

Food Buying Guide for Child Nutrition Programs

Section 2

Vegetables

Section 2 - Vegetables

| 1. Food As Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meal Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
|---|-------------------------|-----------------------------------|--|------------------------------------|---|
| Other Vegetables¹ - ARTICHOKEs | | | | | |
| Artichokes, fresh <i>36 count (large), Untrimmed, Whole</i> | Pound | 1.49 | 1/4 cup cooked, drained vegetable from leaves | 67.20 | 1 lb AP = 0.23 lb (about 1/3 cup) cooked, drained artichoke |
| | Pound | 1.38 | 1/4 cup cooked, drained vegetable (bottoms only) | 72.50 | 1 lb AP = about 1/3 cup cooked artichoke from bottoms only |
| | Pound | 2.84 | 1/4 cup cooked, drained vegetable (bottoms and leaves) | 35.30 | 1 lb AP = about 2/3 cup cooked, drained artichoke bottoms and leaves |
| Artichokes, canned <i>Bottoms</i> | No. 300 Can (14 oz) | 5.97 | 1/4 cup drained vegetable | 16.80 | 1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated artichoke |
| Artichokes, canned <i>Hearts</i> | No. 300 Can (14 oz) | 4.67 | 1/4 cup drained vegetable | 21.50 | 1 No. 300 can = about 8.0 oz (1-1/8 cups) drained, unheated artichoke |
| Artichokes, frozen <i>Hearts</i> | Pound | 10.00 | 1/4 cup cooked, drained vegetable | 10.00 | 1 lb AP = 0.99 lb (about 2-1/2 cups) cooked, drained artichoke |
| Other Vegetables¹ - ASPARAGUS | | | | | |
| Asparagus, fresh <i>Whole</i> | Pound | 4.80 | 1/4 cup cooked vegetable | 20.90 | 1 lb AP = 0.53 lb ready-to-cook trimmed, raw asparagus; 1 lb AP = 0.50 lb cooked asparagus |
| | Pound | 4.80 | 1/4 cup cooked cuts and tips (1/4 cup vegetable) | 20.90 | 1 lb AP = 0.50 lb cooked asparagus; 1 lb AP = 0.50 lb cooked asparagus |
| Asparagus, canned <i>Cuts and Tips</i> | No. 10 Can (103 oz) | 27.80 | 1/4 cup heated, drained vegetable | 3.60 | 1 No. 10 can = about 57.3 oz (6-7/8 cups) heated, drained asparagus; 1 No. 10 can = about 57.1 oz (8 cups) drained, unheated asparagus |
| | No. 10 Can (103 oz) | 32.40 | 1/4 cup drained vegetable | 3.10 | 1 No. 10 can = about 57.1 oz (8 cups) drained, unheated asparagus |
| | No. 300 Can (14-1/2 oz) | 3.45 | 1/4 cup heated, drained vegetable | 29.00 | 1 No. 300 can = about 6.8 oz (3/4 cup) heated, drained asparagus; 1 No. 300 can = about 8.7 oz (1-1/8 cups) drained, unheated asparagus |
| | No. 300 Can (14-1/2 oz) | 4.83 | 1/4 cup drained vegetable | 20.80 | 1 No. 300 can = about 8.7 oz (1-1/8 cups) drained, unheated asparagus |
| | Pound | 4.31 | 1/4 cup heated, drained vegetable | 23.30 | |
| | Pound | 5.03 | 1/4 cup drained vegetable | 19.90 | |

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| Other Vegetables¹ - ASPARAGUS (continued) | | | | | |
| Asparagus, canned <i>Spears</i> | No. 5 Squat Can (64 oz) | 26.40 | 1/4 cup drained vegetable | 3.80 | 1 No. 5 can = about 38.0 oz (6-2/3 cups) drained, unheated asparagus |
| | No. 300 Can (15 oz) | 3.87 | 1/4 cup heated, drained vegetable | 25.90 | 1 No. 300 can = about 7.3 oz (7/8 cup) heated, drained asparagus; 1 No. 300 can = about 8.5 oz (1-1/8 cups) drained, unheated asparagus |
| | No. 300 Can (15 oz) | 4.59 | 1/4 cup drained vegetable | 21.80 | 1 No. 300 can = about 8.5 oz (1-1/8 cups) drained, unheated asparagus |
| | Pound | 6.60 | 1/4 cup drained vegetable | 15.20 | |
| Asparagus, frozen <i>Cuts and Tips</i> | Pound | 8.10 | 1/4 cup cooked vegetable | 12.40 | |
| Asparagus, frozen <i>Spears</i> | Pound | 10.70 | 1/4 cup cooked vegetable | 9.40 | |
| Other Vegetables¹ - AVOCADOS | | | | | |
| Avocados, fresh <i>All sizes, Whole</i> | Pound | 8.20 | 1/4 cup raw, diced vegetable | 12.20 | 1 lb AP = 0.67 lb ready-to-serve raw avocado |
| | Pound | 5.10 | 1/4 cup raw, mashed vegetable | 19.70 | 1 lb AP = 0.67 lb ready-to-serve raw avocado |
| Avocados, fresh <i>California, 48 count (approx. 2.5-inch width by 3.5-inch length), Whole</i> | Pound | 5.52 | 1/4 cup peeled, sliced, raw vegetable (about 3 slices, 3/8 inch by 3-1/2 inch slices) | 18.20 | 1 lb AP = 0.69 lb ready-to-serve, raw, peeled avocado [about 2-2/3 portions (1/4 cup each portion) per avocado] |
| Avocados, fresh <i>Florida, (approx. 3.5-inch width by 4.75-inch length), Whole</i> | Pound | 7.07 | 1/4 cup peeled, sliced, raw vegetable (about 2 slices, 1/2 inch by 4-1/2 inch slices) | 14.20 | 1 lb AP = 0.59 lb ready-to-serve, raw, peeled, sliced [about 7-1/2 portions (1/4 cup each portion) per avocado] |
| Other Vegetables¹ - BAMBOO SHOOTS | | | | | |
| Bamboo Shoots, canned <i>Sliced</i> | No. 10 Can (104 oz) | 47.40 | 1/4 cup drained vegetable | 2.20 | 1 No. 10 can = about 72.7 oz (11-3/4 cups) drained, unheated bamboo shoots |
| Beans and Peas (Legumes) - BEAN PRODUCTS | | | | | |
| Bean Products, dry beans, canned, Beans Baked or In Sauce, Vegetarian <i>Includes USDA Foods</i> | No. 10 Can (108 oz) | 47.10 | 1/4 cup heated vegetable with sauce | 2.20 | 1 No. 10 can = about 11-3/4 cups heated beans with sauce |
| | No. 300 Can (16 oz) | 6.94 | 1/4 cup heated vegetable with sauce | 14.40 | 1 No. 300 can = about 1-3/4 cups heated beans with sauce |
| Bean Products, dry beans, canned, Beans Baked or In Sauce with Pork | No. 10 Can (110 oz) | 48.90 | 1/4 cup heated vegetable | 2.10 | |
| | No. 2-1/2 Can (30 oz) | 13.30 | 1/4 cup heated vegetable | 7.60 | |

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| Beans and Peas (Legumes) - BEAN PRODUCTS (continued) | | | | | |
| Bean Products, dry beans, canned, Beans Baked or In Sauce with Pork | No. 300 Can (16 oz) | 7.10 | 1/4 cup heated vegetable | 14.10 | |
| Bean Products, dry beans, canned, Beans with Bacon In Sauce | Pound | 4.70 | 3/8 cup serving (about 1/4 cup heated beans) | 21.30 | |
| | Pound | 3.13 | 1/2 cup plus 1 Tbsp serving (about 3/8 cup heated beans) | 32.00 | |
| Other Vegetables¹ - BEAN SPROUTS | | | | | |
| Bean Sprouts, Fresh ² <i>Mung</i> | Pound | 14.60 | 1/4 cup parboiled, drained vegetable | 6.90 | 1 lb AP = 0.89 lb parboiled bean sprouts |
| Bean Sprouts, Fresh ² <i>Soybean</i> | Pound | 17.20 | 1/4 cup parboiled, drained vegetable | 5.90 | 1 lb AP = 0.95 lb parboiled |
| Bean Sprouts, Canned | No. 10 Can (102 oz) | 29.10 | 1/4 cup heated, drained vegetable | 3.50 | 1 No. 10 can = about 48.4 oz (7-1/4 cups) heated, drained bean sprouts; 1 No. 10 can = about 59.0 oz (10-1/2 cups) drained, unheated bean sprouts |
| | No. 10 Can (102 oz) | 42.20 | 1/4 cup drained vegetable | 2.40 | 1 No. 10 can = about 59.0 oz (10-1/2 cups) drained, unheated bean sprouts |
| | No. 300 Can (14 oz) | 3.99 | 1/4 cup heated, drained vegetable | 25.10 | 1 No. 300 can = about 6.5 oz (1 cup) heated, drained bean sprouts; 1 No. 300 can = about 8.0 oz (1-1/3 cups) drained, unheated bean sprouts |
| | No. 300 Can (14 oz) | 5.34 | 1/4 cup drained vegetable | 18.80 | 1 No. 300 can = about 8.0 oz (1-1/3 cups) drained, unheated bean sprouts |
| Beans and Peas (Legumes) - BEANS, BLACK (TURTLE BEANS) | | | | | |
| Beans, Black (Turtle beans), dry, canned <i>Whole, Includes USDA Foods</i> | No. 10 Can (110 oz) | 27.80 | 1/4 cup heated, drained vegetable | 3.60 | 1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans; 1 No. 10 can = about 71.0 oz (11-3/4 cups) drained, unheated beans |
| | No. 10 Can (110 oz) | 45.00 | 1/4 cup drained, unheated vegetable | 2.30 | 1 No. 10 can = about 71.0 oz (11-1/4 cups) drained, unheated beans |
| | No. 300 Can (15-1/2 oz) | 5.91 | 1/4 cup heated, drained vegetable | 17.00 | 1 No. 300 can = about 10.5 oz (1-3/8 cups) heated, drained beans |
| | Pound | 10.14 | 1/4 cup drained, unheated vegetable | 9.90 | |
| Beans, Black (Turtle beans), dry <i>Whole</i> | Pound | 18.30 | 1/4 cup cooked vegetable | 5.50 | 1 lb dry = 2-1/4 cups dry beans |

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| Beans and Peas (Legumes) - BEANS, BLACK-EYED (or PEAS) | | | | | |
| Beans, Black-eyed (or Peas), dry <i>Whole</i> | Pound | 28.30 | 1/4 cup cooked vegetable | 3.60 | 1 lb dry = about 2-3/4 cups dry beans |
| Beans, Black-eyed (or Peas), dry, canned <i>Whole, Includes USDA Foods</i> | No. 10 Can (108 oz) | 37.70 | 1/4 cup heated, drained vegetable | 2.70 | 1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans; 1 No. 10 can = about 78.5 oz (11-1/2 cups) drained, unheated beans |
| | No. 10 Can (108 oz) | 46.00 | 1/4 cup drained, unheated vegetable | 2.20 | 1 No. 10 can = about 78.5 oz (11-1/2 cups) drained, unheated beans |
| | No. 300 Can (15 oz) | 4.91 | 1/4 cup heated, drained vegetable | 20.40 | |
| | Pound | 9.37 | 1/4 cup drained, unheated vegetable | 10.70 | |
| Starchy Vegetables - BEANS, BLACK-EYED (or PEAS) | | | | | |
| Beans, Black-eyed (or Peas), fresh <i>Shelled</i> | Pound | 10.30 | 1/4 cup cooked, drained vegetable | 9.80 | 1 lb in pod = 0.51 lb ready-to-cook beans |
| Beans, Black-eyed (or Peas), frozen <i>Whole</i> | Pound | 11.20 | 1/4 cup cooked, drained vegetable | 9.00 | |
| Beans and Peas (Legumes) - BEANS, GARBANZO or CHICKPEAS | | | | | |
| Beans, Garbanzo or Chickpeas, dry, canned <i>Whole, Includes USDA Foods</i> | No. 10 Can (110 oz) | 45.50 | 1/4 cup heated, drained vegetable | 2.20 | 1 No. 10 can (110 oz) = about 72 oz (11-3/8 cups) heated, drained beans |
| | No. 300 Can (15 oz) | 6.70 | 1/4 cup drained, unheated vegetable | 15.00 | 1 No. 300 can = about 9.6 oz (1-2/3 cups) unheated, drained beans |
| | Pound | 10.11 | 1/4 cup heated, drained vegetable | 9.90 | |
| Beans, Garbanzo or Chickpeas, dry <i>Whole</i> | Pound | 24.60 | 1/4 cup cooked vegetable | 4.10 | 1 lb dry = about 2-1/2 cups dry beans |
| Beans and Peas (Legumes) - BEANS, GREAT NORTHERN | | | | | |
| Beans, Great Northern, dry, canned <i>Whole, Includes USDA Foods</i> | No. 10 Can (110 oz) | 32.40 | 1/4 cup heated, drained vegetable | 3.10 | 1 No. 10 can = about 68.5 oz (about 8-1/8 cups) heated, drained beans |
| | No. 300 Can (14 oz) | 4.37 | 1/4 cup heated, drained vegetable | 22.90 | |
| Beans, Great Northern, dry <i>Whole</i> | Pound | 25.50 | 1/4 cup cooked vegetable | 4.00 | 1 lb dry = about 2-1/2 cups dry beans |
| Other Vegetables¹ - BEANS, GREEN | | | | | |
| Beans, Green, fresh <i>Trimmed, Whole Ready-to-use</i> | Pound | 22.00 | 1/4 cup whole, raw vegetable | 4.60 | 1 lb AP = 1 lb (about 5-3/8 cups) ready-to-cook beans |

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| Other Vegetables¹ - BEANS, GREEN (continued) | | | | | |
| Beans, Green, fresh <i>Trimmed, Whole Ready-to-use</i> | Pound | 12.40 | 1/4 cup whole, cooked, drained vegetable | 8.10 | 1 lb AP = 1 lb (about 5-3/8 cups) ready-to-cook beans; 1 lb AP = 0.86 lb (about 3 cups) cooked, drained beans |
| | Pound | 16.40 | 1/4 cup cut, raw vegetable | 6.10 | 1 lb AP = 1 lb (about 4 cups) ready-to-cook beans |
| | Pound | 11.20 | 1/4 cup cut, cooked, drained vegetable | 9.00 | 1 lb AP = 1 lb (about 4 cups) ready-to-cook beans; 1 lb AP = 0.89 lb (about 2-3/4 cups) cooked, drained, cut beans |
| Beans, Green, fresh <i>Untrimmed, Whole</i> | Pound | 11.10 | 1/4 cup whole, cooked vegetable | 9.10 | 1 lb AP = 0.88 lb ready-to-cook beans |
| Beans, Green, canned <i>Cut, Includes USDA Foods</i> | No. 10 Can (101 oz) | 45.30 | 1/4 cup heated, drained vegetable | 2.30 | 1 No. 10 can = about 60.0 oz (12-7/8 cups) drained, unheated beans |
| | No. 10 Can (101 oz) | 51.10 | 1/4 cup drained vegetable | 2.00 | 1 No. 10 can = about 60.0 oz (12-7/8 cups) drained, unheated beans |
| | No. 2-1/2 Can (28 oz) | 12.50 | 1/4 cup heated, drained vegetable | 8.00 | 1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans |
| | No. 2-1/2 Can (28 oz) | 14.10 | 1/4 cup drained vegetable | 7.10 | 1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans |
| | No. 300 Can (15 oz) | 5.00 | 1/4 cup heated, drained vegetable | 20.00 | 1 No. 300 can = about 7.4 oz (1-1/4 cups) heated, drained beans; 1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated beans |
| | No. 300 Can (15 oz) | 5.77 | 1/4 cup drained vegetable | 17.40 | 1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated beans |
| | Pound | 7.17 | 1/4 cup heated, drained vegetable | 14.00 | |
| | Pound | 8.10 | 1/4 cup drained vegetable | 12.40 | |
| Beans, Green, canned <i>French style</i> | No. 10 Can (101 oz) | 36.50 | 1/4 cup heated, drained vegetable | 2.80 | 1 No. 10 can = about 59.0 oz (12 cups) drained, unheated beans |
| | No. 2-1/2 Can (28 oz) | 10.10 | 1/4 cup heated, drained vegetable | 10.00 | 1 No. 2-1/2 can = about 16.2 oz (3-1/4 cups) heated, drained beans |
| | No. 300 Can (14-1/2 oz) | 3.60 | 1/4 cup heated, drained vegetable | 27.80 | 1 No. 300 can = about 5.70 oz (7/8 cups) heated, drained beans; No. 300 can = about 10.1 oz (1-1/8 cups) drained, unheated beans |
| | No. 300 Can (14-1/2 oz) | 4.50 | 1/4 cup drained vegetable | 22.30 | 1 No. 300 can = about 10.1 oz (1-1/8 cups) drained, unheated beans |
| | Pound | 5.80 | 1/4 cup heated vegetable | 17.30 | |

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| Other Vegetables¹ - BEANS, GREEN (continued) | | | | | |
| Beans, Green, canned <i>Whole</i> | No. 10 Can (101 oz) | 39.50 | 1/4 cup heated, drained vegetable | 2.60 | 1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans |
| | No. 10 Can (101 oz) | 52.20 | 1/4 cup drained vegetable | 2.00 | 1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans |
| | No. 2-1/2 Can (28 oz) | 14.40 | 1/4 cup heated, drained vegetable | 7.00 | 1 No. 2-1/2 can = about 16.0 oz (3-5/8 cups) drained, unheated beans |
| | No. 300 Can (14-1/2 oz) | 4.58 | 1/4 cup heated, drained vegetable | 21.90 | 1 No. 300 can = about 7.3 oz (1-1/8 cups) heated, drained beans; 1 No. 300 can = about 7.6 oz (1-5/8 cups) drained, unheated beans |
| | No. 300 Can (14-1/2 oz) | 6.95 | 1/4 cup drained vegetable | 14.40 | 1 No. 300 can = about 7.6 oz (1-5/8 cups) drained, unheated beans |
| | Pound | 8.20 | 1/4 cup drained vegetable | 12.20 | |
| Beans, Green, Flat Italian, canned <i>Whole</i> | No. 10 Can (103 oz) | 35.10 | 1/4 cup heated, drained vegetable | 2.90 | 1 No. 10 can = about 56.6 oz (8-3/4 cups) heated, drained beans; 1 No. 10 can = about 63.3 oz (10-5/8 cups) drained, unheated beans |
| | No. 10 Can (103 oz) | 42.70 | 1/4 cup drained vegetable | 2.40 | 1 No. 10 can = about 63.3 oz (10-5/8 cups) drained, unheated beans |
| Beans, Green, Flat Italian, frozen <i>Whole</i> | Pound | 9.30 | 1/4 cup cooked, drained vegetable | 10.80 | 1 lb AP = 0.91 lb (about 2-1/4 cups) cooked, drained beans |
| Beans, Green, frozen <i>Cut, Includes USDA Foods</i> | Pound | 11.60 | 1/4 cup cooked, drained vegetable | 8.70 | |
| Beans, Green, frozen <i>French style</i> | Pound | 12.00 | 1/4 cup cooked, drained vegetable | 8.40 | |
| Beans, Green, frozen <i>Whole</i> | Pound | 10.70 | 1/4 cup cooked, drained vegetable | 9.40 | 1 lb AP = 0.88 lb (about 2-5/8 cups) cooked vegetable |
| Beans and Peas (Legumes) - BEANS, KIDNEY | | | | | |
| Beans, Kidney, dry, canned <i>Whole, Includes USDA Foods</i> | No. 10 Can (108 oz) | 38.90 | 1/4 cup heated, drained vegetable | 2.60 | 1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans |
| | No. 10 Can (108 oz) | 44.00 | 1/4 cup drained, unheated vegetable | 2.30 | 1 No. 10 can = about 72.0 oz (11 cups) drained, unheated beans |
| | No. 2-1/2 Can (30 oz) | 11.60 | 1/4 cup heated, drained vegetable | 8.70 | |
| | No. 2-1/2 Can (30 oz) | 12.60 | 1/4 cup drained vegetable | 8.00 | |

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| Beans and Peas (Legumes) - BEANS, KIDNEY (<i>continued</i>) | | | | | |
| Beans, Kidney, dry, canned <i>Whole, Includes USDA Foods</i> | No. 300 Can (15-1/2 oz) | 5.61 | 1/4 cup heated, drained vegetable | 17.90 | 1 No. 300 can = about 9.5 oz (1-3/8 cups) heated, drained beans |
| | No. 300 Can (15-1/2 oz) | 5.88 | 1/4 cup drained, unheated vegetable | 17.10 | 1 No. 300 can = about 10.0 oz (1-3/8 cups) drained, unheated beans |
| | Pound | 9.77 | 1/4 cup drained, unheated vegetable | 10.30 | |
| Beans, Kidney, dry <i>Whole</i> | Pound | 24.80 | 1/4 cup cooked vegetable | 4.10 | 1 lb dry = about 2-1/2 cups dry beans |
| Beans and Peas (Legumes) - BEANS, LIMA | | | | | |
| Beans, Lima, dry <i>Baby, Whole</i> | Pound | 23.40 | 1/4 cup cooked vegetable | 4.30 | 1 lb dry = about 2-3/8 cups dry beans |
| Beans, Lima, dry <i>Fordhook, Whole</i> | Pound | 27.00 | 1/4 cup cooked vegetable | 3.80 | 1 lb dry = about 2-5/8 cups dry beans |
| Starchy Vegetables - BEANS, LIMA | | | | | |
| Beans, Lima, canned <i>Green, Whole</i> | No. 10 Can (105 oz) | 42.40 | 1/4 cup heated, drained vegetable | 2.40 | 1 No. 10 can = about 70.9 oz (11-3/4 cups) drained, unheated beans |
| | No. 2-1/2 Can (40 oz) | 15.70 | 1/4 cup heated, drained vegetable | 6.40 | 1 No. 2-1/2 can = about 27.0 oz (4-1/2 cups) drained, unheated beans |
| | Pound | 6.46 | 1/4 cup heated, drained vegetable | 15.50 | 1 lb AP = about 11.0 oz (1-3/4 cups) drained, unheated beans |
| Beans, Lima, fresh <i>Shelled, Whole</i> | Pound | 10.80 | 1/4 cup cooked, drained vegetable | 9.30 | 1 lb in pod = 0.44 lb ready-to-cook beans |
| Beans, Lima, frozen <i>Baby, Whole</i> | Pound | 10.90 | 1/4 cup cooked, drained vegetable | 9.20 | |
| Beans, Lima, frozen <i>Fordhook, Whole</i> | Pound | 11.10 | 1/4 cup cooked, drained vegetable | 9.10 | |
| Beans and Peas (Legumes) - BEANS, MUNG | | | | | |
| Beans, Mung, dry <i>Whole</i> | Pound | 28.10 | 1/4 cup cooked vegetable | 3.60 | 1 lb dry = about 2-1/4 cups dry beans |
| Beans and Peas (Legumes) - BEANS, NAVY or PEA | | | | | |
| Beans, Navy or Pea, dry <i>Whole</i> | Pound | 23.90 | 1/4 cup cooked vegetable | 4.20 | 1 lb dry = about 2-1/4 cups dry beans |
| | No. 10 Can (108 oz) | 39.00 | 1/4 cup heated, drained vegetable | 2.60 | 1 No. 10 can = about 72.0 oz (9-3/4 cups) heated, drained beans; 1 No. 10 can = about 76.0 oz (11 cups) drained, unheated beans |
| | No. 10 Can (108 oz) | 44.00 | 1/4 cup drained, unheated vegetable | 2.30 | 1 No. 10 can = about 76.0 oz (11 cups) drained, unheated beans |
| | Pound | 8.66 | 1/4 cup heated, drained vegetable | 11.60 | |

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| Beans and Peas (Legumes) - BEANS, NAVY or PEA (continued) | | | | | |
| Beans, Navy or Pea, dry <i>Whole</i> | Pound | 9.26 | 1/4 cup drained, unheated vegetable | 10.80 | |
| Beans and Peas (Legumes) - BEANS, PINK | | | | | |
| Beans, Pink, dry, canned <i>Whole, Includes USDA Foods</i> | No. 10 Can (110 oz) | 34.00 | 1/4 cup heated, drained vegetable | 3.00 | 1 No. 10 can = about 12-1/4 cups drained, unheated beans or 8-1/2 cups heated, drained beans |
| Beans, Pink, dry <i>Whole</i> | Pound | 19.30 | 1/4 cup cooked vegetable | 5.20 | 1 lb dry = about 2-1/4 cups dry beans |
| Beans and Peas (Legumes) - BEANS, PINTO | | | | | |
| Beans, Pinto, dry, canned <i>Whole, Includes USDA Foods</i> | No. 10 Can (108 oz) | 37.20 | 1/4 cup heated, drained vegetable | 2.70 | 1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans; 1 No. 10 can = about 73.0 oz (10-1/8 cups) drained, unheated beans |
| | No. 10 Can (108 oz) | 40.50 | 1/4 cup drained, unheated vegetable | 2.50 | 1 No. 10 can = about 73.0 oz (10-1/8 cups) drained, unheated beans |
| | Pound | 5.51 | 1/4 cup heated, drained vegetable | 18.20 | |
| | Pound | 8.87 | 1/4 cup drained, unheated vegetable | 11.30 | |
| Beans, Pinto, dry <i>Whole, Includes USDA Foods</i> | Pound | 21.00 | 1/4 cup cooked vegetable | 4.80 | 1 lb dry = about 2-3/8 cups dry beans |
| Beans, Pinto, dehydrated³ | Pound | 21.70 | 1/4 cup cooked vegetable | 4.70 | 1 lb AP = about 3-3/4 cups dehydrated beans; 1 lb AP = about 5-3/8 cups rehydrated, cooked beans when water to dry beans = 2:1 ratio |
| Beans and Peas (Legumes) - BEANS, PUREE | | | | | |
| Beans, puree^{4,5} <i>(Includes: black, black-eyed, garbanzo, navy, pinto beans)</i> | No. 10 Can (110 oz) | 46.50 | 1/4 cup pureed vegetable | 2.20 | 1 No. 10 can pureed with liquid = 110.0 oz (about 11-5/8 cups) pureed beans |
| | Pound | 6.76 | 1/4 cup pureed vegetable | 14.80 | |
| Beans and Peas (Legumes) - BEANS, RED, SMALL | | | | | |
| Beans, Red, Small, dry, canned <i>Whole, Includes USDA Foods</i> | No. 10 Can (111 oz) | 31.90 | 1/4 cup heated, drained vegetable | 3.20 | 1 No. 10 can = about 71.2 oz (8 cups) heated, drained beans |
| | No. 300 Can (15-1/2 oz) | 4.94 | 1/4 cup heated, drained vegetable | 20.30 | 1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans |
| Beans, Red, Small, dry <i>Whole</i> | Pound | 20.40 | 1/4 cup cooked, drained vegetable | 5.00 | 1 lb dry = about 2-1/8 cups dry beans |

NOTE: For Footnotes please see the end of the section.

Section 2 - Vegetables

| 1. Food As Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meal Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
|--|-----------------------|-----------------------------------|--|------------------------------------|--|
| Beans and Peas (Legumes) - BEANS, REFRIED | | | | | |
| Beans, Refried, canned <i>Includes USDA Foods</i> | No. 10 Can (115 oz) | 49.60 | 1/4 cup heated vegetable | 2.10 | 1 No. 10 can = about 12-1/4 cups heated, refried beans |
| | No. 300 Can (16 oz) | 7.08 | 1/4 cup heated vegetable | 14.20 | 1 No. 300 can = about 1-3/4 cups heated refried beans |
| Beans, Refried, dehydrated | Pound | 20.50 | 1/4 cup cooked vegetable | 4.90 | 1 lb AP = about 3-1/2 cups dehydrated; 1 lb AP = about 5-1/8 cups rehydrated, cooked beans when water to dry beans = 2:1 ratio |
| Beans and Peas (Legumes) - BEANS, SOY | | | | | |
| Beans, Soy, fresh (Edamame) <i>Shelled</i> | Pound | 10.70 | 1/4 cup cooked, drained vegetable | 9.40 | |
| Beans, Soy, fresh (Edamame) <i>Whole, in shell</i> | Pound | 6.90 | 1/4 cup cooked, drained, shelled vegetable | 14.50 | 1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans |
| Beans, Soy, dry, canned <i>Shelled</i> | Pound | 7.30 | 1/4 cup heated, drained vegetable | 13.70 | |
| Beans, Soy, dry <i>Shelled</i> | Pound | 25.90 | 1/4 cup cooked vegetable | 3.90 | 1 lb dry = about 2-1/2 cups dry beans |
| Other Vegetables¹ - BEANS, WAX | | | | | |
| Beans, Wax, fresh <i>Whole, untrimmed</i> | Pound | 10.50 | 1/4 cup whole, cooked, drained vegetable | 9.60 | 1 lb AP = 0.95 lb (about 4-1/3 cups) ready-to-cook cut beans |
| Beans, Wax, canned | No. 10 Can (101 oz) | 34.30 | 1/4 cup heated, drained vegetable | 3.00 | 1 No. 10 can = about 53.7 oz (8-1/2 cups) heated, drained beans; 1 No. 10 can = about 59.3 oz (10-3/4 cups) drained, unheated beans |
| | No. 10 Can (101 oz) | 43.20 | 1/4 cup drained vegetable | 2.40 | 1 No. 10 can = about 59.3 oz (10-3/4 cups) drained, unheated beans |
| | No. 2-1/2 Can (28 oz) | 12.90 | 1/4 cup heated, drained vegetable | 7.80 | 1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans |
| | No. 2-1/2 Can (28 oz) | 14.00 | 1/4 cup drained vegetable | 7.20 | 1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans |
| | No. 300 Can (14.5 oz) | 4.58 | 1/4 cup heated, drained vegetable | 21.90 | 1 No. 300 can = about 7.1 oz (1-1/8 cups) heated, drained vegetable; 1 No. 300 can = about 7.0 oz (1-1/2 cups) drained, unheated beans |
| | No. 300 Can (14.5 oz) | 6.17 | 1/4 cup drained vegetable | 16.30 | 1 No. 300 can = about 7.0 oz (1-1/2 cups) drained, unheated beans |
| | Pound | 5.43 | 1/4 cup heated, drained vegetable | 18.50 | |
| | Pound | 6.84 | 1/4 cup drained vegetable | 14.70 | |

NOTE: For Footnotes please see the end of the section.

Section 2 - Vegetables

| 1. Food As Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meal Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
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| Dark Green Vegetables - BEET GREENS | | | | | |
| Beet Greens, fresh <i>Untrimmed</i> | Pound | 3.50 | 1/4 cup cooked vegetable | 28.60 | 1 lb AP = 0.48 lb ready-to-cook beet greens |
| Other Vegetables¹ - BEETS | | | | | |
| Beets, canned <i>baby whole</i> | No. 10 Can (103 oz) | 36.70 | 1/4 cup heated, drained vegetable | 2.80 | 1 No. 10 can = about 60.2 oz (9-1/8 cups) heated, drained beets; 1 No. 10 can = about 64.0 oz (10 cups) drained, unheated beets |
| | No. 10 Can (103 oz) | 40.20 | 1/4 cup drained vegetable | 2.50 | 1 No. 10 can = about 64.0 oz (10 cups) drained, unheated beets |
| | Pound | 5.70 | 1/4 cup heated, drained vegetable | 17.60 | |
| | Pound | 6.24 | 1/4 cup drained vegetable | 16.10 | |
| Beets, canned <i>Diced</i> | No. 10 Can (104 oz) | 37.60 | 1/4 cup heated, drained vegetable | 2.70 | 1 No. 10 can = about 63.3 oz (9-3/8 cups) heated, drained beets; 1 No. 10 can = about 66.4 oz (10-1/8 cups) drained, unheated beets |
| | No. 10 Can (104 oz) | 40.90 | 1/4 cup drained vegetable | 2.50 | 1 No. 10 can = about 66.4 oz (10-1/8 cups) drained, unheated beets |
| | Pound | 5.78 | 1/4 cup heated, drained vegetable | 17.40 | |
| | Pound | 6.29 | 1/4 cup drained vegetable | 15.90 | |
| Beets, canned <i>Sliced</i> | No. 10 Can (104 oz) | 36.40 | 1/4 cup heated, drained vegetable | 2.80 | 1 No. 10 can = about 60.1 oz (9 cups) heated, drained beets; 1 No. 10 can = about 64.9 oz (9-2/3 cups) drained, unheated beets |
| | No. 10 Can (104 oz) | 38.80 | 1/4 cup drained vegetable | 2.60 | 1 No. 10 can = about 64.9 oz (9-2/3 cups) drained, unheated beets |
| | No. 300 Can (15 oz) | 5.16 | 1/4 cup heated, drained vegetable | 19.40 | 1 No. 300 can = about 7.9 oz (1-1/4 cups) heated, drained beets; 1 No. 300 can = about 8.9 oz (1-1/3 cups) drained, unheated beets |
| | No. 300 Can (15 oz) | 5.33 | 1/4 cup drained vegetable | 18.80 | 1 No. 300 can = about 8.9 oz (1-1/3 cups) drained, unheated beets |
| Beets, fresh <i>without tops</i> | Pound | 11.60 | 1/4 cup raw, pared vegetable sticks | 8.70 | 1 lb AP = 0.77 lb pared beets |
| | Pound | 7.60 | 1/4 cup diced, cooked vegetable | 13.20 | 1 lb AP = 0.77 lb pared beets |
| | Pound | 7.70 | 1/4 cup sliced, cooked vegetable | 13.00 | 1 lb AP = 0.73 lb cooked sliced beets; 1 lb AP = 0.77 lb pared beets |

NOTE: For Footnotes please see the end of the section.

Section 2 - Vegetables

| 1. Food As Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meal Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
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| Dark Green Vegetables - BOKCHOY | | | | | |
| Bok Choy, Fresh <i>Whole</i> | Pound | 14.40 | 1/4 cup raw, shredded vegetable (credits as 1/8 cup in NSLP/SBP and CACFP) | 7.00 | 1 lb AP = 0.77 lb (about 3-1/2 cups) ready-to-serve bok choy |
| Other Vegetables¹ - BREADFRUIT | | | | | |
| Breadfruit, fresh <i>Guatemalan</i> | Pound | 5.69 | 1/4 cup baked, mashed vegetable | 17.60 | 1 lb AP = 0.60 lb (about 1-3/8 cups) cooked, mashed vegetable; 1 breadfruit = about 2.6 lb |
| Dark Green Vegetables - BROCCOLI | | | | | |
| Broccoli, fresh <i>Untrimmed</i> | Pound | 9.80 | 1/4 cup raw vegetable spears | 10.30 | 1 lb AP = 0.81 lb ready-to-cook broccoli |
| | Pound | 9.40 | 1/4 cup cooked, drained vegetable spears | 10.70 | 1 lb AP = 0.81 lb ready-to-cook broccoli; 1 medium spear = about 1/4 cup broccoli |
| | Pound | 10.20 | 1/4 cup cut, cooked, drained vegetable | 9.90 | 1 lb AP = 0.81 lb ready-to-cook broccoli |
| Broccoli, fresh <i>Florets</i> | Pound | 11.50 | 1/4 cup trimmed cooked vegetable | 8.70 | 1 lb AP = 0.63 lb (about 2-7/8 cups) trimmed cooked, broccoli florets |
| Broccoli, fresh <i>Florets, Trimmed, Ready-to-use</i> | Pound | 28.80 | 1/4 cup cut raw vegetable | 3.50 | 1 lb AP = 1.00 lb (about 7-1/8 cups) ready-to-cook broccoli |
| Broccoli, fresh <i>Spears, Trimmed, Ready-to-use</i> | Pound | 17.10 | 1/4 cup raw vegetable spears | 5.90 | 1 lb AP = 1.00 lb (about 4-1/4 cups) ready-to-cook broccoli |
| | Pound | 13.00 | 1/4 cup cooked, drained vegetable spears | 7.70 | 1 lb AP = 1.00 lb (about 3-1/4 cups) cooked broccoli; 1 lb AP = 1.00 lb (about 4-1/4 cups) ready-to-cook broccoli |
| Broccoli, fresh <i>Slaw, Ready-to-use</i> | Pound | 21.10 | 1/4 cup raw vegetable | 4.80 | 1 lb AP = 1.00 lb (about 5-1/4 cups) ready-to-serve or -cook broccoli slaw |
| Broccoli, frozen <i>Spears</i> | Pound | 10.90 | 1/4 cup cooked, drained vegetable | 9.20 | 1 lb AP = 0.90 lb (about 2-5/8 cups) cooked broccoli |
| Broccoli, frozen <i>Cut or chopped</i> | Pound | 9.60 | 1/4 cup cooked, drained vegetable | 10.50 | |
| Broccoli, frozen <i>Florets, Trimmed</i> <i>Includes USDA Foods</i> | Pound | 14.00 | 1/4 cup cooked vegetable | 7.20 | 1 lb AP = 0.99 lb (about 3-1/2 cups) trimmed, cooked broccoli florets |
| Dark Green Vegetables - BROCCOLINI | | | | | |
| Broccolini <i>Fresh</i> | Pound | 16.00 | 1/4 cup trimmed, cooked vegetable | 6.30 | 1 lb AP = 0.88 lb (about 4 cups) trimmed, cooked broccolini |
| Other Vegetables¹ - BRUSSELS SPROUTS | | | | | |
| Brussels Sprouts, Fresh <i>Whole</i> | Pound | 8.50 | 1/4 cup cooked, drained vegetable | 11.80 | 1 lb AP = 0.76 lb ready-to-cook |

NOTE: For Footnotes please see the end of the section.

Section 2 - Vegetables

| 1. Food As Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meal Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
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| Other Vegetables¹ - BRUSSELS SPROUTS (continued) | | | | | |
| Brussels Sprouts, Fresh <i>Trimmed ready-to-use</i> | Pound | 16.10 | 1/4 cup raw vegetable | 6.30 | 1 lb AP = 1 lb (about 4 cups) ready-to-serve Brussels sprouts |
| | Pound | 13.40 | 1/4 cup cooked, drained vegetable | 7.50 | 1 lb AP = 1 lb (about 4 cups) ready-to-serve Brussels sprouts; 1 lb AP = 1 lb (about 3-1/3 cups) steamed Brussels sprouts |
| Brussels Sprouts, frozen <i>Ready-to-use</i> | Pound | 10.40 | 1/4 cup cooked, drained vegetable | 9.70 | |
| Other Vegetables¹ - CABBAGE, CELERY OR NAPA | | | | | |
| Cabbage, Celery, or Napa fresh <i>Untrimmed</i> | Pound | 20.40 | 1/4 cup raw vegetable strips | 5.00 | 1 lb AP = 0.93 lb (about 5 cups) ready-to-serve, raw cabbage |
| | Pound | 10.60 | 1/4 cup cooked, drained vegetable strips | 9.50 | 1 lb AP = 0.93 lb (about 5 cups) ready-to-serve, raw cabbage |
| Other Vegetables¹ - CABBAGE, GREEN | | | | | |
| Cabbage, fresh <i>Green, Untrimmed, Whole</i> | Pound | 17.70 | 1/4 cup raw, chopped vegetable | 5.70 | 1 lb AP = 0.87 lb ready-to-cook or -serve raw cabbage |
| | Pound | 11.20 | 1/4 cup raw, chopped vegetable with dressing | 9.00 | 1 lb AP = 0.87 lb ready-to-cook or -serve raw cabbage |
| | Pound | 26.40 | 1/4 cup raw, shredded vegetable | 3.80 | 1 lb AP = 0.87 lb ready-to-cook or -serve raw cabbage |
| | Pound | 13.80 | 1/4 cup cooked, drained shredded vegetable | 7.30 | 1 lb AP = 0.87 lb ready-to-cook or -serve raw cabbage |
| | Pound | 9.86 | 1/4 cup cooked, drained vegetable wedges | 10.20 | 1 lb AP = 0.87 lb ready-to-cook or -serve raw cabbage; 1 lb AP = 0.82 lb (about 2-3/8 cups) cooked cabbage wedges |
| | Head | 9.00 | 1 large cooked leaf (3/4 cup vegetable) | 11.20 | 1 large leaf = 10 to 12 inches in diameter |
| | Head | 7.00 | 1 medium cooked leaf (3/8 cup vegetable) | 14.30 | 1 medium leaf = 6 to 8 inches in diameter |
| Cabbage, fresh <i>Green, Shredded, Ready-to-use</i> | Pound | 27.00 | 1/4 cup raw vegetable | 3.80 | 1 lb AP = 1 lb (about 6-3/4 cups) ready-to-serve raw, shredded cabbage |
| Other Vegetables¹ - CABBAGE, RED | | | | | |
| Cabbage, red, fresh <i>Whole Untrimmed</i> | Pound | 13.00 | 1/4 cup raw, chopped, vegetable | 7.70 | 1 lb AP = 0.64 lb (about 3-1/4 cups) ready-to-cook or serve raw chopped cabbage |
| | Pound | 24.60 | 1/4 cup raw, shredded vegetable | 4.10 | 1 lb AP = 0.83 lb (about 6 cups) ready-to-cook or serve raw, shredded cabbage |
| | Pound | 13.30 | 1/4 cup cooked, shredded vegetable | 7.60 | 1 lb AP = 0.83 lb (about 6 cups) ready-to-cook or serve raw, shredded cabbage |

NOTE: For Footnotes please see the end of the section.

Section 2 - Vegetables

| 1. Food As Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meal Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
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| Other Vegetables¹ - CABBAGE, RED (continued) | | | | | |
| Cabbage, red, fresh <i>Shredded Ready-to-use</i> | Pound | 22.80 | 1/4 cup raw vegetable | 4.40 | 1 lb AP = 1 lb (about 5-2/3 cups) ready-to-serve raw, shredded cabbage |
| Other Vegetables¹ - CACTUS (NOPALES) | | | | | |
| Cactus (Nopales), fresh <i>Leaves (or petals), Unpeeled, With thorns</i> | Pound | 6.80 | 1/4 cup unpeeled, diced, cooked, drained vegetable (thorns removed) | 14.80 | 1 lb AP = 0.96 lb (about 1-2/3 cups) unpeeled, thorns removed, diced, cooked, drained cactus |
| Cactus (Nopales), fresh <i>Leaves (or petals), Unpeeled, Without thorns</i> | Pound | 6.96 | 1/4 cup unpeeled, diced, cooked, drained vegetable | 14.40 | 1 lb AP = 0.99 lb ready-to-cook diced cactus; 1 lb AP = about 1-2/3 cups diced, cooked, drained cactus |
| Cactus (Nopalitos), canned <i>Leaves (or petals), Cut</i> | 14 oz Jar | 3.04 | 1/4 cup heated, drained vegetable | 32.90 | 14 oz jar = about 5.7 oz (about 3/4 cup) cooked, drained cactus; 14 oz jar = about 6.3 oz (7/8 cup) drained, unheated cactus |
| | 14 oz Jar | 3.56 | 1/4 cup drained vegetable | 27.40 | 14 oz jar = about 6.3 oz (7/8 cup) drained, unheated cactus |
| Red/Orange Vegetables - CARROTS | | | | | |
| Carrots, fresh <i>Without tops</i> | Pound | 10.30 | 1/4 cup raw vegetable strips (about 3 strips, 4 inch by 1/2 inch) | 9.80 | 1 lb AP = 0.70 lb ready-to-cook, or serve raw carrot sticks |
| | Pound | 10.60 | 1/4 cup raw, chopped vegetable | 9.50 | 1 lb AP = 0.83 lb trimmed, peeled carrots |
| | Pound | 15.40 | 1/4 cup raw, shredded vegetable | 6.50 | 1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot |
| | Pound | 8.10 | 1/4 cup raw, shredded vegetable with dressing | 12.40 | 1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot |
| | Pound | 8.63 | 1/4 cup cooked, drained, shredded vegetable | 11.60 | 1 lb AP = 0.79 lb (about 2-1/8 cups) trimmed, peeled, shredded, cooked carrot; 1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot |
| | Pound | 10.90 | 1/4 cup raw, sliced vegetable (5/16 inch slices) | 9.20 | 1 lb AP = 0.83 lb (about 2-2/3 cups) trimmed, peeled, sliced carrots |
| | Pound | 8.16 | 1/4 cup cooked, drained, sliced vegetable (5/16 inch slices) | 12.30 | 1 lb AP = 0.76 lb (about 2 cups) cooked, sliced carrots; 1 lb AP = 0.83 lb (about 2-2/3 cups) trimmed, peeled, sliced carrots |
| Carrots, fresh <i>Shredded, Ready-to-use</i> | Pound | 19.90 | 1/4 cup raw vegetable | 5.10 | 1 lb AP = 1 lb shredded carrots ready-to-use (about 4-7/8 cups) |
| | Pound | 11.20 | 1/4 cup cooked, drained vegetable | 9.00 | 1 lb AP = 0.92 lb (about 2-3/4 cups) cooked carrots; 1 lb AP = 1 lb shredded carrots ready-to-use (about 4-7/8 cups) |

NOTE: For Footnotes please see the end of the section.

Section 2 - Vegetables

| 1. Food As Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meal Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
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| Red/Orange Vegetables - CARROTS (continued) | | | | | |
| Carrots, fresh <i>Sliced, Peeled, Ready-to-use</i> | Pound | 12.60 | 1/4 cup raw vegetable slices (5/16 inch slices) | 8.00 | 1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or-cook carrot |
| Carrots, fresh <i>Sticks, Ready-to-use (1/2-inch by 4-inch)</i> | Pound | 15.40 | 1/4 cup raw vegetable (about 3 sticks) | 6.50 | 1 lb AP = 1 lb (about 3-3/4 cups) carrot sticks |
| Carrots, fresh <i>Baby, Ready-to-use</i> | Pound | 12.90 | 1/4 cup raw vegetable | 7.80 | 1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve raw carrots |
| | Pound | 11.40 | 1/4 cup cooked, drained vegetable | 8.80 | 1 lb AP = 0.97 lb (about 2-3/4 cups) cooked carrots; 1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve raw carrots |
| Carrots, canned <i>Diced</i> | No. 10 Can (105 oz) | 34.30 | 1/4 cup heated, drained vegetable | 3.00 | 1 No. 10 can = about 62.0 oz (8-1/2 cups) heated, drained carrots; 1 No. 10 can = about 67.0 oz (10 cups) drained, unheated carrots |
| | No. 10 Can (105 oz) | 40.00 | 1/4 cup drained vegetable | 2.50 | 1 No. 10 can = about 67.0 oz (10 cups) drained, unheated carrots |
| | Pound | 5.22 | 1/4 cup heated, drained vegetable | 19.20 | |
| | Pound | 6.09 | 1/4 cup drained vegetable | 16.50 | |
| Carrots, canned <i>Sliced, Includes USDA Foods</i> | No. 10 Can (105 oz) | 37.20 | 1/4 cup heated, drained vegetable | 2.70 | 1 No. 10 can = about 65.0 oz (9-1/4 cups) heated, drained carrot; 1 No. 10 can = about 70.0 oz (10-3/4 cups) drained, unheated carrots |
| | No. 10 Can (105 oz) | 43.40 | 1/4 cup drained vegetable | 2.40 | 1 No. 10 can = about 70.0 oz (10-3/4 cups) drained, unheated carrots |
| | No. 300 Can (15 oz) | 5.20 | 1/4 cup heated, drained vegetable | 19.30 | 1 No. 300 can = about 8.6 oz (1-1/4 cups) heated, drained carrots; 1 No. 300 can = about 8.5 oz (1-3/8 cups) drained, unheated carrots |
| | No. 300 Can (15 oz) | 5.88 | 1/4 cup drained vegetable | 17.10 | 1 No. 300 can = about 8.5 oz (1-3/8 cups) drained, unheated carrots |
| Carrots, frozen <i>Sliced, Includes USDA Foods</i> | Pound | 9.87 | 1/4 cup cooked, drained vegetable | 10.20 | 1 lb AP = 0.95 lb (about 2-3/8 cups) cooked, drained carrots |
| Carrots, frozen <i>Baby</i> | Pound | 10.90 | 1/4 cup cooked, drained vegetable | 9.20 | |
| Carrots, puree⁵ | Pound | 7.00 | 1/4 cup vegetable | 14.30 | 1 lb AP = 1 lb (about 1-3/4 cups) carrot puree |
| Starchy Vegetables - CASSAVA (YUCA) | | | | | |
| Cassava (Yuca), fresh <i>Whole</i> | Pound | 8.01 | 1/4 cup peeled, cooked chunks | 12.50 | 1 lb AP = 0.76 lb peeled, cooked, 4 to 5-inch chunks |

NOTE: For Footnotes please see the end of the section.

Section 2 - Vegetables

| 1. Food As Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meal Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
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| Other Vegetables¹ - CAULIFLOWER | | | | | |
| Cauliflower, fresh <i>Whole, Trimmed</i> | Pound | 12.50 | 1/4 cup raw, sliced vegetable | 8.00 | 1 lb AP = 0.62 lb ready-to-cook or -serve raw cauliflower |
| | Pound | 12.30 | 1/4 cup raw vegetable florets | 8.20 | 1 medium head = about 6 cups cauliflower florets; 1 lb AP = 0.62 lb ready-to-cook or -serve raw cauliflower |
| | Pound | 8.80 | 1/4 cup cooked, drained vegetable florets | 11.40 | 1 lb AP = 0.61 lb cooked cauliflower; 1 lb AP = 0.62 lb ready-to-cook or -serve raw cauliflower |
| Cauliflower, fresh <i>Florets, Ready-to-Use</i> | Pound | 18.30 | 1/4 cup raw vegetable florets | 5.50 | 1 lb AP = 1 lb (about 4-1/2 cups) ready-to-cook or -serve cauliflower |
| | Pound | 14.10 | 1/4 cup cooked, drained vegetable florets | 7.10 | 1 lb AP = 1 lb (about 4-1/2 cups) ready-to-cook or -serve cauliflower |
| Cauliflower, frozen | Pound | 9.20 | 1/4 cup cooked, drained vegetable | 10.90 | |
| Other Vegetables¹ - CELERY | | | | | |
| Celery, fresh <i>Trimmed</i> | Pound | 12.20 | 1/4 cup raw vegetable sticks or strips (about 3 sticks, 1/2 inch by 4 inch sticks) | 8.20 | 1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery |
| | Pound | 12.50 | 1/4 cup raw, chopped vegetable | 8.00 | 1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery |
| | Pound | 12.30 | 1/4 cup raw, diced vegetable | 8.20 | 1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery |
| | Pound | 8.70 | 1/4 cup diced, cooked, drained vegetable | 11.50 | 1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery |
| | Pound | 8.10 | 1/4 cup sliced, cooked, drained vegetable | 12.40 | 1 lb AP = 0.74 lb (about 2-1/8 cups) cooked celery; 1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery |
| Celery, fresh <i>Sticks, Read-to-use (1/2-inch by 4-inch)</i> | Pound | 14.00 | 1/4 cup raw vegetables (about 3 sticks) | 7.20 | 1 lb AP = 1 lb (about 3-1/2 cups) ready-to-serve raw celery |
| Celery, fresh <i>Diced, Ready-to-use</i> | Pound | 12.90 | 1/4 cup raw vegetable | 7.80 | 1 lb AP = 1 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery |
| Celery, canned <i>Diced</i> | No. 10 Can (102 oz) | 38.40 | 1/4 cup heated, drained vegetable | 2.70 | 1 No. 10 can = about 64 oz (9-1/2 cups) heated, drained celery; 1 No. 10 can = about 74 oz (12-3/8 cups) drained celery |
| | No. 10 Can (102 oz) | 49.00 | 1/4 cup drained vegetable | 2.10 | 1 No. 10 can = about 74 oz (12-3/8 cups) drained celery |

NOTE: For Footnotes please see the end of the section.

Section 2 - Vegetables

| 1. Food As Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meal Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
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| Other Vegetables¹ - CELERY (continued) | | | | | |
| Celery, canned <i>Diced</i> | Pound (drained weight) | 8.27 | 1/4 cup heated, drained vegetable | 12.10 | |
| | Pound (drained weight) | 10.50 | 1/4 cup drained vegetable | 9.60 | |
| Celery, canned <i>Diced, In Sauce</i> | No. 10 Can (104 oz) | 49.70 | 1/4 cup heated, drained vegetable | 2.10 | 1 No. 10 can = about 100.0 oz (12-3/8 cups) heated, drained celery |
| Other Vegetables¹ - CHAYOTE (MIRLITON) | | | | | |
| Chayote, Mirliton, fresh <i>Whole, Unpeeled</i> | Pound | 12.60 | 1/4 cup unpeeled, pitted, sliced, raw vegetable | 8.00 | 1 lb AP = 0.96 lb (about 3-1/8 cups) ready-to-serve, raw, pitted, sliced chayote |
| | Pound | 9.46 | 1/4 cup unpeeled, pitted, sliced, cooked, drained vegetable | 10.60 | 1 lb AP = 0.88 lb (about 2-1/3 cups) unpeeled, pitted, sliced, cooked chayote; 1 lb AP = 0.96 lb (about 3-1/8 cups) ready-to-serve, raw pitted, sliced chayote |
| Dark Green Vegetables - CHICORY | | | | | |
| Chicory, fresh | Pound | 47.40 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP) | 2.20 | 1 lb AP = 0.89 lb ready-to-serve raw chicory |
| | Pound | 31.60 | 1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP and CACFP) | 3.20 | 1 lb AP = 0.89 lb ready-to-serve raw chicory |
| Dark Green Vegetables - CILANTRO | | | | | |
| Cilantro, fresh <i>Coriander</i> | Pound | 73.00 | 1/4 cup trimmed chopped vegetable (credits as 1/8 cup in NSLP/SBP and CACFP) | 1.40 | 1 lb AP = 0.84 lb (about 18-1/4 cups) trimmed, chopped, ready-to-serve cilantro |
| Dark Green Vegetables - COLLARD GREENS | | | | | |
| Collard Greens, fresh <i>Untrimmed</i> | Pound | 6.20 | 1/4 cup cooked, drained vegetable leaves | 16.20 | 1 lb AP = 0.57 lb ready-to-cook collard leaves |
| | Pound | 10.50 | 1/4 cup cooked, drained vegetable leaves and stems | 9.60 | 1 lb AP = 0.74 lb ready-to-cook collard leaves and stems |
| Collard Greens, canned | No. 10 Can (101 oz) | 27.20 | 1/4 cup heated, drained vegetable | 3.70 | 1 No. 10 can = about 54.0 oz (6-3/4 cups) heated, drained collards; 1 No. 10 can = about 66.4 oz (9 cups) drained, unheated collards |
| | No. 10 Can (101 oz) | 35.90 | 1/4 cup drained vegetable | 2.80 | 1 No. 10 can = about 66.4 oz (9 cups) drained, unheated collards |
| | No. 2-1/2 Can (27 oz) | 6.80 | 1/4 cup heated, drained vegetable | 14.70 | 1 No. 2-1/2 can = about 17.6 oz (3 cups) drained collards |

NOTE: For Footnotes please see the end of the section.

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| Dark Green Vegetables - COLLARD GREENS (continued) | | | | | |
| Collard Greens, canned | No. 300 Can (14-1/2 oz) | 3.67 | 1/4 cup heated, drained vegetable | 27.30 | |
| Collard Greens, frozen <i>Chopped or Whole leaf</i> | Pound | 9.20 | 1/4 cup cooked, drained vegetable | 10.90 | |
| Starchy Vegetables - CORN | | | | | |
| Corn, fresh <i>With husks (5 to 6-inch length), Medium</i> | Pound | 1.67 | 1 medium ear (about 1/2 cup cooked vegetable) | 59.90 | 1 lb AP = 0.34 lb raw cut corn |
| | Pound | 3.35 | 1/4 cup cooked vegetable (about 1/2 cob) | 29.90 | 1 lb AP = 0.34 lb raw cut corn |
| Corn, fresh <i>Without husks (5 to 6-inch length), Medium</i> | Pound | 2.33 | 1 medium ear (about 1/2 cup cooked vegetable) | 43.00 | 1 lb AP = 0.54 lb raw cut corn |
| | Pound | 5.27 | 1/4 cup cooked vegetable (about 1/2 cob) | 19.00 | 1 lb AP = 0.54 lb raw cut corn |
| Corn, canned <i>Cream style</i> | No. 10 Can (106 oz) | 46.40 | 1/4 cup heated vegetable | 2.20 | 1 No. 10 can = about 100.7 oz (11-1/2 cups) heated corn |
| | No. 300 Can (15 oz) | 6.35 | 1/4 cup heated vegetable | 15.80 | 1 No. 300 can = about 13.0 oz (1-1/2 cups) heated corn |
| Corn, canned <i>Whole kernel, Vacuum packed</i> | No. 10 Can (75 oz) | 34.10 | 1/4 cup heated, drained vegetable | 3.00 | 1 No. 10 can = about 60.5 oz (8-1/2 cups) heated, drained corn; 1 No. 10 can = about 63.0 oz (9 cups) drained, unheated corn |
| | No. 10 Can (75 oz) | 36.80 | 1/4 cup drained vegetable | 2.80 | 1 No. 10 can = about 63.0 oz (9 cups) drained, unheated corn |
| | No. 2 Can (12 oz) | 6.60 | 1/4 cup heated, drained vegetable | 15.20 | 1 No. 2 can = about 10.0 oz (1-2/3 cups) drained, heated corn |
| Corn, canned <i>Whole kernel, Liquid pack, Includes USDA Foods</i> | No. 10 Can (106 oz) | 39.60 | 1/4 cup heated, drained vegetable | 2.60 | 1 No. 10 can = about 66.0 oz (9-7/8 cups) heated, drained corn; 1 No. 10 can = about 73.3 oz (10-2/3 cups) drained, unheated corn |
| | No. 10 Can (106 oz) | 40.70 | 1/4 cup drained vegetable | 2.50 | 1 No. 10 can = about 73.3 oz (10-2/3 cups) drained, unheated corn |
| | No. 300 Can (15-1/4 oz) | 5.68 | 1/4 cup heated, drained vegetable | 17.70 | 1 No. 300 can = about 9.3 oz (1-3/8 cups) heated, drained corn; 1 No. 300 can = about 9.6 oz (1-3/8 cups) drained, unheated corn |
| | No. 300 Can (15-1/4 oz) | 5.86 | 1/4 cup drained vegetable | 17.10 | 1 No. 300 can = about 9.6 oz (1-3/8 cups) drained, unheated corn |
| Corn, frozen <i>Whole Kernel, Includes USDA Foods</i> | Pound | 11.10 | 1/4 cup tempered vegetable (unheated for salads) | 9.10 | 1 lb AP = 0.99 lb (about 2-3/4 cups) ready-to-serve raw tempered corn |

NOTE: For Footnotes please see the end of the section.

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| Starchy Vegetables - CORN (continued) | | | | | |
| Corn, frozen <i>Whole Kernel, Includes USDA Foods</i> | Pound | 11.00 | 1/4 cup cooked vegetable | 9.10 | |
| Corn, frozen <i>Corn on the cob, 3-inch ear (cobbette)</i> | Pound | 4.25 | 1/4 cup cooked vegetable (about 1 cobbette) | 23.60 | 1 lb AP = 0.53 lb (about 1 cup) edible portion cooked corn |
| Corn, frozen <i>Corn on the cob, 5-1/4-inch ear (medium)</i> | Pound | 2.44 | 1 medium cooked ear (about 1/2 cup cooked vegetable) | 41.00 | 1 lb AP = 0.52 lb (about 1-1/8 cups) edible portion cooked corn |
| Other Vegetables¹ - CUCUMBERS | | | | | |
| Cucumbers, fresh <i>Whole, Unpared</i> | Pound | 11.10 | 1/4 cup unpared, diced vegetable | 9.10 | 1 lb AP = 0.98 lb (about 2-3/4 cups) ready-to-serve raw, unpared, diced cucumber |
| | Pound | 12.40 | 1/4 cup unpared, sliced vegetable | 8.10 | |
| | Pound | 10.50 | 1/4 cup pared, diced or sliced vegetable | 9.60 | 1 lb AP = 0.84 lb ready-to-serve raw, pared, sliced cucumber |
| | Pound | 9.71 | 1/4 cup pared vegetable sticks (about 3 sticks, 3 inch by 3/4 inch sticks) | 10.30 | 1 lb AP = 0.81 lb (about 2-3/8 cups) ready-to-serve raw, pared cucumber sticks |
| | Pound | 11.80 | 1/4 cup unpared vegetable sticks (about 3 sticks, 3 inch by 3/4 inch sticks) | 8.50 | 1 lb AP = 0.98 lb (about 3 cups) ready-to-serve raw, unpared cucumber sticks |
| Other Vegetables¹ - EGGPLANT | | | | | |
| Eggplant, fresh <i>Whole</i> | Pound | 6.70 | 1/4 cup pared, cubed, cooked vegetable | 15.00 | 1 lb AP = 0.81 lb ready-to-cook eggplant |
| Dark Green Vegetables - ENDIVE, ESCAROLE | | | | | |
| Endive or Escarole, fresh <i>Whole</i> | Pound | 19.90 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP) | 5.10 | 1 lb AP = 0.78 lb ready-to-serve raw endive (escarole) |
| Dark Green Vegetables - GRAPE LEAVES | | | | | |
| Grape Leaves, fresh <i>Whole with stem</i> | Pound | 27.40 | 1/4 cup cooked, drained vegetable (about 3 leaves) | 3.70 | 1 lb AP = 0.80 lb (about 6-3/4 cups) cooked, steamed grape leaves without stem |
| Grape Leaves, canned <i>Pickled</i> | 14 oz Jar | 17.00 | 1/4 cup drained vegetable (about 3 leaves) | 5.90 | 14 oz jar = about 8.0 oz (4-1/4 cups) drained leaves |
| Starchy Vegetables - HOMINY | | | | | |
| Hominy, canned | No 2-1/2 Can (29 oz) | 12.90 | 1/4 cup vegetable | 7.80 | |
| | No. 10 Can (105 oz) | 46.90 | 1/4 cup vegetable | 2.20 | |

NOTE: For Footnotes please see the end of the section.

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| Starchy Vegetables - HOMINY (<i>continued</i>) | | | | | |
| Hominy, canned | No. 300 Can (15-1/2 oz) | 6.30 | 1/4 cup vegetable | 15.90 | |
| Starchy Vegetables - JICAMA (YAM BEAN) | | | | | |
| Jicama (Yam Bean), fresh <i>Whole</i> | Pound | 11.90 | 1/4 cup raw peeled, julienned vegetable strips | 8.50 | 1 lb AP = 0.89 lb (about 2-7/8 cups) ready-to-serve raw peeled, julienned jicama strips |
| | Pound | 9.61 | 1/4 cup peeled, cooked, julienned vegetable strips | 10.50 | 1 lb AP = 0.87 lb (about 2-3/8 cups) cooked jicama strips; 1 lb AP = 0.89 lb (about 2-7/8 cups) ready-to-serve or -cook raw peeled, julienned jicama strips |
| Dark Green Vegetables - KALE | | | | | |
| Kale, fresh <i>Trimmed, With stem, Ready-to-use</i> | Pound | 35.70 | 1/4 cup raw, chopped vegetable (no stem) (credits as 1/8 cup in NSLP/SBP and CACFP) | 2.90 | 1 lb AP = 0.73 lb ready-to-cook, stemmed kale leaves |
| | Pound | 10.00 | 1/4 cup cooked, drained vegetable (no stem) | 10.00 | 1 lb AP = 0.73 lb ready-to-cook, stemmed kale leaves; 1 lb AP = 0.77 lb (about 2-1/2 cups) stemmed, chopped, cooked kale |
| Kale, fresh <i>Trimmed, Without stem</i> | Pound | 48.80 | 1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP and CACFP) | 2.10 | 1 lb AP = 1 lb ready-to-cook |
| | Pound | 13.70 | 1/4 cup cooked, drained vegetable | 7.30 | 1 lb AP = 1 lb ready-to-cook; 1 lb AP = 1.15 lb (about 3-3/8 cups) cooked, drained kale |
| Kale, fresh <i>Untrimmed</i> | Pound | 11.80 | 1/4 cup cooked, drained vegetable | 8.50 | 1 lb AP = 0.67 lb ready-to-cook |
| Kale, canned | No. 10 Can (98 oz) | 26.70 | 1/4 cup heated, drained vegetable | 3.80 | 1 No. 10 can = about 49.6 oz (6-2/3 cups) heated, drained kale; 1 No. 10 can = about 58.0 oz (10 cups) drained kale |
| | No. 10 Can (98 oz) | 40.20 | 1/4 cup drained vegetable | 2.50 | 1 No. 10 can = about 58.0 oz (10 cups) drained kale |
| | No. 2-1/2 Can (27 oz) | 7.35 | 1/4 cup heated, drained vegetable | 13.70 | 1 No. 2-1/2 can = about 1-3/4 cups heated, drained kale; 1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained, unheated kale |
| | No. 2-1/2 Can (27 oz) | 11.00 | 1/4 cup drained vegetable | 9.10 | 1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained, unheated kale |
| | Pound | 4.35 | 1/4 cup heated, drained vegetable | 23.00 | |
| | Pound | 6.56 | 1/4 cup drained vegetable | 15.30 | |
| Kale, frozen <i>Chopped</i> | Pound | 12.10 | 1/4 cup cooked, drained vegetable | 8.30 | |

NOTE: For Footnotes please see the end of the section.

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| Dark Green Vegetables - KALE (continued) | | | | | |
| Kale, frozen <i>Whole leaf</i> | Pound | 9.50 | 1/4 cup cooked, drained vegetable | 10.60 | |
| Other Vegetables¹ - KOHLRABI | | | | | |
| Kohlrabi, fresh <i>Untrimmed</i> | Pound | 5.10 | 1/4 cup cooked, drained vegetable | 19.70 | 1 lb AP = 0.45 lb ready-to-cook, pared kohlrabi |
| Kohlrabi, fresh <i>Whole, With leaves and stems</i> | Pound | 9.30 | 1/4 cup raw, peeled vegetable sticks | 10.80 | 1 lb AP = 0.73 lb ready-to-serve or cook, pared kohlrabi |
| | Pound | 10.10 | 1/4 cup raw, peeled vegetable chunks | 10.00 | 1 lb AP = 0.82 lb (about 2-1/2 cups) ready-to-serve or -cook, pared kohlrabi chunks |
| Beans and Peas (Legumes) - LENTILS | | | | | |
| Lentils, dry | Pound | 29.60 | 1/4 cup cooked vegetable | 3.40 | 1 lb dry = about 2-3/8 cups dry lentils |
| | Pound | 19.70 | 3/8 cup cooked vegetable | 5.10 | |
| Dark Green Vegetables - LETTUCE | | | | | |
| Lettuce, fresh <i>Dark Green Leafy (loose lettuce), Untrimmed</i> | Pound | 21.70 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP) | 4.70 | 1 lb = 0.66 lb ready-to-serve raw lettuce |
| | Pound | 14.50 | 1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP and CACFP) | 6.90 | 1 lb = 0.66 lb ready-to-serve raw lettuce |
| Lettuce, fresh <i>Romaine, Untrimmed</i> | Pound | 31.30 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP) | 3.20 | 1 lb AP = 0.64 lb ready-to-serve raw lettuce |
| | Pound | 20.90 | 1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP and CACFP) | 4.80 | 1 lb AP = 0.64 lb ready-to-serve raw lettuce |
| Other Vegetables¹ - LETTUCE | | | | | |
| Lettuce, fresh <i>Iceberg, Head, Untrimmed</i> | Pound | 22.20 | 1/4 cup raw, shredded vegetable (credits as 1/8 cup in NSLP/SBP and CACFP) | 4.60 | 1 lb AP = 0.76 lb (about 5-1/2 cups) ready-to-serve shredded lettuce |
| | Pound | 20.80 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP) | 4.90 | |

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| Other Vegetables¹ - LETTUCE (continued) | | | | | |
| Lettuce, fresh <i>Iceberg, Head, Untrimmed</i> | Pound | 13.90 | 1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP and CACFP) | 7.20 | |
| Lettuce, fresh <i>Iceberg, Head, Cleaned and Cored, Ready-to-Use</i> | Pound | 29.20 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP) | 3.50 | 1 lb AP = 1 lb (about 7-1/3 cups) ready-to-serve lettuce |
| Lettuce, fresh <i>Salad mix (mostly iceberg, some romaine with shredded carrot and red cabbage)</i> | Pound | 26.40 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP) | 3.80 | 1 lb AP = 1 lb (about 6-1/2 cups) ready-to-serve lettuce |
| Lettuce, fresh <i>Mixed greens (equal amounts of iceberg and romaine with shredded carrots and red cabbage)</i> | Pound | 25.70 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP) | 3.90 | 1 lb AP = 1 lb (about 6-3/8 cups) ready-to-serve lettuce |
| Starchy Vegetables - MALANGA (TARO) | | | | | |
| Malanga (Taro), fresh <i>Whole</i> | Pound | 11.20 | 1/4 cup raw, peeled, diced vegetable | 9.00 | 1 lb AP = 0.89 lb (about 2-3/4 cups) ready-to-serve or-cook, peeled diced taro |
| | Pound | 7.95 | 1/4 cup peeled, diced, cooked vegetable | 12.60 | 1 lb AP = 1.07 lb (about 1-7/8 cups) cooked, peeled, diced vegetable; 1 lb AP = 0.89 lb (about 2-3/4 cups) ready-to-cook, peeled diced taro |
| Other Vegetables¹ - MUSHROOMS | | | | | |
| Mushrooms, fresh <i>Whole</i> | Pound | 18.70 | 1/4 cup raw, sliced vegetable | 5.40 | 1 lb AP = 0.98 lb ready-to-cook mushrooms |
| | Pound | 8.30 | 1/4 cup sliced, cooked, drained vegetable | 12.10 | 1 lb AP = 0.43 lb cooked, sliced mushrooms; 1 lb AP = 0.98 lb ready-to-cook mushrooms |
| | Pound | 22.50 | 1/4 cup trimmed, chopped vegetable | 4.50 | 1 lb AP = 0.97 lb (about 5-5/8 cups) trimmed, chopped, ready-to-cook mushrooms |
| | Pound | 12.00 | 1/4 cup trimmed, chopped, cooked vegetable | 8.40 | 1 lb AP = 0.93 lb (about 3 cups) trimmed, chopped, cooked mushrooms; 1 lb AP = 0.97 lb (about 5-5/8 cups) trimmed, chopped, ready-to-cook mushrooms |
| Mushrooms, fresh <i>Slices, Ready-to-use</i> | Pound | 18.50 | 1/4 cup sliced vegetable | 5.50 | 1 lb AP = 1 lb (about 4-5/8 cups) ready-to-serve mushrooms; 1/4 cup sliced vegetable = about 7 slices |
| Mushrooms, canned | No. 10 Can (68 oz drained weight) | 49.40 | 1/4 cup drained vegetable | 2.10 | 1 No. 10 can = about 12-1/3 cups drained mushrooms |

NOTE: For Footnotes please see the end of the section.

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| Other Vegetables¹ - MUSHROOMS (continued) | | | | | |
| Mushrooms, canned | Pound (drained weight) | 11.60 | 1/4 cup drained vegetable | 8.70 | |
| | No. 300 Can (8 oz drained weight) | 5.80 | 1/4 cup drained vegetable | 17.30 | 1 No. 300 can = about (1-1/2 cups) drained mushrooms |
| Mushrooms, frozen Slices | Pound | 12.20 | 1/4 cup vegetable tempered | 8.20 | 1 lb AP = 0.90 lb (about 3 cups) ready-to-serve, tempered mushrooms |
| Mushrooms, IQF | Pound | 6.00 | 1/4 cup cooked, drained vegetable | 16.77 | 1 lb AP = 0.57 lb (1-1/2 cups) IQF mushrooms, cooked |
| Dark Green Vegetables - MUSTARD GREENS OR MUSTARD CABBAGE GREENS | | | | | |
| Mustard Greens, fresh Trimmed, Without Stems | Pound | 49.20 | 1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP) | 2.10 | 1 lb AP = 0.99 lb (about 12-1/8 cups) ready-to-serve or -cook greens |
| | Pound | 14.10 | 1/4 cup cooked, drained vegetable | 7.10 | 1 lb AP = 0.99 lb (about 12-1/8 cups) ready-to-serve or -cook greens |
| Mustard Greens, fresh Untrimmed | Pound | 13.20 | 1/4 cup cooked, drained vegetable | 7.60 | 1 lb AP = 0.93 lb ready-to-cook greens |
| Mustard Greens, canned | No. 10 Can (101 oz) | 31.00 | 1/4 cup drained vegetable | 3.30 | 1 No. 10 can = about 61.0 oz (7-3/4 cups) drained greens |
| | No. 10 Can (101 oz) | 20.30 | 1/4 cup heated, drained vegetable | 5.00 | 1 No. 10 can = about 40.1 oz (5 cups) heated, drained greens; 1 No. 10 can = about 61.0 oz (7-3/4 cups) drained greens |
| | No. 2-1/2 Can (27 oz) | 11.80 | 1/4 cup drained vegetable | 8.50 | 1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained greens |
| | No. 300 Can (14-1/2 oz) | 3.81 | 1/4 cup drained vegetable | 26.30 | |
| | No. 300 Can (14-1/2 oz) | 2.74 | 1/4 cup heated, drained vegetable | 36.50 | |
| Mustard Greens, frozen Chopped | Pound | 11.60 | 1/4 cup cooked, drained vegetable | 8.70 | |
| Mustard Greens, frozen Leaf | Pound | 12.30 | 1/4 cup cooked, drained vegetable | 8.20 | |
| Other Vegetables¹ - OKRA | | | | | |
| Okra, fresh Whole | Pound | 9.70 | 1/4 cup cooked, drained whole vegetable | 10.40 | 1 lb AP = 0.87 lb ready-to-cook okra |
| | Pound | 9.00 | 1/4 cup cooked, drained sliced vegetable | 11.20 | 1 lb AP = 0.87 lb ready-to-cook okra |
| Okra, canned Cut | No. 10 Can (99 oz) | 38.80 | 1/4 cup heated, drained vegetable | 2.60 | 1 No. 10 can = about 60.0 oz (10-1/8 cups) drained okra |

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| Other Vegetables¹ - OKRA (continued) | | | | | |
| Okra, canned <i>Cut</i> | Pound | 6.20 | 1/4 cup heated, drained vegetable | 16.20 | |
| | No. 300 Can (14 oz) | 4.58 | 1/4 cup heated, drained vegetable | 21.90 | 1 No. 300 can = about 7.1 oz (1-1/8 cups) drained okra |
| Okra, frozen <i>Cut</i> | Pound | 9.10 | 1/4 cup cooked, drained vegetable | 11.00 | |
| Okra, frozen <i>Whole</i> | Pound | 11.80 | 1/4 cup cooked, drained vegetable | 8.50 | |
| Other Vegetables¹ - OLIVES | | | | | |
| Olives, canned <i>Green, Stuffed</i> | No. 10 Can (72 oz drained weight) | 55.50 | 1/4 cup drained vegetable | 1.90 | |
| | Pound (drained weight) | 12.30 | 1/4 cup drained vegetable | 8.20 | |
| Olives, canned <i>Green, Whole, With pits</i> | Gallon (65 oz drained weight) | 60.40 | 1/4 cup whole, pitted vegetable | 1.70 | 1 gallon = about 848 olives; 1/4 cup whole, pitted vegetable = about 14 small olives |
| | Pound (drained weight) | 14.80 | 1/4 cup pitted vegetable | 6.80 | |
| Olives, canned <i>Green, Whole, Pitted</i> | Gallon (69 oz drained weight) | 63.90 | 1/4 cup whole vegetable | 1.60 | 1 gallon container = about 16 cups drained or 847 olives; 1/4 cup whole vegetable = about 14 small olives |
| Olives, canned <i>Ripe, Pitted, Large, Whole</i> | No. 10 Can (50 oz drained weight) | 48.00 | 1/4 cup whole vegetable | 2.10 | 1 No. 10 can = about 380 olives; 1/4 cup whole vegetable = about 8 large olives |
| | No. 10 Can (50 oz drained weight) | 42.00 | 1/4 cup chopped vegetable | 2.40 | |
| | Pound (drained weight) | 15.30 | 1/4 cup whole vegetable | 6.60 | |
| | Pound (drained weight) | 12.90 | 1/4 cup chopped vegetable | 7.80 | |
| Olives, frozen <i>Ripe, 1/4-inch slices</i> | Pound | 14.90 | 1/4 cup tempered vegetable slices | 6.80 | 1 lb AP = 0.99 lb (about 3-2/3 cups) ready-to-serve tempered olives |
| Other Vegetables¹ - ONIONS, GREEN | | | | | |
| Onions, green, fresh <i>Whole</i> | Pound | 15.00 | 1/4 cup raw vegetable, with tops | 6.70 | 1 lb AP = 0.83 lb ready-to-serve, raw onions with tops |
| | Pound | 13.80 | 1/4 cup cooked with tops | 7.30 | 1 lb AP = 0.83 lb ready-to-serve, raw onions with tops |
| | Pound | 6.70 | 1/4 cup raw chopped or sliced vegetable without tops | 15.00 | 1 lb AP = 0.37 lb ready-to-serve raw onions without tops |

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| Other Vegetables¹ - ONIONS, MATURE | | | | | |
| Onions, Mature, fresh <i>All sizes, Whole</i> | Pound | 9.30 | 1/4 cup raw, chopped vegetable | 10.80 | 1 lb AP = 0.88 lb ready-to-serve or -cook raw onion |
| | Pound | 14.20 | 1/4 cup raw, sliced vegetable | 7.10 | 1 lb AP = 0.88 lb ready-to-serve or -cook raw onion |
| | Pound | 7.90 | 1/4 cup cooked vegetable pieces | 12.70 | 1 lb AP = 0.78 lb cooked onion; 1 lb AP = 0.88 lb ready-to-serve or -cook raw onion |
| | Pound | 7.10 | 1/4 cup cooked, whole vegetable | 14.10 | 1 lb AP = 0.78 lb cooked onion; 1 lb AP = 0.88 lb ready-to-serve or -cook raw onion |
| Onions, Mature, fresh <i>Yellow, Jumbo, Whole</i> | Pound | 5.70 | 1/4 cup sliced, grilled vegetable | 17.60 | 1 lb AP = 0.65 lb (about 1-3/8 cups) peeled, sliced, cooked onion; Jumbo = 3 inch diameter and over |
| Onions, Mature, fresh <i>Diced, Ready-to-use</i> | Pound | 12.60 | 1/4 cup diced, raw vegetable | 8.00 | 1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or -cook, raw, 1/4-inch diced onion |
| Onions, Mature, fresh <i>Sliced, Ready-to-use</i> | Pound | 12.70 | 1/4 cup sliced, raw vegetable | 7.90 | 1 lb AP = 1 lb ready-to-serve or -cook onion |
| Onions, Mature, canned <i>Whole</i> | No. 10 Can (105 oz) | 26.60 | 1/4 cup heated, drained vegetable | 3.80 | 1 No. 10 can = about 55.8 oz (6-2/3 cups) heated, drained onion |
| | Pound | 4.90 | 1/4 cup heated, drained vegetable | 20.50 | |
| | 15 oz Jar | 5.10 | 1/4 cup drained vegetable (about 5 onions) | 19.70 | 15 oz jar = about 9 oz (1-1/4 cups) drained or about 23 onions |
| Onions, Mature, frozen <i>Chopped</i> | Pound | 7.92 | 1/4 cup thawed vegetable | 12.70 | 1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-cook, thawed onion |
| | Pound | 5.94 | 1/4 cup cooked vegetable | 16.90 | 1 lb AP = 0.67 lb (about 1-3/8 cups) cooked onion |
| Onions, Mature, dehydrated <i>Chopped</i> | Pound | 49.90 | 1/4 cup rehydrated, cooked vegetable | 2.10 | 1 lb dry = about 4-2/3 cups dehydrated onion |
| | Pound | 18.70 | 1/4 cup uncooked, vegetable | 5.40 | 1 lb dry = about 4-2/3 cups dehydrated onion |
| Dark Green Vegetables - PARSLEY | | | | | |
| Parsley, fresh <i>Curly</i> | Pound | 83.40 | 1/4 cup chopped, raw vegetable (credits as 1/8 cup in NSLP/ SBP and CACFP) | 1.20 | 1 lb AP = 0.92 lb ready-to-serve raw parsley |
| Starchy Vegetables - PARSNIPS | | | | | |
| Parsnips, fresh <i>Whole</i> | Pound | 8.10 | 1/4 cup cooked, drained vegetable pieces | 12.40 | 1 lb AP = 0.83 lb ready-to-cook parsnips |
| | Pound | 7.20 | 1/4 cup cooked, drained, mashed vegetable | 13.90 | 1 lb AP = 0.83 lb ready-to-cook parsnips |

NOTE: For Footnotes please see the end of the section.

Section 2 - Vegetables

| 1. Food As Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meal Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
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| Additional Vegetables - PEAS AND CARROTS | | | | | |
| Peas and Carrots⁶, canned | No. 10 Can (105 oz) | 41.30 | 1/4 cup heated, drained vegetable | 2.50 | 1 No. 10 can = about 66.0 oz (11-1/2 cups) drained, unheated peas and carrots |
| | Pound | 6.30 | 1/4 cup heated, drained vegetable | 15.90 | |
| Peas and Carrots⁶, frozen | Pound | 10.90 | 1/4 cup cooked, drained vegetable | 9.20 | |
| Other Vegetables¹ - PEAS, CHINESE SNOW | | | | | |
| Peas, Chinese, Snow, frozen <i>Edible podded, Whole</i> | Pound | 11.40 | 1/4 cup cooked, drained vegetable | 8.80 | |
| Starchy Vegetables - PEAS, FIELD | | | | | |
| Peas, Field, canned <i>With snaps</i> | No. 10 Can (111 oz) | 37.60 | 1/4 cup heated, drained vegetable | 2.70 | 1 No. 10 can = about 72.3 oz (9-3/8 cups) heated, drained field peas with snaps; 1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps |
| | No. 10 Can (111 oz) | 46.30 | 1/4 cup drained vegetable | 2.20 | 1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps |
| | No. 300 Can (15 oz) | 5.12 | 1/4 cup heated, drained vegetable | 19.60 | 1 No. 300 can = about 7.95 oz (1-1/4 cups) heated, drained field peas with snaps; 1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps |
| | No. 300 Can (15 oz) | 5.59 | 1/4 cup drained vegetable | 17.90 | 1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps |
| Beans and Peas (Legumes) - PEAS, GREEN | | | | | |
| Peas, Green, dry <i>Whole</i> | Pound | 25.60 | 1/4 cup cooked vegetable | 4.00 | 1 lb dry = about 2-1/3 cups dry peas |
| Peas, Green, dry <i>Split</i> | Pound | 23.10 | 1/4 cup cooked vegetable | 4.40 | 1 lb dry = about 2-1/4 cups dry split peas |
| Starchy Vegetables - PEAS, GREEN | | | | | |
| Peas, Green, fresh <i>Shelled</i> | Pound | 10.60 | 1/4 cup cooked, drained vegetable | 9.50 | 1 lb in pod = 0.38 lb ready-to-cook peas |
| Peas, Green, canned <i>Includes USDA Foods</i> | No. 10 Can (106 oz) | 36.70 | 1/4 cup heated, drained vegetable | 2.80 | 1 No. 10 can = about 68.0 oz (9-1/8 cups) heated, drained peas; 1 No. 10 can = about 10-1/5 cups drained, unheated peas |
| | No. 10 Can (106 oz) | 42.00 | 1/4 cup drained vegetable (unheated for salads) | 2.40 | 1 No. 10 can = about 10-1/5 cups drained, unheated peas |
| | No. 300 Can (15-1/4 oz) | 4.95 | 1/4 cup heated, drained vegetable | 20.30 | |
| | No. 300 Can (15-1/4 oz) | 5.67 | 1/4 cup drained vegetable (unheated for salads) | 17.70 | |

NOTE: For Footnotes please see the end of the section.

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| Starchy Vegetables - PEAS, GREEN (continued) | | | | | |
| Peas, Green, frozen <i>Includes USDA Foods</i> | Pound | 9.59 | 1/4 cup cooked, drained vegetable | 10.50 | 1 lb AP = 0.98 lb (about 2-3/8 cups) cooked, drained peas |
| Starchy Vegetables - PEAS, PIGEON, GREEN | | | | | |
| Peas, Pigeon, Green, frozen <i>Immature</i> | Pound | 10.60 | 1/4 cup cooked, drained vegetable | 9.50 | 1 lb AP = 0.96 lb (about 2-2/3 cups) cooked, drained peas |
| Other Vegetables¹ - PEAS, SUGAR SNAP | | | | | |
| Peas, Sugar Snap, frozen <i>Whole</i> | Pound | 9.78 | 1/4 cup cooked, drained vegetable | 10.30 | 1 lb AP = 1 lb (about 2-3/8 cups) cooked, drained peas |
| Other Vegetables¹ - PEPPEROCINI | | | | | |
| Pepperocini, canned <i>Whole</i> | Gallon (72 oz drained weight) | 64.00 | 1/4 cup drained vegetable | 1.60 | 1 gallon container = about 207 pepperocini |
| Other Vegetables¹ - PEPPERS, BELL | | | | | |
| Peppers, Bell, fresh <i>Green or Yellow, Medium or Large, Whole</i> | Pound | 9.70 | 1/4 cup chopped or diced raw vegetable | 10.40 | 1 lb AP = 0.80 lb ready-to-serve or -cook raw peppers |
| | Pound | 14.70 | 1/4 cup raw vegetable strips | 6.90 | 1 lb AP = 0.80 lb ready-to-serve or -cook raw peppers |
| | Pound | 9.80 | 1/4 cup cooked, drained vegetable strips | 10.30 | 1 lb AP = 0.73 lb cooked peppers; 1 lb AP = 0.80 lb ready-to-serve or -cook raw peppers |
| Peppers, Bell, dehydrated <i>Green or Yellow, Diced</i> | Pound | 99.20 | 1/4 cup rehydrated, cooked vegetable | 1.10 | 1 lb dry = about 9-1/4 cups dehydrated pepper |
| | Pound | 38.60 | 1/4 cup dehydrated vegetable | 2.60 | 1 lb dry = about 9-1/4 cups dehydrated pepper |
| Peppers, Bell, frozen <i>Green or Yellow, Diced</i> | Pound | 12.10 | 1/4 cup thawed vegetable | 8.30 | 1 lb AP = 1 lb (about 3 cups) thawed peppers |
| | Pound | 7.30 | 1/4 cup cooked, drained vegetable | 13.70 | |
| Red/Orange Vegetables - PEPPERS, BELL, ORANGE OR RED | | | | | |
| Peppers, Bell, fresh <i>Orange or Red, Medium or Large, Whole</i> | Pound | 9.70 | 1/4 cup chopped or diced raw vegetable | 10.40 | 1 lb AP = 0.80 lb ready-to-serve or -cook raw peppers |
| | Pound | 14.70 | 1/4 cup raw vegetable strips | 6.90 | 1 lb AP = 0.80 lb ready-to-serve or -cook raw peppers |
| | Pound | 9.80 | 1/4 cup cooked, drained vegetable strips | 10.30 | 1 lb AP = 0.73 lb cooked peppers |
| Peppers, Bell, frozen <i>Orange or Red, Diced</i> | Pound | 12.10 | 1/4 cup thawed vegetable | 8.30 | 1 lb AP = 1 lb (about 3 cups) thawed peppers |
| | Pound | 7.30 | 1/4 cup cooked, drained vegetable | 13.70 | |

NOTE: For Footnotes please see the end of the section.

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| Red/Orange Vegetables - PEPPERS, BELL, ORANGE OR RED (continued) | | | | | |
| Peppers, Bell, dehydrated <i>Orange or Red, Diced</i> | Pound | 99.20 | 1/4 cup rehydrated, cooked vegetable | 1.10 | 1 lb dry = about 9-1/4 cups dehydrated peppers |
| | Pound | 38.60 | 1/4 cup dehydrated vegetable | 2.60 | 1 lb dry = about 9-1/4 cups dehydrated pepper |
| Red/Orange Vegetables - PEPPERS, CHERRY | | | | | |
| Peppers, fresh <i>Cherry, Whole with stem</i> | Pound | 14.40 | 1/4 cup raw vegetable (about 3 peppers) | 7.00 | 1 lb AP = 0.95 lb (about 3-1/2 cups) ready-to-serve or -cook raw pepper |
| Other Vegetables¹ - PEPPERS, GREEN CHILIES | | | | | |
| Peppers, Green Chilies, fresh <i>Anaheim Whole with stem</i> | Pound | 11.40 | 1/4 cup chopped, seeded raw vegetable | 8.80 | 1 lb AP = 0.80 lb (about 2-3/4 cups) ready-to-serve, raw, stemmed, seeded, chopped chili peppers |
| Peppers, Green Chilies, fresh <i>Jalapeno, Whole with stem</i> | Pound | 15.60 | 1/4 cup raw vegetable (about 2 peppers) | 6.50 | 1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve raw whole peppers |
| Peppers, Green Chilies, canned <i>Chopped</i> | No. 10 Can (103 oz) | 51.40 | 1/4 cup heated, drained vegetable | 2.00 | 1 No. 10 can (103 oz) = about 12-7/8 cups heated, drained peppers 1 No. 10 can (99 oz) = about 11-3/4 cups unheated peppers |
| | No. 10 Can (99 oz) | 47.10 | 1/4 cup unheated vegetable | 2.20 | 1 No. 10 can (99 oz) = about 11-3/4 cups unheated peppers |
| | Pound | 7.98 | 1/4 cup heated vegetable | 12.60 | |
| Peppers, Green Chilies, canned <i>Jalapeno Slices</i> | No. 10 Can (106 oz) | 46.20 | 1/4 cup drained vegetable slices | 2.00 | 1 No. 10 can = about 64.4 oz (11-1/2 cups) drained peppers |
| Peppers, Green Chilies, canned <i>Jalapeno Whole</i> | No. 10 Can (96 oz) | 35.00 | 1/4 cup drained, whole vegetable | 2.90 | 1 No. 10 can = about 60 oz (8-3/4 cups) drained peppers |
| Other Vegetables¹ - PICKLES | | | | | |
| Gherkins, canned <i>Whole</i> | Gallon (about 87 oz drained weight) | 55.20 | 1/4 cup whole vegetable | 1.90 | Length of gherkins = 2 to 2-3/4 inch; 1/4 cup whole vegetable = about 3-3/4 small gherkins, 1-1/4 large gherkins |
| Pickles, canned <i>Chips</i> | Quart (about 20 oz drained weight) | 13.90 | 1/4 cup drained vegetable | 7.20 | 1 quart container = 3-1/2 cups drained or 52 pickle chips |
| | Gallon (about 87 oz drained weight) | 60.30 | 1/4 cup drained vegetable | 1.70 | |
| | Pound | 11.10 | 1/4 cup drained vegetable | 9.10 | |
| Pickles, canned <i>Spears, Medium size</i> <i>4.75 x 0.75 x 1.5-inches</i> | 24 oz Jar (about 15.4 oz drained weight) | 8.80 | 1/4 cup drained vegetable | 11.40 | 24 oz container = about 2-1/4 cups chopped, drained or 11 whole pickle spears; 1/4 cup drained vegetable = about 1-1/4 spears |

NOTE: For Footnotes please see the end of the section.

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| Other Vegetables¹ - PICKLES (continued) | | | | | |
| Pickles, canned <i>Whole</i> | Gallon (about 87 oz drained weight) | 55.20 | 1/4 cup whole vegetable | 1.90 | Length of pickles: small = 2-3/4 to 3-1/2 inch, medium = 3-1/2 to 4 inch, large = 4 to 4-3/4 inch, extra-large = 4-3/4 to 5-1/4 inch; 1/4 cup whole vegetable = 1 small pickle, 1/2 medium pickle, 1/3 large pickle, 1/4 extra large pickle |
| | Gallon (about 87 oz drained weight) | 84.40 | 1/8 cup length-wise sliced vegetable | 1.20 | |
| | Gallon (about 87 oz drained weight) | 108.00 | 1/8 cup chopped vegetable | 1.00 | |
| Red/Orange Vegetables - PIMIENTOS (PIMENTOS) | | | | | |
| Pimientos, canned <i>Chopped or Diced</i> | No. 10 Can (102 oz) | 40.70 | 1/4 cup drained vegetable | 2.50 | 1 No. 10 can = about 74.0 oz (10-1/8 cups) drained pimientos |
| | No. 2-1/2 Can (27-1/2 oz) | 8.39 | 1/4 cup drained vegetable | 12.00 | 1 No. 2-1/2 can = about 17.6 oz (2 cups) drained pimientos |
| | Pound | 6.40 | 1/4 cup drained vegetable | 15.70 | |
| Pimientos, canned <i>Whole</i> | No. 10 Can (102 oz) | 38.50 | 1/4 cup drained, chopped vegetable | 2.60 | 1 No. 10 can = about 71 oz (9-3/4 cups) drained pimientos |
| | No. 2-1/2 Can (28 oz) | 11.00 | 1/4 cup drained, chopped vegetable | 9.10 | 1 No. 2-1/2 can = about 20.2 oz (2-3/4 cups) drained pimientos |
| | No. 300 Can (13-3/4 oz) | 4.97 | 1/4 cup drained vegetable | 20.20 | 1 No. 300 can = about 9.2 oz (1-1/8 cups) drained pimientos |
| | 7 oz Can | 2.80 | 1/4 cup drained, chopped vegetable | 35.80 | 7 oz can = about 5.2 oz (2/3 cup) drained pimientos |
| | Pound | 6.03 | 1/4 cup drained, chopped vegetable | 16.60 | |
| Starchy Vegetables - PLANTAIN | | | | | |
| Plantain, fresh <i>Green</i> | Pound | 7.50 | 1/4 cup peeled, sliced, cooked vegetable | 13.40 | 1 lb = 0.62 lb ready-to-cook peeled, sliced plantains |
| Plantain, fresh <i>Ripe</i> | Pound | 5.60 | 1/4 cup peeled, sliced, cooked vegetable | 17.90 | 1 lb = 0.65 lb ready-to-cook peeled, sliced plantains |
| Starchy Vegetables - POI | | | | | |
| Poi <i>Undiluted</i> | Pound | 5.67 | 1/2 cup diluted | 17.70 | Add 1 cup water to each 1 lb bag undiluted poi; 1 lb AP = 1.52 lb (about 2-3/4 cups) diluted ready-to-serve poi |
| | Pound | 2.83 | 1 cup diluted | 35.40 | Add 1 cup water to each 1 lb bag undiluted poi; 1 lb AP = 1.52 lb (about 2-3/4 cups) diluted ready-to-serve poi |

NOTE: For Footnotes please see the end of the section.

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| Starchy Vegetables - POTATO PRODUCTS | | | | | |
| Potato Products, fresh <i>Raw, Shredded, Pre-portioned, 3.0 oz</i> | Pound | 5.33 | 3/8 cup cooked vegetable (about 1 portion) | 18.80 | 1 lb AP = 0.94 lb cooked vegetable |
| | Pound | 8.28 | 1/4 cup cooked vegetable (about 2/3 portion) | 12.10 | 1 lb AP = 0.94 lb cooked vegetable |
| | Pound | 10.60 | 1/8 cup cooked vegetable (about 1/2 portion) | 9.50 | 1 lb AP = 0.94 lb cooked vegetable |
| Potato Products, frozen <i>Hashed patty, Pre-browned, 2.25 oz each</i> | Pound | 7.11 | 1 cooked patty (about 1/4 cup cooked vegetable) | 14.10 | |
| Potato Products, frozen <i>Hash browns, Diced</i> | Pound | 7.70 | 1/4 cup cooked vegetable | 13.00 | |
| Potato Products, frozen <i>Mashed</i> | Pound | 7.37 | 1/4 cup heated vegetable | 13.60 | 1 lb AP = 1 lb (about 1-3/4 cups) mashed potatoes |
| Potato Products, frozen <i>Skins or Pieces or Wedges, etc., With skin, Cooked</i> | Pound | 10.60 | 1/4 cup heated vegetable | 9.50 | |
| Potato Products, frozen <i>Rounds⁷ (approx. 3/4 to 1 inch diameter by 1 to 1-1/4 inch length), Regular Size</i> | Pound | 12.70 | 1/4 cup cooked vegetable (about 4 pieces) | 7.90 | |
| | 5 lb Package | 61.00 | 1/4 cup baked vegetable (about 4 pieces) | 1.70 | 5 lb bag = about 15-1/4 cups baked potato rounds (about 8.0 grams per piece) |
| Potato Products, frozen <i>Rounds⁷, Mini Size</i> | Pound | 12.20 | 1/4 cup baked vegetable | 8.20 | 1 lb AP = 0.85 lb (about 3 cups) baked potato rounds (about 4.0 grams per piece); 1/4 cup baked vegetable = about 8 pieces |
| Potato Products, frozen <i>Circles (about 1-1/4-inch diameter by 9/16-inch height)</i> | Pound | 12.60 | 1/4 cup baked vegetable (about 5 circles) | 8.00 | 1 lb AP = 0.75 lb (about 3-1/8 cups) cooked |
| Potato Products, dehydrated <i>Hashed, Browns</i> | Pound | 24.10 | 1/4 cup reconstituted, cooked vegetable | 4.20 | 1 lb dry = 6 cups reconstituted, cooked potato; 1 lb dry = about 4-3/4 cups dry hash browns |
| Starchy Vegetables - POTATOES | | | | | |
| Potatoes, fresh <i>Red, Whole</i> | Pound | 9.88 | 1/4 cup diced, cooked vegetable with skin | 10.20 | 1 lb AP = 0.97 lb (about 2-3/8 cups) cooked potatoes |
| Potatoes, fresh <i>White or Russet, All sizes, Whole, Includes USDA Foods</i> | Pound | 8.90 | 1/4 cup pared, cooked, diced vegetable | 11.30 | 1 lb AP = 0.81 lb ready-to-cook pared potatoes; 1 lb AP = 0.74 lb baked potato without skin |
| | Pound | 8.40 | 1/4 cup pared, cooked, mashed vegetable | 12.00 | 1 lb AP = 0.81 lb ready-to-cook pared potatoes |

NOTE: For Footnotes please see the end of the section.

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| Starchy Vegetables - POTATOES (continued) | | | | | |
| Potatoes, fresh <i>White or Russet, All sizes, Whole, Includes USDA Foods</i> | Pound | 9.90 | 1/4 cup pared, cooked, sliced vegetable | 10.20 | 1 lb AP = 0.81 lb ready-to-cook pared potatoes |
| | Pound | 5.30 | 1/4 cup pared, cooked hash browns (1/4 cup vegetable) | 18.90 | 1 lb AP = 0.81 lb ready-to-cook pared potatoes |
| | Pound | 9.70 | 1/4 cup diced, cooked vegetable with skin | 10.30 | 1 lb AP = 0.99 lb (about 2-3/8 cups) cooked, unpeeled, diced potatoes |
| Potatoes, fresh <i>White or Russet, 120 Count (approx. 6 oz each), Whole</i> | Pound | 2.66 | 1 whole, baked potato (about 1/2 cup vegetable) | 37.60 | 1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin |
| | Pound | 6.53 | 1/4 cup baked vegetable with skin | 15.40 | 1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin |
| Potatoes, fresh <i>White or Russet, 100 Count (approx. 8 oz each), Whole</i> | Pound | 2.00 | 1 whole, baked potato (about 3/4 cup vegetable) | 50.00 | 1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin |
| | Pound | 6.76 | 1/4 cup baked vegetable with skin | 14.80 | 1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin |
| Potatoes, fresh <i>White or Russet, 80 Count (approx. 10 oz each), Whole</i> | Pound | 1.60 | 1 whole baked potato (about 1 cup vegetable) | 62.50 | 1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin |
| | Pound | 7.01 | 1/4 cup baked vegetable with skin | 14.30 | 1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin |
| Potatoes, canned <i>Diced</i> | No. 10 Can (102 oz) | 39.90 | 1/4 cup drained, unheated vegetable | 2.60 | 1 No. 10 can = about 73.7 oz (9-7/8 cups) drained, unheated potatoes |
| Potatoes, canned <i>Sliced</i> | No. 10 Can (102 oz) | 44.20 | 1/4 cup drained, unheated vegetable | 2.30 | 1 No. 10 can = about 74.6 oz (11 cups) drained, unheated potatoes |
| | No. 300 Can (14-1/2 oz) | 5.73 | 1/4 cup drained, unheated vegetable | 17.50 | 1 No. 300 can = about 9.9 oz (1-3/8 cups) drained, unheated potatoes |
| Potatoes, canned <i>Whole, Small</i> | No. 10 Can (102 oz) | 43.70 | 1/4 cup heated, drained vegetable | 2.30 | 1 No. 10 can = about 10-7/8 cups heated, drained potatoes; 1 No. 10 can = about 74.0 oz (10-3/4 cups) drained, unheated potatoes |
| | No. 10 Can (102 oz) | 43.40 | 1/4 cup drained, unheated vegetable | 2.40 | 1 No. 10 can = about 74.0 oz (10-3/4 cups) drained, unheated potatoes |
| | No. 2-1/2 Can (29 oz) | 10.90 | 1/4 cup heated, drained vegetable | 9.20 | 1 No. 2-1/2 can = about 17.7 oz (2-3/4 cups) drained potatoes |
| | No. 300 Can (14-1/2 oz) | 5.90 | 1/4 cup heated, drained vegetable | 17.00 | |

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| Starchy Vegetables - POTATOES (continued) | | | | | |
| Potatoes, frozen <i>Diced, Precooked</i> | Pound | 10.10 | 1/4 cup tempered, unheated vegetable | 10.00 | 1 lb AP = 1 lb (about 2-1/2 cups) tempered potatoes |
| | Pound | 8.97 | 1/4 cup cooked vegetable | 11.20 | 1 lb AP = 0.83 lb (about 2-1/8 cups) cooked potatoes |
| Potatoes, frozen <i>Shells</i> | Pound | 11.10 | 1/4 cup baked vegetable | 9.10 | 1 lb AP = 0.90 lb baked potato shell |
| Potatoes, frozen <i>Wedges, USDA Foods</i> | Pound | 11.90 | 1/4 cup baked vegetable | 8.50 | 1 lb AP = 0.71 lb (about 2-7/8 cups) baked potato |
| | 5 lb Package | 59.50 | 1/4 cup baked vegetable | 1.70 | 5 lb bag = about 14-7/8 cups baked potato |
| Potatoes, frozen <i>Whole, Small</i> | Pound | 10.10 | 1/4 cup cooked vegetable | 10.00 | |
| Potatoes, dehydrated <i>Diced, Low moisture</i> | Pound | 45.10 | 1/4 cup reconstituted, heated vegetable | 2.30 | 1 lb dry = about 5-1/8 cups dehydrated diced potatoes |
| Potatoes, dehydrated <i>Flake, Low moisture</i> | Pound | 50.50 | 1/4 cup reconstituted, heated vegetable | 2.00 | 1 lb dry = about 2-1/4 cups dehydrated potato granules |
| Potatoes, dehydrated <i>Granules, Low moisture</i> | Pound | 50.50 | 1/4 cup reconstituted, heated vegetable | 2.00 | 1 lb dry = about 2-1/4 cups dehydrated potato granules |
| Potatoes, dehydrated <i>Slices, Low moisture</i> | Pound | 43.50 | 1/4 cup reconstituted, heated vegetable | 2.30 | 1 lb dry = about 9-2/3 cups dehydrated potato slices |
| Starchy Vegetables - POTATOES, FRENCH FRIES | | | | | |
| Potatoes, French Fries, frozen <i>Crinkle cut, Low moisture, Ovenable</i> | Pound | 16.20 | 1/4 cup cooked vegetable | 6.20 | 1 lb AP = 0.92 lb (about 4 cups) baked French fries |
| | 4 lb Package | 64.90 | 1/4 cup cooked vegetable | 1.60 | 1 lb AP = 0.92 lb (about 4 cups) baked French fries |
| Potatoes, French Fries, frozen <i>Crinkle cut, Regular moisture, Includes USDA Foods</i> | Pound | 12.60 | 1/4 cup cooked vegetable | 8.00 | 1 lb AP = 0.81 lb (about 3-1/8 cups) baked French fries |
| | 4-1/2 lb Package | 56.70 | 1/4 cup cooked vegetable | 1.80 | 1 lb AP = 0.81 lb (about 3-1/8 cups) baked French fries |
| Potatoes, French Fries, frozen <i>Curly (1/3-inch width)</i> | Pound | 16.20 | 1/4 cup cooked vegetable | 6.20 | 1 lb AP = 0.66 lb (about 4 cups) baked French fries |
| | 4-1/2 lb Package | 72.90 | 1/4 cup cooked vegetable | 1.40 | 1 lb AP = 0.66 lb (about 4 cups) baked French fries |
| Potatoes, French Fries, frozen <i>Shoestring, Straight cut, Low moisture</i> | Pound | 14.20 | 1/4 cup cooked vegetable | 7.10 | 1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries |
| | 4-1/2 lb Package | 63.90 | 1/4 cup cooked vegetable | 1.60 | 1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries |

NOTE: For Footnotes please see the end of the section.

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| Starchy Vegetables - POTATOES, FRENCH FRIES (continued) | | | | | |
| Potatoes, French Fries, frozen <i>Shoestring, Straight cut, Regular moisture</i> | Pound | 17.50 | 1/4 cup cooked vegetable | 5.80 | |
| | 4-1/2 lb Package | 79.00 | 1/4 cup cooked vegetable | 1.30 | |
| Potatoes, French Fries, frozen <i>Straight cut, Regular moisture, Ovenable, Includes USDA Foods</i> | Pound | 14.00 | 1/4 cup cooked vegetable | 7.20 | 1 lb AP = 0.63 lb (about 3-1/2 cups) baked French fries |
| | 5 lb Package | 70.00 | 1/4 cup cooked vegetable | 1.50 | 5 lb pkg = about 17-1/2 cups baked French fries |
| Red/Orange Vegetables - PUMPKIN | | | | | |
| Pumpkin, fresh <i>Whole</i> | Pound | 4.70 | 1/4 cup cooked, mashed vegetable | 21.30 | 1 lb AP = 0.70 lb ready-to-cook pumpkin |
| Pumpkin, Fresh <i>Whole</i> | Pound | 4.00 | 1/4 cup diced, cooked vegetable | 25.00 | 1 lb peeled, diced pumpkin (without seeds) = 0.28 lb (about 1 cup) cooked pumpkin |
| Pumpkin, canned | No. 10 Can (106 oz) | 51.50 | 1/4 cup heated vegetable | 2.00 | |
| | No. 2-1/2 Can (29 oz) | 14.10 | 1/4 cup heated vegetable | 7.10 | |
| | No. 300 Can (15 oz) | 7.04 | 1/4 cup heated vegetable | 14.30 | 1 No. 300 can = about 15.1 oz (1-3/4 cups) ready-to-serve or -cook pumpkin |
| | Pound | 7.77 | 1/4 cup heated vegetable | 12.90 | |
| Other Vegetables¹ - RADISHES | | | | | |
| Radishes, Fresh <i>Without Tops</i> | Pound | 12.80 | 1/4 cup whole vegetable | 7.90 | 1 lb without tops = 0.94 lb ready-to-serve raw radishes; 1/4 cup whole vegetable = about 7 small radishes |
| | Pound | 15.30 | 1/4 cup raw, sliced vegetable | 6.60 | 1 lb without tops = 0.94 lb ready-to-serve raw radishes |
| Other Vegetables¹ - RUTABAGAS | | | | | |
| Rutabagas, fresh <i>Whole</i> | Pound | 8.30 | 1/4 cup pared, cubed, cooked vegetable | 12.10 | 1 lb AP = 0.85 lb ready-to-cook rutabaga |
| | Pound | 5.70 | 1/4 cup pared, cooked, drained, mashed vegetable | 17.60 | 1 lb AP = 0.85 lb ready-to-cook rutabaga |
| Red/Orange Vegetables - SALSA | | | | | |
| Salsa, canned^a <i>USDA Foods (all vegetable ingredients plus a minor amount of spices)</i> | No. 10 Can (106 oz) | 49.30 | 1/4 cup vegetable | 2.10 | 1 No. 10 can = about 12-1/3 cups salsa |

NOTE: For Footnotes please see the end of the section.

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| Red/Orange Vegetables - SALSA (continued) | | | | | |
| Salsa, canned* <i>Chunky Commercial (all vegetable ingredients plus a minor amount of spices)</i> | Gallon (8 lb 10 oz) | 63.90 | 1/4 cup vegetable | 1.60 | 1 gallon container = 16 cups salsa |
| Other Vegetables¹ - SAUERKRAUT | | | | | |
| Sauerkraut, canned | No. 10 Can (99 oz) | 36.50 | 1/4 cup heated, drained vegetable | 2.80 | 1 No. 10 can = about 11-7/8 cups drained, unheated vegetable |
| | No. 2-1/2 Can (27 oz) | 15.00 | 1/4 cup cup heated, drained vegetable | 6.70 | 1 No. 2-1/2 can = about 23.0 oz (4-1/2 cups) drained, unheated vegetable |
| | No. 300 Can (14.5 oz) | 4.93 | 1/4 cup heated, drained vegetable | 20.30 | |
| Other Vegetables¹ - SEAWEED | | | | | |
| Seaweed, dehydrated wakame | Pound | 91.00 | 1/4 cup trimmed, rehydrated vegetable | 1.10 | 1 lb dry = 4.3 lb (about 22-2/3 cups) rehydrated, ready-to-serve or -cook seaweed |
| Additional Vegetables - SOUPS, CANNED | | | | | |
| Soups, canned <i>Condensed (1 part soup to 1 part water) minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such as meat or poultry</i> | No. 3 Can (50 oz or about 46 fl oz) | 11.50 | 1 cup reconstituted (about 1/4 cup vegetable) | 8.70 | Reconstitute 1 part soup with not more than 1 part water |
| | Pound | 3.68 | 1 cup reconstituted (about 1/4 cup vegetable) | 27.20 | Reconstitute 1 part soup with not more than 1 part water |
| | Picnic (about 10-3/4 oz) | 2.40 | 1 cup reconstituted (about 1/4 cup vegetable) | 41.70 | Reconstitute 1 part soup with not more than 1 part water |
| Soups, canned <i>Ready-to-serve minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such as meat or poultry</i> | 8 oz Can | 1.00 | 1 cup serving (about 1/4 cup vegetable) | 100.00 | |
| Beans and Peas (Legumes) - SOUPS, CANNED | | | | | |
| Soups, canned <i>Bean Soup, Condensed (1 part soup to 1 part water)</i> | No. 3 Cylinder (54 oz) | 23.00 | 1/2 cup reconstituted (1/4 cup heated vegetable) | 4.40 | Reconstitute 1 part soup with not more than 1 part water |

NOTE: For Footnotes please see the end of the section.

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| Beans and Peas (Legumes) - SOUPS, CANNED (<i>continued</i>) | | | | | |
| Soups, canned <i>Bean Soup Condensed (1 part soup to 1 part water)</i> | Pound | 6.80 | 1/2 cup reconstituted (1/4 cup heated vegetable) | 14.80 | Reconstitute 1 part soup with not more than 1 part water |
| Soups, canned <i>Bean Soup, Ready-to-serve</i> | 8 oz Can | 1.00 | 1 cup serving (1/2 cup heated vegetable) | 100.00 | |
| Dark Green Vegetables - SPINACH | | | | | |
| Spinach, fresh <i>Partly trimmed</i> | Pound | 30.70 | 1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/ SBP and CACFP) | 3.30 | 1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach |
| | Pound | 20.40 | 1/4 cup vegetable with dressing (credits as 1/8 cup in NSLP/ SBP and CACFP) | 5.00 | 1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach |
| | Pound | 7.60 | 1/4 cup cooked, drained vegetable | 13.20 | 1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach |
| Spinach, fresh <i>Leaves (4-inch by 9-inch), Ready-to-use</i> | Pound | 25.60 | 1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/ SBP and CACFP) | 4.00 | 1 lb AP = 1.00 lb (about 6-3/8 cups) ready-to-cook or -serve raw spinach |
| | Pound | 12.60 | 1/4 cup wilted vegetable | 8.00 | 1 lb AP = 1.03 lb (about 3-1/8 cups) wilted (lightly steamed for one minute) spinach; 1 lb AP = 1.00 lb (about 6-3/8 cups) ready-to-cook or -serve raw spinach |
| Spinach, canned | No. 10 Can (98 oz) | 25.20 | 1/4 cup heated, drained vegetable | 4.00 | 1 No. 10 can = about 55.0 oz drained spinach |
| | No. 2-1/2 Can (27 oz) | 6.90 | 1/4 cup heated, drained vegetable | 14.50 | 1 No. 2-1/2 can = about 17.6 oz (2-1/4 cups) drained spinach |
| | No. 300 Can (13-1/2 oz) | 3.91 | 1/4 cup heated, drained vegetable | 25.60 | 1 No. 300 can = (about 1 cup) drained, unheated spinach |
| | Pound | 4.11 | 1/4 cup heated, drained vegetable | 24.40 | |
| Spinach, frozen <i>Chopped, Includes USDA Foods</i> | Pound | 5.60 | 1/4 cup cooked, drained vegetable | 17.90 | |
| Spinach, frozen <i>Leaf, Whole</i> | Pound | 6.50 | 1/4 cup cooked, drained vegetable | 15.40 | |
| Dark Green Vegetables - SPINACH, PUREE | | | | | |
| Spinach, puree | Pound | 8.00 | 1/4 cup pureed vegetable | 12.50 | 1 lb AP = 1.00 lb (about 2 cups) spinach puree |
| Other Vegetables¹ - SQUASH, SUMMER | | | | | |
| Squash, summer, fresh <i>Yellow</i> | Pound | 7.30 | 1/4 cup cubed, cooked, drained vegetable | 13.70 | 1 lb AP = 0.95 lb ready-to-cook squash |

NOTE: For Footnotes please see the end of the section.

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| Other Vegetables¹ - SQUASH, SUMMER (continued) | | | | | |
| Squash, summer, fresh <i>Yellow</i> | Pound | 6.30 | 1/4 cup cooked, drained, mashed vegetable | 15.90 | 1 lb AP = 0.95 lb ready-to-cook squash |
| | Pound | 15.50 | 1/4 cup raw, sliced vegetable | 6.50 | 1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve or -cook squash |
| | Pound | 8.42 | 1/4 cup sliced, cooked, drained vegetable | 11.90 | 1 lb AP = 0.83 lb (about 2 cups) cooked, sliced squash; 1 lb AP = 0.98 lb (about 3-7/8) ready-to-serve or -cook squash |
| Squash, summer, fresh <i>Zucchini, Whole</i> | Pound | 11.90 | 1/4 cup raw vegetable sticks (about 3 sticks, 1/2 inch by 3 inch sticks) | 8.50 | 1 lb AP = 0.95 lb (about 2-7/8 cups) ready-to-serve or -cook raw (1/2 inch by 3 inch) squash sticks |
| | Pound | 12.70 | 1/4 cup raw, cubed vegetable | 7.90 | 1 lb AP = 0.95 lb (about 3-1/8 cups) ready-to-serve or -cook raw 3/4 inch cubed zucchini |
| | Pound | 7.60 | 1/4 cup cubed, cooked, drained vegetable | 13.20 | 1 lb AP = 0.86 lb cooked, 3/4 inch zucchini cubes; 1 lb AP = 0.95 lb (about 3-1/8 cups) ready-to-serve or -cook raw 3/4 inch cubed zucchini |
| | Pound | 13.10 | 1/4 cup raw, sliced vegetable | 7.70 | 1 lb AP = 0.96 lb (about 3-1/4 cups) ready-to-serve or -cook raw 1/4 inch zucchini slices |
| | Pound | 10.20 | 1/4 cup sliced, cooked, drained vegetable | 9.90 | 1 lb AP = 0.96 lb (about 3-1/4 cups) ready-to-serve or -cook raw 1/4 inch zucchini slices |
| Squash, summer, canned <i>Sliced</i> | No. 10 Can (105 oz) | 26.50 | 1/4 cup heated, drained vegetable | 3.00 | 1 No. 10 can = about 61.0 oz (8-3/8 cups) drained, unheated squash |
| | Pound | 4.03 | 1/4 cup heated, drained vegetable | 24.90 | 1 lb AP = about 9.2 oz (1-1/2 cups) drained squash |
| Squash, summer, frozen <i>Yellow, Sliced</i> | Pound | 7.90 | 1/4 cup cooked, drained vegetable | 12.70 | |
| Squash, summer, frozen <i>Zucchini, Sliced</i> | Pound | 7.00 | 1/4 cup cooked, drained vegetable | 14.30 | |
| Red/Orange Vegetables - SQUASH, WINTER | | | | | |
| Squash, Winter, fresh <i>Acorn, Whole</i> | Squash (~0.5 lb) | 2.00 | 1/4 cup vegetable; 1/2 small squash baked in skin | 50.00 | 1 lb AP = 0.87 lb ready-to-cook squash in skin |
| | Whole Squash (~2.10 lb) | 8.50 | 1/4 cup vegetable; baked squash flesh | 11.80 | 1 lb. AP = 0.90 lb. without seed, ready-to-cook squash; 1 lb AP = 0.54 lb (about 2-1/8 cups) baked acorn squash flesh |
| | Pound | 7.49 | 1/4 cup baked squash flesh (1/4 cup vegetable) | 13.40 | 1 lb AP = 0.90 lb without seeds, ready-to-cook squash in skin |
| | Pound | 4.70 | 1/4 cup cooked, drained, pared, mashed vegetable | 21.30 | 1 lb AP = 0.70 lb ready-to-cook pared squash |

NOTE: For Footnotes please see the end of the section.

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| Red/Orange Vegetables - SQUASH, WINTER (continued) | | | | | |
| Squash, Winter, fresh <i>Butternut, Whole</i> | Pound | 7.50 | 1/4 cup cooked, drained, pared, cubed vegetable | 13.40 | 1 lb AP = 0.84 lb ready-to-cook pared squash |
| | Pound | 5.40 | 1/4 cup cooked, pared, drained, mashed vegetable | 18.60 | 1 lb AP = 0.84 lb ready-to-cook pared squash |
| Squash, Winter, puree⁵ <i>Butternut</i> | Pound | 8.00 | 1/4 cup vegetable | 12.50 | 1 lb AP = 1 lb (about 2 cups) butternut squash puree |
| Squash, Winter, fresh <i>Hubbard, Whole</i> | Pound | 4.40 | 1/4 cup cooked, drained, pared, cubed vegetable | 22.80 | 1 lb AP = 0.64 lb ready-to-cook pared squash |
| | Pound | 4.30 | 1/4 cup cooked, drained, pared, mashed vegetable | 23.30 | 1 lb AP = 0.64 lb ready-to-cook pared squash |
| Squash, Winter, fresh <i>Spaghetti, Whole</i> | Squash | 10.00 | 1/4 cup vegetable; baked squash flesh | 10.00 | 1 lb AP = 0.89 lb without seeds, ready-to-cook squash; 1 lb AP = 0.51 lb (about 2-1/2 cups) baked squash flesh |
| | Pound | 7.00 | 1/4 cup baked squash flesh | 14.30 | 1 lb AP = 0.89 lb without seeds, ready-to-cook squash; 1 lb AP = 0.51 lb (about 2-1/2 cups) baked squash flesh |
| Squash, Winter, frozen <i>Mashed, All Varieties</i> | Pound | 7.00 | 1/4 cup cooked vegetable | 14.30 | |
| Additional Vegetables - SUCCOTASH | | | | | |
| Succotash, canned <i>Corn and Green Beans</i> | No. 10 Can (103 oz) | 34.10 | 1/4 cup heated, drained vegetable | 3.00 | 1 No. 10 can = about 65.4 oz (8-1/2 cups) heated, drained succotash; 1 No. 10 can = about 62.0 oz (9-3/8 cups) drained, unheated succotash |
| | No. 10 Can (103 oz) | 37.80 | 1/4 cup drained vegetable (unheated for salads) | 2.70 | 1 No. 10 can = about 62.0 oz (9-3/8 cups) drained, unheated succotash |
| | Pound | 5.29 | 1/4 cup heated, drained vegetable | 19.00 | |
| | Pound | 5.87 | 1/4 cup drained vegetable (unheated for salads) | 17.10 | |
| Succotash, frozen <i>Corn and Green Beans</i> | Pound | 8.76 | 1/4 cup cooked, drained vegetable | 11.50 | 1 lb AP = 0.95 lb (about 2-1/8 cups) cooked, drained succotash or about 2-7/8 cups thawed |
| | Pound | 11.60 | 1/4 cup thawed vegetable (unheated for salads) | 8.70 | 1 lb AP = about 2-7/8 cups thawed |
| Starchy Vegetables - SUCCOTASH | | | | | |
| Succotash, canned <i>Corn and Lima Beans</i> | No. 10 Can (105 oz) | 36.70 | 1/4 cup heated, drained vegetable | 2.80 | 1 No. 10 can = about 75.0 oz (9-1/8 cups) heated, drained succotash; 1 No. 10 can = about 71.0 oz (about 10-1/8 cups) drained, unheated succotash |

NOTE: For Footnotes please see the end of the section.

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| Starchy Vegetables - SUCCOTASH (continued) | | | | | |
| Succotash, canned <i>Corn and Lima Beans</i> | No. 10 Can (105 oz) | 40.90 | 1/4 cup drained vegetable (unheated, for salads) | 2.50 | 1 No. 10 can = about 71.0 oz (about 10-1/8 cups) drained, unheated succotash |
| | Pound | 5.59 | 1/4 cup heated, drained vegetable | 17.90 | |
| | Pound | 6.24 | 1/4 cup drained vegetable (unheated, for salads) | 16.10 | |
| Succotash, frozen <i>Corn and Lima Beans</i> | Pound | 9.25 | 1/4 cup cooked, drained vegetable | 10.90 | 1 lb AP = 0.95 lb (about 2-1/4 cups) cooked, drained succotash |
| | Pound | 11.60 | 1/4 cup thawed vegetable (unheated for salads) | 8.70 | 1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve thawed, unheated succotash |
| Red/Orange Vegetables - SWEET POTATOES | | | | | |
| Sweet Potatoes, fresh <i>Whole, Includes USDA Foods</i> | Pound | 6.60 | 1/4 cup baked vegetable | 15.20 | 1 lb AP = 0.61 lb baked sweet potato without skin; 1 lb AP = 0.80 lb peeled ready-to-cook sweet potatoes |
| | Pound | 5.50 | 1/4 cup cooked, mashed vegetable | 18.20 | 1 lb AP = 0.80 lb peeled ready-to-cook sweet potatoes |
| | Pound | 9.10 | 1/4 cup cooked, sliced vegetable | 11.00 | 1 lb AP = 0.80 lb peeled ready-to-cook sweet potatoes |
| Sweet Potatoes, canned <i>Cut, Packed in light syrup, Includes USDA Foods</i> | No. 10 Can (108 oz) | 33.80 | 1/4 cup heated, drained vegetable | 3.00 | 1 No. 10 can = about 60.9 oz (8-3/8 cups) heated, drained sweet potatoes |
| | No. 2-1/2 Can (29 oz) | 12.20 | 1/4 cup heated, drained vegetable | 8.20 | 1 No. 2-1/2 can = about 18.0 oz (3-1/8 cups) heated, drained sweet potatoes |
| | No. 300 Can (15-3/4 oz) | 5.16 | 1/4 cup heated, drained vegetable | 19.40 | 1 No. 300 can = about 9.0 oz (1-1/4 cups) heated, drained sweet potatoes |
| Sweet Potatoes, canned <i>Mashed</i> | No. 10 Can (109 oz) | 49.10 | 1/4 cup heated vegetable | 2.10 | 1 No. 10 can = about 12-1/4 cups heated, mashed sweet potatoes |
| Sweet Potatoes, canned <i>Whole</i> | No. 10 Can (112 oz) | 39.10 | 1/4 cup heated, drained vegetable | 2.60 | 1 No. 10 can = about 78.6 oz (9-3/4 cups) heated, drained sweet potatoes |
| | No. 2-1/2 Can (29 oz) | 12.30 | 1/4 cup heated, drained vegetable | 8.20 | 1 No. 2-1/2 can = about 18.0 oz (3-1/4 cups) heated, drained sweet potatoes |
| | No. 300 Can (15-3/4 oz) | 5.16 | 1/4 cup heated, drained vegetable | 19.40 | 1 No. 300 can = about 9.6 oz (1-1/4 cups) heated, drained sweet potatoes |
| Sweet Potatoes, frozen <i>Mashed</i> | Pound | 7.55 | 1/4 cup cooked vegetable | 13.30 | 1 lb AP = 0.99 lb (about 1-3/4 cups) cooked sweet potatoes |

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| Red/Orange Vegetables - SWEET POTATOES (continued) | | | | | |
| Sweet Potatoes, frozen <i>Center cuts, approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter</i> | Pound | 9.70 | 1/4 cup cooked vegetable | 10.40 | 1 lb AP = 0.98 lb (about 2-3/8 cups) cooked sweet potatoes |
| Sweet Potatoes, frozen <i>Center cuts, approx. 1-inch thick by 1-3/4 to 2-inch diameter</i> | Pound | 9.25 | 1/4 cup cooked vegetable | 10.90 | 1 lb AP = 0.93 lb (about 2-1/4 cups) cooked sweet potatoes |
| Sweet Potatoes, frozen <i>Random cut chunks</i> | Pound | 9.24 | 1/4 cup cooked vegetable | 10.90 | 1 lb AP = 0.95 lb (about 2-1/4 cups) cooked sweet potatoes |
| Sweet Potatoes, frozen <i>Packed in syrup</i> | Pound | 7.60 | 1/4 cup cooked, drained, vegetable | 13.20 | |
| Sweet Potatoes, dehydrated <i>Flakes, Low moisture</i> | Pound | 18.50 | 1/4 cup reconstituted vegetable | 5.50 | 1 lb dry = about 3-3/4 cups dehydrated sweet potato flakes |
| Sweet Potatoes, Fries, frozen <i>Crinkle Cut, Includes USDA Foods</i> | Pound | 11.00 | 1/4 cup cooked vegetable | 9.10 | 1 lb AP = 0.70 lb (about 2-3/4 cups) baked sweet potato crinkle cut fries |
| Sweet Potatoes, Fries, frozen, Puff Puff | Pound | 10.00 | 1/4 cup cooked vegetable | 10.00 | 1 lb AP = 0.76 lb (about 2-1/2 cups) baked sweet potato puff fries |
| Sweet Potatoes, Fries, frozen <i>Straight Cut</i> | Pound | 11.50 | 1/4 cup cooked vegetable | 8.70 | 1 lb AP = 0.70 lb (about 2-7/8 cups) baked sweet potato straight cut fries |
| Sweet Potatoes, Fries, frozen <i>Waffle Cut</i> | Pound | 12.00 | 1/4 cup cooked vegetable | 8.40 | 1 lb AP = 0.67 lb (about 3 cups) baked sweet potato waffle cut fries |
| Sweet Potatoes, Fries, frozen <i>Wedge Cut</i> | Pound | 9.50 | 1/4 cup cooked vegetable | 10.60 | 1 lb AP = 0.67 lb (about 2-3/8 cups) baked sweet potato wedge cut fries |
| Dark Green Vegetables - SWISS CHARD | | | | | |
| Swiss Chard, fresh <i>Trimmed</i> | Pound | 21.10 | 1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/ SBP and CACFP) | 4.80 | 1 lb AP = 0.96 lb (about 5-1/4 cups) ready-to-serve raw, chopped Swiss chard |
| Swiss Chard, fresh <i>Untrimmed</i> | Pound | 6.30 | 1/4 cup cooked, drained vegetable | 15.90 | 1 lb AP = 0.92 lb ready-to-cook trimmed Swiss chard |
| Other Vegetables¹ - TOMATILLOS | | | | | |
| Tomatillos, fresh <i>Whole with stem</i> | Pound | 11.90 | 1/4 cup raw, diced vegetable | 8.50 | 1 lb AP = 0.98 lb (2-7/8 cups) ready-to-serve, stemmed, 1/2 inch diced tomatillos |
| | Pound | 6.38 | 1/4 cup cooked, diced vegetable | 15.70 | 1 lb AP = 0.82 lb (about 1-1/2 cups) diced, cooked tomatillos; 1 lb AP = 0.98 lb (2-7/8 cups) ready-to-serve, stemmed, 1/2 inch diced tomatillos |

NOTE: For Footnotes please see the end of the section.

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| Red/Orange Vegetables - TOMATO PRODUCTS | | | | | |
| Tomato Products, Canned Tomato Paste <i>24%-28% Natural Tomato Soluble Solids (NTSS), Includes USDA Foods</i> | No. 10 Can (111 oz) | 192.00 | 1 tablespoon paste (1/4 cup vegetable) | 0.53 | 1 No. 10 can = about 12 cups tomato paste; 1 No. 10 can paste plus 3 cans water = 48 cups single strength tomato juice |
| | No. 2-1/2 Can (30 oz) | 52.00 | 1 tablespoon paste (1/4 cup vegetable) | 2.00 | 1 No. 2-1/2 can = about 3-1/4 cups tomato paste |
| Tomato Products, Canned Tomato Paste <i>Canned, 24%-28%, Natural Tomato Soluble Solids (NTSS)</i> | Picnic (12 oz) | 20.70 | 1 tablespoon paste (1/4 cup vegetable) | 4.90 | 12 oz can = about 1-1/4 cups tomato paste |
| Tomato Products, Canned Tomato Paste <i>24%-28% Natural Tomato Soluble Solids (NTSS), Includes USDA Foods</i> | Pound | 27.60 | 1 tablespoon paste (1/4 cup vegetable) | 3.70 | |
| Tomato Products canned, Tomato Puree <i>Not less than 8% but less than 24% Natural Tomato Soluble Solids (NTSS)</i> | No. 10 Can (106 oz) | 96.00 | 2 tablespoons puree (1/4 cup vegetable) | 1.10 | 1 No. 10 can = 12 cups puree, 1 No. 10 can tomato puree plus one can water = 24 cups single strength tomato juice |
| | No. 2-1/2 Can (29 oz) | 26.20 | 2 tablespoons puree (1/4 cup vegetable) | 3.90 | |
| | Pound | 14.40 | 2 tablespoons puree (1/4 cup vegetable) | 7.00 | |
| Tomato Products canned, Tomato Sauce <i>Includes USDA Foods</i> | No. 10 Can (106 oz) | 50.70 | 1/4 cup vegetable | 2.00 | |
| | No. 300 Can (15 oz) | 6.85 | 1/4 cup vegetable | 14.60 | |
| | Pound | 7.65 | 1/4 cup vegetable | 13.10 | |
| Tomato Products canned, Spaghetti Sauce, Meatless <i>Includes USDA Foods</i> | No. 10 Can (106 oz) | 47.90 | 1/4 cup heated vegetable | 2.10 | 1 No. 10 can = about 12 cups heated spaghetti sauce |
| Red/Orange Vegetables - TOMATOES | | | | | |
| Tomatoes, fresh <i>Cherry, Whole with stem</i> | Pound | 12.10 | 1/4 cup whole vegetable (about 3 whole cherry tomatoes) | 8.30 | 1 lb AP = 0.99 lb (about 3 cups) stemmed, whole, ready-to-serve cherry tomatoes |
| | Pound | 10.60 | 1/4 cup vegetable halves (about 5 cherry tomato halves) | 9.50 | 1 lb AP = 0.99 lb (about 2-2/3 cups) stemmed, halved, ready-to-serve cherry tomatoes |
| Tomatoes, fresh <i>Cherry, Whole without stem</i> | Pound | 12.10 | 1/4 cup whole vegetable | 8.30 | 1 lb AP = 1 lb (about 3 cups) whole, ready- to serve cherry tomatoes) |

NOTE: For Footnotes please see the end of the section.

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| Red/Orange Vegetables - TOMATOES (continued) | | | | | |
| Tomatoes, fresh <i>Cherry, Whole without stem</i> | Pound | 11.00 | 1/4 cup halved vegetable | 9.10 | 1 lb AP = 0.95 lb (about 2-3/4 cups) halved, ready-to-serve cherry tomatoes |
| | Pound | 10.00 | 1/4 cup halved, cooked vegetable | 10.00 | 1 lb AP = 0.95 lb (about 2-3/4 cups) halved, ready-to-serve or -cook cherry tomatoes; 1 lb AP = 0.94 lb (about 2-1/2 cups) halved, cooked cherry tomatoes |
| Tomatoes, fresh <i>Whole, All sizes</i> | Pound | 7.60 | 1/4 cup diced vegetable | 13.20 | 1 lb AP = 0.87 lb ready-to-serve raw diced tomatoes |
| | Pound | 10.40 | 1/4 cup vegetable wedges | 9.70 | 1 lb AP = 0.98 lb (about 2-1/2 cups) ready-to-serve 1/2 inch tomato wedges |
| Tomatoes, fresh <i>Small or Medium, Approx. 2-1/8-inch to 2-1/4-inch diameter, Whole</i> | Pound | 8.53 | 1/4 cup sliced vegetable (about 5 slices, 1/8 inch thick) | 11.80 | 1 lb AP = 0.87 lb (about 2-1/8 cups) 1/8 inch sliced tomatoes |
| Tomatoes, fresh <i>Large or Extra large, Approx. 2-1/2-inch to 2-3/4-inch diameter, Whole</i> | Pound | 8.70 | 1/4 cup sliced vegetable (about 4 slices, 1/8 inch thick) | 11.50 | 1 lb AP = 0.86 lb sliced tomatoes (1/8 inch thick slices) |
| Tomatoes, fresh <i>Diced, Ready-to-use</i> | Pound | 8.74 | 1/4 cup raw vegetable | 11.50 | 1 lb AP = 1 lb (about 2-1/8 cups) ready-to-serve or -cook tomatoes |
| | Pound | 6.67 | 1/4 cup cooked vegetable | 15.00 | 1 lb AP = 0.85 lb (about 1-2/3 cups) cooked tomatoes; 1 lb AP = 1 lb (about 2-1/8 cups) ready-to-serve or -cook tomatoes |
| Tomatoes, canned <i>Whole or Stewed</i> | No. 10 Can (102 oz) | 45.50 | 1/4 cup heated vegetable and juice | 2.20 | |
| | No. 10 Can (102 oz) | 48.80 | 1/4 cup vegetable and juice | 2.10 | |
| | No. 10 Can (102 oz) | 29.40 | 1/4 cup drained vegetable | 3.50 | 1 No. 10 can = about 66.0 oz drained tomatoes |
| | No. 2-1/2 Can (28 oz) | 12.50 | 1/4 cup heated vegetable and juice | 8.00 | |
| | No. 2-1/2 Can (28 oz) | 13.40 | 1/4 cup vegetable and juice | 7.50 | |
| | No. 2-1/2 Can (28 oz) | 8.25 | 1/4 cup drained vegetable | 12.20 | 1 No. 2-1/2 can = about 18.5 oz drained tomatoes |
| | No. 300 Can (14-1/2 oz) | 6.14 | 1/4 cup heated vegetable and juice | 16.30 | |
| | No. 300 Can (14-1/2 oz) | 6.59 | 1/4 cup vegetable and juice | 15.20 | |
| | Pound | 7.13 | 1/4 cup heated vegetable and juice | 14.10 | |

NOTE: For Footnotes please see the end of the section.

Section 2 - Vegetables

| 1. Food As Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meal Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
|--|-------------------------|-----------------------------------|---|------------------------------------|---|
| Red/Orange Vegetables - TOMATOES (continued) | | | | | |
| Tomatoes, canned <i>Crushed</i> | No. 10 Can (102 oz) | 46.60 | 1/4 cup heated vegetable and juice | 2.20 | 1 No. 10 can = about 12 cups tomato and juice |
| | No. 2-1/2 Can (28 oz) | 12.70 | 1/4 cup heated vegetable and juice | 7.90 | |
| | No. 2-1/2 Can (28 oz) | 8.39 | 1/4 cup drained vegetable | 12.00 | 1 No. 2-1/2 can = about 18.5 oz drained tomato |
| | Pound | 7.30 | 1/4 cup heated vegetable and juice | 13.70 | |
| Tomatoes, canned <i>Diced, Includes USDA Foods</i> | No. 10 Can (102 oz) | 49.20 | 1/4 cup heated vegetable and juice | 2.10 | 1 No. 10 can = about 12-1/4 cups heated, tomatoes and juice |
| | No. 2-1/2 Can (28 oz) | 13.50 | 1/4 cup heated vegetable and juice | 7.50 | |
| | No. 2-1/2 Can (28 oz) | 8.91 | 1/4 cup drained vegetable | 11.30 | 1 No. 2-1/2 can = about 18.5 oz drained, unheated tomatoes |
| | No. 300 Can (14-1/2 oz) | 6.99 | 1/4 cup heated vegetable and juice | 14.40 | |
| | Pound | 7.71 | 1/4 cup heated vegetable and juice | 13.00 | |
| Dark Green Vegetables - TURNIP GREENS | | | | | |
| Turnip Greens, fresh <i>Untrimmed</i> | Pound | 6.50 | 1/4 cup cooked, drained vegetable | 15.40 | 1 lb AP = 0.70 lb ready-to-cook turnip greens |
| Turnip Greens, canned | No. 10 Can (98 oz) | 27.60 | 1/4 cup heated, drained vegetable | 3.70 | 1 No. 10 can = 58.0 oz drained turnip greens |
| | No. 2-1/2 Can (27 oz) | 7.60 | 1/4 cup heated, drained vegetable | 13.20 | |
| | No. 300 Can (14-1/2 oz) | 3.72 | 1/4 cup heated, drained vegetable | 26.90 | |
| | Pound | 4.50 | 1/4 cup heated, drained vegetable | 22.30 | |
| Turnip Greens, frozen <i>Chopped or Whole Leaf</i> | Pound | 9.60 | 1/4 cup cooked, drained vegetable | 10.50 | |
| Other Vegetables¹ - TURNIPS | | | | | |
| Turnips, fresh <i>Whole</i> | Pound | 10.80 | 1/4 cup raw, pared vegetable sticks | 9.30 | 1 lb AP = 0.83 lb (about 2-2/3 cups) ready-to-serve raw, pared turnip sticks; 1/4 cup raw, pared vegetable sticks = about 7 sticks, 1/2 inch by 2 inch sticks |
| Turnips, fresh <i>Without tops</i> | Pound | 11.20 | 1/4 cup raw, pared, cubed or diced vegetable | 9.00 | 1 lb AP = 0.79 lb ready-to-serve or -cook raw, pared turnip |
| | Pound | 8.70 | 1/4 cup pared, cubed, cooked, drained vegetable | 11.50 | 1 lb AP = 0.78 lb (about 2-1/8 cups) pared, cubed, cooked turnip; 1 lb AP = 0.79 lb ready-to-serve or -cook raw, pared turnip |

NOTE: For Footnotes please see the end of the section.

Section 2 - Vegetables

| 1. Food As Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meal Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
|--|-----------------------|-----------------------------------|--|------------------------------------|---|
| Other Vegetables¹ - TURNIPS (continued) | | | | | |
| Turnips, fresh <i>Without tops</i> | Pound | 5.60 | 1/4 cup cooked, drained, pared, mashed vegetable | 17.90 | 1 lb AP = 0.79 lb ready-to-serve or -cook raw, pared turnip |
| Additional Vegetables - VEGETABLES, MIXED | | | | | |
| Vegetables, Mixed*, canned <i>Seven vegetables (celery, carrots, corn, green beans, green peas, lima beans and potatoes)</i> | No. 10 Can (106 oz) | 36.10 | 1/4 cup heated, drained vegetable | 2.80 | 1 No. 10 can = about 66.5 oz (9-1/4 cups) drained vegetable |
| | No. 2-1/2 Can (29 oz) | 11.50 | 1/4 cup heated, drained vegetable | 8.70 | 1 No. 2-1/2 can = about 19.4 oz (3-3/8 cups) drained vegetable |
| | No. 300 Can (15 oz) | 4.64 | 1/4 cup heated, drained vegetable | 21.60 | 1 No. 300 can = about 8.6 oz (1-1/2 cups) drained, unheated vegetable |
| Vegetables, Mixed*, frozen <i>Seven vegetables (celery, carrots, corn, green beans, green peas, lima beans and potatoes)</i> | Pound | 8.10 | 1/4 cup cooked, drained vegetable | 12.40 | |
| Vegetables, Mixed*, frozen <i>Country/Midwest blend (carrots, corn, green beans)</i> | Pound | 9.20 | 1/4 cup cooked, drained vegetable | 10.90 | 1 lb AP = 0.96 lb (about 2-1/4 cups) cooked, drained mixed vegetables; 1 lb AP = 0.99 lb (about 2-3/8 cups) ready-to-serve thawed, mixed vegetables |
| | Pound | 9.84 | 1/4 cup thawed vegetable (unheated for salads) | 10.20 | 1 lb AP = 0.99 lb (about 2-3/8 cups) ready-to-serve thawed, mixed vegetables |
| Other Vegetables¹ - VEGETABLES, MIXED | | | | | |
| Vegetables, Mixed, frozen <i>Broccoli and cauliflower blend</i> | Pound | 11.90 | 1/4 cup thawed vegetable (unheated for salads) | 8.50 | 1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve thawed mixed vegetables |
| | Pound | 10.70 | 1/4 cup cooked, drained vegetable | 9.40 | 1 lb AP = 0.95 lb (about 2-2/3 cups) cooked, drained mixed vegetables |
| Vegetables, Mixed, frozen <i>California blend (broccoli, carrots, cauliflower)</i> | Pound | 11.90 | 1/4 cup thawed vegetable (unheated for salads) | 8.50 | 1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve thawed mixed vegetables |
| | Pound | 10.60 | 1/4 cup cooked, drained vegetable | 9.50 | 1 lb AP = 0.94 lb (about 2-2/3 cups) cooked, drained mixed vegetables |
| Vegetables, Mixed, frozen <i>Peppers and Onions, Includes USDA Foods</i> | Pound | 7.71 | 1/4 cup cooked, drained vegetable | 13.00 | 1 lb AP = 0.86 lb (about 1-7/8 cups) cooked, drained mixed vegetables |

NOTE: For Footnotes please see the end of the section.

Section 2 - Vegetables

| 1. Food As Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meal Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
|--|------------------|-----------------------------------|--|------------------------------------|--|
| Starchy Vegetables - WATER CHESTNUTS | | | | | |
| Water Chestnuts, canned | Pound | 6.70 | 1/4 cup drained vegetable | 15.00 | |
| Dark Green Vegetables - WATERCRESS | | | | | |
| Watercress, fresh | Pound | 50.50 | 1/4 cup raw vegetable sprigs or pieces (credits as 1/8 cup in NSLP/ SBP and CACFP) | 2.00 | 1 lb AP = 0.92 lb ready-to-serve raw watercress |
| Starchy Vegetables - YAUTIA (TANNIER) | | | | | |
| Yautia (Tannier), fresh <i>Whole</i> | Pound | 8.84 | 1/4 cup peeled, diced, raw vegetable | 11.40 | 1 lb AP = 0.74 lb (about 2-1/8 cups) ready-to-serve, peeled, 1 inch, diced yautia (tannier) |
| | Pound | 8.84 | 1/4 cup diced, cooked vegetable | 11.40 | 1 lb AP = 0.80 lb peeled, diced, cooked yautia (tannier) (absorbs water during cooking); 1 lb AP = 0.74 lb (about 2-1/8 cups) ready-to-serve, peeled, 1 inch, diced yautia (tannier) |

NOTE: For Footnotes please see the end of the section.

Footnotes: Vegetables

¹ For the purposes of the NSLP, the “Other Vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in § 210.10(c)(2)(iii). Additional documentation from the vendor would be necessary to determine crediting.

² Due to the increasing number of illnesses associated with consumption of raw sprouts, the Food and Drug Administration has advised all consumers – especially children, pregnant women, the elderly, and persons with weakened immune systems – to not eat raw sprouts as a way to reduce the risk of foodborne illness. Therefore, raw sprout data served in the raw state has been intentionally omitted.

³ Dehydrated pinto beans are whole dry beans that have been cooked and then dehydrated.

⁴ Liquid from canned beans used to puree beans no additional liquid added.

⁵ Pureed foods such as fruits and vegetables may contribute to meal pattern requirements, provided that the dish that contains the pureed food also provides an adequate amount of recognizable, creditable fruits or vegetables. Additional information regarding crediting pureed foods is available in Memo SP 10-2012 v.9.

⁶ For the purposes of the NSLP, the “Additional Vegetables” requirement will be used for any vegetable mixture in which the ratio of the vegetable mixture is not clearly labeled or reported. Further documentation from the vendor would be necessary to determine crediting for any subgroup such as dark green, red/orange, and beans/peas (legumes) vegetable subgroups.

⁷ Shaped, shredded potatoes available under brand names such as “Tater Tots” or “Tater Gems.”

⁸ For salsa products that contain all vegetable ingredients plus a minor amount of spices or flavorings, one hundred percent of the product may be used to meet the volume vegetable/fruit requirement for meal pattern requirements. When products contain non-vegetable ingredients like gums, starches or stabilizers, water or vinegar, only that portion of the product that is a vegetable ingredient may be counted towards the volume requirement.