NSLP/SBP Helper Sheets
SY 2026-2027

CHILD NUTRITION

SCHOOL BREAKFAST PROGRAM

NATIONAL SCHOOL LUNCH PROGRAM

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Updates for SY 2026-2027

Final Rule for School Meal Standards

On April 25, 2024, USDA's Food and Nutrition Service (FNS) published the final rule titled, Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans, which is the next step in continuing the science-based improvement of school meals and other USDA Child Nutrition Programs (CNP), as well as advancing USDA's commitment to nutrition security.

While this rulemaking is effective July 1, 2024, USDA is gradually phasing in required changes over time. Beginning SY 2025-2026, menus must align with the first phase of limits on added sugar in cereal, yogurt, and milk.

- **Breakfast Cereal**: ≤6g of added sugars per dry ounce
- **Yogurt**: ≤12g of added sugars per 6 ounces
- **Flavored Milk**: ≤10g of added sugars per 8 fluid ounces

Visit **USDA** for more information on the final rule and a full description of all provision

Transitional Standards for Milk, Whole Grains, and Sodium Final Rule

This rule establishes standards for milk, whole grains, and sodium for school years 2022-2023 and 2023-2024 to give schools time to transition in the short term. Meanwhile, USDA is working to develop long-term nutrition standards - based on the newest DGA and extensive input from a wide range of partners - that will work for schools, families, and industry alike.

Through school year 2026-27 (until June 30, 2027), schools will maintain current sodium limits (Sodium Target 1A for lunch and Sodium Target 1 for breakfast).

Sodium Limits in Effect Through SY 2026-2027 Breakfast

Grade Group	Target
K-5	≤ 540 mg
K-8	≤ 540 mg
6-8	≤ 600 mg
9-12	≤ 640 mg
K-12	≤ 540 mg

Sodium Limits in Effect Through SY 2026-2027 Lunch

Grade Group	Target
K-5	≤ 1110mg
K-8	≤ 1110mg
6-8	≤ 1225mg
9-12	≤ 1280mg

Updates for SY 2026-2027

Expanding Fluid Milk Options in Child Nutrition Programs

On May 8, 2026, USDA published the Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs, which will codify in regulation specific milk flexibilities that were first announced in the Whole Milk for Healthy Kids Act of 2025. The Act allowed for the service of whole and reduced-fat (2%) milk to children ages 2 and up who receive school lunches through the National School Lunch Program (NSLP).

Beginning June 8, the Final Rule will expand this option to allow service of whole and reduced-fat milk to participants ages 2 and up in the School Breakfast Program (SBP), Child and Adult Care Food Program (CACFP), and Special Milk Program, in addition to NSLP and its sub-programs (including the Afterschool Snack Program (ASCP) and the Seamless Summer Option (SSO).

Additionally, whole and reduced-fat milk can be sold as a Smart Snack in schools.

Note that milk served to children ages 2 to 5 must still be unflavored, while milk served to participants ages 6 and up can be flavored (Note that an unflavored option must be made available for meals served in NSLP and SBP).

NSLP and SBP operators may exclude the saturated fat from fluid milk when calculating the weekly average saturated fat requirement at lunch and breakfast. Note that saturated fat in fluid milk substitutions or milk used in recipes cannot be excluded from the weekly saturated fat calculation.

When offering fluid milk substitutions to all students at breakfast and/or lunch, school districts are no longer required to notify TDA when a child requests a fluid milk substitute, though notification requirements remain in effect if the substitutes are not available to all students.

Finally, the Milk Act introduced a requirement that schools accept a parent's attestation of a child's disability in lieu of a doctor's or registered dietitian's signature when requesting a milk substitute that is not nutritionally equivalent to milk. This requirement was not expanded on in the Final Rule. Therefore, it only applies to milk served at school lunches and cannot be implemented for any other meal service in any other Program.

For more information, refer to **USDA Expanding Fluid Milk Options in Child Nutrition Programs.**

Child Nutrition Program Acronyms	Term
ARM	Administrative Reference Manual
CE	Contracting Entity
CN	Child Nutrition
CNP	Child Nutrition Program
DGA	Dietary Guidelines for Americans
EG	Enriched Grain
eq	equivalent
ESC	Education Service Center
F	Fruit
FBG	Food Buying Guide
FBMP	Food Based Menu Planning
FDP	Food Distribution Program
g	gram
HHFKA	Healthy Hunger-Free Kids Act
IOM	Institute of Medicine
M/MA	Meat/Meat Alternate
NSLP	National School Lunch Program
OVS	Offer versus Serve
oz	ounce
POS	Point of Service
RCCI	Residential Child Care Institute
RDA	Recommended Dietary Allowance
SA	State Agency
SBP	School Breakfast Program
SY	School Year
TDA	Texas Department of Agriculture
USDA	United States Department of Agriculture
VA	Vegetable Additional
VDG	Vegetable Dark Green
V	Vegetable
VL	Vegetable Legumes
VO	Vegetable Other
VR	Vegetable Red
VS	Vegetable Starchy
WGR	Whole Grain Rich

Basics at a Glance

Recipe Abbreviations

approx.	=	approximate
tsp or t	=	teaspoon
Tbsp or T	=	tablespoon
c	=	cup
pt	=	pint
qt	=	quart
gal	=	gallon
wt	=	weight
oz	=	ounce
lb or #	=	pound (e.g., 3#)
g	=	gram
kg	=	kilogram
vol	=	volume
mL	=	milliliter
L	=	liter
fl oz	=	fluid ounce
No. or #	=	number (e.g., #3)
in. or "	=	inches (e.g., 12")
°F	=	degree Fahrenheit
°C	=	degree Celsius or centigrade

Volume Equivalents for Liquids

60 drops	= 1 tsp	
1 Tbsp	= 3 tsp	= 0.5 fl oz
1/8 cup	= 2 Tbsp	= 1 fl oz
1/4 cup	= 4 Tbsp	= 2 fl oz
1/3 cup	= 5 Tbsp + 1 tsp	= 2.65 fl oz
3/8 cup	= 6 Tbsp	= 3 fl oz
1/2 cup	= 8 Tbsp	= 4 fl oz
5/8 cup	= 10 Tbsp	= 5 fl oz
2/3 cup	= 10 Tbsp + 2 tsp	= 5.3 fl oz
3/4 cup	= 12 Tbsp	= 6 fl oz
7/8 cup	= 14 Tbsp	= 7 fl oz
1 cup	= 16 Tbsp	= 8 fl oz
1/2 pint	= 1 cup	= 8 fl oz
1 pint	= 2 cups	= 16 fl oz
1 quart	= 2 pt	= 32 fl oz
1 gallon	= 4 qt	= 128 fl oz

Equivalent Weights

16 oz	= 1 lb	= 1.000 lb
12 oz	= 3/4 lb	= 0.750 lb
8 oz	= 1/2 lb	= 0.500 lb
4 oz	= 1/4 lb	= 0.250 lb
1 oz	= 1/16 lb	= 0.063 lb

Basics at a Glance

Scoops (Dishers)

Size/No.[1]	Level Measure	Color Code[2]
6	2/3 cup	
8	1/2 cup	
10	3/8 cup	
12	1/3 cup	
16	1/4 cup	
20	3-1/3 Tbsp	
24	2-2/3 Tbsp	
30	2 Tbsp	
40	1-2/3 Tbsp	
50	3-3/4 tsp	
60	3-1/4 tsp	
70	2-3/4 tsp	
100	2 tsp	

[1] Scoops are left or right hand or squeeze-type that can be used for both hands. Number on the scoop indicates how many level scoopfuls make one quart. For example, eight No. 8 scoops = 1 quart.

[2] Use colored dots matching the brand-specific color coding of scoop sizes.

Ladles Portion Servers

Ladle fl oz	Appox. Measure	Portion Server fl oz
1 oz	1/8 cup	1 oz
2 oz	1/4 cup	2 oz
3 oz	3/8 cup	3 oz
4 oz	1/2 cup	4 oz
6 oz	3/4 cup	6 oz
8 oz	1 cup	8 oz
12 oz	1-1/2 cups	—

Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled "oz." "Fl oz" would be more accurate since they measure volume, not weight.

Use ladles for serving soups, stews, creamed dishes, sauces, gravies, and other liquid products.

Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables, and condiments.

Cooking or Serving Spoons

Solid Spoons

Perforated Spoons

Slotted Spoons

Spoons vary in length (11", 13", 15", 18", 21") for ease of use in cooking or serving. Spoons can have plastic handles that are heat-resistant. Level scoops, ladles, and portion servers provide more accurate portion control than serving spoons that are not volume-standardized measure.

Specialty Spoons

A thumb notch on a server or spoon handle prevents the spoon from slipping into the pan and prevents hands from sliding into the food. Triple-edge (solid or perforated) spoons have a flat edge that increases the area where the spoon touches the bottom of the pan when stirring.

Steamtable Pan Capacity

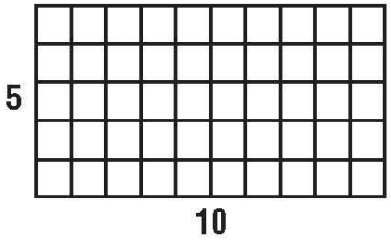
Pan Size	Approx. Capacity	Serving Size	Ladle (fl oz)	Scoop #	Approx. # Servings
12" x 20" x 2-1/2"	2 gal	1/2 cup 3/8 cup 1/3 cup 1/4 cup	4 oz 3 oz 2.65 oz 2 oz	8 10 12 16	64 80 96 128
12" x 20" x 4"	3-1/2 gal	1/2 cup 3/8 cup 1/3 cup 1/4 cup	4 oz 3 oz 2.65 oz 2 oz	8 10 12 16	112 135 168 224
12" x 20" x 6"	5 gal	1/2 cup 3/8 cup 1/3 cup 1/4 cup	4 oz 3 oz 2.65 oz 2 oz	8 10 12 16	160 200 240 320

Approximate Dimensions of Serving Sizes from Different Pan Sizes

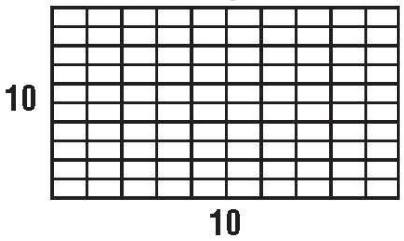
Pan	Approx. Size	No. and Approx. Size Servings per Pan		
		25	50	100
Baking or steamtable	12" x 20" x 2-1/2"	2" x 3-3/4"	2" x 2"	_ _ _ _ _
Sheet or bun	18" x 26" x 1"	3-1/4" x 5"	3-1/4" x 2-1/2"	1-3/4" x 2-1/2"

Cutting Diagrams for Portioning

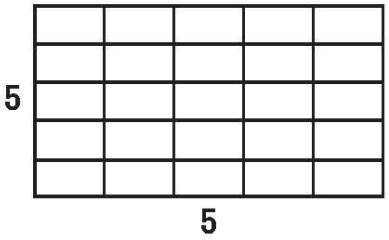
For 50 servings cut 5 x 10



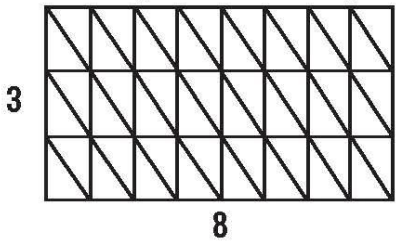
For 100 servings cut 10 x 10



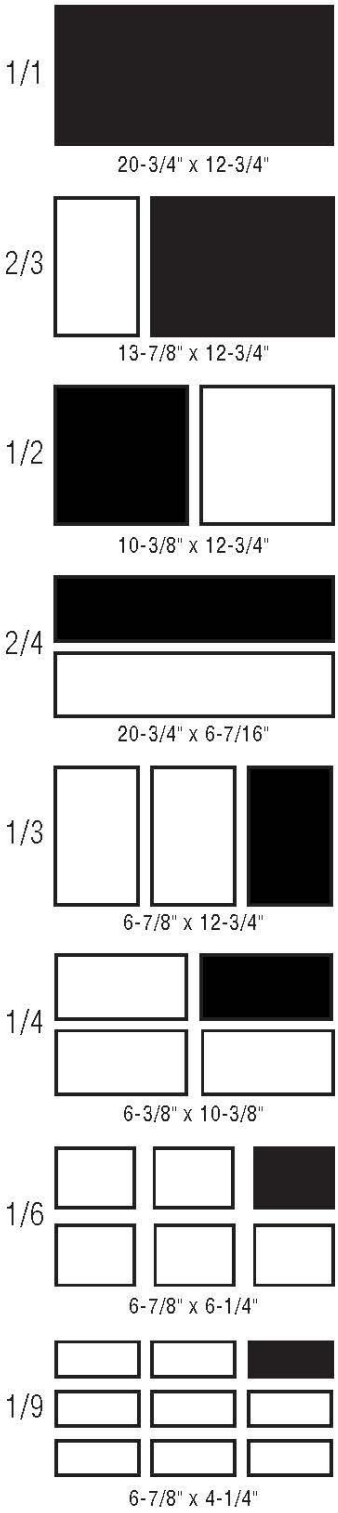
For 25 servings cut 5 x 5



For 48 servings cut 3 x 8 then diagonally



Other Pan Sizes



Steamtable or counter pans are available in various sizes. Smaller size pans may require the use of an adapter bar.

Basics at a Glance

Fraction to Decimal Equivalents

1/8	= 0.125
1/4	= 0.250
1/3	= 0.333
3/8	= 0.375
1/2	= 0.500
5/8	= 0.625
2/3	= 0.666
3/4	= 0.750
7/8	= 0.875

Metric Equivalents by Weight

Customary Unit (avoirdupois)	**Metric Unit**
Ounces (oz)	**Grams (g)**
1 oz	= 28.35 g
4 oz	= 113.4 g
8 oz	= 226.8 g
16 oz	= 453.6 g
Pounds (lb)	**Grams (g)**
1 lb	= 453.6 g
2 lb	= 907.2 g
Pounds (lb)	**Kilograms (kg)**
2.2 lb	= 1 kg (1000 g)

Metric Equivalents by Volume

Customary Unit (fl oz)	**Metric Unit**
1 cup (8 fl oz)	= 236.59 mL
1 quart (32 fl oz)	= 946.36 mL
1.5 quarts (48 fl oz)	= 1.42 L
33.818 fl oz	= 1.0 L

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Helpful Formulas

Menu Planning Options for Whole-Grain Rich Requirement

1. Plan menu so enriched grains are served only on one day

Monday	Tuesday	Wednesday	Thursday	Friday
WGR 2 oz. eq.	WGR 2 oz. eq.	WGR 2 oz. eq.	WGR 2 oz. eq.	Enriched 2 oz. eq.

$$\frac{\text{8 oz. eq. WGR}}{\text{10 oz. eq. Total Grains}} = 80\%$$

2. Incorporate small amounts of enriched grains throughout the week

Monday	Tuesday	Wednesday	Thursday	Friday
WGR 1 oz. eq. + Enriched 0.5 oz. eq	WGR 1 oz. eq. + Enriched 0.5 oz. eq	WGR 2 oz. eq.	WGR 1 oz. eq. + Enriched 0.5 oz. eq.	WGR 2 oz. eq.

$$\frac{\text{7 oz. eq. WGR}}{\text{8.5 oz. eq. Total Grains}} = 82\%$$

Helpful Formulas

When planning how much to prepare or purchase:

$$\frac{\text{\# of Servings Needed}}{\text{Helper Sheets Factor}} = \textbf{Amount of Purchased Units Needed}$$

***Example:** 450 Servings of Applesauce, #10 can

$$\frac{450 - \frac{1}{2}\text{ c servings}}{23.8 - \frac{1}{2}\text{ c servings / \#10 can (Helper Sheets Factor)}} = \text{18.9 \#10 cans needed (if a decimal, round up)} = \textbf{19 \#10 cans needed}$$

When identifying how many servings you have on hand and check your math:

$$\text{\# of Purchased Units On Hand} \times \text{Helper Sheets Factor} = \textbf{\# of Servings On Hand}$$

***Example:** Applesauce, #10 Can

$$\text{20 \#10 cans of Applesauce} \times \text{23.8 – ½ c servings / \#10 can (Helper Sheets Factor)} = \textbf{476 – ½ c servings (always round down, if a decimal)}$$

SY 2026-2027 Meal Pattern Chart
National School Breakfast Program

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily		
Meal Pattern Components	**Age 1-2**	**Age 3-5**
Milk, Unflavored: Age 1, Whole Age 2-5, low-fat or fat-free	½ Cup	¾ Cup
Fruits and Vegetables	¼ Cup	½ Cup
[1,2]**Grains**: Whole Grain-Rich or Enriched		
Bread Product: (e.g., biscuit, roll, muffin)	0.5 oz eq	
Cooked: Cereal, Cereal Grain, Pasta	0.5 oz eq	
[3]Ready-to-Eat Breakfast Cereal, Dry or Cold:		
Flakes or Rounds	½ Cup	
Puffed Cereal	¾ Cup	
Granola	⅛ Cup	

School Age Daily and Weekly				
Meal Pattern Components	**Grades K–5**	**Grades 6–8**	**Grades 9–12**	**Grades K–12**
[4]**Milk** Unflavored/flavored[5] 1% low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits and [6]Vegetables	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
[7]**Grains**[+] 80 % WG-Rich	7 – 10 (1 oz eq)	8 – 10 (1 oz eq)	9 – 10 (1 oz eq)	9 – 10 (1 oz eq)
Nutrient Specifications: Daily Amount Based on Average 5- Day Week				
Min.–Max. Calories (kcal)	350–500	400–550	450–600	450–500
Saturated Fat % of total calories	< 10	< 10	< 10	< 10
Sodium Target (mg)	≤ 540	≤ 600	≤ 640	≤ 540
Trans Fat	Product nutrition label/manufacturer specification must indicate 0 grams of trans fat per serving.			

[1]CACFP: grain-based desserts are not creditable toward the grains component
[2]CACFP: one whole-grain rich food item must be served each day across all meals
[3]CACFP: Beginning October 1, 2025, breakfast cereals may have no more than 6 grams of added sugar per dry ounce.
[4]One choice of milk must be unflavored at each meal service.
[5]Beginning July 1, 2025, flavored milk must contain no more than 10 grams of added sugars per 8 fluid ounces, or for flavored milk sold à la carte in middle and high schools, 15 grams of added sugars per 12 fluid ounces.
[6]Beginning July 1, 2025, vegetables from at least two different vegetable subgroups must be offered when substituting vegetables for fruits at breakfast on two or more days per school week.
[7]At least 80% of weekly grains offered must be whole grain rich.
+ A Meat/Meat Alternate may be offered as a substitute for grain.

For detailed guidance on regulatory requirements see TDA's Administrative Reference Manual Sections 7, 8, and 9.

SY 2026-2027 Meal Pattern Chart
National School Lunch Program

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily		
Meal Pattern Components	**Age 1–2**	**Age 3–5**
Milk: Unflavored Age 1, whole milk Age 2-5, 1 percent low fat or fat free unflavored	½ cup	¾ cup
Fruits	½ cup	¼ cup
Vegetables	½ cup	¼ cup
[1,2] **Grains:** Whole Grain-Rich or Enriched		
Bread product {e.g., biscuit, roll, or muffin)	0.5 oz eq	0.5 oz eq
Pasta	0.5 oz eq	
Meat/Meat Alternates		
Lean meat, poultry, or fish	1 oz	1.5 oz
Tofu, soy product, or alternate protein products	1.0 oz	1.5 oz
Cheese	1 oz	1.5 oz
Large egg	½ egg	¾ egg
Bean, peas, and lentils	0.5 oz eq	0.75 oz eq
Peanut butter, soy nut butter, or other nut or seed butter	2 Tbsp	3 Tbsp
[3] Yogurt, plain or flavored, unsweetened or sweetened	4 oz	6 oz
Peanuts, soy nuts, tree nuts, or seeds	0.5 oz	0.75 oz

School Age Daily and Weekly				
Meal Pattern Components	**Grades K–5**	**Grades 6–8**	**Grades K–8**	**Grades 9–12**
[4] **Milk** Fluid milk: approved unflavored or flavored options[5, 6]	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
Vegetables	3¾ (¾) cups	3¾ (¾) cups	3¾ (¾) cups	5 (1) cups
Dark Greens	½ cup	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	¾ cup	1¼ cups
Beans, Peas, and Lentils	½ cup	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup	½ cup
Other	½ cup	½ cup	½ cup	¾ cup
Additional Vegetable	1 cup	1 cup	1 cup	1½ cups
[7] **Grains** 80 % Whole Grain-Rich	8 – 9 (1 oz eq)	8 – 10 (1 oz eq)	8 – 9 (1 oz eq)	10 – 12 (2 oz eq)
Meat/Meat Alternates	8 – 10 (1 oz eq)	9 – 10 (1 oz eq)	9 – 10 (1 oz eq)	10 – 12 (2 oz eq)
Nutrient Specifications: Daily Amount Based on Average 5-Day Week				
Min.-Max. Calories{kcal)	550–650	600–700	600–650	750–850
Saturated Fat % of total calories	< 10	< 10	< 10	< 10
Sodium Target {mg)	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280
Trans Fat	Product nutrition label/manufacturer specification must indicate 0 grams of trans fat per serving.			

[1]CACFP: grain-based desserts are not creditable toward the grains component
[2]CACFP: one whole-grain rich food item must be served each day across all meals
[3]CACFP: Beginning October 1, 2025, yogurt may have no more than 12 grams of added sugars per 6 ounces.
[4]One choice of milk must be unflavored at each meal service
[5]Beginning July 1, 2025, flavored milk must contain no more than 10 grams of added sugars per 8 fluid ounces, or for flavored milk sold à la carte in middle and high schools, 15 grams of added sugars per 12 fluid ounces.
[6] Fat-free (skim), low-fat (1%), reduced-fat (2%), or whole milk; lactose-free fluid milk; nondairy beverages meeting FDA nutritional standards. The Whole Milk for Healthy Kids Act of 2025 allows reduced-fat (2%) and whole milk to be served for reimbursable lunches claimed under NSLP.
[7]At least 80% of weekly grains offered must be whole grain rich with the remaining enriched

For detailed guidance on regulatory requirements see TDA's Administrative Reference Manual Sections 7, 8, and 9.

Meal Components
Meat/Meat Alternate

USDA Food Buying Guide

MEAT/MEAT ALTERNATE ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT		
		1 oz	1.5 oz	2 oz
Beans, Black, Dry, Canned, Heated, Drained	#10 Can	37	24.7	18.5
Beans, Black, Dry, Whole, Cooked	Pound	18.3	12.2	9.2
Beans, Black-Eyed, Dry, Canned, Heated, Drained	#10 Can	37.7	25.1	18.9
Beans, Black-Eyed, Dry, Whole, Cooked	Pound	28.3	18.9	14.2
Beans, Garbanzo, Dry, Canned, Heated, Drained	#10 Can	42	28	21
Beans, Garbanzo, Dry, Whole, Cooked	Pount	24.6	16.4	12.3
Beans, Great Northern, Dry, Canned, Heated, Drained	#10 Can	32.4	21.6	16.2
Beans, Great Northern, Dry, Whole, Cooked	Pound	25.5	17	12.7
Beans, Kidney, Dry, Canned, Heated, Drained	#10 Can	38.9	25.9	19.4
Beans, Kidney, Dry, Whole, Cooked	Pound	24.8	16.5	12.4
Beans, Pinto, Canned, Heated, Drained	#10 Can	37.2	24.8	18.6
Beans, Pinto, Dry, Cooked, Drained	Pound	21	14	10.5
Beans, Refried, Canned, Heated	#10 Can	49.6	33	24.8
Beans, Refried, Dehydrated, Cooked	Pound	20.5	13.6	10.2
Beef, Ground, Fresh or Frozen, 10% Fat, Cooked	Pound	12.1	8	6
Beef, Ground, Fresh or Frozen, 15% Fat, Cooked	Pound	12	8	6
Beef, Ground, Fresh or Frozen, 20% Fat, Cooked	Pound	11.8	7.8	5.9
Beef Stew Meat, Fresh or Frozen, Cooked	Pound	9.8	6.5	4.9
Cheese, American, Mozzarella, Cheddar	Pound	16	10.6	8
Cheese, Cottage or Ricotta (2 oz serving 1/4 c = 1 oz MMA)	Pound	8	5.3	4
Chicken, 8 piece, Frozen, Heated 1 breast piece, OR 1 drumstick & 1 wing, OR 1 thigh w/ back = 2 oz MMA	40 lb box			83
Chicken, Diced or Pulled, Cooked, Frozen	Pound	16	10.6	8
Eggs, Frozen, Whole Eggs, Pasteurized	Pound	18	12	9
Eggs, in Shell, Fresh, Large, Whole	Dozen	24	16	12
Peanut /Almond /Sunflower Butter (including Reduced Fat) (2 Tbsp = 1 oz MMA)	#10 Can	#30 SC 97.5	#20 SC 65	#16 SC 48.7

Meal Components
Meat/Meat Alternate

USDA Food Buying Guide

MEAT/MEAT ALTERNATE ITEM	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT		
		1 oz	1.5 oz	2 oz
Pork, Mild Cured, Ready to Cook, Chilled or Frozen, Ham w/o bone (1.2 oz Ham w/Water Added = 1 oz MMA) (1.8 oz Ham w/Water Added = 1.5 oz MMA) (2.44 oz Ham w/Water Added = 2 oz MMA)	Pound	10	6.6	5
Tuna, Water Packed, Canned, Chunk Style, Drained	12 oz. can	10.5	7	5.2
Tuna, Water Packed, Canned, Chunk Style, Drained	66 1/2 oz. can	51.2	34.1	25.6
Turkey, Boneless, Fresh or Frozen w/Skin	Pound	11.2	7.4	5.6
Turkey, Cooked, Frozen, Diced or Pulled, w/o Skin	Pound	16	10.6	8
Turkey Ham, Fully Cooked, Chilled or Frozen (1.4 oz = 1 oz MMA) (2.1 oz = 1.5 oz MMA) (2.8 oz = 2 oz MMA)	Pound	11.2	7.4	5.6
Turkey Ham, Fully Cooked, Chilled or Frozen (15% added ingredients) (1.7 oz = 1 oz MMA) (2.6 oz = 1.5 oz MMA) (3.4 oz = 2 oz MMA)	Pound	9.41	6.2	4.7
Turkey Roast, Frozen, w/o Bone, USDA Foods Only (w/o Skin)	Pound	10.5	7	5.2
Turkey, Whole, Fresh or Frozen, (w/o Neck & Giblets) (w/o Skin)	Pound	7.5	5	3.7
Turkey, Whole, Fresh or Frozen, (w/Neck & Giblets) (w/Skin)	Pound	7.6	5.1	3.8
Yogurt, Fresh or Soy, Plain or Flavored, Sweetened or Unsweetened, Commercially Prepared (1/2 cup or 4 oz = 1oz MMA) (3/4 cup or 6 oz = 1.5 oz MMA)	32 oz Container	8	5.3	4

Meal Components
Grains

USDA Food Buying Guide

GRAINS	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Cereal Grain, Oats Rolled, Quick, Dry, Cooked	Pound	47.6	23.8
Cereal Grain, Oats Rolled, Regular, Dry, Cooked	Pound	45.4	22.7
Corn Chips	Pound	10	20
Pasta, Bowties, Whole Wheat, Regular, Dry, Cooked	Pound	28.5	14.25
Pasta, Elbow Macaroni, Whole Wheat, Regular, Dry, Cooked	Pound	32.5	16.2
Pasta, Penne, Whole Wheat, Dry, Cooked	Pound	34.5	17.2
Pasta, Shells, Whole Wheat, Dry, Cooked	Pound	30.5	15.25
Pasta, Spaghetti, Whole Wheat , Regular, Dry, Cooked	Pound	34	17
Rice, Brown, Instant, Dry, Cooked	Pound	28.8	14.4
Rice, Brown, Long Grain, Dry, Cooked	Pound	17.5	8.75
Rice, Brown, Long Grain, Dry, Parboiled, Cooked	Pound	31	15.5
Wild Rice, Dry, Cooked	Pound	34.8	17.4

Grains – Exhibit A

Exhibit A: Grain Requirements For Child Nutrition Programs[1, 2]

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group A	**Ounce Equivalent (oz eq) for Group A**	**Minimum Serving Size for Group A**
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) *Note: weights apply to bread in stuffing*	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	**Ounce Equivalent (oz eq) for Group B**	**Minimum Serving Size for Group B**
Bagels Batter type coating Biscuits Breads - all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet Crackers[5] (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz

1. In the National School Lunch Program (NSLP), School Breakfast Program (SBP) (grades K–12), and NSLP afterschool snacks (by July 1, 2025), at least 80 percent of the weekly grains offered must meet the whole grain-rich criteria and the remaining grain items offered must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Please note: State agencies have the discretion to set stricter requirements than the minimum nutrition standards for school meals. For additional guidance, please contact your State agency. For all other Child Nutrition Programs, grains must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Under the Child and Adult Care Program (CACFP) child and adult meal patterns and in the NSLP/SBP preschool meals, at least one grain serving per day must meet the whole grain-rich criteria.
2. For the NSLP, SBP (grades K–12), NSLP afterschool snacks, and CACFP, and NSLP/SBP infant and preschool meals grain quantities are determined using ounce equivalents (oz eq). Summer Food Service Program (SFSP) may determine grain quantities using grains/breads servings. Some of the following grain items may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.
5. Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10. May count toward the grains component in the SBP (grades K-12), NSLP afterschool snacks, CACFP, NSLP/SBP infant and preschool meals, and SFSP.

Exhibit A: Grain Requirements For Child Nutrition Programs[1, 2]

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group C	**Ounce Equivalent (oz eq) for Group C**	**Minimum Serving Size for Group C**
Cookies[3] (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies[3], cobbler[3], fruit turnovers[4], and meats/meat alternate pies) Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz
Group D	**Ounce Equivalent (oz eq) for Group D**	**Minimum Serving Size for Group D**
Doughnuts[4] (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars[4] (plain) Muffins (all, except corn) Sweet roll[4] (unfrosted) Toaster pastry[4] (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz
Group E	**Ounce Equivalent (oz eq) for Group E**	**Minimum Serving Size for Group E**
Cereal bars, breakfast bars, granola bars[4] (with nuts, dried fruit, and/or chocolate pieces) Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts[4] (cake and yeast raised, frosted or glazed) French toast Sweet rolls[4] (frosted) Toaster pastry[4] (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz

3. Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP or NSLP afterschool snacks (effective July 1, 2025), or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.
4. Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP, NSLP afterschool snacks (effective July 1, 2025), or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

Exhibit A: Grain Requirements For Child Nutrition Programs[1, 2]

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group F	**Ounce Equivalent (oz eq) for Group F**	**Minimum Serving Size for Group F**
Cake[3] (plain, unfrosted) Coffee cake[4]	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
Group G	**Ounce Equivalent (oz eq) for Group G**	**Minimum Serving Size for Group G**
Brownies[3] (plain) Cake[3] (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H	**Ounce Equivalent (oz eq) for Group H**	**Minimum Serving Size for Group H**
Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked)[6,7,8,9] Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice	1 oz eq = 1/2 cup cooked Or 1 ounce (28 gm) dry	1 serving = 1/2 cup cooked Or 25 gm dry
Group I	**Ounce Equivalent (oz eq) for Group I**	**Minimum Serving Size for Group I**
Ready to eat breakfast cereal (cold, dry)[6,7]	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola	1 serving = 3/4 cup or 1 oz, whichever is less

3. Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP, NSLP afterschool snacks (effective July 1, 2025), or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

4. Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP, NSLP afterschool snacks (effective July 1, 2025), and NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

6. Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

7. In the NSLP and SBP, cereals that list a whole grain as the first ingredient must be fortified. If the cereal is 100 percent whole grain, fortification is not required. For all Child Nutrition Programs, cereals must be whole-grain, enriched, or fortified.

8. Effective July 1, 2025, cereals served in NSLP, SBP, and NSLP afterschool snacks must contain no more than 6 grams of added sugars per dry ounce.

9. Effective October 1, 2025, cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of added sugars per dry ounce. Prior to October 1, 2025, breakfast cereals served in the CACFP must contain no more than 6 grams of total sugars per dry ounce.

Meal Components
Vegetable Subgroups

DARK GREEN	RED/ORANGE	BEANS, PEAS, & LENTILS
• Arugula • Beet greens • Bok choy • Broccoli • Broccoli rabe (rapini) • Broccolini • Butterhead lettuce (Boston, Bibb) • Chicory • Cilantro • Collard greens • Endive • Escarole • Fiddle heads • Grape leaves • Kale • Mesclun • Mustard greens • Parsley • Spinach • Swiss chard • Red leaf lettuce • Romaine lettuce • Turnip greens • Watercress	• Bell peppers (red, orange) • Carrots, orange • Cherry peppers • Orange peppers • Pimientos • Pumpkin • Red chili peppers • Red peppers • Salsa (100% vegetables) • Spaghetti squash • Sweet potatoes/yams • Tomatoes • Tomato juice • Winter squash (acorn, butternut, Hubbard)	• Black beans • Black-eyed peas (mature, dry) • Cowpeas • Edamame • Fava beans • Garbanzo beans (chickpeas) • Great Northern beans • Kidney beans • Lentils • Lima beans (mature, dry) • Mung beans • Navy beans • Pink Beans • Pinto beans • Red beans • Refried beans • Soy beans (mature, dry) • Split peas • White beans

STARCHY	OTHER	
• Black-eyed peas, fresh (not dry) • Corn • Cassava (yucca) • Cowpeas, fresh (not dry) • Field peas, fresh (not dry) • Green bananas • Green peas • Hominy, whole (canned, drained) • Jicama • Lima beans, green (not dry) • Parsnips • Pigeon peas, fresh (not dry) • Plantains • Potatoes • Poi • Taro (malanga) • Water chestnuts • Yautia (tannier)	• Artichokes • Asparagus • Avocado • Bamboo shoots • Bean sprouts, cooked only (for food safety) • Beans, green/yellow • Beets • Breadfruit • Brussel sprouts • Cabbage (green, red, napa) • Cactus (nopales) • Cauliflower • Carrots, rainbow • Celery • Chayote (mirliton) • Chives • Cucumbers • Daikon • Eggplant	• Garlic • Iceberg lettuce • Mixed greens lettuce • Mixed vegetables • Mushrooms • Okra • Olives • Onion • Pepperoncini • Peppers (green, sweet bell, green chilies, jalapeno, purple, yellow) • Pickles • Radishes • Sauerkraut • Snap/Snow peas • Spaghetti squash • Tomatillos • Zucchini

Meal Components

Vegetable Subgroups – Dark Green

USDA Food Buying Guide

DARK GREEN VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT		
		1/4 CUP	1/2 CUP	1 CUP
Broccoli, Fresh, Florets, Cooked	Pound	11.5	5.75	2.9
Broccoli, Fresh, Florets, Trimmed, RTU	Pound	28.8	14.4	7.2
Broccoli, Fresh, Spears, Trimmed, RTU	Pound	17	8.5	4.25
Broccoli, Fresh, Spears, Trimmed, Cooked, Drained	Pound	13	6.5	3.25
Broccoli, Frozen, Chopped, Cooked, Drained	Pound	9.6	4.8	2.4
Collard Greens, Canned, Cooked, Drained	#10 Can	27.2	13.6	6.8
Kale, Fresh, Trimmed, With Stem, RTU	Pound	35.7	17.85	8.9
Lettuce, Dark Green Leafy, Untrimmed *	Pound	21.7	10.8	5.4
Lettuce, Romaine, Untrimmed *	Pound	31.3	15.6	7.8
Salad Mix, Romaine/Spinach, w/color, RTU *	Pound	36	18	Approx 9
Salad Mix, Romaine/Spinach, w/out color, RTU *	Pound	28	14	Approx 7
Spinach, Fresh, Leaves, RTU*	Pound	25.6	12.8	6.4
Spinach, Canned, Heated, Drained	#10 Can	25.2	12.6	3.2
Spinach, Frozen, Chopped, Cooked, Drained	Pound	5.6	2.8	1.4

*1 cup of fresh green leafy vegetables credits as ½cup in NSLP/SBP. EX: 1 cup fresh Romaine credits as ½ cup vegetable.

Meal Components

Vegetable Subgroups – Red/Orange

USDA Food Buying Guide

RED/ORANGE VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Carrots, Fresh, Shredded, RTU	Pound	19.9	9.9
Carrots, Fresh, Sticks, RTU	Pound	15.4	7.7
Carrots, Baby, RTU	Pound	12.9	6.4
Carrots, Canned, Sliced, Cooked, Drained	#10 Can	37.2	18.6
Carrots, Frozen, Sliced, Cooked, Drained	Pound	11.16	5.58
Peppers, Bell, Fresh, Orange or Red, Medium or Large, Whole, Chopped or Diced	Pound	9.7	4.85
Peppers, Bell, Fresh, Orange or Red, Medium or Large, Whole, Strips	Pound	14.7	7.3
Peppers, Bell, Frozen, Orange or Red, Diced, Cooked, Drained	Pound	7.3	3.65
Pumpkin, Canned, Heated	#10 Can	51.5	25.7
Salsa, Canned, all vegetable ingredients plus a minor amount of spices	#10 Can	49.3	24.6
Squash, Acorn, Mashed, Cooked, Drained	Pound	4.7	2.3
Squash, Butternut, Cubed, Cooked, Drained	Pound	7.5	3.7
Squash, Hubbard, Cubed, Cooked, Drained	Pound	4.4	2.2
Sweet Potato, Fresh, Whole, Baked	Pound	6.6	3.3
Sweet Potatoes, Canned, Cut, Light Syrup, Heated, Drained	#10 Can	33.8	16.9
Sweet Potatoes, Canned, Mashed, Heated	#10 Can	49.1	24.5
Sweet Potato, Fries, Puff	Pound	10	5
Sweet Potato, Fries, Straight Cut	Pound	11.5	5.75
Tomato Products Canned, Tomato Paste	#10 Can	192	96
Tomato Products, Canned, Spaghetti Sauce, Meatless	#10 Can	47.9	23.95
Tomatoes, Fresh, Cherry, Whole	Pound	12.1	6.05
Tomatoes. Fresh, Small or Medium, Whole, Sliced	Pound	8.5	4.3
Tomatoes, Fresh, Diced, RTU	Pound	8.74	4.37
Tomatoes, Canned, Crushed, Heated, Vegetable & Juice	#10 Can	46.6	23.3
Tomatoes, Canned, Diced, Heated, Vegetable & Juice	#10 Can	49.2	24.6
Tomatoes, Canned, Whole or Stewed, Heated , Vegetable & Juice	#10 Can	45.5	22.7

USDA Food Buying Guide

BEANS, PEAS, AND LENTILS VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Beans, Baked in Sauce, Vegetarian, Heated	#10 Can	47.1	23.5
Beans, Baked, Sauce & Pork, Canned, Heated	#10 Can	48.9	24.4
Beans, Black, Dry, Canned, Heated, Drained	#10 Can	37	18.5
Beans, Black, Dry, Whole, Cooked	Pound	18.3	9.1
Beans, Black-eyed Peas, Canned, Heated, Drained	#10 Can	37.7	18.8
Beans, Black-eyed Peas, Canned, Unheated	#10 Can	46	23
Beans, Garbanzo or Chickpea, Dry, Canned, Heated, Drained	#10 Can	45.5	22.75
Beans, Kidney, Dry, Canned, Heated, Drained	#10 Can	38.9	19.45
Beans, Lima, Dry, Baby, Cooked	Pound	23.4	11.7
Beans, Pinto, Canned, Heated, Drained	#10 Can	37.2	18.6
Beans, Pinto, Dry, Cooked	Pound	21	10.5
Beans, Refried, Canned, Heated	#10 Can	49.6	24.8
Beans, Refried, Dehydrated, Cooked	Pound	20.5	10.2
Beans, Soy (Edamame), Fresh, Shelled, Cooked, Drained	Pound	10.7	5.35
Beans, Soy (Edamame), Canned, Shelled, Heated, Drained	Pound	7.3	3.65

Meal Components
Vegetable Subgroups - Starchy

USDA Food Buying Guide

STARCHY VEGETABLE SUBGROUP	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Corn, Canned, Whole Kernel, Heated, Drained	#10 Can	39.6	19.8
Corn, Frozen, Whole Kernel, Cooked	Pound	11	5.5
Corn, Frozen, On the Cob, Cooked (3 inch Ear) 1 cobbette = ¼ cup Vegetable	Pound	4.2	2.1
Corn, Frozen, On the Cob, Cooked, (5¼ inch Ear) 1 medium cob = ½ cup Vegetable	Pound	4.88	2.44
Jicama, Fresh, Peeled, Strips	Pound	11.9	5.9
Peas, Black-eyed, Fresh, Shelled, Cooked, Drained	Pound	10.3	5.15
Peas, Green, Canned, Heated, Drained	#10 Can	36.7	18.3
Peas, Green, Frozen, Cooked, Drained	Pound	9.5	4.7
Potatoes, Frozen, Hash browns, Diced, Cooked	Pound	7.7	3.8
Potatoes, Frozen, Rounds, Baked	Pound	12.2	6.1
Potatoes, Russet, 100 Count, Whole, Baked w/ Skin	Pound	6.7	3.3
Potatoes, Diced, Canned, Drained, Unheated	#10 Can	39.9	19.9
Potatoes, Small Whole, Canned, Heated, Drained	#10 Can	43.7	21.8
Potatoes, Wedges, Frozen, Cooked	Pound	11.9	5.9
Potatoes, Diced, Frozen, Precooked, Cooked	Pound	8.9	4.4
Potatoes, Dehydrated, Granules, Reconstituted, Heated	Pound	50.5	25.2
Potatoes, French Fries, Frozen, Crinkle Cut, Cooked	Pound	12.6	6.3
Potatoes, French Fries, Frozen, Curly, Cooked	Pound	16.2	8.1
Potatoes, French Fries, Frozen, Straight-Cut, Cooked	Pound	14	7

Meal Components

Vegetable Subgroups - Other

USDA Food Buying Guide

OTHER VEGETABLE SUBGROUP	PURCHASE UNIT	SERVING PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Beans, Green, Canned, Cut, Heated, Drained	#10 can	45.3	22.6
Beans, Green, Frozen, Cut, Cooked, Drained	Pound	11.6	5.8
Cabbage, Fresh, Green, Untrimmed, Raw, Chopped	Pound	17.7	8.8
Cabbage, Green, Shredded, RTU	Pound	27	13.5
Cabbage, Red, Shredded, RTU	Pound	22.8	11.4
California Blend, Frozen, Cooked, Drained (Broccoli, Carrots and Cauliflower)	Pound	10.6	5.3
Cauliflower, Fresh, Florets, RTU, Cooked, Drained	Pound	14.1	7.05
Celery, Fresh, Trimmed, Raw Vegetable Sticks	Pound	12.2	6.1
Celery, Fresh, Sticks, RTU	Pound	14	7
Cucumbers, Fresh, Whole, Unpeeled, Sliced	Pound	12.4	6.2
Cucumbers, Fresh, Whole, Unpeeled, Sticks	Pound	11.8	5.9
Lettuce, Fresh, Iceberg, Head, Untrimmed, Raw	Pound	13.9	6.95
Lettuce, Mixed Greens (Iceberg and Romaine w/Shredded Carrots & Red Cabbage)	Pound	25.7	12.8
Lettuce, Salad Mix (Iceberg, some Romaine, w/Shredded Carrot & Red Cabbage)	Pound	26.4	13.2
Mushrooms, Fresh, Whole, Raw, Sliced	Pound	18.7	9.3
Mushrooms, Fresh, Slices, RTU	Pound	18.5	9.2
Mushrooms, Canned, Drained	#10 Can	49.4	24.7
Okra, Fresh, Whole, Cooked, Drained, Sliced	Pound	9	4.5
Okra, Frozen, Cut, Cooked, Drained	Pound	9.1	4.5
Onions, Fresh, Whole, Raw, Chopped	Pound	9.3	4.6
Onions, Frozen, Chopped, Cooked	Pound	5.9	2.9
Peppers, Bell, Green or Yellow, Fresh, Diced	Pound	9.7	4.8
Squash, Summer, Fresh, Yellow, Cubed, Cooked, Drained	Pound	7.3	3.6
Squash, Summer, Fresh, Yellow, Sliced, Cooked, Drained	Pound	8.4	4.2
Squash, Summer, Frozen, Yellow, Sliced, Cooked, Drained	Pound	7.9	3.9
Squash, Summer, Fresh, Zucchini, Cubed, Cooked, Drained	Pound	7.6	3.8
Squash, Summer, Fresh, Zucchini, Sliced, Cooked, Drained	Pound	10.2	5.1
Squash, Summer, Frozen, Zucchini, Sliced, Drained	Pound	7	3.5

USDA Food Buying Guide

FRUIT	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Apples, Fresh, Small, Unpeeled, 125-138 Count/Case (¼ apple = ¼ cup Fruit)	Pound	14.8	7.4
Apples, Fresh, Unpeeled, Cored, Sliced	Pound	14.6	7.3
Apples, Canned, Sliced, Drained	#10 Can	47.5	23.7
Applesauce, Canned	#10 Can	47.6	23.8
Apricots, Canned, Diced, Fruit & Juice	#10 Can	48	24
Apricots, Canned, Halves, Unpeeled, Drained	#10 Can	29.3	14.7
Apricots, Canned, Slices, Peeled, Fruit & Juice	#10 Can	45.7	22.9
Bananas, Fresh, Regular, 100-120 Count, Sliced	Pound	7	3.5
Bananas, Fresh, Regular, Unpeeled, 100-120 Count	Pound	5.3	2.6
Blackberries, Fresh, Whole	Pound	11.9	5.9
Blueberries, Fresh, Whole	Pound	11.9	5.9
Blueberries, Frozen, Unsweetened, Whole, Cooked with Added Sugar	Pound	7.8	3.9
Blueberries, Frozen, Unsweetened, Whole, Thawed	Pound	11.9	5.9
Cantaloupe, Whole, 15 Count, Cubed	Pound	6.7	3.3
Cantaloupe, Whole, 18 Count, Cubed	Pound	5.7	2.8
Cherries, Red Tart, Canned, Drained	#10 Can	36.2	18.1
Clementines, Fresh, Whole, Peeled	Pound	12	6
Cranberry Relish or Sauce, Canned	#10 Can	48	24
Fruit, Mixed, Canned, Fruit Cocktail, Fruit & Liquid	#10 Can	46.9	23.5
Grapefruit, Fresh, Whole, Peeled	Pound	6.4	3.2
Grapes, Fresh, Seedless, Whole, w/o Stem	Pound	11.6	5.8
Grapes, Fresh, Seedless, Whole, w/Stem	Pound	10.5	5.2
Honeydew Melon, Fresh, Whole, Cubed	Pound	4.9	2.4
Kiwi, Fresh, Whole, Unpeeled Halves, 33-39 Count	Pound	10.8	5.4
Lemons, Fresh, Whole	Pound	3.1	1.55
Limes, Fresh, Whole	Pound	3.5	1.75
Mangoes, Frozen, Unsweetened, Diced	Pound	7.5	3.8

Meal Components
Fruit

USDA Food Buying Guide

FRUIT	PURCHASE UNIT	SERVINGS PER PURCHASE UNIT	
		1/4 CUP	1/2 CUP
Orange, Fresh, 125 Count, Unpeeled	Pound	5.8	2.9
Oranges, Mandarin, Canned, Drained	#10 Can	30.2	15.1
Peach, Fresh, Small, Whole	Pound	8.2	4.1
Peach, Fresh, Medium, Whole	Pound	7	3.5
Peaches, Canned, Diced, Drained	#10 Can	35.4	17.7
Peaches, Canned, Diced, Fruit & Juice	#10 Can	48.6	24.3
Peaches, Canned, Sliced, Drained	#10 Can	36.1	18
Peaches, Canned, Sliced, Fruit & Juice	#10 Can	50	25
Peaches, Frozen, Sliced, Sweetened or Unsweetened, Thawed, Fruit & Juice	Pound	7.34	3.6
Pears, Fresh, All Sizes, Whole,	Pound	7.9	3.9
Pears, Canned, Diced, Drained	#10 Can	38	19
Pears, Canned, Diced, Fruit & Liquid	#10 Can	47.6	23.8
Pears, Canned, Halves, Drained	#10 Can	31	15.5
Pears, Canned, Halves, Fruit & Liquid	#10 Can	52	26
Pears, Canned, Sliced, Drained	#10 Can	29.5	14.7
Pears, Canned, Sliced, Fruit & Liquid	#10 Can	49.7	24.8
Pineapple, Canned, Chunks, Drained	#10 Can	31.8	15.9
Pineapple, Canned, Chunks, Fruit & Liquid	#10 Can	49.9	24.9
Pineapple, Canned, Slices, Drained	#10 Can	37.7	18.8
Pineapple, Canned, Slices, Fruit & Juice (approx 60 slices)	#10 Can	47.5	23.7
Pineapple, Canned, Tidbits, Drained	#10 Can	33.4	16.7
Pineapple, Canned, Tidbits, Fruit & Juice	#10 Can	50.1	25
Plums, Fresh, Whole	Pound	9.8	4.9
Raisins, Seedless, (¼ cup Serving = ½ cup Fruit)	Pound	12.6	6.3
Strawberries, Fresh, Whole,	Pound	10.5	5.2
Strawberries, Frozen, Sliced, Unsweetened, Thawed, Fruit & Liquid	Pound	7.2	3.6
Tangerines, Fresh, Whole, Peeled	Pound	7.8	3.9
Watermelon, Fresh, Whole, Diced, w/o Rind	Pound	6.1	3

Smart Snacks Nutrition Standards

Any food sold in schools must:

- Be a "whole grain-rich" grain products; or
- Have as the first ingredient a fruit, vegetable, dairy products, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable

Foods must also meet several nutrient requirements:

- Calorie limits:
  - Snack Items: ≤ 200 calories
  - Entrée items: ≤ 350 calories
- Sodium limits:
  - Snack Items: ≤ 200 mg*
  - Entrée Items: ≤ 480 mg
- Fat limits:
  - Total Fat: ≤ 35% of calories
  - Saturated fat: < 10% of calories
  - Trans fat: zero grams
- Sugar limit:
  - ≤ 35% of weight from total sugars in foods

Accompaniments

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

Exemptions

- Fresh, canned or frozen fruits with no added ingredients
- Fresh and canned vegetables with no added ingredients
- NSLP/SBP Entrée items when sold on day of service or day after
- Sugar-Free Chewing Gum

Definitions

- **School Campus**: all areas of the property under the jurisdiction of the school that are accessible to students during the school day
- **School Day**: the period from the midnight before, to 30 minutes after the end of the official school day

Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored or flavored, whole, reduced-fat, low-fat, or fat-free milk
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

- Caffeinated beverages are only permitted at the High School level.
- Flavored milk sold a la carte in Middle and High Schools must contain ≤15g of added sugar per 12 fluid ounces

Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.

No more than 20-ounce portions of

- Calorie-free, flavored water (with or without carbonation); and

No more than 12-ounce portions of

- Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Competitive Food and Beverage Sales

Fundraisers / Vending Machines

- The sale of food items that meet Smart Snacks requirements are not limited in any way under the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

Exempt Fundraiser Days

- Texas allows up to 6 fundraisers per campus, per year.
- Exempted fundraisers may not be sold in competition with school meals in the food service area, during meal service.

Alternative standards must be included in the Local Wellness Policy but must not be less restrictive than the federal standards

Offer vs Serve
Breakfast Tips

Under OVS at Breakfast, schools must offer at least four food items from the three required food components (fruit[+], grains[++], and fluid milk).

Required Components at Breakfast

Fruit
1 cup

Grains
1 ounce equivalent (oz eq)

Fluid Milk*
1 cup

Sample OVS Breakfast Menu

- Variety of Milk (1 Cup Milk)
- Slice of Whole Grain-Rich Toast (1 oz eq Grain)
- Whole Grain-Rich Cereal (1oz eq Grain)
- Orange Slices (1 Cup Fruit)

Is it Reimbursable?

For a breakfast to be reimbursable, at least four food items must be offered. Students must select three food items including ½ cup of fruit and/or vegetable for the meal to be reimbursable under OVS.

Use this simple checklist to determine if breakfasts are reimbursable under OVS:

- ☑ Does the meal offered consist of at least four food items?
- ☑ Does the meal offered include the minimum required amounts of fruits, grains, and milk*?
- ☑ Does the meal selected by the student contain at least three food items, including at least ½ cup fruit and/or vegetable?

If the answer to each of these questions is yes, the breakfast meal is reimbursable under OVS.

*Water does not count as one of the three required food components and cannot be served as a substitute for milk.

[+] Vegetables may be offered as a substitute for fruits.
[++] A Meat/Meat Alternate may be offered as a substitute for grain.

Offer vs Serve
Lunch Tips

Under OVS at Lunch, schools must offer all five food components in at least the minimum required quantities. Students must select at least three of the five required food components, including at least ½ cup of fruit and/or vegetable, to have a reimbursable lunch.

Required Food Components

Required Food Component	Daily Minimum Requirements for Each Grade Level			
	K-5	6-8	K-8	9-12
Vegetables	¾ cup	¾ cup	¾ cup	1 cup
Fruits	½ cup	½ cup	½ cup	1 cup
Grains	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Meats/Meat Alternates	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Fluid Milk*	1 cup	1 cup	1 cup	1 cup

Sample OVS Lunch Tray

- Hamburger on a Whole Grain-Rich Bun (2 oz eq Grain, 2 oz eq Meat/Meat Alternate)
- Corn (1/2 Cup Starchy Vegetable)

Is it Reimbursable?

Use this simple checklist to determine if student lunches are reimbursable under OVS:

- ☑ Does the meal offered to students include the minimum required amounts of vegetables, fruits, grains, meats/meat alternates, and fluid milk?
- ☑ Does the meal selected by the student contain at least three components, including at least ½ cup fruit and/or vegetable?

If the answer to each of these questions is yes, then the school lunch is reimbursable under OVS.

*Water does not count as one of the three required food components and cannot be served as a substitute for milk.

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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1.mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2.fax:

(833) 256-1665 or (202) 690-7442; or

3.email:

program.intake@usda.gov

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