

Using Method 1, Calculate the number of #10 cans of green beans that are needed to offer a $\frac{3}{4}$ cup serving of cooked green beans to 250 K-5 students

Section 2 - Vegetables

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
Other Vegetables¹ - BEANS, GREEN					
Beans, Green, fresh <i>Trimmed, Whole Ready-to-use</i>	Pound	22.00	1/4 cup whole, raw vegetable	4.60	1 lb AP = 1 lb (about 5-3/8 cups) ready-to-cook beans
	Pound	12.40	1/4 cup whole, cooked, drained vegetable	8.10	1 lb AP = 1 lb (about 5-3/8 cups) ready-to-cook beans; 1 lb AP = 0.86 lb (about 3 cups) cooked, drained beans
	Pound	16.40	1/4 cup cut, raw vegetable	6.10	1 lb AP = 1 lb (about 4 cups) ready-to-cook beans
	Pound	11.20	1/4 cup cut, cooked, drained vegetable	9.00	1 lb AP = 1 lb (about 4 cups) ready-to-cook beans; 1 lb AP = 0.89 lb (about 2-3/4 cups) cooked, drained, cut beans
Beans, Green, fresh <i>Untrimmed, Whole</i>	Pound	11.10	1/4 cup whole, cooked vegetable	9.10	1 lb AP = 0.88 lb ready-to-cook beans
Beans, Green, canned <i>Cut, Includes USDA Foods</i>	No. 10 Can (101 oz)	45.30	1/4 cup heated, drained vegetable	2.30	1 No. 10 can = about 60.0 oz (12-7/8 cups) drained, unheated beans
	No. 10 Can (101 oz)	51.10	1/4 cup drained vegetable	2.00	1 No. 10 can = about 60.0 oz (12-7/8 cups) drained, unheated beans
	No. 2-1/2 Can (28 oz)	12.50	1/4 cup heated, drained vegetable	8.00	1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 2-1/2 Can (28 oz)	14.10	1/4 cup drained vegetable	7.10	1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 300 Can (15 oz)	5.00	1/4 cup heated, drained vegetable	20.00	1 No. 300 can = about 7.4 oz (1-1/4 cups) heated, drained beans; 1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated beans
	No. 300 Can (15 oz)	5.77	1/4 cup drained vegetable	17.40	1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated beans
	Pound	7.17	1/4 cup heated, drained vegetable	14.00	
	Pound	8.10	1/4 cup drained vegetable	12.40	
Beans, Green, canned <i>French style, Includes USDA Foods</i>	No. 10 Can (101 oz)	36.50	1/4 cup heated, drained vegetable	2.80	1 No. 10 can = about 59.0 oz (12 cups) drained, unheated beans
	No. 2-1/2 Can (28 oz)	10.10	1/4 cup heated, drained vegetable	10.00	1 No. 2-1/2 can = about 16.2 oz (3-1/4 cups) heated, drained beans
	No. 300 Can (14-1/2 oz)	3.60	1/4 cup heated, drained vegetable	27.80	1 No. 300 can = about 5.70 oz (7/8 cups) heated, drained beans; No. 300 can = about 10.1 oz (1-1/8 cups) drained, unheated beans

Using Method 2, Calculate the pounds needed to serve 422 students a 1/2 cup serving of fresh plums that are approximately 2 inches in diameter

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
PINEAPPLE (continued)					
Pineapple, canned <i>Slices, Packed in juice or light syrup, Includes USDA Foods</i>	No. 10 Can (107 oz)	47.50	1/4 cup fruit and liquid	2.20	
	No. 10 Can (107 oz)	37.70	1/4 cup drained fruit (about 1-3/4 slices)	2.70	1 No. 10 can = about 62.0 oz (9-1/3 cups or 60 slices) drained pineapple
	No. 2 Can (20 oz)	8.87	1/4 cup fruit and liquid	11.30	
	No. 2 Can (20 oz)	7.04	1/4 cup drained fruit	14.30	1 No. 2 can = about 13.0 oz (2 cups) drained pineapple
	Pound	7.10	1/4 cup fruit and liquid	14.10	
	Pound	5.63	1/4 cup drained fruit	17.80	
Pineapple, canned <i>Tidbits, Packed in juice or light syrup, Includes USDA Foods</i>	No. 10 Can (106 oz)	50.10	1/4 cup fruit and liquid	2.00	1 No. 10 can = about 12 cups pineapple and liquid
	No. 10 Can (106 oz)	33.40	1/4 cup drained fruit	3.00	1 No. 10 can = about 67.3 oz (8-1/4 cups) drained pineapple
Pineapple, frozen <i>Unsweetened, Chunks</i>	Pound	7.30	1/4 cup thawed, drained fruit	13.70	1 lb AP = 0.61 lb (about 1-1/3 cups) thawed, drained pineapple
PLUMS					
Plums, fresh <i>Italian, 1.5-inch by 2-inch, Whole</i>	Pound	9.32	1/4 cup quartered fruit (about 5 quarters)	10.80	1 lb AP = 0.93 lb (about 2-1/3 cups) ready-to-serve or -cook unpeeled, pitted, quartered raw plums
	Pound	6.81	1/4 cup fruit and liquid	14.70	
Plums, fresh <i>Purple, Red, or Black, 2-inch diameter, Whole</i>	Pound	4.99	1 whole, raw plum (about 1/2 cup fruit and liquid)	20.10	
	Pound	10.70	1/4 cup quartered fruit (about 2 quarters)	9.40	1 lb AP = 0.98 lb (about 2-2/3 cups) ready-to-serve or -cook unpeeled, pitted, raw plums
Plums, fresh <i>Purple, Red, or Black 2-1/2 inch diameter, Whole</i>	Pound	4.00	1 whole, pitted plum (about 5/8 cup fruit)	25.00	1 lb AP = 0.97 lb (about 2-7/8 cups) pitted plums
Plums, fresh <i>Japanese or Hybrid, Whole, Size 60 & 65</i>	Pound	6.40	1 whole, raw plum (about 3/8 cup fruit and liquid)	15.70	1 plum = about 1-1/2 inch diameter
Plums, canned <i>Purple or Red, Halves, Unpeeled, No pits, Includes USDA Foods</i>	No. 10 Can (105 oz)	49.20	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-1/8 cups plums and liquid without pits
	No. 10 Can (105 oz)	24.70	1/4 cup drained fruit	4.10	1 No. 10 can = about 54.4 oz (6-1/8 cups) drained plums without pits

TODAY'S MENU (K-8 AND 9-12)

**Mexican Pizza-1 each (5.44 oz)
(need 250 servings)**

**Green Beans-1/2 cup/3/4 cup
(need 120-1/2 cup servings & 50 3/4 cup servings)**

**Tossed Salad-3/4 cup
Recipe-1/2 cup Spring Mix, 1/4 cup Cherry Tomatoes**

**Pineapple Tidbits-1/2 cup/1 cup
(need 100-1/2 cup servings & 35 1 cup servings)**

Choice of Milk-1 cup

PRODUCT DESCRIPTION:

A longtime kid favorite - now with a 51% whole grain crust! A cornmeal fortified dough, topped with a zesty sauce, blend of cheeses, and beef makes for a delicious southwest-inspired entrée.

- Bursting with southwest flavor.
- Great as is, or with taco style fixings.
- Made with a 51% whole grain crust.
- Topped with beef and a blend of cheeses.

MENU APPLICATIONS:

- Top with lettuce, tomatoes, and sour cream.
- Serve with fruit, vegetables and milk for a complete meal.

CHILD NUTRITION INFORMATION:

091742 -Cut each 32.64 oz. Beef Patty Crumble Fiestada® Pizza into 6 - 5.44 oz. portions. Each 5.44 oz. (by weight) portion, provides 2.00 oz. equivalent meat/meat alternate, 2.00 oz. equivalent grains, and 1/8 cup red/orange vegetable for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 11-14).

HARD BID SPECIFICATIONS:

TONY'S® FIESTADA® 51% Whole Grain Pizza must provide 2.00 oz. equivalent meat/meat alternate, 2.00 oz. of equivalent grains, 1/8 cups red/orange vegetables, Portion to provide a minimum of 310 calories with no more than 16 fat grams. Must contain a minimum of 3 grams of fiber and less than 950 of sodium. Case pack of 96 per case.

CN Label required. Acceptable Brand: TONY'S® 68516

PREP INSTRUCTIONS:

COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1/2" lightly greased bun pans. CONVECTION OVEN: 350°F for 11 to 14 minutes. CONVENTIONAL OVEN: 425°F for 16 to 20 minutes. Rotate pan 1/2 way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.

Cooking Method	Temp	Time	Instructions
Convection Oven	350 °F	11-14 MINUTES	Cook before serving
Conventional Oven	425 °F	16-20 MINUTES	

SHIPPING INFO / SHELF LIFE:

SHIPPING INFO:

GTIN (Case):	10072180685169
Gross Weight:	35.04
Net Weight:	32.64
Each Weight:	5.44
Cube:	1.86
Dimensions (LxWxH):	17.13 x 13.06 x 14.38
Cases/Pallet:	40
Tie:	8
High:	5
SHELF LIFE:	300

ALLERGENS:

Contains Milk or its Derivatives, Wheat or its Derivatives, and Soy or its Derivatives.



INGREDIENTS:

INGREDIENTS: CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, YELLOW CORN MEAL, DEFATTED SOY FLOUR, YEAST, SUGAR, CONTAINS 2% OR LESS OF: SHORTENING (PALM OIL, NATURAL FLAVOR, SOY LECITHIN), WHOLE GRAIN CORN GRIT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), SALT, CORN STARCH, DOUGH CONDITIONER (WHEAT STARCH, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE), WHEAT GLUTEN, CALCIUM LACTATE; TOPPINGS: COOKED BEEF PATTY CRUMBLES (GROUND BEEF [NO MORE THAN 30% FAT], WATER, TEXTURED VEGETABLE PROTEIN (SOY FLOUR, CARAMEL COLOR), SALT, SPICES (INCLUDING PAPRIKA), GRANULATED ONION, SOY PROTEIN CONCENTRATE, DEXTROSE, GARLIC POWDER, SODIUM TRIPOLYPHOSPHATE, CITRIC ACID), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO [COLOR]), SUBSTITUTE MOZZARELLA CHEESE (WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT (MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, RIBOFLAVIN [VITAMIN B2], ELECTROLYTIC IRON, FOLIC ACID, PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], NIACINAMIDE, THIAMINE MONONITRATE [VITAMIN B1], CYANOCOBALAMIN [VITAMIN B12], VITAMIN A PALMITATE), ARTIFICIAL COLOR); SAUCE: WATER, TOMATO PASTE (NOT LESS THAN 28% SOLUBLE SOLIDS), SALT, CONTAINS 2% OR LESS OF: SUGAR, MALTODEXTRIN, MODIFIED FOOD STARCH, CHILI PEPPER, SPICE, DRIED GARLIC, PAPRIKA, FUMARIC ACID, BEET POWDER.



Copyright © 2013 Schwan's Food Service, Inc. All Rights Reserved
115 West College Drive | Marshall, MN 56258 | 1-877-302-7426
info@schwansfs.com

Information contained in this document is believed to be accurate and offered in good faith for the benefit of the customer. Nutrition data is calculated and offered for information purposes; some variation can occur depending on several factors. This document may contain proprietary confidential, trade secret or privileged information. Any unauthorized review, use, disclosure or distribution is prohibited and may be a violation of law.

Karen Wilder

Karen Wilder, RD, MPH, LD
Sr Director, Scientific & Regulatory Affairs

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
PINEAPPLE (continued)					
Pineapple, canned <i>Slices, Packed in juice or light syrup, Includes USDA Foods</i>	No. 10 Can (107 oz)	47.50	1/4 cup fruit and liquid	2.20	
	No. 10 Can (107 oz)	37.70	1/4 cup drained fruit (about 1-3/4 slices)	2.70	1 No. 10 can = about 62.0 oz (9-1/3 cups or 60 slices) drained pineapple
	No. 2 Can (20 oz)	8.87	1/4 cup fruit and liquid	11.30	
	No. 2 Can (20 oz)	7.04	1/4 cup drained fruit	14.30	1 No. 2 can = about 13.0 oz (2 cups) drained pineapple
	Pound	7.10	1/4 cup fruit and liquid	14.10	
	Pound	5.63	1/4 cup drained fruit	17.80	
Pineapple, canned <i>Tidbits, Packed in juice or light syrup, Includes USDA Foods</i>	No. 10 Can (106 oz)	50.10	1/4 cup fruit and liquid	2.00	1 No. 10 can = about 12 cups pineapple and liquid
	No. 10 Can (106 oz)	33.40	1/4 cup drained fruit	3.00	1 No. 10 can = about 67.3 oz (8-1/4 cups) drained pineapple
Pineapple, frozen <i>Unsweetened, Chunks</i>	Pound	7.30	1/4 cup thawed, drained fruit	13.70	1 lb AP = 0.61 lb (about 1-1/3 cups) thawed, drained pineapple
PLUMS					
Plums, fresh <i>Italian, 1.5-inch by 2-inch, Whole</i>	Pound	9.32	1/4 cup quartered fruit (about 5 quarters)	10.80	1 lb AP = 0.93 lb (about 2-1/3 cups) ready-to-serve or -cook unpeeled, pitted, quartered raw plums
	Pound	6.81	1/4 cup fruit and liquid	14.70	
Plums, fresh <i>Purple, Red, or Black, 2-inch diameter, Whole</i>	Pound	4.99	1 whole, raw plum (about 1/2 cup fruit and liquid)	20.10	
	Pound	10.70	1/4 cup quartered fruit (about 2 quarters)	9.40	1 lb AP = 0.98 lb (about 2-2/3 cups) ready-to-serve or -cook unpeeled, pitted, raw plums
Plums, fresh <i>Purple, Red, or Black 2-1/2 inch diameter, Whole</i>	Pound	4.00	1 whole, pitted plum (about 5/8 cup fruit)	25.00	1 lb AP = 0.97 lb (about 2-7/8 cups) pitted plums
Plums, fresh <i>Japanese or Hybrid, Whole, Size 60 & 65</i>	Pound	6.40	1 whole, raw plum (about 3/8 cup fruit and liquid)	15.70	1 plum = about 1-1/2 inch diameter
Plums, canned <i>Purple or Red, Halves, Unpeeled, No pits, Includes USDA Foods</i>	No. 10 Can (105 oz)	49.20	1/4 cup fruit and liquid	2.10	1 No. 10 can = about 12-1/8 cups plums and liquid without pits
	No. 10 Can (105 oz)	24.70	1/4 cup drained fruit	4.10	1 No. 10 can = about 54.4 oz (6-1/8 cups) drained plums without pits

Section 2 - Vegetables

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
Other Vegetables¹ - BEANS, GREEN					
Beans, Green, fresh <i>Trimmed, Whole Ready-to-use</i>	Pound	22.00	1/4 cup whole, raw vegetable	4.60	1 lb AP = 1 lb (about 5-3/8 cups) ready-to-cook beans
	Pound	12.40	1/4 cup whole, cooked, drained vegetable	8.10	1 lb AP = 1 lb (about 5-3/8 cups) ready-to-cook beans; 1 lb AP = 0.86 lb (about 3 cups) cooked, drained beans
	Pound	16.40	1/4 cup cut, raw vegetable	6.10	1 lb AP = 1 lb (about 4 cups) ready-to-cook beans
	Pound	11.20	1/4 cup cut, cooked, drained vegetable	9.00	1 lb AP = 1 lb (about 4 cups) ready-to-cook beans; 1 lb AP = 0.89 lb (about 2-3/4 cups) cooked, drained, cut beans
Beans, Green, fresh <i>Untrimmed, Whole</i>	Pound	11.10	1/4 cup whole, cooked vegetable	9.10	1 lb AP = 0.88 lb ready-to-cook beans
Beans, Green, canned <i>Cut, Includes USDA Foods</i>	No. 10 Can (101 oz)	45.30	1/4 cup heated, drained vegetable	2.30	1 No. 10 can = about 60.0 oz (12-7/8 cups) drained, unheated beans
	No. 10 Can (101 oz)	51.10	1/4 cup drained vegetable	2.00	1 No. 10 can = about 60.0 oz (12-7/8 cups) drained, unheated beans
	No. 2-1/2 Can (28 oz)	12.50	1/4 cup heated, drained vegetable	8.00	1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 2-1/2 Can (28 oz)	14.10	1/4 cup drained vegetable	7.10	1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 300 Can (15 oz)	5.00	1/4 cup heated, drained vegetable	20.00	1 No. 300 can = about 7.4 oz (1-1/4 cups) heated, drained beans; 1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated beans
	No. 300 Can (15 oz)	5.77	1/4 cup drained vegetable	17.40	1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated beans
	Pound	7.17	1/4 cup heated, drained vegetable	14.00	
	Pound	8.10	1/4 cup drained vegetable	12.40	
Beans, Green, canned <i>French style, Includes USDA Foods</i>	No. 10 Can (101 oz)	36.50	1/4 cup heated, drained vegetable	2.80	1 No. 10 can = about 59.0 oz (12 cups) drained, unheated beans
	No. 2-1/2 Can (28 oz)	10.10	1/4 cup heated, drained vegetable	10.00	1 No. 2-1/2 can = about 16.2 oz (3-1/4 cups) heated, drained beans
	No. 300 Can (14-1/2 oz)	3.60	1/4 cup heated, drained vegetable	27.80	1 No. 300 can = about 5.70 oz (7/8 cups) heated, drained beans; No. 300 can = about 10.1 oz (1-1/8 cups) drained, unheated beans

Meats/Meat Alternates		Vegetables	Fruit	Grains	Milk	Other Foods	Shopping List
-----------------------	--	------------	-------	--------	------	-------------	---------------

Item keywords:	<input type="text" value="tomato"/>	Search	Clear Search	Display Favorites
----------------	-------------------------------------	--------	--------------	-------------------

<input type="button" value="Add"/>	Tomatoes, fresh, Cherry, Whole with stem	Pound	12.1	1/4 cup whole vegetable (about 3 whole cherry tomatoes)
<input type="button" value="Add"/>	Tomatoes, fresh, Cherry, Whole with stem	Pound	10.6	1/4 cup vegetable halves (about 5 cherry tomato halves)
<input type="button" value="Add"/>	Tomatoes, fresh, Cherry, Whole without stem	Pound	12.1	1/4 cup whole vegetable
<input type="button" value="Add"/>	Tomatoes, fresh, Cherry, Whole without stem	Pound	11	1/4 cup halved vegetable

	Food Item Description	Purchase Unit	Number of Purchase Units on Hand	Servings Count	Exact Quantity	Buy Purchase Units	Action
X	Lettuce, fresh, Mixed greens (equal amounts of iceberg and romaine with shredded carrots and red cabbage), raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP)	Pound	<input type="text" value="0.00"/>	175	13.6187	13.75	<input type="button" value="Add Serving Size"/>
	#	Serving Size	Number of Servings		Action		
	1	<input type="text" value="1/2 cup"/>	<input type="text" value="175"/>		<input type="button" value="Remove Serving Size"/>		
X	Tomatoes, fresh, Cherry, Whole without stem, whole vegetable	Pound	<input type="text" value="0.00"/>	175	14.4629	14.50	<input type="button" value="Add Serving Size"/>
	#	Serving Size	Number of Servings		Action		
	1	<input type="text" value="1/4 cup"/>	<input type="text" value="175"/>		<input type="button" value="Remove Serving Size"/>		