USDA Foods Crediting Guide 2014-2015

USDA #	MEAT/MEAT ALTERNATE	CN Crediting	Sodium per 1 oz M/MA
100134	BEEF CRUMBLES W/SPP PKG-4/10 LB	1.15 oz beef crumbles = 1 ounce M/MA	109 mg
110346	BEEF 100% PTY 90/10 FRZ 2.0MMA CTN-40 LB	One 2.8 oz uncooked beef patty = 2 ounce M/MA	53 mg
100158	BEEF FINE GROUND FRZ CTN-40 LB	One 1.34 oz portion of 85/15 raw ground beef = 1 M/MA	25 mg
100037	CHEESE BLEND AMER SKM WHT SLC LVS-6/5 LB	1 oz cheese = 1 oz M/MA (1 oz is 2 slices)	300 mg
100019	CHEESE PROCESS WHT SLC LVS-6/5 LB	1 oz cheese = 1 oz M/MA (1 oz is 2 slices)	270 mg
110396	CHEESE MOZ LM PT SKM STRING BOX-360/1 OZ	each stick = 1 oz M/MA	200 mg
100021	CHEESE MOZ LM PART SKM SHRD FRZ BOX-30LB	1 oz cheese = 1 oz M/MA	170 mg
100011	CHEESE CHEDDAR RDU FAT WHT SHRED BAG-6/5 LB	1 oz cheese = 1 oz M/MA	200 mg
100101	CHICKEN DICED CTN-40 LB	1 oz diced, cooked chicken meat = 1 oz M/MA	13 mg
100117	CHICKEN FAJITA STRIPS CTN-30 LB	1.8 oz chicken fajita strips = 1 oz M/MA	292 mg
110080	CHICKEN OVEN ROASTED FRZ 8 PC CTN-30 LB	1 piece = 2 oz M/MA	200 mg
100046	EGGS WHOLE FRZ CTN-6/5 LB	1 large egg = 2 oz M/MA (1 large egg = 1¾ oz liquid egg)	66 mg
100187	HAM WATER ADD SLC FRZ PKG-8/5 LB	1.22 oz sliced ham = 1 oz M/MA	366 mg
100188	HAM WTATR ADD CUBED FRZ PKG-4/10 OR 8/5 LB	1.22 oz diced ham = 1 oz M/MA	366 mg
100396	PEANUT BUTTER SMOOTH JAR-6/5 LB	2 Tbsp peanut butter = 1 oz M/MA	152 mg
100173	PORK ROAST LEG FRZ CTN-32-40 LB	1 oz cooked pork = 1 oz M/MA	13mg
100935	SUNFLOWER SEED BUTTER 6-5#'S	2 Tbsp sunflower butter = 1 oz M/MA	106 mg
100121	TURKEY BREAST DELI FRZ CTN-40 LB	1.6 oz deli-style turkey breast = 1 oz M/MA	248 mg
100126	TURKEY HAMS SMKD FRZ CTN-40 LB	1.7 oz turkey ham water added = 1 oz M/MA	438 mg
100125	TURKEY ROASTS FRZ CTN-32-48 LB	1 oz cooked turkey = 1 oz M/MA	150 mg
100119	TURKEY TACO FILLING CTN-30 LB	1.95 oz (by weight) turkey taco filling = 1 oz M/MA	150 mg
USDA #	**GRAINS**	**CN Crediting**	**Sodium per 1 oz G**
100919	MACARONI CTN-20 LB WG	1/2 cup cooked = 1 oz G	2 mg
110393	PANCAKES WHOLE WHEAT FZN-144 COUNT	1 pancake = 1 oz G	130 mg
100500	RICE BRN US#1 LONG PARBOILED PKG-24/2 LB	1/2 cup cooked = 1 oz G	5 mg
110394	TORTILLA WHOLE WHEAT FZN 8" CTN-12/24	1 tortilla = 1.5 oz G	340 mg
USDA #	**FRUIT**	**CN Crediting**	**Sodium per 1/4 cup**
100206	APPLE SLICES CAN-6/10	1/2 c apple (drained) or apple & juice = 1/2 c fruit	5 mg
100208	APPLESAUCE CAN-6/10	1/2 c applesauce = 1/2 c fruit	2 mg
110361	APPLESAUCE CUPS -96/4.5	One 4.5 oz unit = 1/2 c fruit	4 mg
100216	APRICOTS DICED PEELED EX LT CAN-6/10	1/2 c apricots (drained) or apricots & juice = 1/2 c fruit	3 mg
100243	BLUEBERRY WILD FRZ CTN-30 LB	¼ cup thawed, ready-to-serve blueberries = ¼ cup fruit	0 mg
100301	CRANBERRIES DRIED PKG-5/5 LB	¼ cup dried cranberries = ½ cup fruit	0 mg
100214	CRANBERRY SAUCE CAN-6/10	1/2 cup cranberry sauce = 1/2 cup fruit	40 mg
110161	FRUIT MIX DRIED PKG-5/5 LB	¼ cup dried fruit mix = ½ cup fruit	3 mg
100212	MIXED FRUIT EX LT CAN-6/10	1/2 cup mixed fruit & juice OR 1/2 cup drained mixed fruit = 1/2 cup fruit	10 mg
100277	ORANGE JUICE SINGLE CTN-70/4 OZ	One 4.0 fl oz unit orange juice = ½ cup fruit juice	2 mg
100241	PEACH FREESTONE DICED FRZ CUPS -96/4.4 OZ	One 4.4 oz unit diced peaches and juice = ½ cup fruit	0 mg
100220	PEACHES CLING DICED EX LT CAN-6/10	1/2 cup diced peaches and juice = 1/2 cup fruit	6 mg
100225	PEARS DICED EX LT CAN-6/10	1/2 cup diced pears & juice = 1/2 cup fruit	2 mg
100293	RAISINS BOX-144/1.33 OZ	One 1.33 oz unit raisins = ½ cup fruit	8 mg
100256	STRAWBERRY FRZ (CUPS)-96/4.5 OZ	One 4.5 oz unit thawed, diced strawberries = ½ cup fruit	0 mg
100254	STRAWBERRY SLICES Sweetened FRZ CTN-30 LB	½ cup thawed, sliced strawberries and juice = ½ cup fruit	0 mg
USDA #	**VEGETABLES**	**CN Crediting**	**Sodium per 1/4 cup**
100359	BEANS BLACK TURTLE CAN-6/10	1/2 cup heated, drained black (turtle) beans = 1/2 cup vegetable	140 mg
110282	BROCCOLI FRZ PKG-6/5 LB	1/2 cup cooked green broccoli = 1/2 cup vegetable	22 mg
100352	CARROTS FRZ CTN-30 LB	1/2 cup cooked, drained, sliced carrots provide 1/2 cup vegetable	44 mg
100348	CORN FRZ CTN-30 LB	1/2 cup cooked corn OR 1/2 cup tempered corn = 1/2 cup vegetable	0 mg
100360	GARBANZO BEANS CAN-6/10	1/2 cup drained garbanzo beans = 1/2 cup vegetable	140 mg
100351	GREEN BEANS FRZ CTN-30 LB	1/2 cup cooked, drained green beans = 1/2 cup vegetable	6 mg
100350	PEAS FRZ CTN-30 LB	1/2 cup cooked, drained green peas = 1/2 cup vegetable	58 mg
100355	POTATOES WEDGE FRZ PKG-6/5 LB	1/2 cup baked potato wedges = 1/2 cup vegetable	38 mg
110186	SALSA POUCH-6/106 OZ	1/2 cup salsa = 1/2 cup vegetable.	140 mg
100329	TOMATOES DICED CANNED-6/10	1/2 cup diced tomatoes and juice = 1/2 cup vegetable	15 mg
100334	TOMATO SAUCE CAN-6/10	1/2 cup tomato sauce = 1/2 cup vegetable	140 mg

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