

The Healthy Schools Program's list of selected Commodity Food for Schools

The Alliance for a Healthier Generation has developed the following list of school commodity selections that may guide schools toward meeting the criteria for reimbursable meals in our Healthy Schools Program. The list is intended to assist schools in the identification of lean meats and poultry, protein and fish; fruits and vegetables with limited added sugar, whole grains, and foods low in saturated fat. Over the past two decades, USDA has worked to reduce the levels of fat, sodium, and sugar in commodities that are made available to schools and other outlets. The selections below represent a sub-set of school commodity selections using USDA's full list of "Foods Available for School Year 2008" (accessible at: <http://www.fns.usda.gov/fdd/foods/sy08-schfoods.pdf>).

Category	Code	Product Description	Package Size	Portion Size	Calories	Protein	Carbohydrate	Fat	Saturated Fat	Cholesterol (mg)	Iron	Calcium	Sodium	Dietary Fiber	Vitamin A	Vitamin C
Beef Products																
	A627	Beef, Patties, Lean (10%)	4 lb cartons	1 oz cooked	187	20 g	0 g	11.4 g	4.6 g	51 mg	2.6 mg	11 mg	235 mg	0 g	0 RE	0 mg
	A610	Beef, Canned, W/Natural Juices, Fully Cooked	24/29 oz can	1 oz	42	5 g	18 mg	2.1 g	0.8 g	18 mg	0.7 mg	3 mg	98 mg	0 g	0 RE	0 mg
	A614	Beef, Chuck Roast, Raw, Frozen	40 lb	3 oz	305	24g	0 g	23.2 g	9.2 g	87 mg	2.6 mg	11 mg	54 mg	0 g	0 RE	0 mg
	A594	Beef, Coarse Ground, Bulk, Raw, Frozen	60 lb	2 oz	140	15 g	0 g	8.0 g	3.0 g	50 mg	1.5 mg	10 mg	40 mg	0 g	0 RE	0 mg
	A717	Beef, Crumbles, W/SPP, Fully Cooked, Frozen	40 lb case	2 oz	120	14g	40 mg	7.0 g	3.0 g	40 mg	0.8 mg	20 mg	220 mg	2 g	20 RE	0 mg
	A626	Beef, Patties, Ground, Raw, Frozen	40 lb case	2 oz cooked	140	15 g	0 g	8.0 g	3.0 g	50 mg	1.5 mg	10 mg	40 mg	0 g	0 RE	0 mg
Fish Products																
	A742	Tuna, Canned, Chunk Light, Water	6/66.5 oz cans	1 oz	33	7 g	0 g	0.2 g	0.1 g	9 mg	0.4 mg	3 mg	96 mg	0 g	4 RE	0 mg
	A745	Tuna Pouch 43	8/43 oz pouches	2 oz	60	13 g	0 g	0.5 g	0.5 g	30 mg	0 mg	0 mg	250 mg	0 g	0 RE	0 mg
	A805	Salmon, Alaska Pink, Pouches Ready to Serve	6/4 lb pouches	2 oz	60	13 g	0 g	0.5 g	0 g	25 mg	0 mg	0 mg	330 mg	0 g	0 RE	0 mg
Poultry/Egg Products																
	A515	Chicken, Cut Up, Frozen	40 lb cartons	1 oz	68	7 g	0 g	3.9 g	1.1 g	25 mg	0.4 mg	4 mg	23 mg	0 g	13 RE	0 mg
	A517	Chicken, Diced, Frozen	40 lb cartons	1 oz	50	7 g	0 g	1.9 g	0.5 g	24 mg	0.3 mg	4 mg	20 mg	0 g	4 RE	0 mg
	A536	Turkey, Crumbles	30 lb cartons	3 oz	100	13 g	2 g	4 g	1 g	35 mg	0 mg	0 mg	420 mg	0 g	0 RE	1 mg
	A541	Turkey, Burger, Raw, Frozen	36 lb. carton	2 oz	140	16 g	0 g	8 g	2 g	60 mg	1.2 mg	15 mg	257 mg	0 g	0 RE	0 mg
	A529	Turkey, Whole, Raw, Frozen	30-60 lb carton	1 oz	59	8 g	0 g	2.8 g	0.8 g	23 mg	0.5 g	7 mg	19 mg	0 g	0 RE	0 mg
Meat Alternate																
	A256	Almonds, Whole, Natural, Shelled	25 lb. carton	1/4 cup	170	7g	5 g	15 g	1 g	0 mg	1 mg	80 mg	0 mg	4 g	0 RE	0 mg
	A255	Almonds, Whole, Roasted, Shelled	25 lb. carton	1/4 cup	170	7 g	5 g	15 g	1 g	0 mg	1 mg	80 mg	0 mg	4 g	0 RE	0 mg
	A948	Beans, Dry, Small Red	25 lb bags	1/4 cup	56	3 g	10 g	0.2 g	0 g	0 mg	1.3 mg	12 mg	0 mg	3 g	0 RE	0 mg
	A070	Beans, Frozen, Green	30 lb cartons	1/4 cup	9	0 g	2 g	0.1 g	0 mg	0.3 mg	15 mg	4 mg	4 mg	1 g	17 RE	2 mg
	A135	Beans, Lentils	12/2 lb pkg													
	A925	Beans, Great Northern, Dry	25 lb bag	1/4 cup	65	4 g	0 mg	0.3 g	0.07 g	0 mg	1.1 mg	32 mg	0 mg	3 g	0 RE	0 mg
	A924	Beans, Navy Pea, Dry	25 lb bag	1/4 cup	65	4 g	12g	0.3 g	0.07 g	0 mg	1.1 mg	32 mg	0 mg	3 g	0 RE	0 mg
	A939	Beans, Pink, Dry	25 lb bag	1/4 cup	56	3 g	10 g	0.2 g	0.0 g	0 mg	1.3 mg	12 mg	0 mg	3 g	0 RE	0 mg
	A942	Beans, Pinto, Dry	25 lb bag	1/4 cup	56	3 g	10 g	0.2 g	0 g	0 mg	1.3 mg	12 mg	0 mg	3 g	0 RE	0 mg
	A928	Beans, Split Pea, Dry	25 lb bag	1/4 cup	58	4 g	10 g	0.2 g	0.03 g	0 mg	0.6mg	6 mg	1 mg	4 g	0 RE	0 mg
	A257	Walnuts, Shelled	30 lb container	1 oz	182	4 g	5 g	17.5 g	1.6 g	0 mg	0.7 mg	27 mg	3 mg	1 g	4 RE	0 mg
Fresh Fruits																
	A343	Apples, Fresh	37-40 lb cartons	1 apple	81	0 g	21 g	0.5 g	0.1 g	0 mg	0.3 mg	10 mg	0 mg	3 g	6 RE	7 mg
	A356	Grapefruit, Fresh	34-39 lb carton	1/2 grapefruit	38	0 g	9 g	0.1 g	0 g	0 mg	0.1 mg	14 mg	0 mg	0 g	15 RE	41 mg
	A357	Oranges, Fresh	34-39 lb cartons	1 orange	62	1 g	15 g	0.2 g	0 g	0 mg	0.1 mg	52 mg	0 mg	3 g	28 RE	70 mg
	A442	Pears, Bosc, Fresh	45 lb cartons	1 pear	98	0 g	25 g	0.7 g	0 g	0 mg	0.4 mg	18 mg	0 mg	4 g	3 RE	6 mg
	A441	Pears, D Anjou, Fresh	45 lb cartons	1 pear	98	0 g	25 g	0.7 g	0 g	0 mg	0.4 mg	18 mg	0 mg	4 g	3 RE	6 mg
Fruit, Dried																
	A293	Cherries, Red Tart, Dried	4 lb bag	1/4 cup	136	1 g	32 g	0 g	0 g	0 mg	0.5 mg	18 mg	1 mg	1 g	476 RE	0 mg
	A291	Cranberries, Whole, Sliced, Dried	5/5 lb bag	1/4 cup	97	0 g	24 g	0 g	0 g	0 mg	0.2 mg	0 mg	0 mg	1 g	0 RE	0 mg
	A261	Fruit and Nut Mix, Dried	5/5 lb packages	1/3 cup	180	3 g	31 g	5 g	0.3	0 mg	0.9 mg	52 mg	0 mg	4 g	12 RE	0 mg
	A490	Plums, Dried, Pitted	25 lb carton	1/4 cup	57	0 g	14 g	0.1 g	0 g	0 mg	0.6 mg	12 mg	1 mg	0 g	16 RE	1 mg
	A500	Raisins, Seedless	30 lb carton	1/4 cup	120	1 g	31 g	0.2 g	0.1 g	0 mg	0.8 mg	20 mg	5 mg	1 g	0 RE	1 mg
Fruits (Canned, Frozen)																
	A345	Apple Slices, Canned	6/#10 cans	1/4 cup	25	0 g	5 g	0 g	0 g	0 mg	0.1 mg	0 mg	6 mg	0 g	0 RE	0 mg
	A346	Apple Slices, Frozen	30 lb carton (processing)	1/4 cup	25	0 g	5 g	0 g	0 g	0 mg	0.1 mg	0 mg	6 mg	0 g	0 RE	0 mg
	A350	Applesauce, Canned	6/#10 cans/case	1/4 cup	48	0 g	12 g	0.1 g	0.0 g	0 mg	0.2 mg	3 mg	2 mg	0 g	0 RE	1 mg
	A409	Peaches, Clingstone, Diced, Canned	6/#10 cans	1/4 cup	33	0 g	9 g	0 g	0 g	0 mg	0.2 mg	1 mg	3 mg	0 g	21 RE	1 mg
	A408	Peaches, Clingstone, Sliced, Canned	6/#10 cans	1/4 cups	33	0 g	9 g	0 g	0 g	0 mg	0.2 mg	1 mg	3 mg	0 g	21 RE	1 mg
	A434	Pears, Diced, Bartlett, Canned	6/# 10 cans	1/4 cup	36	0 g	9 g	0 g	0 g	0 mg	0.2 mg	3 mg	3 mg	1 g	0 RE	0 mg
	A433	Pears, Sliced, Canned	6/# 10 cans	1/4 cup	36	0 g	9 g	0 g	0 g	0 mg	0.2 mg	3 mg	3 mg	1 g	0 RE	0 mg
	A444	Pineapple, Crushed, Canned	6/#10 cans	1/4 cup	32	0 g	8 g	0.1 g	0 mg	0 mg	0.2 mg	8 mg	0 mg	0.5 g	0 RE	4 mg
	A448	Pineapple, Chunks, Canned	6/#10 cans	1/4 cup	32	0 g	8 g	0.1 g	0 mg	0 mg	0.2 mg	8 mg	0 mg	0.5 g	0 RE	4 mg

