

Food Buying Guide for Child Nutrition Programs

Appendix C

Food Items for Further Processing

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEAN PRODUCTS					
Bean Flour¹ <i>Flour, Bean, Includes Pulse Flours</i>	Pound	13.00	1/4 cup vegetable or 1 oz meat alternate	7.70	
BEEF, LEAN FINELY TEXTURED (LFTB)					
Beef, fresh or frozen <i>Lean finely textured beef (LFTB), Raw</i>	Pound	12.90	1 oz lean cooked meat	7.80	1 lb AP = 0.81 lb cooked lean meat
	Pound	8.64	1-1/2 oz lean cooked meat	11.60	1 lb AP = 0.81 lb cooked lean meat
CHICKEN, MECHANICALLY OR HAND SEPARATED					
Chicken, fresh or frozen <i>Mechanically or Hand separated, Raw</i>	Pound	11.20	1 oz lean cooked poultry	9.00	1 lb AP = 0.70 lb cooked poultry
	Pound	7.46	1-1/2 oz cooked poultry	13.50	1 lb AP = 0.70 lb cooked poultry
PORK, LEAN FINELY TEXTURED (LFTP)					
Pork, fresh or frozen <i>Lean finely textured pork (LFTP), Raw</i>	Pound	12.90	1 oz lean cooked meat	7.80	1 lb AP = 0.81 lb cooked lean meat
	Pound	8.64	1-1/2 oz lean cooked meat	11.60	1 lb AP = 0.81 lb cooked lean meat
SEAFOOD					
Seafood, frozen, Fish fillet block <i>Raw</i>	Pound	12.40	1 oz cooked fish	8.10	1 lb AP = 0.78 lb cooked fish
	Pound	8.32	1-1/2 oz cooked fish	12.10	1 lb AP = 0.78 lb cooked fish
Seafood, frozen, Minced fish block <i>Raw</i>	Pound	12.00	1 oz cooked fish	8.40	1 lb AP = 0.75 lb cooked minced fish
	Pound	8.00	1-1/2 oz cooked fish	12.50	1 lb AP = 0.75 lb cooked minced fish
Seafood, frozen, Shrimp <i>Minced, Raw</i>	Pound	9.28	1 oz cooked fish	8.70	1 lb AP = 0.73 lb cooked shrimp
	Pound	6.18	1-1/2 oz cooked fish	16.20	1 lb AP = 0.58 lb cooked shrimp
Seafood, frozen, Squid meat block <i>Rings and Tentacles, Raw</i>	Pound	11.60	1 oz cooked fish	8.70	1 lb AP = 0.73 lb cooked squid meat
	Pound	7.78	1-1/2 oz cooked fish	12.90	1 lb AP = 0.73 lb cooked squid meat

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TURKEY, MECHANICALLY OR HAND SEPARATED					
Turkey, fresh or frozen <i>Mechanically or Hand separated, Raw</i>	Pound	11.20	1 oz cooked poultry	9.00	1 lb AP = 0.70 lb cooked poultry
	Pound	7.46	1-1/2 oz cooked poultry	13.50	1 lb AP = 0.70 lb cooked poultry

¹ Bean flour as an ingredient in a finished product may contribute toward the vegetable or meats/meat alternates meal components, but not simultaneously. The finished product must also contain a creditable amount of recognizable meat/meat alternate if crediting toward that component. For example, the bean pasta may credit towards the meats/meat alternates component if the program operator tops the bean pasta dish with at least 0.25 oz. eq. of meat/meat alternate (e.g. meat or cheese sauce). Manufacturers formulating products with bean flours must provide documentation to program operators demonstrating how these products may contribute to meal pattern requirements, and they are encouraged to provide a CN label, when applicable.

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Bean Flour¹ <i>Flour, Bean, Includes Pulse Flours</i>	Pound	13.00	1/4 cup vegetable or 1 oz meat alternate	7.70	
TOMATO PASTE					
Tomato Paste², canned, Medium <i>28% or more, but less than 32% Natural Tomato Soluble Solids (NTSS)</i>	Pound	32.20	1 tablespoon paste (1/4 cup vegetable)	3.20	
Tomato Paste, canned, Heavy <i>32% or more, but less than 39.3% Natural Tomato Soluble Solids (NTSS)</i>	Pound	36.80	1 tablespoon paste (1/4 cup vegetable)	2.80	
Tomato Paste, canned, Extra Heavy <i>39.3% or more Natural Tomato Soluble Solids (NTSS)</i>	Pound	45.10	1 tablespoon paste (1/4 cup vegetable)	2.30	

¹ Bean flour as an ingredient in a finished product may contribute toward the vegetable or meats/meat alternates meal components, but not simultaneously. The finished product must also contain a creditable amount of recognizable meat/meat alternate if crediting toward that component. For example, the bean pasta may credit towards the meats/meat alternates component if the program operator tops the bean pasta dish with at least 0.25 oz. eq. of meat/meat alternate (e.g. meat or cheese sauce). Manufacturers formulating products with bean flours must provide documentation to program operators demonstrating how these products may contribute to meal pattern requirements, and they are encouraged to provide a CN label, when applicable.

² If the percentage of Natural Tomato Soluble Solids (NTSS) is not specified for the brand of tomato paste you are using, use the yield data for tomato paste light, 24%-28% NTSS.