

<b>USDA Foods Description</b>	<b>Material Code</b>	<b>Category</b>	<b>USDA Preferred Serving Size for GS1 GDSN</b>
Beef, Canned	100127	Beef	2.00 oz (1 oz equivalent meat)
Beef, Crumbles w/SPP, Cooked, Frozen	100134	Beef	1.00 oz equivalent meat/meat alternate*
Beef, Fine Ground, 100%, 85/15, Frozen	100158	Beef	1.34 oz (1 oz equivalent meat)
Beef, Fine Ground, 100%, 85/15, LFTB OPT, Frozen	110261	Beef	1.34 oz (1 oz equivalent meat)
Beef, Patties, 100%, 85/15, 2.0 MMA, Frozen	110349	Beef	One 2.80 oz patty (2 oz equivalent meat/meat alternate)
Beef, Patties, 100%, 90/10, 2.0 MMA, Frozen	110346	Beef	One 2.80 oz patty (2 oz equivalent meat/meat alternate)
Beef, Patties, Lean, 2.0 MMA, Frozen	100163	Beef	One 3.10 oz patty (2 oz equivalent meat/meat alternate)
Beef, Patties w/SPP, 85/15, 2.0 MMA, Frozen	110348	Beef	One 2.80 oz patty (2 oz equivalent meat/meat alternate)
Beef, Patties w/SPP, Cooked, 2.0 MMA, Frozen	110322	Beef	One 2.20 oz patty (2 oz equivalent meat/meat alternate)
Beef, Patties, Cooked, 2.0 MMA, Frozen	110711	Beef	One 2.20 oz patty (2 oz equivalent meat/meat alternate)
Cheese, American, White, Pasteurized, Sliced, Chilled	100019	Cheese	1.00 oz (1 oz equivalent meat alternate)
Cheese, American, Yellow, Pasteurized, Loaves, Chilled	100017	Cheese	1.00 oz (1 oz equivalent meat alternate)
Cheese, American, Yellow, Pasteurized, Sliced, Chilled	100018	Cheese	1.00 oz (1 oz equivalent meat alternate)
Cheese, Blended American, White, Reduced Fat, Sliced, Chilled	100037	Cheese	1.00 oz (1 oz equivalent meat alternate)
Cheese, Blended American, Yellow, Reduced Fat, Sliced, Chilled	100036	Cheese	1.00 oz (1 oz equivalent meat alternate)
Cheese, Cheddar, White, Shredded, Chilled	100002	Cheese	1.00 oz (1 oz equivalent meat alternate)
Cheese, Cheddar, Yellow, Reduced Fat, Shredded, Chilled	100012	Cheese	1.00 oz (1 oz equivalent meat alternate)
Cheese, Cheddar, Yellow, Shredded, Chilled	100003	Cheese	1.00 oz (1 oz equivalent meat alternate)
Cheese, Cheddar, Yellow, Sliced, Chilled	111110	Cheese	1.00 oz (1 oz equivalent meat alternate)
Cheese, Mozzarella, Lite, Shredded, Frozen	100034	Cheese	1.00 oz (1 oz equivalent meat alternate)
Cheese, Mozzarella, Low Moisture Part Skim, Loaves, Frozen	100022	Cheese	1.00 oz (1 oz equivalent meat alternate)
Cheese, Mozzarella, Low Moisture Part Skim, Shredded, Frozen	100021	Cheese	1.00 oz (1 oz equivalent meat alternate)
Cheese, Mozzarella, Low Moisture Part Skim, String, Chilled	110396	Cheese	1.00 oz (1 oz equivalent meat alternate)
Cheese, Pepper Jack, Shredded, Chilled	111220	Cheese	1.00 oz (1 oz equivalent meat alternate)
Eggs, Liquid Whole, Frozen	100046	Egg products	50 grams (1 large egg)
Eggs, Liquid Whole, Frozen	110845	Egg products	50 grams (1 large egg)
Eggs, Patties, Cooked, 1.0 MMA, Round, Frozen	110931	Egg products	One 1.25 oz patty (1.00 oz equivalent meat alternate)
Alaska Pollock, Whole Grain-Rich Breaded Sticks, Frozen	110851	Fish	4.00 oz (2 oz equivalent meat)
Catfish, Whole Grain-Rich Breaded Fillet Strips, Frozen	100201	Fish	1.00 oz equivalent meat*
Tuna, Chunk Light, Canned (K)	100195	Fish	1.00 oz drained tuna (1 oz equivalent meat)
Apple Slices, Unsweetened, Canned	100206	Fruit	1/2 cup, drained
Apple Slices, Unsweetened, Frozen (IQF)	100258	Fruit	1/2 cup, thawed
Applesauce, Unsweetened, Canned (K)	110541	Fruit	1/2 cup

Applesauce, Unsweetened, Cups, Shelf-Stable	110361	Fruit	1/2 cup (4.5 oz by weight)
Apricots, Diced, Cups, Frozen	100261	Fruit	1/2 cup (4.5 oz by weight)
Apricots, Diced, Extra Light Syrup, Canned	100216	Fruit	1/2 cup, drained
Blueberries, Wild, Unsweetened, Frozen	100243	Fruit	1/2 cup, thawed
Blueberries, Wild, Unsweetened, Frozen	100242	Fruit	1/2 cup, thawed
Blueberries, Unsweetened, Frozen	110624	Fruit	1/2 cup, thawed
Blueberries, Unsweetened, Frozen	110623	Fruit	1/2 cup, thawed
Cherries, Tart, Dried	100299	Fruit	1/4 cup
Cherries, Sweet, Pitted, Unsweetened, Frozen (IQF)	110872	Fruit	1/2 cup, thawed
Cherries, Tart, Pitted, Unsweetened, Frozen (IQF)	100236	Fruit	1/2 cup, thawed
Cranberries, Dried, Individual Portion	110723	Fruit	1/4 cup (1.16 oz by weight)
Mixed Berries (Blueberries, Strawberries), Cups, Frozen	110859	Fruit	1/2 cup (4 oz by weight)
Mixed Fruit (Apples, Cherries, Cranberries, Raisins), Dried	110161	Fruit	1/4 cup
Mixed Fruit (Peaches, Pears, Grapes), Extra Light Syrup, Canned	100212	Fruit	1/2 cup, drained
Orange Juice, Unsweetened, Cartons, Frozen	100277	Fruit	4 fl oz
Orange Juice, Unsweetened, Cups, Frozen	110651	Fruit	4 fl oz
Peaches, Diced, Extra Light Syrup, Canned	100220	Fruit	1/2 cup, drained
Peaches, Diced, Cups, Frozen	100241	Fruit	4.4 oz by weight
Peaches, Sliced, Frozen	100239	Fruit	1/2 cup, thawed
Peaches, Sliced, Frozen	100238	Fruit	1/2 cup, thawed
Peaches, Sliced, Extra Light Syrup, Canned	100219	Fruit	1/2 cup, drained
Pears, Diced, Extra Light Syrup, Canned (K)	100225	Fruit	1/2 cup, drained
Pears, Halves, Extra Light Syrup, Canned	100226	Fruit	1/2 cup, drained
Pears, Sliced, Extra Light Syrup, Canned	100224	Fruit	1/2 cup, drained
Raisins, Unsweetened, Individual Portion	100293	Fruit	1.33 oz by weight
Strawberries, Diced, Cups, Frozen	100256	Fruit	4.5 oz by weight
Strawberries, Sliced, Frozen	100254	Fruit	1/2 cup, thawed
Strawberries, Sliced, Unsweetened, Frozen (IQF)	110860	Fruit	1/2 cup, thawed
Strawberries, Whole, Unsweetened, Frozen (IQF)	110846	Fruit	1/2 cup, thawed
Flour, 100% White Whole Wheat	110857	Grains	100 grams
Flour, All Purpose, Enriched, Bleached	100400	Grains	100 grams
Flour, White Whole Wheat/Enriched 60/40 Blend	110211	Grains	100 grams
Flour, White Whole Wheat/Enriched 60/40 Blend	110208	Grains	100 grams
Cereal, Oat Circles, Bowls	111100	Grains	1.00 oz (1 oz equivalent grains)

Oats, Rolled, Quick Cooking	100465	Grains	1.00 oz dry (1 oz equivalent grains)
Pancakes, Whole Grain or Whole Grain-Rich, Frozen	110393	Grains	1.20 oz (1 oz equivalent grains)
Pasta, Macaroni, Whole Grain-Rich Blend	110501	Grains	1.00 oz dry (1 oz equivalent grains)
Pasta, Penne, Whole Grain-Rich Blend	110520	Grains	1.00 oz dry (1 oz equivalent grains)
Pasta, Rotini, Whole Grain-Rich Blend	110504	Grains	1.00 oz dry (1 oz equivalent grains)
Pasta, Spaghetti, Whole Grain-Rich Blend	110506	Grains	1.00 oz dry (1 oz equivalent grains)
Pasta, Spaghetti, Enriched	100425	Grains	1.00 oz dry (1 oz equivalent grains)
Rice, Brown, Long Grain, Parboiled	101031	Grains	1.00 oz dry (1 oz equivalent grains)
Rice, Brown, Long Grain, Parboiled	100500	Grains	1.00 oz dry (1 oz equivalent grains)
Rice, Long Grain, Parboiled	100494	Grains	1.00 oz dry (1 oz equivalent grains)
Tortillas, Whole Grain or Whole Grain-Rich, 8 inch, Frozen	110394	Grains	One 8-inch tortilla (1.50 oz equivalent grains)
Beans, Baby Lima, Low-sodium, Canned	100371	Legumes	1/2 cup, drained
Beans, Black, Low-sodium, Canned	100359	Legumes	1/2 cup, drained
Beans, Black-eyed Pea, Low-sodium, Canned	100368	Legumes	1/2 cup, drained
Beans, Garbanzo, Low-sodium, Canned (K)	100360	Legumes	1/2 cup, drained
Beans, Great Northern, Low-sodium, Canned	100373	Legumes	1/2 cup, drained
Beans, Kidney, Dark Red, Low-sodium, Canned	100370	Legumes	1/2 cup, drained
Beans, Pink, Low-sodium, Canned	100369	Legumes	1/2 cup, drained
Beans, Pinto, Dry	100382	Legumes	1/2 cup, cooked, drained
Beans, Pinto, Low-sodium, Canned	100365	Legumes	1/2 cup, drained
Beans, Refried, Low-sodium, Canned	100362	Legumes	1/2 cup, drained
Beans, Small Red, Low-sodium, Canned	100366	Legumes	1/2 cup, drained
Beans, Vegetarian, Low-sodium, Canned	100364	Legumes	1/2 cup, drained
Peanut Butter, Smooth	100396	Nuts and seeds	2 TBSP (1 oz equivalent meat alternate)
Peanut Butter, Individual Portion, Smooth	110854	Nuts and seeds	1.1 oz (1 oz equivalent meat alternate)
Sunflower Seed Butter, Smooth (K)	100935	Nuts and seeds	2 TBSP (1 oz equivalent meat alternate)
Oil, Vegetable	100439	Oil	100 grams
Ham, 97% Fat Free, Water-Added, Cooked, Frozen	100184	Pork	1.22 oz (1 oz equivalent meat)
Ham, 97% Fat Free, Water-Added, Cooked, Diced, Frozen	100188	Pork	1.22 oz (1 oz equivalent meat)
Ham, 97% Fat Free, Water-Added, Cooked, Sliced, Frozen	100187	Pork	1.22 oz (1 oz equivalent meat)
Pork, Canned	100139	Pork	2.00 oz (1 oz equivalent meat)
Pork, Leg Roast, Frozen	100173	Pork	1.00 oz cooked meat (1 oz equivalent meat)
Pork, Pulled, Cooked, Frozen	110730	Pork	1.00 oz equivalent meat*
Chicken, Boned, White Meat, Canned	100877	Poultry	1.00 oz equivalent meat*

Chicken, Cut-up, Frozen	111361	Poultry	1.00 oz equivalent meat*
Chicken, Diced, Cooked, Frozen	100101	Poultry	1.00 oz equivalent meat*
Chicken, Fajita Seasoned Strips, Cooked, Frozen	100117	Poultry	1.00 oz equivalent meat*
Chicken, Grilled Fillet, 2.0 MMA, Cooked, Frozen	110921	Poultry	2.00 oz equivalent meat*
Chicken, Oven Roasted, Cut-up, Cooked, Frozen	110080	Poultry	1.00 oz equivalent meat*
Chicken, Unseasoned Grilled Strips, Cooked, Frozen	110462	Poultry	1.00 oz equivalent meat*
Turkey, Deli Breast, Frozen	100121	Poultry	2.00 oz equivalent meat*
Turkey, Deli Breast, Sliced, Frozen	110554	Poultry	2.00 oz equivalent meat*
Turkey, Deli Breast, Smoked, Frozen	100122	Poultry	2.00 oz equivalent meat*
Turkey, Deli Breast, Smoked, Sliced, Frozen	110910	Poultry	2.00 oz equivalent meat*
Turkey, Deli Ham, Smoked, Frozen	100126	Poultry	2.00 oz equivalent meat*
Turkey, Deli Ham, Smoked, Sliced, Frozen	110911	Poultry	2.00 oz equivalent meat*
Turkey, Roast, Frozen	100125	Poultry	1.00 oz equivalent meat*
Turkey, Taco Filling, Cooked, Frozen	100119	Poultry	1.00 oz equivalent meat*
K Chicken, Cut-Up, Frozen	110052	Poultry	1.00 oz equivalent meat*
Beans, Green, Low-sodium, Canned (K)	100307	Vegetables	1/2 cup, drained
Beans, Green, No Salt Added, Frozen	100351	Vegetables	1/2 cup, thawed
Beans, Green, No Salt Added, Frozen	111054	Vegetables	1/2 cup, thawed
Broccoli Florets, No Salt Added, Frozen	110473	Vegetables	1/2 cup, thawed
Carrots, Diced, No Salt Added, Frozen	110480	Vegetables	1/2 cup, thawed
Carrots, Diced, No Salt Added, Frozen	111052	Vegetables	1/2 cup, thawed
Carrots, Sliced, Low-sodium, Canned	100309	Vegetables	1/2 cup, drained
Carrots, Sliced, No Salt Added, Frozen	100352	Vegetables	1/2 cup, thawed
Corn, Whole Kernel, No Salt Added, Canned (K)	100313	Vegetables	1/2 cup, drained
Corn, Whole Kernel, No Salt Added, Frozen	100348	Vegetables	1/2 cup, thawed
Corn, Whole Kernel, No Salt Added, Frozen	111053	Vegetables	1/2 cup, thawed
Mixed Vegetables, No Salt Added, Frozen	111230	Vegetables	1/2 cup, thawed
Peas, Green, Low-sodium, Canned	100315	Vegetables	1/2 cup, drained
Peas, Green, No Salt Added, Frozen	100350	Vegetables	1/2 cup, thawed
Peas, Green, No Salt Added, Frozen	110763	Vegetables	1/2 cup, thawed
Pepper/Onion Strips, No Salt Added, Frozen	110724	Vegetables	1/2 cup, thawed
Potatoes, Diced, No Salt Added, Frozen	110844	Vegetables	1/2 cup, thawed
Potatoes, Oven Fries, Low-sodium, Frozen	100357	Vegetables	1/2 cup, thawed
Potatoes, Wedges, Fat Free, Low-sodium, Frozen (IQF)	100356	Vegetables	1/2 cup, thawed

Potatoes, Wedges, Low-sodium, Frozen (IQF)	100355	Vegetables	1/2 cup, thawed
Salsa, Low-sodium, Canned	100330	Vegetables	1/2 cup
Salsa, Low-sodium, Pouch	110186	Vegetables	1/2 cup
Spaghetti Sauce, Low-sodium, Canned	100336	Vegetables	1/2 cup
Spaghetti Sauce, Low-sodium, Pouch	110177	Vegetables	1/2 cup
Spinach, Chopped, No Salt Added, Frozen (IQF)	110425	Vegetables	1/2 cup, thawed
Sweet Potatoes, Cubes, No Salt Added, Frozen	110562	Vegetables	1/2 cup, thawed
Sweet Potatoes, Crinkle Cut Fries, Low-Sodium, Frozen	110721	Vegetables	1/2 cup, thawed
Sweet Potatoes, Light Syrup, No Salt Added, Canned	100317	Vegetables	1/2 cup, drained
Tomato Paste, No Salt Added, Canned	100327	Vegetables	2 TBSP (1/2 cup equivalent)
Tomato Sauce, Low-sodium, Canned	100334	Vegetables	1/2 cup
Tomato Sauce, Low-sodium, Pouch	110187	Vegetables	1/2 cup
Tomatoes, Diced, No Salt Added, Canned	100329	Vegetables	1/2 cup
Yogurt, High-Protein, Vanilla, Chilled (K)	110398	Yogurt	4.00 oz (1 oz equivalent meat alternate)
Yogurt, High-Protein, Blueberry, Chilled (K)	110400	Yogurt	4.00 oz (1 oz equivalent meat alternate)
Yogurt, High-Protein, Strawberry, Chilled (K)	110401	Yogurt	4.00 oz (1 oz equivalent meat alternate)
Yogurt, High-Protein, Vanilla, Chilled (K)	110402	Yogurt	4.00 oz (1 oz equivalent meat alternate)

*\*Asterisk indicates that the serving size does not equate to a 1:1 ounce equivalency. Ounce equivalents are derived using USDA Child Nutrition Food Buying Guide yields.*