

Meat/Meat Alternates

| | <u>Serving Size</u> | <u>Crediting Equivalent</u> |
|--|------------------------|-----------------------------|
| Peanut Butter | 2 tablespoons | 1 oz. eq. |
| Peanut Butter | 4 tablespoons | 2 oz. eq. |
| Beans (Canned) | ¼ cup | 1 oz. eq. |
| Cheese (American, Cheddar, Mozzarella) | 1 oz. | 1 oz. eq. |
| Cottage Cheese | 2 oz. or ¼ cup | 1 oz. eq. |
| Eggs | 1 large egg | 2 oz. eq. |
| Tofu (Commercially prepared) | 2.2 oz. or ¼ cup | 1 oz. eq. |

Vegetables

| | | |
|---------------------------|-----------|-------|
| Raw leafy greens | 1 cup raw | ½ cup |
| Baby carrots | 2.6 oz. | ½ cup |
| Pre-Packaged Baby Carrots | 1.3oz | ¼ cup |

Fruit

| | | |
|----------------------------|--------------|-------|
| Dried fruit | ¼ cup | ½ cup |
| Banana (Regular Unpeeled) | 1 banana | ½ cup |
| Orange | 1 orange | ½ cup |
| Apple | 1 apple | 1 cup |
| Clementine (Whole, Peeled) | 1 clementine | ¾ cup |

***Please Note: This chart indicates common food items and how they credit towards school meal programs. If available, the product formulation statement should be used to determine ounce equivalents (oz.eq.) of the product. The Food Buying Guide should be referenced for more accurate information when the food item is not average size.**