Surimi, frozen	Pound	10.80	1/4 cup thawed surimi	9.30	1 lb AP = 0.98 lb ready-to-use, thawed surimi (about 2-3/4 cups)
	Pound	15.70	1 oz thawed surimi	6.40	1 lb AP = 0.98 lb ready-to-use, thawed surimi (about 2-3/4 cups)
	Pound	10.40	1-1/2 oz thawed surimi	9.70	1 lb AP = 0.98 ready-to-use, thawed surimi (about 2-3/4 cups)
FROZEN DESSERTS					
Frozen Desserts, Ice cream, Ice milk, Sherbet <i>Brick</i>	Quart	8.00	1 slice (1/2 cup)	12.50	
Frozen Desserts, Ice cream, Ice milk, Sherbet, Frozen yogurt <i>Bulk, Hardened or Soft serve</i>	Gallon	32.00	1/2 cup	3.20	
	Gallon	64.00	1/4 cup	1.60	
HOMINY					
Hominy, canned	No. 10 Can (105 oz)	46.90	1/4 cup hominy	2.20	1 can = about 68 oz drained
	No. 2-1/2 Can (29 oz)	12.90	1/4 cup hominy	7.80	1 can = about 19 oz drained
	No. 300 Can (15-1/2 oz)	6.30	1/4 cup hominy	15.90	
HONEY					
Honey <i>Strained</i>	Pound	1.40	1 cup honey		
	Pound	22.30	1 tablespoon honey	4.50	
JAMS, JELLIES and PRESERVES					
Jams, Jellies and Preserves	Gallon	16.00	1 cup jam		
	Gallon	256.00	1 tablespoon jelly	0.40	
	Quart	4.00	1 cup jam		
	Quart	64.00	1 tablespoon jam	1.60	
	Pound	1.40	1 cup jam		
	Pound	22.60	1 tablespoon jam	4.50	
MILK, DRIED					
Milk, dried <i>Whole, Regular</i>	Pound	14.20	1 cup reconstituted		4.5 oz (1 cup) dry + 3-1/2 cups water = about 1 qt fluid whole milk

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
MILK, DRIED (continued)					
Milk, dried <i>Whole, Regular</i>	Pound	3.50	1 cup dry milk		about 1 qt fluid whole milk
Milk, dried <i>Nonfat, Instant</i>	Pound	20.00	1 cup reconstituted milk		3.2 oz (1-1/3 cups) dry + 3-3/4 cups water = about 1 qt fluid skim milk
	Pound	6.60	1 cup dry milk		
Milk, dried <i>Non-instant, USDA Commodity</i>	Pound	20.00	1 cup reconstituted milk		3.2 oz (3/4 cup) dry + 3-3/4 cups water = about 1 qt fluid skim milk
	Pound	3.70	1 cup dry milk		
MILK, EVAPORATED					
Milk, evaporated, canned	No. 10 Can (97 oz)	12.00	1 cup concentrated milk		to reconstitute, add 1 part evaporated milk with 1 part water
Milk, Evaporated, canned	13 oz Can	1.60	1 cup concentrated milk		To reconstitute, add 1 part evaporated milk with 1 part water
MUSTARD					
Mustard <i>Prepared</i>	Gallon (about 142 oz)	16.00	1 cup mustard		
	Gallon (about 142 oz)	256.00	1 tablespoon mustard	0.40	
	Quart (about 35 oz)	64.00	1 tablespoon mustard	1.60	
	Pound	1.80	1 cup mustard		
PICKLE RELISH					
Pickle Relish	Gallon (about 147 oz)	16.00	1 cup relish		1 gal = about 58 oz drained (about 8 cups)
	Gallon (about 147 oz)	256.00	1 tablespoon relish	0.40	
	Quart (about 35 oz)	64.00	1 tablespoon relish	1.60	
	Pound	1.80	1 cup relish		
PORK					
Pork, fresh, Pig Ears <i>Lobe off, Square cut</i>	Pound	15.60	1 oz cooked pig's ear	6.50	1 lb AP = 0.98 lb cooked pig's ears
	Pound	10.40	1-1/2 oz cooked pig's ear	9.70	1 lb AP = 0.98 lb cooked pig's ears
Pork, fresh, Pig Feet <i>Front, (Like IMPS #420)</i>	Pound	0.64	1 oz cooked pig's feet	156.30	1 lb AP = 0.04 lb cooked, skinned, boned meat
	Pound	0.42	1-1/2 oz cooked pig's feet	238.10	1 lb AP = 0.04 lb cooked, skinned, boned meat
Pork, fresh, Pig Feet <i>Hind, (Like IMPS #420A)</i>	Pound	0.32	1 oz cooked pig's feet	312.50	1 lb AP = 0.02 lb cooked, skinned, boned meat
	Pound	0.21	1-1/2 oz cooked pig's feet	476.20	1 lb AP = 0.02 lb cooked, skinned, boned meat

Section 6 - Other Foods

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
PORK, MILD CURED					
Pork, Mild Cured, chilled or frozen Bacon <i>Slices, Precooked</i>	Pound	116.00	1 bacon slice (approximately 0.17 oz)	0.87	1 lb AP = 0.86 lb cooked bacon (about 6 cups thawed, cooked, and chopped)
Pork, Mild Cured, chilled or frozen Bacon <i>Slices, Raw</i>	Pound	23.00	1 bacon slice (approximately 0.31 oz)	4.40	1 lb AP = 0.38 lb cooked bacon (about 5 cups chopped)
Pork, Mild Cured, chilled or frozen Ham Hocks <i>Cured and Smoked, (Like IMPS #560)</i>	Pound	0.32	1 oz cooked ham hocks	312.50	1 lb AP = 0.02 lb cooked meat from ham hocks
	Pound	0.21	1-1/2 oz cooked ham hocks	476.20	1 lb AP = 0.02 lb cooked meat from ham hocks
POPCORN, POPPED					
Popcorn, Popped	Package (48 – 1 oz individual packages)	136.70	1/4 cup popped	0.80	1 oz pkg = about 2-1/4 cups popped
	Pound	68.30	1/2 cup popped	1.50	1 lb dry = about 34-1/4 cups popped
	Pound	45.50	3/4 cup popped	2.20	1 lb dry = about 34-1/4 cups popped
	Pound	34.10	1 cup popped	3.00	1 lb dry = about 34-1/4 cups popped
POTATO CHIPS					
Potato Chips	Pound	32.00	1/2 oz chips (about 1/2 cup)	3.20	
POTATO STICKS					
Potato Sticks	Pound	32.00	1/2 oz sticks (about 3/8 cup)	3.20	
PUDDING					
Pudding, canned <i>Ready-to-serve, Butterscotch, Chocolate, Vanilla, etc.</i>	No. 10 Can (112 oz)	47.90	1/4 cup pudding	2.10	1 can = about 12 cups ready-to-serve pudding
	No. 10 Can (112 oz)	23.90	1/2 cup pudding	4.20	1 can = about 12 cups ready-to-serve pudding
SALAD DRESSINGS					
Salad Dressings <i>French, Mayonnaise, Mayonnaise type</i>	Gallon	16.00	1 cup dressing		
	Gallon	256.00	1 tablespoon dressing	0.40	
	Quart	4.00	1 cup dressing		
	Quart	64.00	1 tablespoon dressing	1.60	
SYRUPS					
Syrups <i>Cane, Corn, Maple, Molasses, etc.</i>	Gallon (about 183 oz)	16.00	1 cup syrup		

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
SYRUPS (continued)					
Syrups <i>Cane, Corn, Maple, Molasses, etc.</i>	Gallon (about 183 oz)	128.00	2 tablespoon syrup	0.79	
	Quart	4.00	1 cup syrup		
	Quart	32.00	2 tablespoon syrup	3.20	
VEGETABLES FOR SEASONING					
Vegetables for Seasoning, dried, Celery Flakes	Ounce	1.30	1 cup dry flakes		For flavor, use 1 oz dry in place of 11.3 oz (2-2/3 cups) fresh chopped celery
	Pound	21.60	1 cup dry flakes		For flavor, use 1 oz dry in place of 11.3 oz (2-2/3 cups) fresh chopped celery
Vegetables for Seasoning, dried, Chives <i>Freeze-dried, Flakes</i>	Ounce	2.80	1 cup flakes		For flavor, use 1 oz dry in place of 14.7 oz (8-2/3 cups) fresh chopped chives
	Pound	46.20	1 cup flakes		For flavor, use 1 oz dry in place of 14.7 oz (8-2/3 cups) fresh chopped chives
Vegetables for Seasoning, dried, Garlic Minced	Ounce	2.60	1 tablespoon garlic		For flavor, use 1/4 tsp. dry in place of 2 cloves fresh minced garlic
	Pound	42.00	1 tablespoon garlic		For flavor, use 1/4 tsp. dry in place of 2 cloves fresh minced garlic
Vegetables for Seasoning, dried, Mixed vegetables <i>Flakes</i>	Ounce	7.20	1 tablespoon flakes		
	Pound	7.80	1 cup flakes		
Vegetables for Seasoning, dried, Onions <i>Chopped</i>	Ounce	6.00	1 tablespoon onions		For flavor, use 1 oz dry in place of about 9.1 oz (1-1/2 cups) fresh chopped onion
	Pound	5.20	1 cup onions		For flavor, use 1 oz dry in place of about 9.1 oz (1-1/2 cups) fresh chopped onion
Vegetables for Seasoning, dried, Onions <i>Minced</i>	Ounce	6.00	1 tablespoon onions		
	Pound	4.50	1 cup onions		
Vegetables for Seasoning, dried, Onions <i>Flakes</i>	Ounce	6.00	1 tablespoon flakes	1.00	
	Pound	7.60	1 cup flakes	1.00	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
VEGETABLES FOR SEASONING (continued)					
Vegetables for Seasoning, dried, Parsley Flakes	Ounce	21.80	1 tablespoon flakes		For flavor, use 1 oz dry in place of about 2.9 oz (4 cups) fresh chopped parsley
	Pound	20.60	1 cup flakes		For flavor, use 1 oz dry in place of about 2.9 oz (4 cups) fresh chopped parsley
Vegetables for Seasoning, dried, Pepper, Green or Red Flakes	Ounce	11.30	1 tablespoon flakes		For flavor, use 1 oz dry in place of about 8.8 oz (1-2/3 cups) fresh chopped green pepper
	Pound	11.30	1 cup flakes		For flavor, use 1 oz dry in place of about 8.8 oz (1-2/3 cups) fresh chopped green pepper
YEAST					
Yeast Active Dry	Pound	3.10	1 cup yeast		1 package (1/4 oz) = about 1 tablespoon
Yeast Compressed	Pound	25.20	1 cake yeast		1 cake (5/8 oz) = 1 package; (1/4 oz) active dry yeast