

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PEANUT BUTTER and OTHER NUT or SEED BUTTERS					
Almond butter	No. 10 can (108 oz)	97.5	2 tablespoons nut/seed butter (1 oz meat alternate)	1.1	2 Tbsp = about 1.1 oz nut/seed butter
Cashew nut butter					
Peanut butter					
Reduced fat peanut butter	No. 10 can (108 oz)	65.0	3 tablespoons nut/seed butter (1-1/2 oz meat alternate)	1.6	
Sesame seed butter					
Soy nut butter					
Sunflower seed butter	32 oz jar	28.8	2 tablespoons nut/seed butter (1 oz meat alternate)	3.5	
Includes USDA Commodity peanut butter	32 oz jar	19.2	3 tablespoons nut/seed butter (1-1/2 oz meat alternate)	5.3	
	Pound	14.4	2 tablespoons nut/seed butter (1 oz meat alternate)	7.0	
	Pound	9.62	3 tablespoons nut/seed butter (1-1/2 oz meat alternate)	10.4	

PEAS

PEAS, dry

Peas, dry <i>Split</i>	Pound	23.1	1/4 cup cooked peas	4.4	1 lb dry = about 2-1/4 cups dry
	Pound	15.4	3/8 cup cooked peas	6.5	
Peas, dry <i>Whole</i>	Pound	25.6	1/4 cup cooked peas	4.0	1 lb dry = about 2-1/3 cups dry
	Pound	17.0	3/8 cup cooked peas	5.9	

PEAS, BLACKEYED (see BEANS, BLACKEYED)

PEA SOUP

Pea Soup, dry peas, canned <i>Condensed</i> (1 part soup to 1 part water) Includes Cream of pea soup	No. 3 Cyl (50 oz)	23.0	1/2 cup reconstituted (1/4 cup cooked peas)	4.4	Reconstitute 1 part soup with not more than 1 part water
	Pound	7.30	1/2 cup reconstituted (1/4 cup cooked peas)	13.7	
Pea Soup, dry peas, canned <i>Ready-to-serve</i>	8 oz can	1.00	1 cup serving (1/2 cup cooked peas)	100.0	