



049100-00 - Strawberry Fruit Pops

CALCULATING FRUIT MEAL CONTRIBUTIONS

(1) Description of Creditable Ingredient per Food Buying Guide (FBG)	(2) Ounces per Raw Portion of Creditable Ingredient	(3) Multiply	(4) FBG Yield/Servings Per Unit			(5) Creditable Amount1 (quarter cups)
Strawberries, frozen whole unsweetened includes USDA	4.14	X	11.9	÷	16	3.0791
Total Creditable Fruit Amount:						3.0791
						(6) Amount Rounded Down to Nearest 0.5 3
						(7) CONVERSION (UOM CUP): Total Creditable Amount: 3/4

I certify the above information is true and correct and that 4.5 oz serving of the above product contain 3/4 cup(s) of fruit

Quarter Cup to Cup Conversions*
0.5 Quarter Cups vegetable = 1/8 Cup vegetable or 0.5 ounces of equivalent meat alternate
1.0 Quarter Cups vegetable = 1/4 Cup vegetable or 1.0 ounce of equivalent meat alternate
1.5 Quarter Cups vegetable = 3/8 Cup vegetable or 1.5 ounces of equivalent meat alternate
2.0 Quarter Cups vegetable = 1/2 Cup vegetable or 2.0 ounces of equivalent meat alternate
2.5 Quarter Cups vegetable = 5/8 Cup vegetable or 2.5 ounces of equivalent meat alternate
3.0 Quarter Cups vegetable = 3/4 Cup vegetable or 3.0 ounces of equivalent meat alternate
3.5 Quarter Cups vegetable = 7/8 Cup vegetable or 3.5 ounces of equivalent meat alternate
4.0 Quarter Cups vegetable = 1 Cup vegetable or 4.0 ounces of equivalent meat alternate
*The result of 0.9999 equals 1/8 cup but a result of 1.0 equals 1/4 cup

Print name: Hortencia Calderon

Date: 3/10/2022

Signature: 

Title: Q.A. Manager