

Food Buying Guide for Child Nutrition Programs

FRUITS

Section 2 – Fruits					
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
APPLES					
Apples, fresh <i>125-138</i> <i>count</i> <i>Whole</i>	Pound	14.80	1/4 cup raw unpeeled fruit (about 1/4 apple)	6.8	1 lb AP = 0.91 lb (3-2/3 cups) ready-to-cook or -serve raw, cored, unpeeled apples
	Pound	3.00	1 baked apple (about 1/2 cup cooked fruit)	33.4	
	Pound	11.40	1/4 cup raw cored, peeled fruit	8.8	1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-cook or -serve raw, cored, peeled apples
	Pound	6.80	1/4 cup cored, peeled, cooked unsweetened fruit	14.8	1 lb AP = 0.78 lb (about 1-3/4 cups) cored, peeled, cooked apples
	Pound	5.80	1/4 cup cooked sieved unsweetened fruit	17.3	
Apples, fresh <i>100 count</i> <i>Whole</i>	Pound	15.60	1/4 cup raw unpeeled fruit (about 1/5 apple)	6.5	1 lb AP = 0.93 lb (about 3-7/8 cups) ready-to-cook or -serve raw, cored, unpeeled apples
Apples, canned <i>Slices</i> <i>Solid pack</i> <i>Includes</i> <i>USDA Foods</i>	No. 10 can (100 oz)	50.40	1/4 cup fruit and juice	2.0	1 No. 10 can = about 89.0 oz (11-7/8 cups) drained apples
	Pound	8.06	1/4 cup fruit and liquid	12.5	
Apples, frozen <i>Unsweetened</i> <i>Sliced, IQF</i> <i>Includes</i> <i>USDA Foods</i>	Pound	12.70	1/4 cup tempered fruit	7.9	1 lb AP = 0.99 lb (about 3-1/8 cups) tempered ready to-cook or -serve apples
	Pound	8.80	1/4 cup heated fruit	11.4	

Section 2 – Fruits

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
APPLES (continued)					
Apples, dried <i>Slices or Rings</i>	Pound	21.10	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	4.8	1 lb AP = about 5-1/4 cups dried apples
<i>Regular moisture</i>	Pound	28.70	1/4 cup cooked fruit	3.5	
APPLESAUCE⁶					
Apple-sauce, canned⁶ <i>Smooth or Chunky</i> <i>Includes USDA Foods</i>	No. 10 can (108 oz)	47.60	1/4 cup fruit	2.2	1 No. 10 can = about 12 cups applesauce
	No. 2-1/2 can (29 oz)	12.80	1/4 cup fruit	7.9	1 No. 2-1/2 can = about 3-1/8 cups applesauce
	23 oz jar	10.10	1/4 cup fruit	10.0	
APRICOTS					
Apricots, fresh <i>Medium (approx. 1-3/8 inch diameter)</i>	Pound	11.90	1/4 cup fruit (about 1 whole, medium, raw apricot)	8.5	1 lb AP = 0.93 lb ready-to-serve raw apricots
<i>Whole</i>	Pound	10.80	1/4 cup raw, seeded and unpeeled fruit halves	9.3	
Apricots, canned <i>Diced</i> <i>Includes USDA Foods</i>	1 No. 10 can (108 oz)	48.00	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12 cups fruit and liquid
Apricots, canned <i>Halves Unpeeled</i>	No. 10 can (106 oz)	48.00	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 62.0 oz (7-1/3 cups) drained apricots
	No. 2-1/2 can (29 oz)	13.20	1/4 cup fruit and liquid	7.6	1 No. 2-1/2 can = about 16.0 oz (1-7/8 cups) drained apricots

⁶ Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage.

Section 2 – Fruits

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
APRICOTS (continued)					
Apricots, canned <i>Halves Unpeeled</i>	No. 300 can (15-1/4 oz)	6.54	1/4 cup fruit and liquid	15.3	
	No. 300 can (15-1/4 oz)	6.08	1/4 cup heated, drained fruit	16.5	
Apricots, canned <i>Slices Peeled</i>	No. 10 can (106 oz)	45.70	1/4 cup fruit and liquid	2.2	1 No. 10 can = about 62.0 oz (7-2/3 cups) drained apricots
	No. 2-1/2 can (29 oz)	12.50	1/4 cup fruit and liquid	8.0	1 No. 2-1/2 can = about 17.2 oz (2 cups) drained apricots
Apricots, canned <i>Slices Peeled</i>	Pound	6.90	1/4 cup fruit and liquid	14.5	1 lb AP = about 8.9 oz (1-1/8 cups) drained apricots
Apricots, canned <i>Whole With pits Peeled</i>	No. 10 can (106 oz)	44.20	1/4 cup pitted fruit and liquid	2.3	1 No. 10 can = about 52.0 oz (7-1/4 cups) drained, pitted apricots
	No. 2-1/2 can (29 oz)	12.10	1/4 cup pitted fruit and liquid	8.3	1 No. 2-1/2 can = about 12.4 oz (1-3/4 cups) drained, pitted apricots
	Pound	6.67	1/4 cup pitted fruit and liquid	15.0	1 lb AP = about 6.9 oz (1 cup) drained, pitted apricots
Apricots, canned <i>Whole With pits Unpeeled</i>	No. 10 can (106 oz)	43.60	1/4 cup pitted fruit and liquid	2.3	1 No. 10 can = about 53.0 oz (6-1/3 cups) drained, pitted apricots

Section 2 – Fruits

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APRICOTS (continued)					
Apricots, canned <i>Whole With pits Unpeeled</i>	No. 2-1/2 can (29 oz)	11.90	1/4 cup pitted fruit and liquid	8.5	1 No. 2-1/2 can = about 12.8 oz (1-3/4 cups) drained, pitted apricots
	Pound	6.58	1/4 cup pitted fruit and liquid	15.2	1 lb AP = about 7.0 oz (7/8 cup) drained, pitted apricots
Apricots, frozen <i>Unsweetened Halves Unpeeled</i>	Pound	6.70	1/4 cup cooked fruit and liquid	15.0	1 lb AP = 1-2/3 cups cooked fruit
	Pound	7.25	1/4 cup thawed fruit and liquid	13.8	1 lb AP = 1-3/4 cups thawed fruit and liquid
	Pound	4.90	1/4 cup thawed, drained fruit	20.5	1 lb AP = 1-1/8 cups thawed, drained fruit
Apricots, frozen <i>Unsweetened Sliced Unpeeled Includes USDA Foods</i>	Pound	7.26	1/4 cup thawed fruit and liquid	13.8	1 lb AP = 0.98 lb (about 1-3/4 cups) ready-to-serve, thawed, apricots with juice
	Pound	4.91	1/4 cup thawed, drained fruit	20.4	1 lb AP = 0.63 lb (about 1-1/8 cups) ready-to-serve, thawed, drained apricots
	20 lb bag	142.60	1/4 cup thawed fruit and liquid	0.71	20 lb Bag = about 35-2/3 cups thawed apricots and liquid
	20 lb bag	96.40	1/4 cup thawed, drained fruit	1.1	20 lb Bag = about 24-1/8 cups thawed, drained apricots

Section 2 – Fruits

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APRICOTS (continued)					
Apricots, dried <i>Halves</i> <i>Regular</i> <i>moisture</i>	Pound	11.30	9 medium dried halves (1/4 cup fruit, credits as 1/2 cup fruit in NSLP/ SBP)	8.9	1 lb dry = about 2-7/8 cups or 100 apricot halves
	Pound	23.40	1/4 cup cooked fruit	4.3	
BANANAS					
Bananas, fresh <i>150 count</i> <i>7 to 7-7/8 inch</i> <i>Whole</i>	Pound	3.60	1 banana (1/2 cup fruit)	27.8	
	Pound	7.20	1/4 cup sliced fruit	13.9	1 lb AP = 0.64 lb (about 1-5/8 cups) ready-to-serve banana slices
Bananas, fresh <i>100-120 count</i> <i>Regular</i> <i>Whole</i>	Pound	7.07	1/4 cup raw 1/2-inch sliced fruit	14.2	1 lb AP = 0.64 lb (about 1-3/4 cups) peeled 1/2-inch slices of bananas
	Pound	5.39	1/4 cup raw fruit, unpeeled (about 1/2 banana)	18.6	
	Pound	5.20	1/4 cup mashed fruit	19.3	
Bananas, canned <i>Mashed</i>	No. 10 can (116 oz)	50.90	1/4 cup fruit	2.0	
	Pound	7.00	1/4 cup fruit	14.3	
Bananas, dried⁷ <i>Slices</i> <i>100% dried</i> <i>fruit only</i>	Pound	19.60	1/4 cup dried fruit slices (credits as 1/2 cup fruit in NSLP/SBP)	5.2	1 lb AP = 1 lb (about 4-7/8 cups) ready-to-serve dried bananas

⁷ Note: Fried banana chips are not creditable towards meal pattern requirements.

Section 2 – Fruits

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BLACKBERRIES, (BOYSENBERRIES)					
Black-berries (Boysenberries), fresh <i>Whole</i>	Quart (20 oz)	14.90	1/4 cup raw fruit	6.8	1 qt AP = 1.2 lb (about 3-3/4 cups) ready-to-serve raw blackberries
	Pound	11.90	1/4 cup raw fruit	8.5	1 lb AP = 0.96 lb (about 2-7/8 cups) ready-to-serve raw blackberries
Black-berries (Boysenberries), canned <i>Whole</i>	No. 10 can (103 oz)	47.80	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 66.0 oz (10-2/3 cups) drained blackberries
	Pound	7.42	1/4 cup fruit and liquid	13.5	1 lb AP = about 9.2 oz (1-1/2 cups) drained blackberries
Black-berries (Boysenberries), frozen <i>Unsweetened Whole</i>	Pound	8.00	1/4 cup cooked fruit (sugar added by SFA during cooking)	12.5	
	Pound	9.00	1/4 cup thawed fruit (sugar added by SFA during cooking)	11.2	
Black-berries (Boysenberries), Frozen⁶ <i>Unsweetened Puree Includes USDA Foods</i>	Pound	7.70	1/4 cup thawed fruit	13.0	1 lb AP = about 1-7/8 cups thawed fruit juice
	5 lb 12 oz container	44.20	1/4 cup thawed fruit	2.3	5 lb 12 oz container = about 11 cups thawed fruit juice

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Section 2 – Fruits

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BLUEBERRIES					
Blue-berries, fresh <i>Whole</i> <i>Includes</i> <i>USDA Foods</i>	Pint (14-1/4 oz)	10.70	1/4 cup raw fruit	9.4	1 pt AP = 0.87 lb (about 2-2/3 cups) ready-to-serve raw blueberries
	Pound	11.90	1/4 cup raw fruit	8.5	1 lb AP = 0.96 lb ready-to-serve raw blueberries
Blue-berries, canned <i>Whole</i>	No. 10 can (105 oz)	47.60	1/4 cup fruit and liquid	2.2	1 No. 10 can = about 55.0 oz (9-1/4 cups) drained blueberries
	No. 300 can (15 oz)	6.80	1/4 cup fruit and liquid	14.8	1 No. 300 can = about 8.2 oz (1-3/8 cups) drained blueberries
	Pound	7.20	1/4 cup fruit and liquid	13.9	
Blue-berries, frozen <i>Unsweetened</i> <i>Whole</i>	Pound	7.80	1/4 cup cooked fruit (sugar added by SFA during cooking)	12.9	
Blue-berries, frozen <i>Unsweetened</i> <i>Whole</i> <i>Individually-quick-frozen</i>	Pound	11.90	1/4 cup thawed, unsweetened fruit	8.5	1 lb AP = 0.91 lb (2-7/8 cups) ready-to-serve blueberries
Blue-berries, dried <i>Whole</i>	Pound	12.40	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	8.1	1 lb AP = 1 lb (about 3 cups) ready-to-serve dried blueberries
BOYSENBERRIES (see BLACKBERRIES)					

Section 2 – Fruits

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CACTUS FRUIT (PRICKLY PEAR)					
Cactus Fruit (Prickly Pear), fresh <i>Whole fruit</i>	Pound	4.99	1/4 cup peeled, diced fruit, with seeds	20.1	1 lb AP = 0.61 lb (about 1-1/8 cups) ready-to-serve raw, peeled, diced cactus with seeds
	Pound	3.74	1/4 cup, peeled, juice and pulp, without seeds	26.8	1 lb = 0.48 lb (about 7/8 cup) ready-to-cook peeled cactus juice and pulp without seeds
CANTALOUPE⁸					
Cantaloupe, fresh⁸ <i>Whole</i> <i>18 Count</i> <i>(5-inch diameter, about 30 oz)</i>	Pound	5.73	1/4 cup cubed or diced fruit (about 1/10 medium melon)	17.5	1 lb AP = 0.47 lb (about 1-3/8 cups) ready-to-serve raw melon, 1 melon = about 14 oz EP
Cantaloupe, fresh⁸ <i>Whole</i> <i>15 Count</i> <i>(5-3/4-inch diameter, about 40 oz)</i>	Pound	6.74	1/4 cup cubed or diced fruit (about 1/16 large melon)	14.9	1 lb AP = 0.56 lb (about 1-2/3 cups) ready-to-serve, raw, peeled, diced melon, 1 melon = about 1.3 lb EP
Cantaloupe, frozen <i>Melon balls</i> <i>Unsweetened</i>	Pound	8.70	1/4 cup fruit	11.5	1 lb = 35 melon balls
CARAMBOLA (see STAR FRUIT)					
CHERRIES, MARASCHINO					
Cherries, Maraschino, canned <i>Large</i>	Pound	6.20	1/4 cup drained fruit	16.2	

⁸ In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.

Section 2 – Fruits

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
CHERRIES, MARASCHINO (continued)					
Cherries, Maraschino, canned <i>Small</i>	Pound	5.70	1/4 cup drained fruit	17.6	
CHERRIES, RED TART					
Cherries, Red Tart, fresh <i>Whole</i>	Pound	6.40	1/4 cup cooked, pitted fruit, sugar added	15.7	1 lb AP = 0.87 lb pitted cherries
Cherries, Red Tart, canned <i>Pitted Water packed Includes USDA Foods</i>	No. 10 can (102 oz)	46.80	1/4 cup fruit and liquid	2.2	1 No. 10 can = about 11-3/4 cups pitted cherries and liquid
	No. 10 can (102 oz)	36.20	1/4 cup drained fruit	2.8	1 No. 10 can = about 70.0 oz (9 cups) drained, pitted cherries
	Pound	7.29	1/4 cup fruit and liquid	13.8	
	Pound	5.79	1/4 cup drained fruit	17.3	
Cherries, Red Tart, frozen <i>Unsweetened Pitted Includes USDA Foods</i>	Pound	11.40	1/4 cup thawed fruit and liquid	8.8	1 lb AP = 0.98 lb (about 2-3/4 cups) thawed cherries and liquid
	Pound	7.00	1/4 cup drained fruit	14.3	1 lb AP = 0.70 lb (about 1-3/4 cups) thawed, drained cherries
	Pound	5.90	1/4 cup cooked fruit and liquid	17.0	
	40 lb pkg	457.40	1/4 cup thawed fruit and liquid	0.22	40 lb pkg = about 114-1/4 cups thawed cherries and liquid

Section 2 – Fruits

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
CHERRIES, RED TART (continued)					
Cherries, Red Tart, frozen <i>Unsweetened Pitted Includes USDA Foods</i>	40 lb pkg	280.80	1/4 cup thawed, drained fruit	0.36	40 lb pkg = about 70-1/8 cups thawed, drained cherries
Cherries, Red Tart, dried <i>Whole Without pits Includes USDA Foods</i>	40 lb pkg	236.70	1/4 cup cooked fruit and liquid	0.43	1 lb AP = 1 lb (about 2-7/8 cups) dried cherries
	Pound	11.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	8.5	
	2 lb pkg	23.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	4.3	
	4 lb pkg	47.20	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	2.2	
CHERRIES, SWEET					
Cherries, Sweet, fresh <i>Whole With pits</i>	Pound	8.50	1/4 cup raw, pitted cherries (about 7 whole cherries)	11.8	1 lb AP = 0.98 lb ready-to-serve with pits or 0.84 lb pitted cherries
Cherries, Sweet, canned <i>Whole With pits</i>	No. 10 can (106 oz)	45.80	1/4 cup pitted fruit and liquid	2.2	1 No. 10 can = about 59.0 oz (9-1/4 cups) drained, pitted cherries
	No. 2-1/2 can (29 oz)	12.50	1/4 cup pitted fruit and liquid	8.0	1 No. 2-1/2 can = about 17.6 oz (2-3/8 cups) drained cherries
	Pound	6.91	1/4 cup pitted fruit and liquid	14.5	1 lb AP = about 8.4 oz (1-1/3 cups) drained, pitted cherries

Section 2 – Fruits					
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CLEMENTINES					
Clementines fresh <i>Whole</i>	Pound	3.68	1 whole, raw clementine (about 1/2 cup fruit)	27.2	
	Pound	7.65	1/4 cup peeled, sectioned, raw fruit (about 5 sections)	13.1	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve, raw clementine sections
CRANBERRIES					
Cranberries, fresh <i>Whole</i>	Pound	15.60	1/4 cup raw, chopped fruit	6.5	1 lb AP = 0.95 lb ready-to-cook or -serve raw cranberries
	Pound	11.10	1/4 cup cooked fruit, sugar added, whole berry	9.1	
	Pound	9.90	1/4 cup cooked fruit, sugar added, strained	10.2	
Cranberries, dried <i>Sweetened</i> <i>Whole</i> <i>Includes USDA Foods</i>	Pound	13.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	7.3	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-cook or -serve cranberries
	5 lb pkg	69.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	1.5	
	30 lb pkg	414.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	0.25	
CRANBERRY RELISH OR SAUCE					
Cranberry Relish or Sauce, canned <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (117 oz)	48.00	1/4 cup fruit	2.1	
	No. 300 can (16 oz)	6.70	1/4 cup fruit	15.0	

Section 2 – Fruits

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
CRANBERRY RELISH OR SAUCE (continued)					
Cranberry Relish or Sauce, canned <i>Strained</i> <i>Includes USDA Foods</i>	No. 10 can (117 oz)	47.90	1/4 cup fruit	2.1	
	No. 300 can (16 oz)	6.50	1/4 cup fruit	15.4	
CURRENTS					
Currents, dried	Pound	13.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	7.3	1 lb dry = about 3-3/8 cups dry currants
DATES					
Dates, dried <i>Moisturized</i> <i>With pits</i> <i>Whole</i>	Pound	10.00	1/4 cup pitted, dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	10.0	
Dates, dried <i>Pieces</i> <i>Regular moisture</i> <i>Includes USDA Foods</i>	Pound	12.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	7.9	1 lb dry = about 3-1/8 cups dried dates
	30 lb pkg	383.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	0.27	30 lb box = about 95-7/8 cups dried dates
Dates, dried <i>Pitted</i> <i>Regular moisture</i> <i>Includes USDA Foods</i>	Pound	11.10	1/4 cup whole, dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	9.1	1 lb dry = about 2-3/4 cups dry dried dates
	Pound	10.60	1/4 cup chopped, dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	9.5	1 lb dry = about 2-2/3 cups dry dried dates
FIGS					
Figs, fresh <i>Small</i> <i>Whole</i>	Pound	8.00	1/4 cup small raw fruit (about 2-1/2 figs)	12.5	1 lb AP = 1 lb (about 2 cups) ready-to-serve, raw figs, 1 lb = about 20 small figs

Section 2 – Fruits

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
FIGS (continued)					
Figs, canned <i>Puree⁶</i> <i>Includes USDA Foods</i>	2 gallon	128.00	1/4 cup fruit	0.79	2 gallon container = 32 cups fruit juice
Figs, canned <i>Whole</i>	No. 10 can (110 oz)	49.30	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 64.0 oz (8-3/4 cups) drained figs
	No. 2-1/2 can (30 oz)	13.40	1/4 cup fruit and liquid	7.5	1 No. 2-1/2 can = about 18.6 oz (2-1/2 cups) drained figs
	Pound	7.17	1/4 cup fruit and liquid	14.0	
Figs, dried <i>Whole</i> <i>Includes USDA Foods</i>	Pound	10.40	1/4 cup dried fruit (about 3 figs, credits as 1/2 cup fruit in NSLP/SBP)	9.7	1 lb dry = about 2-5/8 cups or 30 figs
	Pound	13.40	1/4 cup cooked fruit and liquid	7.5	
Figs, dried <i>Diced and Sugared</i> <i>Includes USDA Foods</i>	Pound	12.70	1/4 cup dried fruit pieces (about 28 pieces, credits as 1/2 cup fruit in NSLP/SBP)	7.9	1 lb dry = 3-1/8 cups dried, sugared figs
	25 lb Box	319.90	1/4 cups diced fruit (about 28 pieces, credits as 1/2 cup fruit in NSLP/SBP)	0.32	25 lb Box = about 80 cups dried, sugared figs

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Section 2 – Fruits

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FRUIT, MIXED					
Fruit, Mixed, chilled <i>(may include: honeydew melon, cantaloupe, watermelon, grapes, etc.)</i>	Gallon (97.7 oz)	64.00	1/4 cup fruit and liquid	1.6	1 gallon container = 16 cups fruit and liquid
Fruit, Mixed, canned <i>Fruit Cocktail (peaches, pears, pineapple, grapes, cherries)</i> <i>Includes USDA Foods</i>	No. 10 can (106 oz)	46.90	1/4 cup fruit and liquid	2.2	1 No. 10 can = about 69.0 oz (9-1/4 cups) drained fruit
	No. 2-1/2 can (29 oz)	12.80	1/4 cup fruit and liquid	7.9	1 No. 2-1/2 can = about 18.3 oz (2-3/8 cups) drained fruit
	No. 300 can (15 oz)	6.30	1/4 cup fruit and liquid	15.9	
Fruit, Mixed, canned <i>(may include: apricots, peaches, pears, pineapple, cherries, grapes, etc.)</i> <i>Includes USDA Foods</i>	No. 10 can (106 oz)	48.60	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 62.0 oz (8-1/2 cups) drained fruit
	No. 2-1/2 can (29 oz)	13.30	1/4 cup fruit and liquid	7.6	1 No. 2-1/2 can = about 16.9 oz (2-1/3 cups) drained fruit
	No. 300 can (15 oz)	6.50	1/4 cup fruit and liquid	15.4	
Fruit, Mixed, frozen <i>Unsweetened (may include: peaches, grapes, apricots, pears, pineapple, cherries, etc.)</i>	136 oz tub	58.20	1/4 cup thawed fruit and liquid	1.8	136 oz tub = about 14-3/8 cups thawed fruit and liquid
	136 oz tub	23.40	1/4 cup thawed, drained fruit	4.3	136 oz tub = about 49.4 oz (5-3/4 cups) thawed, drained fruit

Section 2 – Fruits

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
FRUIT, MIXED (continued)					
Fruit, Mixed, dried <i>Regular moisture</i>	Pound	9.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	10.4	
GRAPEFRUIT					
Grapefruit, fresh <i>27-32 Count (large) Whole</i>	Pound	6.48	1/4 cup fruit sections peeled (about 2 sections)	15.5	1 lb AP = 0.74 lb (about 1-5/8 cups) peeled, ready-to-serve raw grapefruit sections
	Pound	4.53	1/4 cup fruit sections, peeled, without membrane (about 2 sections)	22.1	1 lb AP = 0.58 lb (about 1-1/8 cups) ready-to-serve raw, peeled grapefruit sections without membrane
	Pound	2.00	1/2 grapefruit (about 1/2 cup fruit and liquid)	50.0	1 lb AP = 0.48 lb (7/8 cup) fruit and liquid
	Pound	3.50	1/4 cup fruit and liquid	28.6	
Grapefruit, canned <i>Sections</i>	No. 3 Cyl (50 oz)	23.30	1/4 cup fruit and liquid	4.3	1 No. 3 Cyl = about 26.0 oz (3-1/8 cups) drained grapefruit
	Pound	7.45	1/4 cup fruit and liquid	13.5	
Grapefruit, frozen <i>Sections Unsweetened</i>	Pound	7.50	1/4 cup fruit and liquid	13.4	1 lb AP = about 0.55 lb (1-1/8 cups) thawed, drained grapefruit

Section 2 – Fruits

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
GRAPEFRUIT and ORANGE SECTIONS					
Grapefruit and Orange Sections, chilled	Gallon (136 oz)	63.90	1/4 cup fruit and liquid	1.6	1 gallon = about 91.0 oz (13-1/4 cups) drained fruit
	Pound	7.51	1/4 cup fruit and liquid	13.4	
	No. 3 Cyl (50 oz)	22.60	1/4 cup fruit and liquid	4.5	1 No. 3 Cyl = about 26.0 oz (3-1/2 cups) drained fruit
Grapefruit and Orange Sections, canned	Pound	7.23	1/4 cup fruit and liquid	13.9	1 lb AP = about 8.5 oz (1-1/8 cups) drained fruit
GRAPES					
Grapes, fresh <i>Seedless</i> <i>Whole</i> <i>With stem</i>	Pound	10.50	1/4 cup whole fruit (about 7 large grapes)	9.6	1 lb AP = 0.97 lb (about 2-5/8 cups) ready-to-serve grapes
	Pound	9.27	1/4 cup fruit halves (about 14 large grape halves)	10.8	1 lb AP = 0.97 lb (about 2-1/4 cups) ready-to-serve grape halves
Grapes, fresh <i>Seedless</i> <i>Whole</i> <i>Without stem</i>	Pound	10.80	1/4 cup whole fruit (about 7 large grapes)	9.3	
Grapes, fresh <i>Whole</i> <i>With seeds and stem</i>	Pound	10.10	1/4 cup seeded fruit halves (about 12 grape halves)	10.0	1 lb AP = 0.89 lb raw seeded grapes
Grapes, canned <i>Seedless</i> <i>Whole</i>	No. 10 can (108 oz)	50.00	1/4 cup fruit and liquid	2.0	1 No. 10 can = about 67.0 oz (10 cups) drained grapes

Section 2 – Fruits

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
GRAPES (continued)					
Grapes, canned <i>Seedless Whole</i>	No. 2-1/2 can (30 oz)	13.80	1/4 cup fruit and liquid	7.3	1 No. 2-1/2 can = about 18.6 oz (2-3/4 cups) drained grapes
	Pound	7.40	1/4 cup fruit and liquid	13.6	1 lb AP = about 9.9 oz (1-1/2 cups) drained grapes
GUAVA PUREE⁶					
Guava Puree, frozen⁶ <i>Unsweetened</i>	30 oz container	13.30	1/4 cup fruit	7.6	30 oz container = about 29.6 oz (3-1/3 cups) thawed fruit juice
	Pound	7.20	1/4 cup fruit	13.9	
HONEYDEW MELON⁸					
Honeydew Melon, fresh⁸ <i>Whole</i>	Pound	4.90	1/4 cup fruit cubes	20.5	1 lb AP = 0.46 lb (about 1-1/8 cups) ready-to-serve melon cubes
Honeydew Melon, frozen <i>Unsweetened</i>	Pound	8.70	1/4 cup fruit balls	11.5	1 lb = about 35 melon balls

⁶ Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage.

⁸ In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.

Section 2 – Fruits

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
JUICES⁹					
Juices, canned⁹ <i>Single strength (100% fruit juice such as apple, grape, grapefruit, grapefruit-orange, lemon, lime, orange, pineapple, prune, tangerine)</i>	No. 10 can (96 fl oz)	48.00	1/4 cup fruit juice	2.1	1 No. 10 can = 12 cups juice
	No. 3 Can (46 fl oz)	23.00	1/4 cup fruit juice	4.4	
	Quart (32 fl oz)	16.00	1/4 cup fruit juice	6.3	
	No. 2-1/2 can (25-1/2 fl oz)	12.70	1/4 cup fruit juice	7.9	
Juices, frozen¹⁰ <i>Concentrated, any fruit (such as apple, grape, grapefruit, grapefruit-orange, and orange (1 part juice concentrate to 3 parts water) Includes USDA Foods</i>	32 fl oz can (about 38 oz)	64.00	1 tablespoon concentrate (1/4 cup fruit juice)	1.6	32 fl oz can reconstituted = 16 cups (128 fl oz). Reconstitute 1 part juice concentrate with not more than 3 parts water
	6 fl oz can (about 7 oz)	12.00	1 tablespoon concentrate (1/4 cup fruit juice)	8.4	

⁹ According to the Food and Drug Administration, unpasteurized juice may contain harmful bacteria that may put children, pregnant women, the elderly, and persons with weakened immune systems at risk for serious illness or even death. Unpasteurized juice is normally found in the refrigerated section of grocery or health food stores or at cider mills or farm markets. Unpasteurized juice should have warning information on the label or on a nearby sign at the point of purchase. When serving juice, use only pasteurized juice. Pasteurized juice is normally found as frozen concentrated juice or in non-refrigerated shelf-stable containers, such as juice boxes, bottles, or cans. Pasteurized juice can also be found in the refrigerated sections of stores.

¹⁰ The canned and frozen juices listed in Column 1 are usually available in the can size listed in Column 2.

Section 2 – Fruits

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
KIWI					
Kiwi, fresh <i>33-39 Count Whole</i>	Pound	8.38	1/4 cup peeled fruit chunks	12.0	1 lb AP = 0.87 lb (about 2 cups) ready-to-serve peeled kiwi chunks
	Pound	10.60	1/4 cup unpeeled fruit chunks	9.5	1 lb AP = 0.99 lb (about 2-2/3 cups) ready-to-serve unpeeled kiwi chunks
	Pound	8.99	1/4 cup peeled fruit slices (about six 1/4-inch slices)	11.2	1 lb AP = 0.85 lb (about 2-1/4 cups) ready-to-serve peeled 1/4-inch kiwi slices
	Pound	11.60	1/4 cup unpeeled fruit slices (about six 1/4-inch slices)	8.7	1 lb AP = 0.99 lb (about 2-7/8 cups) ready-to-serve unpeeled 1/4-inch kiwi slices
	Pound	10.80	1/4 cup unpeeled fruit halves (about 2 halves or 3/4 of a whole kiwi)	9.3	1 lb AP = 0.99 lb ready-to-serve unpeeled kiwi halves
LEMONS					
Lemons, fresh <i>Whole</i>	Pound	3.10	1/4 cup fruit juice	32.3	1 lb AP = 0.43 lb (about 3/4 cup) juice
LIMES					
Limes, fresh <i>Whole</i>	Pound	3.50	1/4 cup fruit juice	28.6	1 lb AP = 0.47 lb (about 7/8 cup) juice
MANGOES					
Mangoes, fresh <i>Whole</i>	Pound	7.60	1/4 cup cubed or sliced fruit	13.2	1 lb AP = 0.69 lb ready-to-serve raw mangoes

Section 2 – Fruits

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
NECTARINES					
Nectarines, fresh <i>All sizes</i>	Pound	10.70	1/4 cup unpeeled, diced fruit	9.4	1 lb AP = 0.88 lb ready-to-serve unpeeled 1/2-inch nectarine slices
Nectarines, fresh <i>Size 88-96 (2-1/4 inch diameter) Whole</i>	Pound	4.40	1 whole, raw nectarine (about 1/2 cup fruit)	22.8	
	Pound	8.80	1/4 cup fruit and liquid (about 1/2 nectarine)	11.4	
Nectarines, fresh <i>Size 56-64 (2-3/4 inch diameter) Whole</i>	Pound	3.05	1 whole, raw nectarine (about 3/4 cup fruit)	32.8	
	Pound	9.15	1/4 cup fruit and liquid (about 1/3 nectarine)	11.0	
ORANGES					
Oranges, fresh <i>All sizes Whole Includes USDA Foods</i>	Pound	3.50	1/4 cup fruit sections membrane removed, drained	28.6	1 lb AP = 0.40 lb ready-to-serve oranges
	Pound	3.60	1/4 cup fruit juice	27.8	1 lb AP = 0.48 lb (7/8 cup) juice
Oranges, fresh <i>138 count Arizona or California Whole</i>	Pound	3.40	1 orange (about 1/2 cup fruit and liquid)	29.5	
	Pound	6.80	1/4 cup fruit and liquid (about 1/2 orange)	14.8	

Section 2 – Fruits

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
Oranges (continued)					
Oranges, fresh <i>125 count Florida or Texas</i>	Pound	2.90	1 orange (about 5/8 cup fruit and liquid)	34.5	
	Pound	7.02	1/4 cup fruit and liquid (about 1/2 orange)	14.3	1 lb AP = about 0.76 lb (1-3/4 cups) ready-to-serve peeled oranges
Oranges, fresh <i>113 count Arizona or California</i>	Pound	2.80	1 orange (about 5/8 cup fruit and liquid)	35.8	
	Pound	5.60	1/4 cup fruit and liquid (about 1/2 orange)	17.9	
Oranges, canned <i>Mandarin</i>	Pound	7.30	1/4 cup fruit and liquid	13.7	1 lb = about 0.61 lb (about 1-1/2 cups) drained oranges
PAPAYA					
Papaya, fresh <i>Whole</i>	Pound	8.60	1/4 cup cubed fruit	11.7	1 lb AP = about 0.67 lb ready-to- serve papaya
	Pound	5.10	1/4 cup mashed fruit	19.7	
Papaya, frozen <i>Puree⁶ Unsweetened</i>	30 oz container	12.80	1/4 cup fruit	7.9	30 oz container = about 3-1/4 cups thawed papaya juice
	Pound	7.21	1/4 cup fruit	13.9	1 lb AP = about 1-3/4 cups thawed papaya juice

⁶ Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage.

Section 2 – Fruits

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
PASSION FRUIT					
Passion Fruit, fresh <i>Whole</i>	Pound	3.45	1/4 cup juice and pulp (no seeds)	29.0	1 lb AP = 0.45 lb (about 1-3/4 cups) ready-to-serve seedless, raw passion fruit juice and pulp
PEACHES					
Peaches, fresh <i>Size 88 and 84 (small) (2-1/8 inch diameter) Whole</i>	Pound	5.50	1 whole, raw small peach (about 3/8 cup fruit)	18.2	
	Pound	8.25	1/4 cup fruit (about 2/3 peach)	12.2	
Peaches, fresh <i>Size 80 Whole</i>	Pound	4.50	1 whole, raw peach (about 1/2 cup fruit)	22.3	
	Pound	9.00	1/4 cup fruit (about 1/2 peach)	11.2	
	Pound	10.7	1/4 cup raw, sliced fruit (about 3 slices, 1/2-inch slices)	9.4	1 lb AP = 0.93 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, sliced peaches
Peaches, fresh <i>Size 80 Whole</i>	Pound	10.2	1/4 cup raw, diced fruit	9.9	1 lb AP = 0.93 lb (about 2-1/2 cups) ready-to-serve unpeeled, pitted, diced peaches
Peaches, fresh <i>Size 64 & 60 (medium) (2-1/2 inch diameter) Whole</i>	Pound	3.50	1 whole raw peach (about 2/3 cup fruit)	28.6	1 lb AP = 0.76 lb ready-to-cook or -serve unpeeled, pitted raw peaches
	Pound	7.00	1/4 cup fruit (about 1/2 peach)	14.7	
	Pound	5.10	1/4 cup raw, diced fruit	19.7	
	Pound	7.70	1/4 cup raw, sliced fruit	13.0	

Section 2 – Fruits

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
PEACHES (continued)					
Peaches, fresh <i>Size 64 & 60 (medium) (2-1/2 inch diameter) Whole</i>	Pound	7.40	1/4 cup cooked, sliced fruit, sugar added	13.6	
Peaches, fresh <i>Size 56 Whole</i>	Pound	2.89	1 whole raw peach (about 3/4 cup fruit)	34.7	1 lb AP = 0.96 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, diced peaches
	Pound	8.67	1/4 cup fruit (about 1/3 peach)	11.6	
Peaches, canned <i>Cling Diced Light syrup pack Includes USDA Foods</i>	No. 10 can (106 oz)	48.6	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12-1/8 cups fruit and liquid
	No. 10 can (106 oz)	35.4	1/4 cup drained fruit	2.9	1 No. 10 can = about 79.0 oz (8-3/4 cups) drained peaches
	No. 2-1/2 can (29 oz)	13.3	1/4 cup fruit and liquid	7.6	1 No. 2-1/2 can = about 3-1/3 cups peaches and liquid
	No. 2-1/2 can (29 oz)	9.10	1/4 cup drained fruit	11.0	1 No. 2 1/2 can = about 17.5 oz (2-1/4 cups) drained peaches
Peaches, canned <i>Cling Diced Light syrup pack Includes USDA Foods</i>	Pound	7.33	1/4 cup fruit and liquid	13.7	1 lb AP = about 9.8 oz (1-1/4 cups) drained peaches
	Pound	5.34	1/4 cup drained fruit	18.8	

Section 2 – Fruits

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
PEACHES (continued)					
Peaches, canned <i>Cling or Freestone Halves</i> <i>Includes USDA Foods</i>	No. 10 can (106 oz)	47.1	1/4 cup fruit and liquid (about 1 peach half with juice)	2.2	1 No. 10 can = about 64.0 oz (8-1/8 cups) drained clings or about 60.0 oz (6-2/3 cups) drained Freestones
	No. 2-1/2 can (29 oz)	12.9	1/4 cup fruit and liquid	7.8	1 No. 2-1/2 can = about 17.0 oz (2-1/8 cups) drained clings or about 15.7 oz (2 cups) drained Freestones
	No. 300 can (15 oz)	6.36	1/4 cup fruit and liquid	15.8	
Peaches, canned <i>Cling Sliced Light syrup pack</i> <i>Includes USDA Foods</i>	No. 10 can (105 oz)	50.0	1/4 cup fruit and liquid	2.0	1 No. 10 can = about 105.0 oz (12-1/2 cups) fruit and liquid
	No. 10 can (105 oz)	36.1	1/4 cup drained fruit	2.8	1 No. 10 can = about 72.0 oz (9 cups) drained peaches
Peaches, canned <i>Cling Quarters</i> <i>Includes USDA Foods</i>	No. 10 can (106 oz)	48.5	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 71.0 oz (9-7/8 cups) drained peaches
Peaches, canned <i>Freestone Sliced</i> <i>Includes USDA Foods</i>	No. 10 can (106 oz)	47.5	1/4 cup fruit and liquid	2.2	1 No. 10 can = about 60.0 oz (6-3/4 cups) drained Freestones
	No. 2-1/2 can (29 oz)	13.0	1/4 cup fruit and liquid	7.7	1 No. 2-1/2 can = about 15.7 oz (2 cups) drained Freestones

Section 2 – Fruits

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
PEACHES (continued)					
Peaches, canned <i>Freestone Sliced</i> <i>Includes USDA Foods</i>	No. 300 can (16 oz)	6.40	1/4 cup fruit and liquid	15.7	1 No. 300 can = about 8.1 oz (3/4 cup) drained Freestones
Peaches, canned <i>Spiced Whole</i>	Pound	2.70	2 small peaches (about 1/4 cup pitted fruit)	37.1	1 lb AP = 0.34 lb drained, pitted peaches
Peaches, frozen <i>Sliced Unsweetened</i> <i>Includes USDA Foods</i>	Pound	7.34	1/4 cup thawed fruit and liquid	13.7	1 lb AP = about 1-3/4 cups thawed peaches and liquid
	Pound	5.46	1/4 cup thawed, drained fruit	18.4	1 lb AP = 0.97 lb (about 1-1/3 cups) thawed, drained peaches
	Pound	7.10	1/4 cup cooked fruit	14.1	
	20 lb Bag	147.40	1/4 cup thawed fruit and liquid	0.68	20-lb Bag = about 36-7/8 cups thawed peaches and liquid
	20 lb Bag	109.30	1/4 cup thawed, drained fruit	0.92	20-lb Bag = about 27-1/3 cups thawed, drained peaches
Peaches, dried <i>Halves</i>	Pound	12.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	7.9	1 lb AP = about 3-1/8 cups ready-to-serve dried peach halves
	Pound	22.90	1/4 cup cooked fruit and liquid	4.4	

Section 2 – Fruits

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
PEARS					
Pears, fresh <i>All sizes Whole Includes USDA Foods</i>	Pound	7.90	1/4 cup raw, pared, sliced fruit	12.7	
	Pound	5.70	1/4 cup cooked, pared, fruit halves, sugar added	17.6	
Pears, fresh <i>150 count Whole</i>	Pound	4.10	1 whole, raw pear (about 1/2 cup fruit)	24.4	1 lb AP = 0.92 lb ready-to-cook or -serve raw, unpared pears
Pears, fresh <i>120 count Whole</i>	Pound	3.30	1 whole, raw, medium pear (about 3/4 cup fruit)	30.4	
	Pound	7.10	1/4 cup raw, pared, cubed fruit	14.1	1 lb AP = 0.78 lb ready-to-cook or -serve raw, pared pears
Pears, fresh <i>100 count D'Anjou or Bosc or Bartlett, Whole</i>	Pound	2.29	1 whole, raw pear (about 1-1/4 cups fruit)	43.7	1 lb AP = 0.94 lb (about 3 cups) ready-to-cook or -serve raw cored, wedged pears
Pears, canned <i>Diced Packed in juice or light syrup Includes USDA Foods</i>	No. 10 can (106 oz)	47.60	1/4 cup fruit and liquid	2.2	1 No. 10 can = about 66.0 oz (9-1/2 cups) drained pears
	No. 2-1/2 can (29 oz)	13.10	1/4 cup fruit and liquid	7.7	1 No. 2-1/2 can = about 18.4 oz (2-5/8 cups) drained pears
	Pound	7.20	1/4 cup fruit and liquid	13.9	1 lb AP = about 10.2 oz (1-1/2 cups) drained pears

Section 2 – Fruits

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
PEARS (continued)					
Pears, canned <i>Halves</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Foods</i>	No. 10 can (105 oz)	52.00	1/4 cup fruit and liquid (about 1 pear half with juice)	2.0	1 No. 10 can = about 62.0 oz (7-3/4 cups) drained pears
	No. 2-1/2 can (29 oz)	14.30	1/4 cup fruit and liquid (about 1 pear half with juice)	7.0	1 No. 2-1/2 can = about 15.8 oz (2 cups) drained pears
	No. 300 can (15 oz)	7.02	1/4 cup fruit and liquid (about 1 pear half with juice)	14.3	1 No. 300 can = about 7.3 oz (3/4 cup) drained pears
Pears, canned <i>Sliced</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Foods</i>	No. 10 can (105 oz)	49.70	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12-3/8 cups pears and liquid
	No. 10 can (105 oz)	29.50	1/4 cup drained fruit	3.4	1 No. 10 can = about 59.6 oz (7-3/8 cups) drained pears
Pears, dried <i>Regular moisture</i> <i>Halves</i>	Pound	10.70	1/4 cup dried fruit (about 2-1/2 halves, credits as 1/2 cup fruit in NSLP/SBP)	9.4	1 lb AP = about 2-2/3 cups or 22 dried pear halves
	Pound	20.30	1/4 cup cooked fruit and liquid	5.0	

Section 2 – Fruits

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
PERSIMMONS					
Persimmons fresh <i>Japanese Fuyu Whole</i>	Pound	11.70	1/4 cup unpeeled, diced raw fruit	8.6	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve raw, 1/2-inch diced unpeeled persimmons
	Pound	15.70	1/4 cup unpeeled, raw fruit wedges	6.4	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve raw, unpeeled persimmons wedges
PINEAPPLE					
Pineapple, fresh <i>Whole</i>	Pound	6.40	1/4 cup raw, cubed fruit	15.7	1 lb AP = 0.54 lb ready-to-serve raw pineapple
	Pound	4.61	1/4 cup raw sticks (about 3 sticks, 1/2-inch by 3-inch sticks)	21.7	1 lb AP = 0.57 lb (about 1-1/8 cups) ready-to-serve 1/2-inch by 3-inch pineapple sticks
	Pound	7.50	1/4 cup fruit and liquid	13.4	
Pineapple, canned <i>Chunks Packed in juice or light syrup Includes USDA Foods</i>	No. 10 can (106 oz)	49.90	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12-3/8 cups pineapple and liquid
	No. 10 can (106 oz)	31.80	1/4 cup drained fruit	3.2	1 No. 10 can = about 64.6 oz (8 cups) drained pineapple
	No. 2 can (20 oz)	9.40	1/4 cup fruit and liquid	10.7	1 No. 2 can = about 12.4 oz (1-7/8 cups) drained pineapple
	Pound	7.53	1/4 cup fruit and liquid	13.3	

Section 2 – Fruits

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
PINEAPPLE (continued)					
Pineapple, canned <i>Crushed Packed in juice or light syrup Includes USDA Foods</i>	No. 10 can (106 oz)	49.50	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12-3/8 cups pineapple and liquid
	No. 10 can (106 oz)	36.10	1/4 cup drained fruit	2.8	1 No. 10 can = about 75.6 oz (9 cups) drained pineapple
	No. 2 can (20 oz)	9.20	1/4 cup fruit and liquid	10.9	1 No. 2 can = about 13.8 oz (2 cups) drained pineapple
	Pound	7.56	1/4 cup fruit and liquid	13.3	
Pineapple, canned <i>Slices Packed in juice or light syrup Includes USDA Foods</i>	No. 10 can (107 oz)	47.50	1/4 cup fruit and liquid	2.2	1 No. 10 can = about 62.0 oz (9-1/3 cups or 60 slices) drained pineapple
	No. 10 can (107 oz)	37.70	1/4 cup drained fruit (about 1-3/4 slices)	2.7	
Pineapple, canned <i>Slices Packed in juice or light syrup Includes USDA Foods</i>	No. 2 can (20 oz)	8.87	1/4 cup fruit and liquid	11.3	1 No. 2 can = about 13.0 oz (2 cups) drained pineapple
	No. 2 can (20 oz)	7.04	1/4 cup drained fruit	14.3	
	Pound	7.10	1/4 cup fruit and liquid	14.1	
	Pound	5.63	1/4 cup drained fruit	17.8	

Section 2 – Fruits

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
PINEAPPLE (continued)					
Pineapple, canned <i>Tidbits</i> <i>Packed in juice or light syrup</i> <i>Includes USDA Foods</i>	No. 10 can (106 oz)	50.10	1/4 cup fruit and liquid	2.0	1 No. 10 can = about 12 cups pineapple and liquid
	No. 10 can (106 oz)	33.40	1/4 cup drained fruit	3.0	1 No. 10 can = about 67.3 oz (8-1/4 cups) drained pineapple
Pineapple, frozen <i>Unsweetened</i> <i>Chunks</i>	Pound	7.30	1/4 cup thawed, drained fruit	13.7	1 lb AP = 0.61 lb (about 1-1/3 cups) thawed, drained pineapple
PLANTAINS-See Vegetables section					
PLUMS					
Plums, fresh <i>Italian</i> <i>1.5-inch by 2-inch Whole</i>	Pound	9.32	1/4 cup quartered fruit (about 5 quarters)	10.8	1 lb AP = 0.93 lb (about 2-1/3 cups) ready-to-cook or -serve unpeeled, pitted, quartered raw plums
	Pound	6.81	1/4 cup fruit and liquid	14.7	
Plums, fresh <i>Purple, Red, or Black</i> <i>Size 45 & 50</i> <i>2-inch diameter</i> <i>Whole</i>	Pound	4.99	1 whole, raw plum (about 1/2 cup fruit and liquid)	20.1	1 lb AP = 0.98 lb (about 2-2/3 cups) ready-to-cook or -serve unpeeled, pitted, raw plums
	Pound	10.70	1/4 cup quartered fruit (about 2 quarters)	9.4	
Plums, fresh <i>Japanese or Hybrid</i> <i>Whole</i> <i>Size 60 & 65</i>	Pound	6.40	1 whole, raw plum (about 3/8 cup fruit and liquid)	15.7	1 plum = about 1-1/2 inch diameter

Section 2 – Fruits

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
PLUMS (continued)					
Plums, canned <i>Purple or Red Halves Unpeeled No pits Includes USDA Foods</i>	No. 10 can (105 oz)	49.20	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12-1/8 cups plums and liquid without pits
	No. 10 can (105 oz)	24.70	1/4 cup drained fruit	4.1	1 No. 10 can = about 54.4 oz (6-1/8 cups) drained plums without pits
Plums, canned <i>Purple or Red Unpeeled With pits Whole Includes USDA Foods</i>	No. 10 can (106 oz)	48.50	1/4 cup pitted fruit and liquid	2.1	1 No. 10 can = about 12 cups plums with pits and liquid
	No. 10 can (106 oz)	27.80	1/4 cup pitted drained fruit	3.6	1 No. 10 can = about 58.2 oz (6-7/8 cups) drained plums with pits
	No. 2-1/2 can (30 oz)	14.50	1/4 cup pitted fruit and liquid	6.9	1 No. 2-1/2 can = about 16.5 oz (2 cups) drained plums with pits
	Pound	7.32	1/4 cup pitted fruit and liquid	13.7	1 lb AP = 8.8 oz (1 cup) drained plums with pits
	Pound	4.19	1/4 cup pitted drained fruit	23.9	
Plums, dried (Prunes), canned <i>With pits</i>	No. 10 can (108 oz)	46.00	1/4 cup fruit and liquid (about 4 prunes with liquid)	2.2	1 No. 10 can = about 57.0 oz (7-1/8 cups) drained, pitted prunes
	25 oz jar	10.60	1/4 cup fruit and liquid	9.5	25 oz jar = about 13.2 oz (1-2/3 cups) drained, pitted prunes

Section 2 – Fruits

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
PLUMS (continued)					
Plums, dried (Prunes) <i>Whole Without pits Includes USDA Foods</i>	Pound	10.60	1/4 cup dried fruit (about 6 medium prunes, credits as 1/2 cup fruit in NSLP/SBP)	9.5	1 lb dry = about 2-2/3 cups dried plums without pits
Plums, dried (Prunes), canned⁶ <i>Paste or Puree Includes USDA Foods</i>	Gallon (11 lb)	64.00	1/4 cup fruit	1.6	1 gallon (11 lb) = 16 cups dried plum juice
	Pound	6.38	1/4 cup fruit	15.7	1 lb AP = about 1-1/2 cups juice
Plums, dried (Prunes) <i>Whole Regular moisture With pits</i>	Pound	9.60	1/4 cup dried fruit (about 6 medium dried fruit, credits as 1/2 cup fruit in NSLP/SBP)	10.5	1 lb dry = about 2-3/8 cups dried plums with pits
	Pound	12.90	1/4 cup cooked fruit and liquid	7.8	
Plums, dried (Prunes) <i>Whole Without pits Includes USDA Foods</i>	Pound	14.70	1/4 cup cooked fruit and liquid	6.9	
POMEGRANATE					
Pomegranate, fresh <i>Whole</i>	Pound	2.70	1/4 cup juice and pulp (no seeds)	37.1	1 lb AP = 0.35 lb (about 2/3 cups) ready-to-serve, peeled, raw pomegranate juice and pulp without seeds

⁶ Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage.

Section 2 – Fruits

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
POMEGRANATE (continued)					
Pomegranate, fresh Whole	Pound	6.34	1/4 cup fruit kernels	15.8	1 lb AP = about 1-1/2 cups peeled pomegranate kernels
PRICKLY PEAR, (see CACTUS FRUIT)					
PRUNES (see PLUMS, dried)					
RAISINS					
Raisins <i>Regular moisture</i> <i>Seedless</i> <i>Includes USDA Foods</i>	Pound	12.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	8.0	1 lb AP = about 3-1/8 cups raisins
	Package (1.3 oz to 1.5 oz)	1.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	100.0	
	Pound	21.40	1/4 cup cooked fruit	4.7	
RASPBERRIES					
Raspberries fresh <i>Whole</i>	Pint (11-1/2 oz)	8.70	1/4 cup raw, whole fruit	11.5	1 pt AP = 0.69 lb (about 2-1/8 cups) ready-to-serve raw raspberries
	Pound	12.10	1/4 cup raw, whole fruit	8.3	1 lb AP = 0.96 lb (about 3 cups) ready-to-serve raw raspberries
Raspberries canned <i>Red</i> <i>Whole</i>	No. 10 can (103 oz)	48.00	1/4 cup fruit and liquid	2.1	1 No. 10 can = 53.0 oz drained raspberries
	Pound	7.45	1/4 cup fruit and liquid	13.5	1 lb AP = about 8.25 oz drained raspberries

Section 2 – Fruits

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
RASPBERRIES (continued)					
Raspberries frozen <i>Unsweetened Fruit and liquid</i>	Pound	7.20	1/4 cup thawed fruit and liquid	13.9	
Raspberries frozen⁶ <i>Red Unsweetened Puree Includes USDA Foods</i>	Pound	7.69	1/4 cup thawed fruit	13.1	1 lb AP = about 1-7/8 cups thawed fruit juice
	5 lb 12 oz container	44.20	1/4 cup thawed fruit	2.3	5 lb 12 oz container = about 11 cups thawed fruit juice
Raspberries frozen <i>Red Whole Unsweetened Grade A Individually-quick Frozen</i>	Pound	12.50	1/4 cup thawed, drained fruit	8.0	1 lb AP = 1 lb (about 3 cups) ready to serve, thawed, drained raspberries
RHUBARB					
Rhubarb, fresh <i>Without leaves</i>	Pound	6.20	1/4 cup cooked fruit, sugar added	16.2	1 lb AP = 0.86 lb ready-to-cook rhubarb
Rhubarb, frozen <i>Unsweetened</i>	Pound	10.00	1/4 cup cooked fruit (sugar added by SFA during cooking)	10.0	

⁶ Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage.

Section 2 – Fruits

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
STARFRUIT (CARAMBOLA)					
Star Fruit (Carambola), fresh <i>Whole</i>	Pound	13.50	1/4 cup sliced fruit	7.5	1 lb AP = 0.97 lb (about 3-7/8 cups) ready-to-serve 1/4-inch sliced (about 46 slices) or about 2-7/8 cups chopped star fruit
	Pound	9.50	1/4 cup chopped fruit	10.3	
STRAWBERRIES					
Strawberries, fresh <i>Whole</i>	Pint (11-1/2 oz)	7.90	1/4 cup raw, whole fruit	12.	1 pt AP = about 0.66 lb ready-to-serve raw strawberries
	Pound	10.50	1/4 cup raw, whole fruit	9.6	1 lb AP = 0.88 lb ready-to-serve raw strawberries
Strawberries, frozen <i>Sliced Unsweetened Includes USDA Foods</i>	Pound	7.28	1/4 cup thawed fruit and liquid	13.8	1 lb AP = 1 lb (about 1-3/4 cups) ready-to-serve thawed strawberries and liquid
Strawberries, frozen <i>Whole, Grade A Unsweetened Individually-quick-frozen Includes USDA Foods</i>	Pound	11.90	1/4 cup thawed fruit	8.5	1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve, thawed strawberries

Section 2 – Fruits

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
STRAWBERRIES (continued)					
Strawberries, dried	Pound	10.90	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	9.2	1 lb AP (dried) = 1 lb (about 2-2/3 cups) ready-to-serve dried strawberries
TANGELOS					
Tangelos, fresh <i>Whole</i>	Pound	6.67	1/4 cup peeled fruit sections	15.0	1 lb AP = 0.74 lb (about 1-2/3 cups) ready-to-serve peeled, sectioned tangelos
TANGERINES					
Tangerines, fresh <i>120 count</i> <i>Whole</i>	Pound	4.00	1 whole, raw tangerine (about 3/8 cup fruit and liquid)	25.0	
	Pound	7.78	1/4 cup peeled fruit sections	12.9	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve peeled, sectioned tangerines
Tangerines, canned <i>Mandarin</i> <i>Oranges</i>	Pound	7.30	1/4 cup fruit and liquid	13.7	1 lb AP = about 0.61 lb (about 1-1/2 cups) drained tangerines
UGLI FRUIT					
Ugli Fruit, fresh <i>Whole</i>	Pound	6.33	1/4 cup peeled, chopped fruit	15.8	1 lb AP = 0.67 lb (about 1-1/2 cups) ready-to-serve, raw peeled, chopped ugli fruit. One 32-count ugli fruit = about 14.6 oz

Section 2 – Fruits

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
WATERMELON⁸					
Watermelon, fresh⁸ <i>Whole</i>	Melon (about 27 lb)	168.90	1/4 cup fruit	0.60	
	Pound	6.10	1/4 cup diced fruit without rind	16.4	1 lb AP = 0.61 lb (about 1-1/2 cups) ready-to-serve raw, 1/2-inch diced watermelon without rind

⁸ In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.