## Food Price Sheets

* denotes store brand price

<table>
<thead>
<tr>
<th>MILK GROUP</th>
<th>Size of Package</th>
<th>AP Unit of Measure</th>
<th>Servings Per Package</th>
<th>Serving Size</th>
<th>Price Per Package</th>
<th>Price Per Serving/Slice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Bleu       *</td>
<td>5 oz</td>
<td>ounce</td>
<td>5</td>
<td>1 oz</td>
<td>$3.99</td>
<td>$0.80</td>
</tr>
<tr>
<td>Cheddar    *</td>
<td>8 oz</td>
<td>ounce</td>
<td>8</td>
<td>1 oz</td>
<td>$2.99</td>
<td>$0.37</td>
</tr>
<tr>
<td>Colby      *</td>
<td>8 oz</td>
<td>ounce</td>
<td>8</td>
<td>1 oz</td>
<td>$2.99</td>
<td>$0.37</td>
</tr>
<tr>
<td>Cottage Cheese</td>
<td>1 lb</td>
<td>ounce</td>
<td>4</td>
<td>1/2 cup</td>
<td>$3.99</td>
<td>$1.00</td>
</tr>
<tr>
<td>Cream Cheese (Philadelphia) *</td>
<td>8 oz</td>
<td>ounce</td>
<td>8</td>
<td>1 oz</td>
<td>$2.49</td>
<td>$0.31</td>
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<tr>
<td>Mozzarella</td>
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<td>$0.19</td>
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<tr>
<td>Parmesan, Shredded *</td>
<td>6 oz</td>
<td>ounce</td>
<td>6</td>
<td>1/4 cup</td>
<td>$3.99</td>
<td>$0.67</td>
</tr>
<tr>
<td>Parmesan, Grated</td>
<td>16 oz</td>
<td>ounce</td>
<td>91</td>
<td>2 tsp</td>
<td>$9.49</td>
<td>$0.10</td>
</tr>
<tr>
<td>Parmesan, Block</td>
<td>8 oz</td>
<td>ounce</td>
<td>8</td>
<td>1 oz</td>
<td>$5.49</td>
<td>$0.69</td>
</tr>
<tr>
<td>Processed American *</td>
<td>12 oz</td>
<td>ounce</td>
<td>16</td>
<td>1 slice</td>
<td>$2.99</td>
<td>$0.19</td>
</tr>
<tr>
<td>Processed Swiss *</td>
<td>16 oz</td>
<td>ounce</td>
<td>12</td>
<td>1 oz</td>
<td>$3.99</td>
<td>$0.33</td>
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<tr>
<td>Swiss       *</td>
<td>6 oz</td>
<td>ounce</td>
<td>6</td>
<td>1/3 cup</td>
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<td>$0.61</td>
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<tr>
<td>Romano</td>
<td>32 oz</td>
<td>ounce</td>
<td>32</td>
<td>1/3 cup</td>
<td>$5.99</td>
<td>$0.19</td>
</tr>
<tr>
<td>Velveeta</td>
<td>15 oz</td>
<td>ounce</td>
<td>12</td>
<td>1/4 cup</td>
<td>$3.79</td>
<td>$0.32</td>
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<tr>
<td>Ricotta</td>
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<td>$1.14</td>
</tr>
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<td>Feta Cheese *</td>
<td>4 oz</td>
<td>ounce</td>
<td>3.5</td>
<td>1/4 cup</td>
<td>$3.99</td>
<td>$0.37</td>
</tr>
<tr>
<td>Milk</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>2% Milk     *</td>
<td>1 gal</td>
<td>gallon</td>
<td>16</td>
<td>1 cup</td>
<td>$2.49</td>
<td>$0.16</td>
</tr>
<tr>
<td>Whole Milk  *</td>
<td>1 gal</td>
<td>gallon</td>
<td>16</td>
<td>1 cup</td>
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<td>$0.16</td>
</tr>
<tr>
<td>Buttermilk</td>
<td></td>
<td>pint</td>
<td>2</td>
<td>1 cup</td>
<td>$1.19</td>
<td>$0.60</td>
</tr>
<tr>
<td>Dry Buttermilk</td>
<td>12 oz</td>
<td>ounce</td>
<td>15</td>
<td>4 T</td>
<td>$3.98</td>
<td>$0.27</td>
</tr>
<tr>
<td>Dry Powdered Milk *</td>
<td>9.6 oz</td>
<td>ounce</td>
<td>12</td>
<td>1/3 cup</td>
<td>$4.49</td>
<td>$0.37</td>
</tr>
<tr>
<td>Evaporated Milk</td>
<td>12 oz</td>
<td>fluid ounce</td>
<td>12</td>
<td>2 T</td>
<td>$1.85</td>
<td>$0.15</td>
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<tr>
<td>Sweetened Condensed Milk *</td>
<td>14 oz</td>
<td>fluid ounce</td>
<td>10</td>
<td>2 T</td>
<td>$2.99</td>
<td>$0.30</td>
</tr>
<tr>
<td>Sour Cream</td>
<td></td>
<td>pound</td>
<td>15</td>
<td>2 T</td>
<td>$2.99</td>
<td>$0.20</td>
</tr>
<tr>
<td>Whipping Cream</td>
<td>1 pint</td>
<td>fluid ounce</td>
<td>32</td>
<td>1 T</td>
<td>$3.69</td>
<td>$0.12</td>
</tr>
<tr>
<td>Half &amp; Half</td>
<td></td>
<td>pint</td>
<td>16</td>
<td>2 T</td>
<td>$1.99</td>
<td>$0.12</td>
</tr>
<tr>
<td>Yogurt (plain) *</td>
<td>32 oz</td>
<td>ounce</td>
<td>4</td>
<td>1 cup</td>
<td>$2.79</td>
<td>$0.70</td>
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</table>

## Frozen Dairy Products

<table>
<thead>
<tr>
<th>Ice Cream</th>
<th></th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Name Brand</td>
<td>1.75 qt</td>
<td>quart</td>
<td>14</td>
<td>1/2 cup</td>
<td>$5.99</td>
<td>$0.43</td>
</tr>
<tr>
<td>Store Brand *</td>
<td>1.75 qt</td>
<td>quart</td>
<td>14</td>
<td>1/2 cup</td>
<td>$2.99</td>
<td>$0.21</td>
</tr>
<tr>
<td>Item</td>
<td>Size of Package</td>
<td>AP Unit of Measure</td>
<td>Servings Per Package</td>
<td>Serving Size</td>
<td>Price Per Package</td>
<td>Price Per Serving/Slice</td>
</tr>
<tr>
<td>---------------------------------------------------</td>
<td>-----------------</td>
<td>--------------------</td>
<td>----------------------</td>
<td>--------------</td>
<td>------------------</td>
<td>-------------------------</td>
</tr>
<tr>
<td>Sherbert</td>
<td>4 qt.</td>
<td>quart</td>
<td>32</td>
<td>1/2 cup</td>
<td>$6.49</td>
<td>$0.20</td>
</tr>
<tr>
<td>Cool Whip (Non Dairy Whipped Topping)</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Regular (small size)</td>
<td>8 oz</td>
<td>ounce</td>
<td>25</td>
<td>2 T</td>
<td>$1.99</td>
<td>$0.08</td>
</tr>
<tr>
<td>Regular (large size)</td>
<td>16 oz</td>
<td>ounce</td>
<td>50</td>
<td>2 T</td>
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<td>$0.07</td>
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<tr>
<td>MEAT GROUP</td>
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<tr>
<td>Fresh Meat and Cured Meat</td>
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</tr>
<tr>
<td>Bacon</td>
<td>16 oz</td>
<td>ounce</td>
<td>9</td>
<td>2 slices</td>
<td>$3.99</td>
<td>$0.44</td>
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<tr>
<td>Chicken Legs</td>
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</tr>
<tr>
<td>Chicken Legs (large size)</td>
<td>1.4 lbs</td>
<td>pound</td>
<td>5</td>
<td>4 oz</td>
<td>$6.99</td>
<td>$1.40</td>
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<tr>
<td>Chicken Breast (Fresh)</td>
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</tr>
<tr>
<td>Chicken Breast (Fresh)</td>
<td>2 Breasts = 1 lb</td>
<td>pound</td>
<td>4</td>
<td>1 Breast</td>
<td>$6.25</td>
<td>$1.56</td>
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<td>Frozen Chicken Leg</td>
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<tr>
<td>Ground Beef, 93/7</td>
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<td>Ground Beef, 90/10</td>
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<td>Ground Beef, 80/20</td>
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<td>Ground Pork</td>
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<tr>
<td>Ground Turkey</td>
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</tr>
<tr>
<td>Sausage Links</td>
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</tr>
<tr>
<td>Sausage, bulk</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Ground Turkey</td>
<td>1.3 lbs</td>
<td>pound</td>
<td>5</td>
<td>4 oz</td>
<td>$4.57</td>
<td>$0.91</td>
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<tr>
<td>Sausage Links</td>
<td>16 oz</td>
<td>ounce</td>
<td>8</td>
<td>2 oz</td>
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<td>$0.64</td>
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<tr>
<td>Sausage, bulk</td>
<td>1.5 lbs</td>
<td>pound</td>
<td>4</td>
<td>1 steak</td>
<td>$7.63</td>
<td>$1.91</td>
</tr>
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<td>Pepperoni (Hormel Brand)</td>
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<tr>
<td>Canadian Bacon (Hormel Brand)</td>
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<tr>
<td>Canadian Bacon</td>
<td>3.5 oz</td>
<td>ounce</td>
<td>6</td>
<td>15 slices</td>
<td>$2.79</td>
<td>$0.18</td>
</tr>
<tr>
<td>Salami</td>
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<td>ounce</td>
<td>1</td>
<td>1 pkg</td>
<td>$3.99</td>
<td>$0.33</td>
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<tr>
<td>Prosciutto</td>
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<td>Wafer Thin Lunch Meat</td>
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</tr>
<tr>
<td>Round Steak</td>
<td>1 lb</td>
<td>pound</td>
<td>4</td>
<td>4 oz</td>
<td>$4.99</td>
<td>$1.25</td>
</tr>
<tr>
<td>Chuck Steak</td>
<td>1 lb</td>
<td>pound</td>
<td>4</td>
<td>4 oz</td>
<td>$4.99</td>
<td>$1.25</td>
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<tr>
<td>Sirloin Steak</td>
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<td>pound</td>
<td>4</td>
<td>4 oz</td>
<td>$5.49</td>
<td>$1.37</td>
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<tr>
<td>T-Bone Steak</td>
<td>1 lb</td>
<td>pound</td>
<td>4</td>
<td>4 oz</td>
<td>$9.99</td>
<td>$2.50</td>
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<tr>
<td>Ham, Sliced</td>
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<td>ounce</td>
<td>32</td>
<td>1 slice</td>
<td>$6.79</td>
<td>$0.21</td>
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<td>Pork Chops ( loin)</td>
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<td>Pork Shoulder Roast</td>
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<td>Pork Butt Roast</td>
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<tr>
<td>Frozen Shrimp, medium, tail on</td>
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<td></td>
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</tr>
<tr>
<td>Store Brand</td>
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<td>1 frank</td>
<td>$1.79</td>
<td>$0.22</td>
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<td>Ball Park Brand</td>
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<tr>
<td>Pork Tenderloin</td>
<td>1 lb</td>
<td>pound</td>
<td>4</td>
<td>4 oz</td>
<td>$4.99</td>
<td>$1.25</td>
</tr>
<tr>
<td>Whole Turkey</td>
<td>10 lbs</td>
<td>pound</td>
<td>53</td>
<td>3 oz</td>
<td>$22.99</td>
<td>$0.43</td>
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<tr>
<td>Frozen Shrimp, medium, tail on</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Frozen Shrimp, medium, tail on</td>
<td>12 oz</td>
<td>ounces</td>
<td>11</td>
<td>4 shrimp</td>
<td>$7.49</td>
<td>$0.68</td>
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<tr>
<td>Item</td>
<td>Size of Package</td>
<td>AP Unit of Measure</td>
<td>Servings Per Package</td>
<td>Serving Size</td>
<td>Price Per Package</td>
<td>Price Per Serving/Slice</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>-----------------</td>
<td>--------------------</td>
<td>----------------------</td>
<td>--------------</td>
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</tr>
<tr>
<td>Canned Meat</td>
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</tr>
<tr>
<td>Spam</td>
<td>12 oz</td>
<td>ounce</td>
<td>6</td>
<td>2 oz</td>
<td>$3.35</td>
<td>$0.56</td>
</tr>
<tr>
<td>Chicken (Tyson)</td>
<td>.5 oz</td>
<td>ounce</td>
<td>2</td>
<td>2 oz</td>
<td>$2.19</td>
<td>$1.10</td>
</tr>
<tr>
<td>Tuna</td>
<td>* 12 oz</td>
<td>ounce</td>
<td>5</td>
<td>2 oz</td>
<td>$3.39</td>
<td>$0.68</td>
</tr>
<tr>
<td>Shrimp, medium, deveined</td>
<td>4 oz</td>
<td>ounce</td>
<td>2</td>
<td>2 oz</td>
<td>$6.79</td>
<td>$3.40</td>
</tr>
<tr>
<td>Clams, chopped</td>
<td>6.5 oz</td>
<td>ounce</td>
<td>3.5</td>
<td>2 oz</td>
<td>$2.75</td>
<td>$0.79</td>
</tr>
<tr>
<td>Crab</td>
<td>6 oz</td>
<td>ounce</td>
<td>2</td>
<td>2 oz</td>
<td>$2.59</td>
<td>$1.30</td>
</tr>
<tr>
<td>Chili Con Carne</td>
<td>15 oz</td>
<td>ounce</td>
<td>2</td>
<td>1 cup</td>
<td>$1.75</td>
<td>$0.88</td>
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<tr>
<td>Nuts</td>
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</tr>
<tr>
<td>Whole, salted</td>
<td>1 lb.</td>
<td>pound</td>
<td>16</td>
<td>1 oz</td>
<td>$4.49</td>
<td>$0.28</td>
</tr>
<tr>
<td>Dry Roasted</td>
<td>* 16 oz</td>
<td>ounce</td>
<td>16</td>
<td>1 oz</td>
<td>$3.29</td>
<td>$0.21</td>
</tr>
<tr>
<td>Pecans</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole</td>
<td>* 16 oz</td>
<td>ounce</td>
<td>16</td>
<td>1 oz</td>
<td>$9.99</td>
<td>$0.62</td>
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<tr>
<td>Chopped</td>
<td>* 8 oz</td>
<td>ounce</td>
<td>8</td>
<td>1/4 cup</td>
<td>$5.79</td>
<td>$0.72</td>
</tr>
<tr>
<td>Chips</td>
<td>* 2 oz</td>
<td>ounce</td>
<td>2</td>
<td>1 oz</td>
<td>$2.29</td>
<td>$1.15</td>
</tr>
<tr>
<td>Walnuts</td>
<td>* 16 oz</td>
<td>ounce</td>
<td>16</td>
<td>1 oz</td>
<td>$7.25</td>
<td>$0.45</td>
</tr>
<tr>
<td>Sunflower Seeds, no shells</td>
<td>* 7.5 oz</td>
<td>ounce</td>
<td>8</td>
<td>1 oz</td>
<td>$1.99</td>
<td>$0.25</td>
</tr>
<tr>
<td>Almonds</td>
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<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Whole</td>
<td>* 9 oz</td>
<td>ounce</td>
<td>9</td>
<td>1 oz</td>
<td>$4.49</td>
<td>$0.50</td>
</tr>
<tr>
<td>Sliced</td>
<td>6 oz</td>
<td>ounce</td>
<td>6</td>
<td>1/4 cup</td>
<td>$4.69</td>
<td>$0.78</td>
</tr>
<tr>
<td>Silvered</td>
<td>6 oz</td>
<td>ounce</td>
<td>6</td>
<td>1/4 cup</td>
<td>$4.69</td>
<td>$0.78</td>
</tr>
<tr>
<td>Pine Nuts</td>
<td>2.25 oz</td>
<td>ounce</td>
<td>2</td>
<td>1/4 cup</td>
<td>$2.79</td>
<td>$1.40</td>
</tr>
<tr>
<td>Cashews</td>
<td>* 32 oz</td>
<td>ounce</td>
<td>32</td>
<td>1 oz</td>
<td>$14.99</td>
<td>$0.47</td>
</tr>
<tr>
<td>Peanut Butter (Jif)</td>
<td>40 oz</td>
<td>ounce</td>
<td>40</td>
<td>2 T</td>
<td>$12.19</td>
<td>$0.30</td>
</tr>
<tr>
<td>Eggs</td>
<td></td>
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<td>Eggs - Large AA</td>
<td>1 doz.</td>
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<td>12</td>
<td>1 egg</td>
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<td>Name: Egg Beaters_</td>
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<td>8</td>
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<td>Servings Per Package</td>
<td>Serving Size</td>
<td>Price Per Package</td>
<td>Price Per Serving/Slice</td>
</tr>
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<td></td>
<td>$0.27/lb</td>
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<td>Yellow</td>
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<td>Shallots</td>
<td>4 lg = 1 lb</td>
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<td>Potato (Russet)</td>
<td>1 lg = 1 lb</td>
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<td>$0.99</td>
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<td>1</td>
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<td>Radishes</td>
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<td>Tomato</td>
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<td>pound</td>
<td>$0.99</td>
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<td>ounce</td>
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<td></td>
<td>$0.34/lb</td>
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<td>pound</td>
<td>$1.49</td>
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<td>Yellow Squash</td>
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<td>pound</td>
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<td>Spinach, Fresh</td>
<td>9 oz</td>
<td>ounce</td>
<td>30</td>
<td>4 cups</td>
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<td>$0.10</td>
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<td>Brussel Sprouts</td>
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<tr>
<td>Snap Peas</td>
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<td>ounce</td>
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<td></td>
<td>5.98/lb</td>
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<td>Snow Peas</td>
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<td>pound</td>
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<th>Ap Unit of Measure</th>
<th>Servings Per Package</th>
<th>Serving Size</th>
<th>Price Per Package</th>
<th>Price Per Serving/Slice</th>
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</thead>
<tbody>
<tr>
<td>Tomato Sauce</td>
<td>*</td>
<td>29 oz</td>
<td>ounce</td>
<td>13</td>
<td>1/4 cup</td>
<td>$1.65</td>
</tr>
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<td></td>
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<td></td>
<td></td>
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<td>Size of Package</td>
<td>AP Unit of Measure</td>
<td>Servings Per Package</td>
<td>Serving Size</td>
<td>Price Per Package</td>
<td>Price Per Serving/Slice</td>
</tr>
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<tr>
<td>Tomato Paste</td>
<td>12 oz</td>
<td>ounce</td>
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<td>2 T</td>
<td>$2.15</td>
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<td>ounce</td>
<td>7</td>
<td>1/2 cup</td>
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<td>$0.28</td>
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<td>Tomatoes, dice</td>
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<td>ounce</td>
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<td>1/2 cup</td>
<td>$2.19</td>
<td>$0.63</td>
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<td>29 oz</td>
<td>ounce</td>
<td>13</td>
<td>1/4 cup</td>
<td>$1.33</td>
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<td>Corn</td>
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<td>ounce</td>
<td>3.5</td>
<td>1/2 cup</td>
<td>$1.89</td>
<td>$0.54</td>
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<td>3</td>
<td>1/2 cup</td>
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<td>1/2 cup</td>
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<td>1/2 cup</td>
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<td>6 oz</td>
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<td>11</td>
<td>4 olives</td>
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<tr>
<td>Chopped</td>
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<td>ounce</td>
<td>8</td>
<td>1 1/3 T</td>
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<td>Olives, Green</td>
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<td>1/2 cup</td>
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<td>1/3 cup</td>
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<td>1/2 cup</td>
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<td>Fruit Cocktail</td>
<td>15 oz</td>
<td>ounce</td>
<td>3.5</td>
<td>1/2 cup</td>
<td>$2.15</td>
<td>$0.61</td>
</tr>
<tr>
<td>Mandarin Oranges</td>
<td>15 oz</td>
<td>ounce</td>
<td>3.5</td>
<td>1/2 cup</td>
<td>$2.09</td>
<td>$0.60</td>
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<td>Pineapple:</td>
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<td>Chunk</td>
<td>*</td>
<td>20 oz</td>
<td>ounce</td>
<td>4.5</td>
<td>1/2 cup</td>
<td>$1.89</td>
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<tr>
<td>Crushed</td>
<td>*</td>
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<td>ounce</td>
<td>4</td>
<td>1/2 cup</td>
<td>$1.89</td>
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<td>Sliced</td>
<td>*</td>
<td>20 oz</td>
<td>ounce</td>
<td>4</td>
<td>2 slices</td>
<td>$1.89</td>
</tr>
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<td>Tidbits</td>
<td>*</td>
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<td>ounce</td>
<td>4.5</td>
<td>1/2 cup</td>
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<td>21 oz</td>
<td>ounce</td>
<td>7</td>
<td>1/3 cup</td>
<td>$4.29</td>
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<td>7</td>
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<td>ounce</td>
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<td>1/3 cup</td>
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<td>Peach Pie Filling</td>
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<td>7</td>
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<td>Frozen Fruit</td>
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<tr>
<td>Blueberries</td>
<td>16 oz</td>
<td>ounce</td>
<td>3</td>
<td>3/4 cup</td>
<td>$4.99</td>
<td>$1.66</td>
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<td>Raspberries:</td>
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<tr>
<td>Without Sugar</td>
<td>16 oz</td>
<td>ounce</td>
<td>2.5</td>
<td>1 cup</td>
<td>$7.49</td>
<td>$3.00</td>
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<td>With Sugar</td>
<td>12 oz</td>
<td>ounce</td>
<td>2.5</td>
<td>1 cup</td>
<td>$4.99</td>
<td>$2.00</td>
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<td>Strawberries:</td>
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<td>Without Sugar</td>
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<td>With Sugar (sliced)</td>
<td>15 oz</td>
<td>ounce</td>
<td>3</td>
<td>1/2 cup</td>
<td>$3.99</td>
<td>$1.33</td>
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<td>Juices</td>
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<td>Frozen</td>
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<td></td>
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<td>Grape Juice</td>
<td>11.5 oz</td>
<td>fluid ounce</td>
<td>6</td>
<td>8 fl. oz.</td>
<td>$2.79</td>
<td>$0.47</td>
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<td>11.5 oz</td>
<td>fluid ounce</td>
<td>6</td>
<td>8 fl. oz.</td>
<td>$2.79</td>
<td>$0.47</td>
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<td>Orange Juice</td>
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<td>16 oz</td>
<td>fluid ounce</td>
<td>8</td>
<td>1/4 cup</td>
<td>$2.59</td>
</tr>
<tr>
<td>Lemonade</td>
<td>*</td>
<td>12 oz</td>
<td>fluid ounce</td>
<td>8</td>
<td>3 T</td>
<td>$1.59</td>
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<td>Size of Package</td>
<td>Ap Unit of Measure</td>
<td>Servings Per Package</td>
<td>Serving Size</td>
<td>Price Per Package</td>
<td>Price Per Serving/Slice</td>
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<tr>
<td><strong>LIMEADE</strong></td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Limeade</td>
<td>* 12 oz fluid ounce</td>
<td>8</td>
<td>3 T</td>
<td>$1.59</td>
<td>$0.20</td>
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<tr>
<td><strong>MICED</strong></td>
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<tr>
<td>Apple Juice</td>
<td>12 oz fluid ounce</td>
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<td>1/4 cup</td>
<td>$2.59</td>
<td>$0.32</td>
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<tr>
<td><strong>CANNED</strong></td>
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<tr>
<td>Apple Juice</td>
<td>* 64 oz fluid ounce</td>
<td>8</td>
<td>8 fl oz</td>
<td>$1.99</td>
<td>$0.25</td>
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</tr>
<tr>
<td>Tomato Juice</td>
<td>* 64 oz fluid ounce</td>
<td>8</td>
<td>8 fl oz</td>
<td>$3.89</td>
<td>$0.49</td>
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</tr>
<tr>
<td>Real Lemon Juice</td>
<td>* 32 oz fluid ounce</td>
<td>189</td>
<td>1 tsp</td>
<td>$3.89</td>
<td>$0.02</td>
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<tr>
<td>Cranberry Juice</td>
<td>* 64 oz fluid ounce</td>
<td>8</td>
<td>1 tsp</td>
<td>$3.19</td>
<td>$0.40</td>
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<td>Lime Juice</td>
<td>15 oz fluid ounce</td>
<td>88</td>
<td>1 tsp</td>
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<tr>
<td><strong>DRY</strong></td>
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<tr>
<td>Raisins</td>
<td>24 oz ounce</td>
<td>17</td>
<td>1/4 cup</td>
<td>$4.59</td>
<td>$0.27</td>
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</tr>
<tr>
<td>Cranberries</td>
<td>* 6 oz ounce</td>
<td>4</td>
<td>1/3 cup</td>
<td>$3.59</td>
<td>$0.90</td>
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<tr>
<td>Apples</td>
<td>6 oz ounce</td>
<td>4</td>
<td>.5 oz</td>
<td>$3.99</td>
<td>$1.00</td>
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<tr>
<td>Sun Dried Tomatoes</td>
<td>8.5 ounce</td>
<td>24</td>
<td>2 tsp</td>
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<td>$0.21</td>
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**GRAIN GROUP**

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<tr>
<td>Hamburger Buns</td>
<td>* 12 oz ounce</td>
<td>8</td>
<td>1 bun</td>
<td>$1.19</td>
<td>$0.15</td>
</tr>
<tr>
<td>Hot Dog Buns</td>
<td>11 oz ounce</td>
<td>8</td>
<td>1 bun</td>
<td>$1.19</td>
<td>$0.15</td>
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<tr>
<td>Bread</td>
<td></td>
<td></td>
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<tr>
<td>White</td>
<td>16 oz ounce</td>
<td>11</td>
<td>2 slices</td>
<td>$0.89</td>
<td>$0.08</td>
</tr>
<tr>
<td>Multi Grain</td>
<td>20 oz ounce</td>
<td>13</td>
<td>2 slices</td>
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<td>$0.34</td>
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<td>Wheat</td>
<td>16 oz ounce</td>
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<td>2 slices</td>
<td>$0.89</td>
<td>$0.08</td>
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<td>Corn Tortillas</td>
<td>11.5 oz ounce</td>
<td>15</td>
<td>2 tortillas</td>
<td>$2.49</td>
<td>$0.17</td>
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<tr>
<td>Flour Tortillas</td>
<td>28 oz ounce</td>
<td>12</td>
<td>1 tortilla</td>
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<td>$0.23</td>
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<td>Preformed Taco Shells</td>
<td>4.6 oz ounce</td>
<td>4</td>
<td>3 shells</td>
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<td>$0.65</td>
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<td>English Muffins</td>
<td>20 oz ounce</td>
<td>10</td>
<td>1 muffin</td>
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<td>$0.22</td>
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<td>French Bread</td>
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<td>Fresh</td>
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<td>10</td>
<td>1.5 slices</td>
<td>$1.59</td>
<td>$0.16</td>
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<td>Packaged</td>
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<td>14</td>
<td>1 slice</td>
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<td>$0.21</td>
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<td>Refrigerator Biscuits</td>
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<tr>
<td>Buttermilk</td>
<td>* 16 oz ounce</td>
<td>8</td>
<td>1 biscuit</td>
<td>$1.69</td>
<td>$0.21</td>
</tr>
<tr>
<td>Flaky</td>
<td>* 16 oz ounce</td>
<td>8</td>
<td>1 biscuit</td>
<td>$1.69</td>
<td>$0.21</td>
</tr>
<tr>
<td>Basic, Plain</td>
<td>* 16 oz ounce</td>
<td>8</td>
<td>1 biscuit</td>
<td>$2.29</td>
<td>$0.29</td>
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<tr>
<td>Bread Crumbs</td>
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<td></td>
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</tr>
<tr>
<td>Plain</td>
<td>* 15 oz ounce</td>
<td>14</td>
<td>1/3 cup</td>
<td>$2.69</td>
<td>$0.19</td>
</tr>
<tr>
<td>Italian Seasoned</td>
<td>* 15 oz ounce</td>
<td>14</td>
<td>1/3 cup</td>
<td>$2.69</td>
<td>$0.19</td>
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<tr>
<td>Pizza Crust - Boxed</td>
<td>3.85 oz ounce</td>
<td>8</td>
<td>1/8 pckg</td>
<td>$4.69</td>
<td>$0.59</td>
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<tr>
<td>Pizza Crust - Refrigerated</td>
<td>13.8 oz ounce</td>
<td>6</td>
<td>1/6 pckg</td>
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<td>$0.62</td>
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<td>Food Type</td>
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<td>AP Unit of Measure</td>
<td>Servings Per Package</td>
<td>Serving Size</td>
<td>Price Per Package</td>
</tr>
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<tr>
<td>Pasta</td>
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<td>Macaroni - elbow</td>
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<td>ounce</td>
<td>8</td>
<td>1/2 cup</td>
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<td>ounce</td>
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<td>1/2 cup</td>
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<td>Angel Hair</td>
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<td>ounce</td>
<td>8</td>
<td>1/2 cup</td>
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<td>Linguini</td>
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<td>1/2 cup</td>
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<td>Fettucini</td>
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<td>ounce</td>
<td>8</td>
<td>1/2 cup</td>
<td>$1.59</td>
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<tr>
<td>Rotini</td>
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<td>8</td>
<td>1/2 cup</td>
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<td>Fettuccini</td>
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<td>ounce</td>
<td>6</td>
<td>1/2 cup</td>
<td>$1.69</td>
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<td>Lasagna Noodles</td>
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<td>Flat</td>
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<td>Regular</td>
<td>16 oz</td>
<td>ounce</td>
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<td>2 pieces</td>
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<td>Rice</td>
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<td>Instant</td>
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<td>18</td>
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<td>1/4 cup</td>
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<td>Medium Grain</td>
<td>* 32 oz</td>
<td>ounce</td>
<td>20</td>
<td>1/4 cup</td>
<td>$1.79</td>
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<td>Brown</td>
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<td>ounce</td>
<td>20</td>
<td>1/4 cup</td>
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<td>Wild</td>
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<td>ounce</td>
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<td>8 crackers</td>
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<td>Graham Cracker Crumbs</td>
<td>13.5 oz</td>
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<td>21</td>
<td>3 T</td>
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<td>Saltines</td>
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<td>ounce</td>
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<td>5 crackers</td>
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<td>Croutons</td>
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<td>ounce</td>
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<tr>
<td>Ritz</td>
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<td>ounce</td>
<td>21</td>
<td>5 croutons</td>
<td>$3.79</td>
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<td>Flour</td>
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<td>All-Purpose</td>
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<td>pound</td>
<td>75</td>
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<td>Whole Wheat</td>
<td>5 lbs</td>
<td>pound</td>
<td>75</td>
<td>1/4 cup</td>
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<td>Self-Rising</td>
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<td>Cereals</td>
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<td>Oatmeal</td>
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<td>Wheat Germ</td>
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<td>ounce</td>
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<td>1 cup</td>
<td>$2.59</td>
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<td>Rice Krispies</td>
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<td>ounce</td>
<td>17</td>
<td>1 cup</td>
<td>$3.99</td>
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<td>Size of Package</td>
<td>AP Unit of Measure</td>
<td>Servings Per Package</td>
<td>Serving Size</td>
<td>Price Per Package</td>
<td>Price Per Serving/Slice</td>
</tr>
<tr>
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<td>-------------------</td>
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<td>--------------</td>
<td>-------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td><strong>Wheat Chex</strong></td>
<td>* 14 oz ounce</td>
<td>8 1 cup</td>
<td>$2.49</td>
<td>$0.31</td>
<td></td>
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<tr>
<td><strong>Rice Chex</strong></td>
<td>12.8 oz ounce</td>
<td>13 1 1/4 cup</td>
<td>$3.99</td>
<td>$0.31</td>
<td></td>
</tr>
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</table>

| **OTHER FOODS**  |                   |                      |              |                   |                        |
| **Fats**         |                   |                      |              |                   |                        |
| Margarine        | * 1 lb pound       | 32 1 T               | $1.09        | $0.03             |
| Butter, Unsalted | * 1 lb pound       | 32 1 T               | $3.99        | $0.12             |
| Vegetable Oil    | 64 oz fl. oz       | 128 1 T              | $5.85        | $0.05             |
| Corn Oil         | 48 oz fl. oz       | 96 1 T               | $5.15        | $0.05             |
| Canola Oil       | 64 oz fl. oz       | 126 1 T              | $8.99        | $0.07             |
| Peanut Oil       | 24 oz fl. oz       | 47 1 T               | $6.45        | $0.14             |
| Olive Oil        | 25 oz fl. oz       | 50 1 T               | $9.59        | $0.19             |
| **Sugar**        |                   |                      |              |                   |                        |
| Brown            | 32 oz ounce        | 192 1 tsp            | $2.83        | $0.01             |
| Granulated       | * 10 lbs pounds    | 1133 1 tsp           | $6.19        | $0.005            |
| Powdered (Confectioners) | * 2 lbs pounds | 30 1/4 cup        | $2.15        | $0.07             |
| Corn Syrup       | 16 oz fl. oz       | 16 2 T               | $3.59        | $0.22             |
| Molasses         | 12 oz fl. oz       | 24 1 T               | $3.49        | $0.15             |
| Maple Syrup (Real) | 12.5 oz fl. oz | 6 1/4 cup        | $8.99        | $1.50             |
| Honey            | 40 oz fl. oz       | 54 1 T               | $9.41        | $0.17             |
| **CONVENIENCE MIXES** |           |                      |              |                   |                        |
| Cake Mix         | 18.25 oz ounce     | 12 1/12 pckg         | $2.49        | $0.21             |
| Cookie Mix       | 17.5 oz ounce      | 18 3 T               | $2.50        | $0.14             |
| Muffin Mix       | 16.5 oz ounce      | 10 1/3 cup           | $3.29        | $0.33             |
| Cornbread Mix    | 15 oz ounce        | 16 1/4 cup           | $2.55        | $0.16             |
| Brownie Mix      | 21 oz ounce        | 20 1/20 pckg         | $3.30        | $0.17             |
| Frosting Mix     | 16.2 oz ounce      | 13 3 T               | $2.49        | $0.19             |
| Frosting, Premade| 12 oz ounce        | 14 2 T               | $2.19        | $0.16             |
| Dream Whip       | 5.2 oz ounce       | 64 1/16 env          | $5.39        | $0.08             |
| Pudding Mix, Jello, Instant | 5.9 oz ounce | 6 1/6 pckg        | $1.95        | $0.33             |
| Pudding Mix, Jello, Cook | 4.6 oz ounce | 6 1/6 pckg        | $1.95        | $0.33             |
| Jello, Fruit Flavored | 3 oz ounce | 4 1/4 pckg        | $0.99        | $0.25             |
| Gelatin (Knox, unflavored) | 1 oz ounce | 16 1/4 env        | $1.99        | $0.12             |

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**Most Spices = Miscellaneous**

**Most Flavorings = Miscellaneous**
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