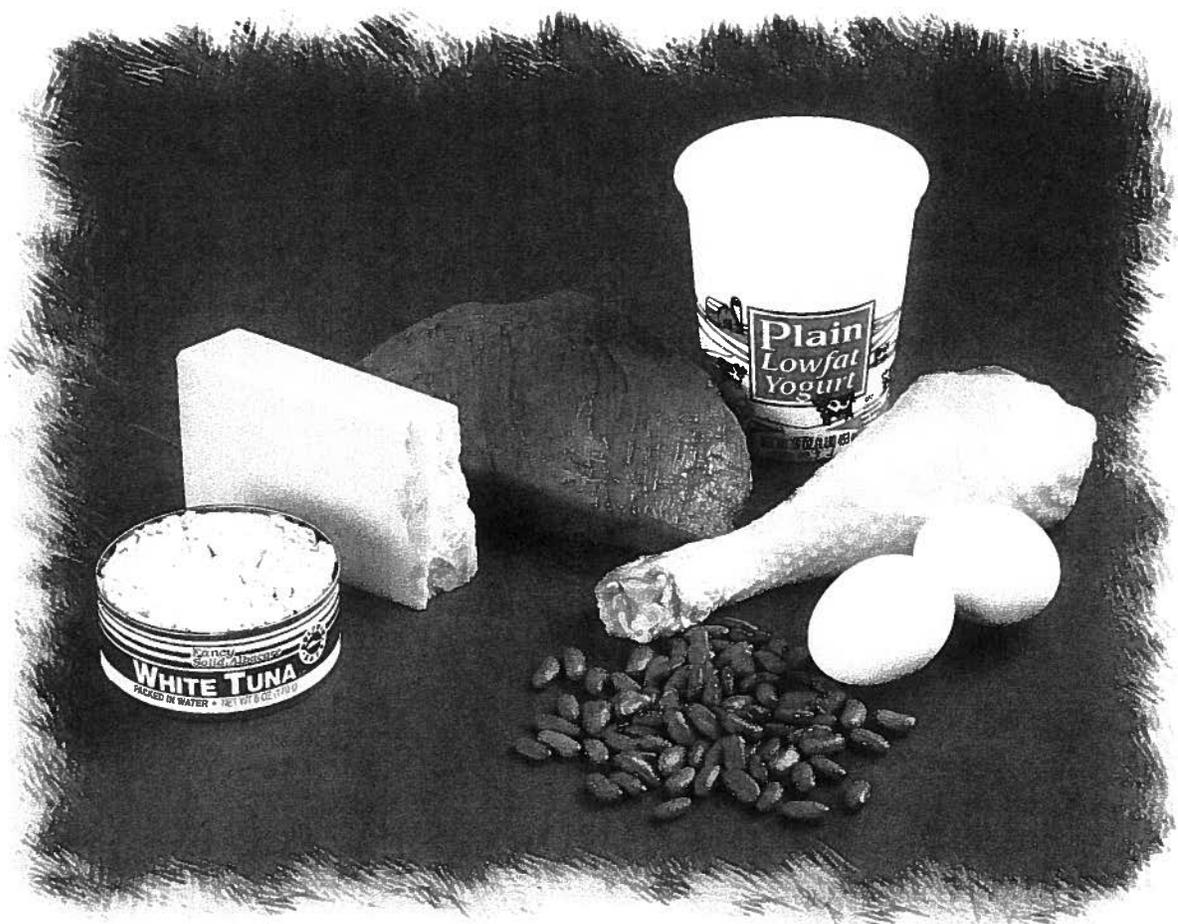


Meat and Meat Alternates



- ♣ 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

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

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

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

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	4.50
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

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	#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

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

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 and supper 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 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, 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

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

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	2.50
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

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

Beef, Roast: without bone

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	4.25
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

Beef, Round Steak: without bone

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	3.25
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	12.75
9	1.50	90	14.50
		100	16.00

Beef, Round Steak: without bone

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	4.25
3	.75	30	6.50
4	1.00	40	8.50
5	1.25	50	10.75
6	1.50	60	12.75
7	1.50	70	15.00
8	1.75	80	17.00
9	2.00	90	19.25
		100	21.25

Beef, Stew Meat

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

Beef, Stew Meat

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

◆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	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

▲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) meets 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 1/2 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 or 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, boned

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	1.25
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, boned

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, boned

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: 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, Drumstick

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	2.50
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, Drumstick

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	3.25
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

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, Nuggets: fried, frozen

Purchase Unit: pound

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

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 Wing Drumettes: with bone and skin (first section of wing)

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	1.00
2	.25	20	1.75
3	.50	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

Chicken Wing Drumettes: with bone and skin (first section of wing)

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 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	5.25
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	23.75
		100	26.25

Chicken Wing Drumettes: with bone and skin (first section of wing)

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	.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

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 with 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 and adults participating in adult day care centers by "1" to get the total number of eggs needed.

1 egg X _____ (number of participants) = _____ (total number of eggs needed)

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	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

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 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	5.25
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: Tuna

Purchase Unit: 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: Tuna

Purchase Unit: 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

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	.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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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	1.25	90	13.00
		100	14.50

Turkey, Roast or Roll

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: 6 ounce container

Serving Size: 2 ounces or 1/4 cup meets 1/2 ounce Meat/Meat Alternate requirement.

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1 to 6 year olds.

Number of Meals	# Containers Required	Number of Meals	# Containers Required
1	.50	10	3.50
2	.75	20	6.75
3	1.00	30	10.00
4	1.50	40	13.50
5	1.75	50	16.75
6	2.00	60	20.00
7	2.50	70	23.50
8	2.75	80	26.75
9	3.00	90	30.00
		100	33.50

Yogurt

Purchase Unit: 6 ounce container

Serving Size: 6 ounces or 3/4 cup meets the 1 1/2 ounce Meat/Meat Alternate requirement.

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

Number of Meals	# Containers Required	Number of Meals	# Containers 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

Yogurt

Purchase Unit: 6 ounce container

Serving Size: 8 ounces or 1 cup meets the 2 ounce Meat/Meat Alternate requirement.

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	# Containers Required	Number of Meals	# Containers Required
1	1.50	10	13.50
2	2.75	20	26.75
3	4.00	30	40.00
4	5.50	40	53.50
5	6.75	50	66.75
6	8.00	60	80.00
7	9.50	70	93.50
8	10.75	80	106.75
9	12.00	90	120.00
		100	133.50

Yogurt

Purchase Unit: 8 ounce container

Serving Size: 2 ounces or 1/4 cup meets 1/2 ounce Meat/Meat Alternate requirement.

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1 to 6 year olds.

Number of Meals	# Containers Required	Number of Meals	# Containers 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

Yogurt

Purchase Unit: 8 ounce container

Serving Size: 6 ounces or 3/4 cup meets the 1 1/2 ounce Meat/Meat Alternate requirement.

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

Number of Meals	# Containers Required	Number of Meals	# Containers Required
1	.75	10	7.50
2	1.50	20	15.00
3	2.25	30	22.50
4	3.00	40	30.00
5	3.75	50	37.50
6	4.50	60	45.00
7	5.25	70	52.50
8	6.00	80	60.00
9	6.75	90	67.50
		100	75.00

Yogurt

Purchase Unit: 8 ounce container

Serving Size: 8 ounces or 1 cup meets the 2 ounce Meat/Meat Alternate requirement.

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	# Containers Required	Number of Meals	# Containers 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

Yogurt

Purchase Unit: 32 ounce container

Serving Size: 2 ounces or 1/4 cup meets 1/2 ounce Meat/Meat Alternate requirement.

Meal Component Requirement: Meets one serving of Meat/Meat Alternate at snack for 1 to 6 year olds.

Number of Meals	# Containers Required	Number of Meals	# Containers 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

Yogurt

Purchase Unit: 32 ounce container

Serving Size: 6 ounces or 3/4 cup meets the 1 1/2 ounce Meat/Meat Alternate requirement.

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

Number of Meals	# Containers Required	Number of Meals	# Containers 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	9.50
6	1.25	60	11.50
7	1.50	70	13.25
8	1.75	80	15.25
9	1.75	90	17.00
		100	19.00

Yogurt

Purchase Unit: 32 ounce container

Serving Size: 8 ounces or 1 cup meets the 2 ounce Meat/Meat Alternate requirement.

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	# Containers Required	Number of Meals	# Containers 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