

**GEORGIA DEPARTMENT OF CORRECTIONS
FOOD AND FARM SERVICES
Master Menu Substitution List**

Please use substitution chart based on serving size listed on the Master Menu. Only items in like groups may be substituted for one another.

A. Vegetable Group

VEGETABLES	Serving Size
BEANS, GREEN	½ CUP
BEETS	½ CUP
CABBAGE	½ CUP
CARROTS	½ CUP
CELERY	½ CUP
CUCUMBERS	½ CUP
GREEN PEPPERS	½ CUP
GREENS, LEAFY	½ CUP
ONIONS	½ CUP
SQUASH, SUMMER	½ CUP
TOMATOES	½ CUP

Example: ½ cup Leafy Greens may be substituted for ½ cup Green Beans

B. Fruit Group

FRUITS:	Serving Size
APPLE, SMALL	1 EACH
APPLESAUCE	½ CUP
BANANA, SMALL	1 EACH
CANNED FRUIT	½ CUP
JUICE, APPLE	½ CUP
JUICE, GRAPEFRUIT	½ CUP
JUICE, ORANGE	½ CUP
JUICE, PINEAPPLE	½ CUP
ORANGE, SMALL	1 EACH

Example: ½ cup Canned Fruit may be substituted for 1 small Apple

C. Meat Group

No meat substitutions should be made without prior approval from Food and Farm Services Central Office Registered Dietitian.

*Cold cut meat varieties may be interchanged on the menu only to prevent spoilage of thawed meats. A variety of cold cut meats should always be used.

D. Starch Group

CEREAL:	Serving Size	
CORNFLAKES	¾ CUP	1 ½ CUP
BRAN FLAKES	½ CUP	1 CUP
OATMEAL	½ CUP	1 CUP
GRITS	½ CUP	1 CUP

Example: 1 cup of Grits may be substituted for 1 cup of Bran Flakes

GRAINS:	Serving Size			
PASTA (COOKED)	⅓ CUP	½ CUP	¾ CUP	1 CUP
RICE (COOKED)	⅓ CUP	½ CUP	¾ CUP	1 CUP

Example: 1 cup of Rice may be substituted for 1 cup of Pasta

BREADS:	Serving Size	
BISCUIT	1 OZ EACH	2 OZ EACH
CORNBREAD	1 OZ EACH	2 OZ EACH
ROLL	1 OZ EACH	2 OZ EACH
SLICED BREAD*	1 OZ SLICE	2-1 OZ SLICES

Example: 2 slices of Bread may be substituted for 1-2oz piece of Cornbread

*Use as a substitute only if other bread items cannot be prepared

VEGETABLES:	Serving Size			
BEANS (COOKED)	½ CUP	⅔ CUP	¾ CUP	1 CUP
BAKED BEANS	⅓ CUP	⅓ CUP	½ CUP	⅔ CUP
CORN	½ CUP	⅔ CUP	¾ CUP	1 CUP
PEAS	½ CUP	⅔ CUP	¾ CUP	1 CUP
POTATOES	½ CUP	⅔ CUP	¾ CUP	1 CUP

Examples: ¾ cup of Beans may be substituted for ¾ cup of Corn

⅓ cup of Baked Beans may be substituted for ⅔ cup Potatoes