

**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**

<b>VEGETABLES</b>	<b>Serving Size</b>
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**

<b>FRUITS:</b>	<b>Serving Size</b>
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**

<b>CEREAL:</b>	<b>Serving Size</b>	
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

<b>GRAINS:</b>	<b>Serving Size</b>			
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

<b>BREADS:</b>	<b>Serving Size</b>	
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

<b>VEGETABLES:</b>	<b>Serving Size</b>			
BEANS (COOKED)	½ CUP	⅔ CUP	¾ CUP	1 CUP
BAKED BEANS	⅓ CUP	½ CUP	¾ CUP	1 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