

Measurement Conversion Chart

For National School Lunch (NSLP), School Breakfast Program (SBP), and Child and Adult Care Food Program (CACFP) Meal Patterns

Converting Common Serving Portion Sizes into Applicable Measurement Methods ¹								
Component		Other	Volume		Weight		Scoop Size (Scoop serving per quart)	
			Level Measure (cup, Tbsp)	Fluid Ounce (fl. oz.)	Ounce (oz.)	Ounce Equivalent (oz. eq.)		
Fluid Milk			1/2 cup	4				
			3/4 cup	6				
Fruits and Vegetables			1/4 cup				16	
			1/2 cup				8	
Grains	Bread product, such as biscuit, roll, or muffin		1/2 serving			0.5 oz.	0.5 oz. eq.	
	Cooked cereal, cereal grain, or pasta			1/4 cup		0.5 oz.	0.5 oz. eq.	16
	Ready-to-eat breakfast cereal (dry/cold)	Flakes/Rounds		1/2 cup		0.5 oz.	0.5 oz. eq.	8
		Puffed		3/4 cup		1.0 oz.	1.0 oz. eq.	4
Granola			1/8 cup		0.5 oz.	0.5 oz. eq.	30	
Meat/Meat Alternatives	Lean meat, poultry, or fish					1.0 oz.	1.0 oz. eq.	
						1.5 oz.	1.5 oz. eq.	
	Tofu, soy product, or alternate protein products			1/8 cup		1.1 oz.	0.25 oz. eq.	30
				1/3 cup		1.5 oz.	0.33 oz. eq.	12
	Cheese			1/4 cup		1.0 oz.	1.0 oz. eq.	16
				1/3 cup		1.5 oz.	1.5 oz. eq.	12
	Large Egg		1/2 serving	1/8 cup			1.0 oz. eq.	30
			3/4 serving	1/3 cup			1.5 oz. eq.	12
	Cooked dry beans or peas			1/4 cup		0.5 oz.	1.0 oz. eq.	16
				3/8 cup		1.5 oz.	1.5 oz. eq.	10
	Peanut butter, soy nut butter, or other nut or seed butter			2 Tbsp		1.1 oz.	1.0 oz. eq.	30
				3 Tbsp		1.7 oz.	1.5 oz. eq.	20
	Yogurt, plain or flavored, unsweetened or sweetened			1/4 cup		2.0 oz.	0.5 oz. eq.	16
			1/2 cup		4.0 oz.	1.0 oz. eq.	8	
			3/4 cup		6.0 oz.	1.5 oz. eq.	4	
Peanuts, soy nuts, tree nuts, or seeds					0.5 oz.	1.0 oz. eq.		
					0.75 oz.	1.5 oz. eq.		

¹The Food Buying Guide for Child Nutrition Programs, at <http://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>, provides additional information on converting amounts.