United States Department of Agriculture

Food and Nutrition Service

3101 Park Center Drive
Alexandria, VA 22302-1500

DATE: January 18, 2013

MEMO CODE: SP 37-2012 (3rd Revision)

SUBJECT: Separation of Vegetables/Fruit in the *Food Buying Guide for Child Nutrition Programs*

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

Attached is the Revised Chart of the *Food Buying Guide for Child Nutrition Programs* for the National School Lunch and School Breakfast Programs. We have updated information on the following: **Bok Choy, Fresh, Whole and Cabbage, Chinese or Celery** entry on pages 2-16 and 2-18, respectively.

Bok Choy, Fresh, Whole has been updated to reflect the serving sizes for raw leafy vegetables. Raw bok choy credits as half the volume served. Therefore, 1 cup of raw bok choy will credit in the NSLP as ½ cup dark green vegetable. To reduce confusion among the various varieties of Chinese cabbage including celery cabbage, School Food Authorities (SFA) will see the previous entry "Cabbage, Chinese or Celery" listed in the FBG as "Cabbage, Celery or Napa." The crediting information has also been modified to reflect that of other cabbages. Celery (Napa) cabbage credits as volume served. Additionally, celery (Napa) cabbage is an "Other Vegetable" and has been moved from the "Dark Green Subgroup" chart and listed in the "Other Vegetable Subgroup" chart.

The revised Vegetables and Fruits Section of the Food Buying Guide for Child Nutrition Programs can be accessed online at:
http://www.fns.usda.gov/tn/resources/foodbuyingguide.html.

AN EQUAL OPPOR

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School food authorities should contact their State agencies for additional information. State agencies may direct any questions concerning this guidance to the appropriate Food and Nutrition Service Regional Office.

Original Signed
Cynthia Long
Director
Child Nutrition Division

Attachment

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VEGETABLES and FRUITS

Section 2 – Vegetables (All Vegetable Subgroups)					
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**
ARTICHOKES – Other Subgroup					
Artichokes, fresh *36 count (large)*	Pound	1.49	1/4 cup cooked, drained vegetable from leaves	67.2	1 lb AP = 0.23 lb (about 1/3 cup) cooked, drained artichoke
Untrimmed Whole	Pound	1.38	1/4 cup cooked, drained vegetable (bottoms only)	72.5	1 lb AP= about 1/3 cup cooked artichoke from bottoms only
	Pound	2.84	1/4 cup cooked, drained vegetable (bottoms & leaves)	35.3	1 lb AP = about 2/3 cup cooked, drained artichoke bottoms and leaves
Artichokes, canned *Bottoms*	No. 300 can (14 oz)	5.97	1/4 cup drained vegetable	16.8	1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated artichoke
Artichokes, canned *Hearts*	No. 300 can (14 oz)	4.67	1/4 cup drained vegetable	21.5	1 No. 300 can = about 8.0 oz (1-1/8 cups) drained, unheated artichoke
Artichokes, frozen *Hearts*	Pound	10.00	1/4 cup cooked, drained vegetable	10.0	1 lb AP = 0.99 lb (about 2-1/2 cups) cooked, drained artichoke

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ASPARAGUS – Other Subgroup					
Asparagus, fresh *Whole*	Pound	4.80	1/4 cup cooked vegetable	20.9	1 lb AP = 0.53 lb ready-to-cook trimmed, raw asparagus
	Pound	4.80	1/4 cup cooked cuts and tips (1/4 cup vegetable)	20.9	1 lb AP = 0.50 lb cooked asparagus
Asparagus, canned *Cuts and Tips*	No. 10 can (103 oz)	27.80	1/4 cup heated, drained vegetable	3.6	1 No. 10 can = about 57.3 oz (6-7/8 cups) heated, drained asparagus
	No. 10 can (103 oz)	32.40	1/4 cup drained vegetable	3.1	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	29.0	1 No. 300 can = about 6.8 oz (3/4 cup) heated, drained asparagus
	No. 300 can (14-1/2 oz)	4.83	1/4 cup drained vegetable	20.8	
	Pound	4.31	1/4 cup heated, drained vegetable	23.3	1 No. 300 can = about 8.7 oz (1-1/8 cups) drained, unheated asparagus
	Pound	5.03	1/4 cup drained vegetable	19.9	
Asparagus, canned *Spears*	No. 5 squat can (64 oz)	26.40	1/4 cup drained vegetable	3.8	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	25.9	1 No. 300 can = about 7.3 oz (7/8 cup) heated, drained asparagus

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ASPARAGUS – Other Subgroup (continue)					
Asparagus, canned *Spears*	No. 300 can (15 oz)	4.59	1/4 cup drained vegetable	21.8	1 No. 300 can **=** about 8.5 oz (1-1/8 cups) drained, unheated asparagus
	Pound	6.60	1/4 cup drained vegetable	15.2	
Asparagus, frozen *Cuts and Tips*	Pound	8.10	1/4 cup cooked vegetable	12.4	
Asparagus, frozen *Spears*	Pound	10.70	1/4 cup cooked vegetable	9.4	
AVOCADOS – Other Subgroup					
Avocados, fresh *All sizes* *Whole*	Pound	8.20	1/4 cup raw, diced vegetable	12.2	1 lb AP = 0.67 lb ready-to-serve raw avocado
	Pound	5.10	1/4 cup raw, mashed vegetable	19.7	
Avocados, fresh *California 48 count (approx. 2.5-inch width by 3.5-inch length)* *Whole*	Pound	5.52	1/4 cup peeled, sliced, raw vegetable (about 3 slices, 3/8-inch by 3.5-inch slices)	18.2	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 *Florida (approx. 3.5-inch width by 4.75-inch length)* *Whole*	Pound	7.07	1/4 cup peeled, sliced, raw vegetable (about 2 slices, 1/2-inch by 4.5-inch slices)	14.2	1 lb AP = 0.59 lb ready-to-serve, raw, peeled, sliced [about 7-1/2 portions (1/4 cup each portion) per avocado]

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BAMBOO SHOOTS – Other Subgroup					
Bamboo Shoots, canned *Sliced*	No. 10 can (104 oz)	47.40	1/4 cup drained vegetable	2.2	1 No. 10 can = about 72.7 oz (11-3/4 cups) drained, unheated bamboo shoots
BEANS, BLACK (TURTLE BEANS) – Beans and Peas (Legumes) Subgroup					
Beans, Black (Turtle beans), dry, canned *Whole Includes USDA Foods*	No. 10 can (110 oz)	27.80	1/4 cup heated, drained vegetable	3.6	1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans
	No. 300 can (15-1/2 oz)	5.91	1/4 cup heated, drained vegetable	17.0	1 No. 300 can = about 10.5 oz (1-3/8 cups) heated, drained beans
Beans, Black (Turtle beans), dry *Whole*	Pound	18.30	1/4 cup cooked vegetable	5.5	1 lb dry = 2-1/4 cups dry beans
BEANS, BLACK-EYED (or PEAS) – Starchy Subgroup					
Beans, Black-eyed (or Peas), fresh *Shelled*	Pound	10.30	1/4 cup cooked, drained vegetable	9.8	1 lb in pod = 0.51 lb ready-to-cook beans
Beans, Black-eyed (or Peas), frozen *Whole*	Pound	11.20	1/4 cup cooked, drained vegetable	9.0	
BEANS, BLACK-EYED (or PEAS) - Beans and Peas (Legumes) Subgroup					
Beans, Black-eyed (or Peas), dry *Whole Includes USDA Foods*	Pound	28.30	1/4 cup cooked vegetable	3.6	1 lb dry = about 2-3/4 cups dry beans

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BEANS, BLACK-EYED (or PEAS) - Beans and Peas (Legumes) Subgroup (continued)					
Beans, Black-eyed (or Peas), dry, canned *Whole Includes USDA Foods*	No. 10 can (108 oz)	37.70	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans
	No. 300 can (15 oz)	4.91	1/4 cup heated, drained vegetable	20.4	
BEANS, GARBANZO OR CHICKPEAS - Beans and Peas (Legumes) Subgroup					
Beans, Garbanzo or Chickpeas, dry, canned *Whole Includes USDA Foods*	No. 10 can (105 oz)	42.00	1/4 cup drained vegetable	2.4	1 No. 10 can = about 68.4 oz (10-1/2 cups) unheated, drained beans
	No. 300 can (15 oz)	6.70	1/4 cup drained vegetable	15.0	1 No. 300 can = about 9.6 oz (1-2/3 cups) unheated, drained beans
	Pound	6.31	1/4 cup drained vegetable	15.9	
Beans, Garbanzo or Chickpeas, dry *Whole*	Pound	24.60	1/4 cup cooked vegetable	4.1	1 lb dry = about 2-1/2 cups dry beans
BEANS, GREAT NORTHERN - Beans and Peas (Legumes) Subgroup					
Beans, Great Northern, dry, canned *Whole Includes USDA Foods*	No. 10 can (110 oz)	32.40	1/4 cup heated, drained vegetable	3.1	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	22.9	
	Pound	25.50	1/4 cup cooked vegetable	4.0	1 lb dry = about 2-1/2 cups dry beans

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BEANS, GREEN – Other Subgroup					
Beans, Green, fresh *Trimmed*	Pound	22.00	1/4 cup whole, raw vegetable	4.6	1 lb AP = 1 lb (about 5-3/8 cups) ready-to-cook beans
Whole Ready-to-use	Pound	12.40	1/4 cup whole, cooked, drained vegetable	8.1	1 lb AP = 0.86 lb (about 3 cups) cooked, drained beans
	Pound	16.40	1/4 cup cut, raw vegetable	6.1	1 lb AP = 1 lb (about 4 cups) ready-to-cook beans
	Pound	11.20	1/4 cup cut, cooked, drained vegetable	9.0	1 lb AP = 0.89 lb (about 2-3/4 cups) cooked, drained, cut beans
Beans, Green, fresh *Untrimmed Whole*	Pound	11.10	1/4 cup whole, cooked vegetable	9.1	1 lb AP = 0.88 lb ready-to-cook beans
Beans, Green, canned	No. 10 can (101 oz)	45.30	1/4 cup heated, drained vegetable	2.3	
Cut Includes USDA Foods	No. 10 can (101 oz)	51.10	1/4 cup drained vegetable	2.0	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	8.0	
	No. 2-1/2 can (28 oz)	14.1	1/4 cup drained vegetable	7.1	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	20.0	1 No. 300 can = about 7.4 oz (1-1/4 cups) heated, drained beans
	No. 300 can (15 oz)	5.77	1/4 cup drained vegetable	17.4	1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated beans

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BEANS, GREEN – Other Subgroup (continued)					
Beans, Green, canned	Pound	7.17	1/4 cup heated, drained vegetable	14.0	
Cut Includes USDA Foods	Pound	8.10	1/4 cup drained vegetable	12.4	
Beans, Green, canned *French style*	No. 10 can (101 oz)	36.50	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 59.0 oz (12 cups) drained, unheated beans
Includes USDA Foods	No. 2-1/2 can (28 oz)	10.10	1/4 cup heated, drained vegetable	10.0	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	27.8	1 No. 300 can = about 5.70 oz (7/8 cup) heated, drained beans
	No. 300 can (14-1/2 oz)	4.50	1/4 cup drained vegetable	22.3	1 No. 300 can = about 10.1 oz (1-1/8 cup) drained, unheated beans
	Pound	5.80	1/4 cup heated, drained vegetable	17.3	
Beans, Green, canned *Whole*	No. 10 can (101 oz)	39.50	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans
Includes USDA Foods	No. 10 can (101 oz)	52.20	1/4 cup drained vegetable	2.0	
	No. 2-1/2 can (28 oz)	14.40	1/4 cup heated, drained vegetable	7.0	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	21.9	1 No. 300 can = about 7.3 oz (1-1/8 cups) heated, drained beans
	No. 300 can (14-1/2 oz)	6.95	1/4 cup drained vegetable	14.4	

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BEANS, GREEN – Other Subgroup (continued)					
Beans, Green, canned *Whole Includes USDA Foods*	Pound	8.20	1 /4 cup drained vegetable	12.2	
Beans, Green, frozen *Cut Includes USDA Foods*	Pound	11.60	1/4 cup cooked, drained vegetable	8.7	
Beans, Green, frozen *French style Includes USDA Foods*	Pound	12.00	1/4 cup cooked, drained vegetable	8.4	
Beans, Green, frozen *Whole Includes USDA Foods*	Pound	10.70	1/4 cup cooked, drained vegetable	9.4	1 lb AP = 0.88 lb (about 2-5/8 cups) cooked drained vegetable
BEANS, GREEN, FLAT ITALIAN - Other Subgroup					
Beans, Green, Flat Italian, canned *Whole*	No. 10 can (103 oz)	35.10	1/4 cup heated, drained vegetable	2.9	1 No. 10 can = about 56.6 oz (8-3/4 cups) heated, drained beans
	No. 10 can (103 oz)	42.70	1/4 cup drained vegetable	2.4	1 No. 10 can = about 63.3 oz (10-5/8 cups) drained, unheated beans
Beans, Green, Flat Italian, frozen *Whole*	Pound	9.30	1/4 cup cooked, drained vegetable	10.8	1 lb AP = 0.91 lb (about 2-1/4 cups) cooked, drained beans

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BEANS, KIDNEY - Beans and Peas (Legumes) Subgroup					
Beans, Kidney, dry, canned *Whole Includes USDA Foods*	No. 10 can (108 oz)	38.90	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans
	No. 10 can (108 oz)	43.40	1/4 cup drained vegetable	2.4	1 No. 10 can = about 71.0 oz (10-3/4 cups) drained, unheated beans
	No. 2-1/2 can (30 oz)	11.60	1/4 cup heated, drained vegetable	8.7	
	No. 2-1/2 can (30 oz)	12.60	1/4 cup drained vegetable	8.0	
	No. 300 can (15-1/2 oz)	5.61	1/4 cup heated, drained vegetable	17.9	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 vegetable	17.1	1 No. 300 can = about 10.0 oz (1-3/8 cups) drained, unheated beans
Beans, Kidney, dry *Whole Includes USDA Foods*	Pound	24.80	1/4 cup cooked vegetable	4.1	1 lb dry = about 2-1/2 cups dry beans
BEANS, LIMA – Beans and Peas (Legumes) Subgroup					
Beans, Lima, dry *Baby Whole Includes USDA Foods*	Pound	23.40	1/4 cup cooked vegetable	4.3	1 lb dry = about 2-3/8 cups dry beans
Beans, Lima, dry *Fordhook Whole*	Pound	27.00	1/4 cup cooked vegetable	3.8	1 lb dry = about 2-5/8 cups dry beans

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BEANS, LIMA – Starchy Subgroup					
Beans, Lima, canned *Green*	No. 10 can (105 oz)	42.40	1/4 cup heated, drained vegetable	2.4	1 No. 10 can = about 70.9 oz (11-3/4 cup) drained, unheated beans
	No. 2-1/2 can (40 oz)	15.70	1/4 cup heated, drained vegetable	6.4	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	15.5	1 lb AP = about 11.0 oz (1-3/4 cups) drained, unheated beans
Beans, Lima, fresh *Shelled* Whole	Pound	10.80	1/4 cup cooked, drained vegetable	9.3	1 lb in pod = 0.44 lb ready-to-cook beans
Beans, Lima, frozen *Baby Whole*	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	
Beans, Lima, frozen *Fordhook Whole*	Pound	11.10	1/4 cup cooked, drained vegetable	9.1	
BEANS, MUNG - Beans and Peas (Legumes) Subgroup					
Beans, Mung, dry *Whole*	Pound	28.10	1/4 cup cooked vegetable	3.6	1 lb dry = about 2-1/4 cups dry beans
BEANS, NAVY or PEA - Beans and Peas (Legumes) Subgroup					
Beans, Navy or Pea, dry *Whole Includes USDA Foods*	Pound	23.90	1/4 cup cooked vegetable	4.2	1 lb dry = about 2-1/4 cups dry beans

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BEANS, PINK - Beans and Peas (Legumes) Subgroup					
Beans, Pink, dry, canned *Whole* *Includes* *USDA Foods*	No. 10 can (110 oz)	34.00	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 12-1/4 cups drained, unheated beans or 8-1/2 cups heated, drained beans
Beans, Pink, dry *Whole* *Includes* *USDA Foods*	Pound	19.30	1/4 cup cooked vegetable	5.2	1 lb dry = about 2-1/4 cups dry beans
BEANS, PINTO - Beans and Peas (Legumes) Subgroup					
Beans, Pinto, dry, canned *Whole* *Includes* *USDA Foods*	No. 10 can (108 oz) Pound	37.20 5.51	1/4 cup heated, drained vegetable 1 .4 cup heated, drained vegetable	2.7 18.2	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans
Beans, Pinto, dry *Whole* *Includes* *USDA Foods*	Pound	21.00	1/4 cup cooked vegetable	4.8	1 lb dry = about 2-3/8 cups dry beans
Beans, Pinto, dehydrated	Pound	21.70	1/4 cup cooked vegetable	4.7	1 lb AP = about 3-3/4 dehydrated beans 1 lb AP = about 5-3/8 cups rehydrated, cooked beans when water to dry beans = 2:1 ratio

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BEAN PRODUCTS - Beans and Peas (Legumes) Subgroup					
Bean Products, dry beans, canned ***Beans Baked or In Sauce Vegetarian*** *Includes USDA Foods*	No. 10 can (108 oz)	47.10	1/4 cup heated vegetable with sauce	2.2	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	14.4	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	2.1	
	No. 2-1/2 can (30 oz)	13.30	1/4 cup heated vegetable	7.6	
	No. 300 can (16 oz)	7.10	1/4 cup heated vegetable	14.1	
Bean Products, dry beans, canned **Beans with Bacon in Sauce**	Pound	4.70	3/8 cup serving (about 1/4 cup heated vegetable)	21.3	
	Pound	3.13	1/2-cup plus 1 Tbsp serving (about 3/8-cup heated vegetable)	32.0	
Beans, Refried, canned *Includes USDA Foods*	No. 10 can (115 oz)	49.60	1/4 cup heated vegetable	2.1	1 No. 10 can = about 12-1/4 cups heated, refried beans
	No. 300 can (16 oz)	7.08	1/4 cup heated vegetable	14.2	1 No. 300 can = about 1-3/4 cups heated refried beans
Beans, Refried, dehydrated	Pound	20.50	1/4 cup cooked vegetable	4.9	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 ratio = 2:1

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BEANS, RED, SMALL - Beans and Peas (Legumes) Subgroup					
Beans, Red, Small, dry, canned *Whole* *Includes* *USDA Foods*	No. 10 can (111 oz) No. 300 can (15-1/2 oz)	31.90 4.94	1/4 cup heated, drained vegetable 1/4 cup heated, drained vegetable	3.2 20.3	1 No. 10 can = about 71.2 oz (8 cups) heated, drained beans 1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans
Beans, Red, Small, dry *Whole* *Includes* *USDA Foods*	Pound	20.40	1/4 cup cooked, drained vegetable	5.0	1 lb dry = about 2-1/8 cups dry beans
BEANS, SOY – Beans and Peas (Legumes)					
Beans, Soy, fresh (Edamame) *Shelled*	Pound	10.70	1/4 cup cooked, drained vegetable	9.4	
Beans, Soy, fresh (Edamame) *Whole* *In shell*	Pound	6.90	1/4 cup cooked, drained, shelled vegetable	14.5	1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans
Beans, Soy, dry, canned *Shelled*	Pound Pound	7.30 25.90	1/4 cup heated, drained vegetable 1 /4 cup cooked vegetable	13.7 3.9	1 lb dry = about 2-1/2 cups dry beans
BEAN SPROUTS[1] - Other Subgroup					
Bean Sprouts, fresh[1] *Mung*	Pound	14.60	1/4 cup parboiled, drained vegetable	6.9	1 lb AP = 0.89 lb parboiled bean sprouts

[1] 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.

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Section 2 – Vegetables (All Vegetable Subgroups)					
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BEAN SPROUTS[1] - Other Subgroup (continued)					
Bean Sprouts, fresh[1] *Soybean*	Pound	17.20	1/4 cup parboiled, drained vegetable	5.9	1 lb AP = 0.95 lb parboiled bean sprouts
Bean Sprouts, canned	No. 10 can (102 oz)	29.10	1/4 cup heated, drained vegetable	3.5	1 No. 10 can = about 48.4 oz (7-1/4 cups) heated, drained bean sprouts
	No. 10 can (102 oz)	42.20	1/4 cup drained vegetable	2.4	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	25.1	1 No. 300 can = about 6.5 oz (1 cup) heated, drained bean sprouts
	No. 300 can (14 oz)	5.34	1/4 cup drained vegetable	18.8	1 No. 300 can = about 8.0 oz (1-1/3 cups) drained, unheated bean sprouts
BEANS, WAX - Other Subgroup					
Beans, Wax, fresh *Whole Untrimmed*	Pound	10.50	1/4 cup whole, cooked, drained vegetable	9.6	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	3.0	1 No. 10 can = about 53.7 oz (8-1/2 cups) heated, drained beans
	No. 10 can (101 oz)	43.20	1/4 cup drained vegetable	2.4	1 No. 10 can = about 59.3 oz (10-3/4 cups) drained, unheated beans

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Section 2 – Vegetables (All Vegetable Subgroups)					
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BEANS, WAX – Other Subgroup (continued)					
Beans, Wax, canned	No. 2-1/2 can (28 oz)	12.90	1/4 cup heated, drained vegetable	7.8	
	No. 2-1/2 can (28 oz)	14.00	1/4 cup drained vegetable	7.2	1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 300 can (14-1/2 oz)	4.58	1/4 cup heated, drained vegetable	21.9	1 No. 300 can = about 7.1 oz (1-1/8 cups) heated, drained beans
	No. 300 can (14-1/2 oz)	6.17	1/4 cup drained vegetable	16.3	1 No. 300 can = about 7.0 oz (1-1/2 cups) drained, unheated beans
	Pound	5.43	1/4 cup heated, drained vegetable	18.5	
	Pound	6.84	1/4 cup drained vegetable	14.7	
BEETS - Other Subgroup					
Beets, fresh *Without tops*	Pound	11.60	1/4 cup raw, pared vegetable sticks	8.7	1 lb AP = 0.77 lb pared beets
	Pound	7.60	1/4 cup diced, cooked vegetable	13.2	
	Pound	7.70	1/4 cup sliced, cooked vegetable	13.0	1 lb AP = 0.73 lb cooked sliced beets
Beets, canned *Baby Whole*	No. 10 can (103 oz)	36.70	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 60.2 oz (9-1/8 cups) heated, drained beets
	No. 10 can (103 oz)	40.20	1/4 cup drained vegetable	2.5	1 No. 10 can = about 64.0 oz (10 cups) drained, unheated beets
	Pound	5.70	1/4 cup heated, drained vegetable	17.6	
	Pound	6.24	1/4 cup drained vegetable	16.1	

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BEETS - Other Subgroup (continued)					
Beets, canned *Diced*	No. 10 can (104 oz)	37.60	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 63.3 oz (9-3/8 cups) heated, drained beets
	No. 10 can (104 oz)	40.90	1/4 cup drained vegetable	2.5	1 No. 10 can = about 66.4 oz (10-1/8 cups) drained, unheated beets
	Pound	5.78	1/4 cup heated, drained vegetable	17.4	
	Pound	6.29	1/4 cup drained vegetable	15.9	
Beets, canned *Sliced*	No. 10 can (104 oz)	36.40	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 60.1 oz (9 cups) heated, drained beets
	No. 10 can (104 oz)	38.80	1/4 cup drained vegetable	2.6	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	19.4	1 No. 300 can = about 7.9 oz (1-1/4 cups) heated, drained beets
	No. 300 can (15 oz)	5.33	1/4 cup drained vegetable	18.8	1 No. 300 can = about 8.9 oz (1-1/3 cups) drained, unheated beets
BEET GREENS – Dark Green Subgroup					
Beet Greens, fresh *Untrimmed*	Pound	3.50	1/4 cup cooked vegetable	28.6	1 lb AP = 0.48 lb ready-to-cook beet greens
BOK CHOY – Dark Green Subgroup					
Bok Choy, Fresh *Whole*	Pound	14.40	1/4 cup raw, shredded vegetable (credits as 1/8 cup in NSLP/SBP)	7.0	1 lb AP = 0.77 lb (about 3-1/2 cups) ready-to-serve bok choy

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BREADFRUIT - Other Subgroup					
Breadfruit, fresh *Guatemalan*	Pound	5.69	1/4 cup baked, mashed vegetable	17.6	1 lb AP = 0.60 lb (about 1-3/8 cups) cooked mashed vegetable, 1 breadfruit = about 2.6 lb
BROCCOLI - Dark Green Subgroup					
Broccoli, fresh *Untrimmed*	Pound	9.80	1/4 cup raw vegetable spears	10.3	1 lb AP = 0.81 lb ready-to-cook broccoli
	Pound	9.40	1/4 cup cooked, drained vegetable spears	10.7	1 medium spear = about 1/4 cup broccoli
	Pound	10.20	1/4 cup cut, cooked, drained vegetable	9.9	
Broccoli, fresh *Florets Trimmed Ready-to-use*	Pound	28.80	1/4 cup cut raw vegetable	3.5	1 lb AP = 1 lb (about 7-1/8 cups) ready-to-cook broccoli
Broccoli, fresh *Spears Trimmed Ready-to-use*	Pound	17.10	1/4 cup raw vegetable spears	5.9	1 lb AP = 1 lb (about 4-1/4 cups) ready-to-cook broccoli
	Pound	13.00	1/4 cup cooked, drained vegetable spears	7.7	1 lb AP = 1 lb (about 3-1/4 cups) cooked broccoli
Broccoli, fresh *Slaw Ready-to-use*	Pound	21.10	1/4 cup raw vegetable	4.8	1 lb AP = 1 lb (about 5-1/4 cups) ready-to-serve or -cook broccoli slaw
Broccoli, frozen *Spears*	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	1 lb AP = 0.90 lb (about 2-5/8 cups) cooked broccoli
Broccoli, frozen *Cut or chopped*	Pound	9.60	1/4 cup cooked, drained vegetable	10.5	

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BRUSSELS SPROUTS - Other Subgroup					
Brussels Sprouts, fresh *Whole*	Pound	8.50	1/4 cup cooked, drained vegetable	11.8	1 lb AP = 0.76 lb ready-to-cook Brussels sprouts
Brussels Sprouts, fresh *Trimmed Ready-to-use*	Pound	16.10	1/4 cup raw vegetable	6.3	1 lb AP = 1 lb (about 4 cups) ready-to-serve Brussels sprouts
	Pound	13.40	1/4 cup cooked, drained vegetable	7.5	1 lb AP = 1 lb (about 3-1/3 cups) steamed Brussels sprouts
Brussels Sprouts, frozen *Ready-to-use*	Pound	10.40	1/4 cup cooked, drained vegetable	9.7	
CABBAGE, CELERY OR NAPA - Other Subgroup					
Cabbage, Celery, or NAPA fresh *Untrimmed*	Pound	20.40	1/4 cup raw vegetable strips	5.0	1 lb AP = 0.93 lb (about 5 cups) ready-to-serve, raw cabbage
	Pound	10.60	1/4 cup cooked, drained vegetable strips	9.5	
CABBAGE, GREEN - Other Subgroup					
Cabbage, fresh *Green Untrimmed Whole*	Pound	17.70	1/4 cup raw, chopped vegetable	5.7	1 lb AP = 0.87 lb ready-to-cook or -serve raw cabbage
	Pound	11.20	1/4 cup raw, chopped vegetable with dressing	9.0	
	Pound	26.40	1/4 cup raw, shredded vegetable	3.8	
	Pound	13.80	1/4 cup cooked, drained shredded vegetable	7.3	
	Pound	9.86	1/4 cup cooked, drained vegetable wedges	10.2	1 lb AP = 0.82 lb (about 2-3/8 cups) cooked cabbage wedges

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CABBAGE, GREEN - Other Subgroup (continued)					
Cabbage, fresh *Green* *Untrimmed* *Whole*	1 head	9.00	1 large cooked leaf (3/4 cups vegetable)	11.2	1 large leaf = 10 to 12 inches in diameter
	1 head	7.00	1 medium cooked leaf (3/8 cup vegetable)	14.3	1 medium leaf = 6 to 8 inches in diameter
Cabbage, fresh *Green* *Shredded* *Ready-to-use*	Pound	27.00	1/4 cup raw vegetable	3.8	1 lb AP = 1 lb (about 6-3/4 cups) ready-to-serve raw, shredded cabbage
CABBAGE, RED - Other Subgroup					
Cabbage, Red, fresh *Whole* *Untrimmed*	Pound	13.00	1/4 cup raw, chopped vegetable	7.7	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	4.1	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	7.6	
Cabbage, Red, fresh *Shredded* *Ready-to-use*	Pound	22.80	1/4 cup raw vegetable	4.4	1 lb AP = 1 lb (about 5-2/3 cups) ready-to-serve raw, shredded cabbage
CACTUS (NOPALES) - Other Subgroup					
Cactus (Nopales), fresh *Leaves (or petals)* *Unpeeled* *With thorns*	Pound	6.80	1/4 cup unpeeled, diced cooked, drained vegetable (thorns removed)	14.8	1 lb AP = 0.96 lb (about 1-2/3 cups) unpeeled, thorns removed, diced, cooked, drained cactus

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CACTUS (NOPALES) - Other Subgroup (continued)					
Cactus (Nopales), fresh *Leaves (or Petals) Unpeeled Without thorns*	Pound	6.96	1/4 cup unpeeled diced, cooked, drained vegetable	14.4	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 *Leaves (or Petals) Cut*	14 oz jar	3.04	1/4 cup heated, drained vegetable	32.9	14-oz jar = about 5.7 oz (about 3/4 cup) cooked, drained cactus
	14 oz jar	3.65	1/4 cup drained vegetable	27.4	14-oz jar = about 6.3 oz (7/8 cup) drained**,** unheated cactus
CARROTS – Red/Orange Subgroup					
Carrots, fresh *Without tops*	Pound	10.30	1/4 cup raw vegetable strips (about 3 strips, 4-inch by 1/2-inch)	9.8	1 lb AP = 0.70 lb ready-to-cook, or - serve raw carrot sticks
	Pound	10.60	1/4 cup raw, chopped vegetable	9.5	
	Pound	15.40	1/4 cup raw, shredded vegetable	6.5	1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrots
	Pound	8.10	1/4 cup raw shredded vegetable with dressing	12.4	
	Pound	8.63	1/4 cup cooked, drained shredded vegetable	11.6	1 lb AP = 0.79 lb (about 2-1/8 cups) trimmed, peeled, shredded, cooked carrots
	Pound	10.90	1/4 cup raw, sliced vegetable (5/16-inch slices)	9.2	1 lb AP = 0.83 lb (about 2-2/3 cups) trimmed, peeled, sliced carrots

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CARROTS – Red/Orange Subgroup (continued)					
Carrots, fresh *Without tops*	Pound	8.16	1/4 cup cooked, drained sliced vegetable (5/16-inch slices)	12.3	1 lb AP = 0.76 lb (about 2 cups) cooked, sliced carrots
Carrots, fresh *Shredded Ready-to-use*	Pound	19.90	1/4 cup raw vegetable	5.1	1 lb AP = 1 lb shredded carrots ready-to-use (about 4-7/8 cups)
	Pound	11.20	1/4 cup cooked, drained vegetable	9.0	1 lb AP = 0.92 lb (about 2-3/4 cups) cooked carrots
Carrots, fresh *Sliced Peeled Ready-to-use*	Pound	12.60	1/4 cup raw vegetable slices (5/16-inch slices)	8.0	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or -cook carrots
Carrots, fresh *Sticks, Ready-to-use (1/2-inch by 4-inch)*	Pound	15.40	1/4 cup raw vegetable (about 3 sticks)	6.5	1 lb AP = 1 lb (about 3-3/4 cups) carrot sticks
Carrots, fresh *Baby Ready-to-use*	Pound	12.90	1/4 cup raw vegetable	7.8	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve raw carrots
	Pound	11.40	1/4 cup cooked, drained vegetable	8.8	1 lb AP = 0.97 lb (about 2-3/4 cups) cooked carrots
Carrots, canned *Diced Includes USDA Foods*	No. 10 can (105 oz)	34.30	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 62.0 oz (8-1/2 cups) heated, drained carrots
	No. 10 can (105 oz)	40.00	1/4 cup drained vegetable	2.5	1 No. 10 can = about 67.0 oz (10 cups) drained, unheated carrots
	Pound	5.22	1/4 cup heated, drained vegetable	19.2	

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CARROTS – Red/Orange Subgroup (continued)					
Carrots, canned *Diced Includes USDA Foods*	Pound	6.09	1/4 cup drained vegetable	16.5	
Carrots, canned *Sliced Includes USDA Foods*	No. 10 can (105 oz)	37.20	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 65.0 oz (9-1/4 cups) heated, drained carrots
	No. 10 can (105 oz)	43.40	1/4 cup drained vegetable	2.4	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	19.3	1 No. 300 can = about 8.6 oz (1-1/4 cups) heated, drained carrots
	No. 300 can (15 oz)	5.88	1/4 cup drained vegetable	17.1	1 No. 300 can = about 8.5 oz (1-3/8 cups) drained, unheated carrots
Carrots, frozen *Sliced Includes USDA Foods*	Pound	9.87	1/4 cup cooked, drained vegetable	10.2	1 lb AP = 0.95 lb (about 2-3/8 cups) cooked, drained carrots
Carrots, frozen *Baby*	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	
CASSAVA (see YUCCA) – Starchy Subgroup					
CAULIFLOWER - Other Subgroup					
Cauliflower, fresh *Whole Trimmed*	Pound	12.50	1/4 cup raw, sliced vegetable	8.0	1 lb AP = 0.62 lb ready-to-cook or -serve raw cauliflower
	Pound	12.30	1/4 cup raw vegetable florets	8.2	1 medium head = about 6 cups cauliflower florets
	Pound	8.80	1/4 cup cooked, drained vegetable florets	11.4	1 lb AP = 0.61 lb cooked cauliflower

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CAULIFLOWER – OTHER Subgroup (continued)					
Cauliflower, fresh *Florets Ready-to-use*	Pound	18.30	1/4 cup raw vegetable florets	5.5	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	7.1	
Cauliflower, frozen	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	
CELERY - Other Subgroup					
Celery, fresh *Trimmed*	Pound	12.20	1/4 cup raw vegetable sticks or strips (about 3 sticks, 1/2-inch by 4-inch sticks)	8.2	
	Pound	12.50	1/4 cup raw, chopped vegetable	8.0	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	8.2	
	Pound	8.70	1/4 cup diced, cooked, drained vegetable	11.5	1 lb AP = 0.74 lb (about 2-1/8 cups) cooked celery
	Pound	8.10	1/4 cup sliced, cooked, drained vegetable	12.4	
Celery, fresh *Sticks Ready-to-use (1/2-inch by 4-inch)*	Pound	14.00	1/4 cup raw vegetables (about 3 sticks)	7.2	1 lb AP = 1 lb (about 3-1/2 cups) ready-to-serve raw celery
Celery, fresh *Diced Ready-to-use*	Pound	12.90	1/4 cup raw vegetable	7.8	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery

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CELERY - Other Subgroup (continued)					
Celery, canned *Diced*	No. 10 can (102 oz)	38.40	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 64.0 oz (9-1/2 cups) heated, drained celery
	No. 10 can (102 oz)	49.00	1/4 cup drained vegetable	2.1	1 No. 10 can = about 74.0 oz (12-3/8 cups) drained celery
	Pound (drained weight)	8.27	1/4 cup heated, drained vegetable	12.1	
	Pound (drained weight)	10.50	1/4 cup drained vegetable	9.6	
Celery, canned *Diced* *In sauce*	No. 10 can (104 oz)	49.70	1/4 cup heated, drained vegetable	2.1	1 No. 10 can = about 100.0 oz (12-3/8 cups) heated, drained celery
CHARD, SWISS (see SWISS CHARD) - Dark Green Subgroup					
CHAYOTE (MIRLITON) - Other Subgroup					
Chayote (Mirliton), fresh *Whole* *Unpeeled*	Pound	12.60	1/4 cup unpeeled, pitted sliced, raw vegetable	8.0	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	10.6	1 lb AP = 0.88 lb (about 2-1/3 cups) unpeeled, pitted, sliced cooked chayote
CHICKPEAS (see BEANS, GARBANZO) - Beans and Peas (Legumes) Subgroup					
CHICORY - Dark Green Subgroup					
Chicory, fresh	Pound	47.40	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	2.2	1 lb AP = 0.89 lb ready-to-serve raw chicory

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CHICORY - Dark Green Subgroup (continued)					
Chicory, fresh	Pound	31.60	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP)	3.2	
COLLARD GREENS - Dark Green Subgroup					
Collard Greens, fresh *Untrimmed*	Pound	6.20	1/4 cup cooked, drained vegetable leaves	16.2	1 lb AP = 0.57 lb ready-to-cook collard leaves
	Pound	10.50	1/4 cup cooked, drained vegetable leaves and stems	9.6	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	3.7	1 No. 10 can = about 54.0 oz (6-3/4 cups) heated, drained collards
	No. 10 can (101 oz)	35.90	1/4 cup drained vegetable	2.8	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	14.7	1 No. 2-1/2 can = about 17.6 oz (3 cups) drained collards
	No. 300 can (14-1/2 oz)	3.67	1/4 cup heated, drained vegetable	27.3	
Collard Greens, frozen *Chopped or Whole leaf*	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	
CORN – Starchy Subgroup					
Corn, fresh *With husks (5 to 6-inch length) Medium*	Pound	1.67	1 medium ear (about 1/2 cup cooked vegetable)	59.9	

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CORN – Starchy Subgroup (continued)					
Corn, fresh *With husks (5 to 6-inch length) Medium*	Pound	3.35	1/4 cup cooked vegetable (about 1/2 cob)	29.9	1 lb AP = 0.34 lb raw cut corn
Corn, fresh *Without husks (5 to 6-inch length) Medium*	Pound	2.33	1 medium ear (about 1/2 cup cooked vegetable)	43.0	
	Pound	5.27	1/4 cup cooked vegetable (about 1/2 cob)	19.0	1 lb AP = 0.54 lb raw cut corn
Corn, canned *Cream style Includes USDA Foods*	No. 10 can (106 oz)	46.40	1/4 cup heated vegetable	2.2	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	15.8	1 No. 300 can = about 13.0 oz (1-1/2 cups) heated corn
Corn, canned *Whole kernel Vacuum packed Includes USDA Foods*	No. 10 can (75 oz)	34.10	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 60.5 oz (8-1/2 cups) heated, drained corn
	No. 10 can (75 oz)	36.80	1/4 cup drained vegetable	2.8	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	15.2	1 No. 2 can = about 10.0 oz (1-2/3 cups) drained, heated corn
Corn, canned *Whole kernel Liquid pack Includes USDA Foods*	No. 10 can (106 oz)	39.60	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 66.0 oz (9-7/8 cups) heated, drained corn
	No. 10 can (106 oz)	40.70	1/4 cup drained vegetable	2.5	1 No. 10 can = about 73.3 oz (10-2/3 cups) drained, unheated corn

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Section 2 – Vegetables (All Vegetable Subgroups)					
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CORN – Starchy Subgroup (continued)					
Corn, canned *Whole kernel* *Liquid pack* *Includes USDA Foods*	No. 300 can (15-1/4 oz)	5.68	1/4 cup heated, drained vegetable	17.7	1 No. 300 can = about 9.3 oz (1-3/8 cups) heated, drained corn
	No. 300 can (15-1/4 oz)	5.86	1/4 cup drained vegetable	17.1	1 No. 300 can = about 9.6 oz (1-3/8 cups) drained, unheated corn
Corn, frozen *Whole Kernel* *Includes USDA Foods*	Pound	11.10	1/4 cup tempered vegetable (unheated for salads)	9.1	1 lb AP = 0.99 lb (about 2-3/4 cups) ready-to-serve raw tempered corn
	Pound	11.00	1/4 cup cooked vegetable	9.1	
Corn, frozen *Corn on the cob* *3-inch ear (cobbette)* *Includes USDA Foods*	Pound	4.25	1/4 cup cooked vegetable (about 1 cobbette)	23.6	1 lb AP = 0.53 lb (about 1 cup) edible portion cooked corn
Corn, frozen *Corn on the cob* *5-1/4-inch ear (medium)* *Includes USDA Foods*	Pound	2.44	1 medium cooked ear (about 1/2 cup cooked vegetable)	41.0	1 lb AP = 0.52 lb (about 1-1/8 cups) edible portion cooked corn
CUCUMBERS - Other Subgroup					
Cucumbers, fresh *Whole* *Unpared*	Pound	11.10	1/4 cup unpared, diced vegetable	9.1	1 lb AP = 0.98 lb (about 2-3/4 cups) ready-to-serve raw, unpared, diced cucumbers
	Pound	12.40	1/4 cup unpared, sliced vegetable	8.1	

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CUCUMBERS - Other Subgroup (continued)					
Cucumbers, fresh *Whole Unpared*	Pound	10.50	1/4 cup pared, diced or sliced vegetable	9.6	1 lb AP = 0.84 lb ready-to-serve raw, pared, sliced cucumbers
	Pound	9.71	1/4 cup pared vegetable sticks (about 3 sticks, 3-inch by 3/4-inch sticks)	10.3	1 lb AP = 0.81 lb (about 2-3/8 cups) ready-to-serve raw, pared cucumber sticks
Cucumbers, fresh *Whole Unpared*	Pound	11.80	1/4 cup unpared vegetable sticks (about 3 sticks, 3-inch by 3/4-inch sticks)	8.5	1 lb AP = 0.98 lb (about 3 cups) ready-to-serve raw, unpared cucumber sticks
EGGPLANT - Other Subgroup					
Eggplant, fresh *Whole*	Pound	6.70	1/4 cup pared, cubed, cooked vegetable	15.0	1 lb AP = 0.81 lb ready-to-cook eggplant
ENDIVE, ESCAROLE - Dark Green Subgroup					
Endive or Escarole, fresh *Whole*	Pound	19.90	1/4 cup raw vegetable pieces	5.1	1 lb AP = 0.78 lb ready-to-serve raw endive (escarole)
GRAPE LEAVES - Dark Green Subgroup					
Grape Leaves, fresh *Whole with stem*	Pound	27.40	1/4 cup cooked, drained vegetable (about 3 leaves)	3.7	1 lb AP = 0.80 lb (about 6-3/4 cups) cooked, steamed grape leaves without stem
Grape Leaves, canned *Pickled*	14 oz jar	17.00	1/4 cup drained vegetable (about 3 leaves)	5.9	14 oz jar = about 8.0 oz (4-1/4 cups) drained leaves

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JICAMA (YAM BEAN) – Starchy Subgroup					
Jicama (Yam Bean), fresh *Whole*	Pound	11.90	1/4 cup raw peeled, julienned vegetable strips	8.5	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	10.5	1 lb AP = 0.87 lb (about 2-3/8 cups) cooked jicama strips
KALE - Dark Green Subgroup					
Kale, fresh *Trimmed With stem Ready-to-use*	Pound	35.70	1/4 cup raw, chopped vegetable (no stem, credits as 1/8 cup in NSLP/SBP)	2.9	1 lb AP = 0.73 lb ready-to-cook, stemmed kale leaves
	Pound	10.00	1/4 cup cooked, drained vegetable (no stem)	10.0	1 lb AP = 0.77 lb (about 2-1/2 cups) stemmed, chopped, cooked kale
Kale, fresh *Trimmed Without stem*	Pound	48.80	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP)	2.1	1 lb AP = 1 lb ready-to-cook kale
	Pound	13.70	1/4 cup cooked, drained vegetable	7.3	1 lb AP = 1.15 lb (about 3-3/8 cups) cooked, drained kale
Kale, fresh *Untrimmed*	Pound	11.80	1/4 cup cooked, drained vegetable	8.5	1 lb AP = 0.67 lb ready-to-cook kale
Kale, canned	No. 10 can (98 oz)	26.70	1/4 cup heated, drained vegetable	3.8	1 No. 10 can = about 49.6 oz (6-2/3 cups) heated, drained kale
	No. 10 can (98 oz)	40.20	1/4 cup drained vegetable	2.5	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	13.7	1 No. 2-1/2 can = about 1-3/4 cups heated, drained kale

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KALE - Dark Green Subgroup (continued)					
Kale, canned	No 2-1/2 can (27 oz)	11.00	1/4 cup drained vegetable	9.1	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	23.0	
	Pound	6.56	1/4 cup drained vegetable	15.3	
Kale, frozen *Chopped*	Pound	12.10	1/4 cup cooked, drained vegetable	8.3	
Kale, frozen *Whole leaf*	Pound	9.50	1/4 cup cooked, drained vegetable	10.6	
KOHLRABI - Other Subgroup					
Kohlrabi, fresh *Untrimmed*	Pound	5.10	1/4 cup cooked, drained vegetable	19.7	1 lb AP = 0.45 lb ready-to-cook, pared kohlrabi
Kohlrabi, fresh *Whole With leaves and stems*	Pound	9.30	1/4 cup raw peeled vegetable sticks	10.8	1 lb AP = 0.73 lb ready-to-serve or -cook, pared kohlrabi
	Pound	10.10	1/4 cup raw vegetable chunks	10.0	1 lb AP = 0.82 lb (about 2-1/2 cups) ready-to-serve or -cook, pared kohlrabi chunks
LENTILS, DRY - Beans and Peas (Legumes) Subgroup					
Lentils, dry	Pound	29.60	1/4 cup cooked lentils	3.4	1 lb dry = about 2-3/8 cups dry lentils
	Pound	19.70	3/8 cup cooked lentils	5.1	

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LETTUCE - Other Subgroup					
Lettuce, fresh *Iceberg Head Untrimmed*	Pound	22.20	1/4 cup raw, shredded vegetable pieces (credits as 1/8 cup in NSLP/SBP)	4.6	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)	4.9	
	Pound	13.90	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP)	7.2	
Lettuce, fresh *Iceberg, Head Cleaned and cored Ready-to-use*	Pound	29.20	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.5	1 lb AP = 1 lb (about 7-1/3 cups) ready-to-serve lettuce
Lettuce, fresh *Salad mix (mostly iceberg, some romaine with shredded carrot and red cabbage)*	Pound	26.40	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.8	1 lb AP = 1 lb (about 6-1/2 cups) ready-to-serve lettuce
Lettuce, fresh *Mixed greens (equal amounts of iceberg and romaine with shredded carrots and red cabbage)*	Pound	25.70	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.9	1 lb AP = 1 lb (about 6-3/8 cups) ready-to-serve lettuce

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LETTUCE – Dark Green Subgroup					
Lettuce, fresh *Dark Green Leafy (loose lettuce) Untrimmed*	Pound	21.70	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	4.7	1 lb AP = 0.66 lb ready-to-serve raw lettuce
Lettuce, fresh *Dark Green Leafy (loose lettuce)* Untrimmed	Pound	14.50	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP)	6.9	
Lettuce, fresh *Romaine Untrimmed*	Pound	31.30	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.2	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)	4.8	
MALANGA (TARO) – Starchy Subgroup					
Malanga (Taro), fresh *Whole*	Pound	11.20	1/4 cup raw, peeled, diced vegetable	9.0	1 lb AP = 0.89 lb (about 2-3/4 cups) ready-to-cook, peeled diced taro
	Pound	7.95	1/4 cup peeled, diced, cooked vegetable	12.6	1 lb AP = 1.07 lb (about 1-7/8 cups) cooked, peeled, diced taro
MIRLITON (see CHAYOTE) - Other Subgroup					
MUSHROOMS - Other Subgroup					
Mushrooms, fresh *Whole*	Pound	18.70	1/4 cup raw, sliced vegetable	5.4	1 lb AP = 0.98 lb ready-to-cook mushrooms
	Pound	8.30	1/4 cup sliced, cooked, drained vegetable	12.1	1 lb AP = 0.43 lb cooked, sliced mushrooms
Mushrooms, fresh *Slices Ready-to-use*	Pound	18.50	1/4 cup sliced vegetable (about 7 slices)	5.5	1 lb AP = 1 lb (about 4-5/8 cups) ready-to-serve mushrooms

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MUSHROOMS - Other Subgroup (continued)					
Mushrooms, canned	No. 10 can (68 oz drained weight)	49.40	1/4 cup drained vegetable	2.1	1 No. 10 can = 12-1/3 cups drained mushrooms
	Pound (drained weight)	11.60	1/4 cup drained vegetable	8.7	
	No. 300 can (8 oz drained weight)	5.80	1/4 cup drained vegetable	17.3	1 No. 300 can = about (1-1/2 cups) drained mushrooms
Mushrooms, frozen *Slices*	Pound	12.20	1/4 cup tempered vegetable	8.2	1 lb AP = 0.90 lb (about 3 cups) ready-to-serve, tempered mushrooms
MUSTARD GREENS or MUSTARD CABBAGE GREENS - Dark Green Subgroup					
Mustard greens, fresh *Trimmed Without Stems*	Pound	49.20	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	2.1	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	7.1	
Mustard greens, fresh *Untrimmed*	Pound	13.20	1/4 cup cooked, drained vegetable	7.6	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	3.3	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	5.0	1 No. 10 can = about 40.1 oz (5 cups) drained greens
	No. 2-1/2 can (27 oz)	11.80	1/4 cup drained vegetable	8.5	1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained greens

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MUSTARD GREENS or MUSTARD CABBAGE GREENS (continued)					
Mustard Greens, canned	No. 300 can (14-1/2 oz)	3.81	1/4 cup drained vegetable	26.3	
	No. 300 can (14-1/2 oz)	2.74	1/4 cup heated, drained vegetable	36.5	
Mustard Greens, frozen *Chopped*	Pound	11.60	1/4 cup cooked, drained vegetable	8.7	
Mustard Greens, frozen *Leaf*	Pound	12.30	1/4 cup cooked, drained vegetable	8.2	
NOPALES (see CACTUS) - Other Subgroup					
OKRA - Other Subgroup					
Okra, fresh *Whole*	Pound	9.70	1/4 cup cooked, drained whole vegetable	10.4	1 lb AP = 0.87 lb ready-to-cook okra
	Pound	9.00	1/4 cup cooked, drained sliced vegetable	11.2	
Okra, canned *Cut*	No. 10 can (99 oz)	38.80	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 60.0 oz (10-1/8 cups) drained okra
	Pound	6.20	1/4 cup heated, drained vegetable	16.2	
	No. 300 can (14 oz)	4.58	1/4 cup heated, drained vegetable	21.9	1 No. 300 can = about 7.1 oz (1-1/8 cups) drained okra
Okra, frozen *Cut*	Pound	9.10	1/4 cup cooked, drained vegetable	11.0	
Okra, frozen *Whole*	Pound	11.80	1/4 cup cooked, drained vegetable	8.5	

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OLIVES - Other Subgroup					
Olives, canned *Green Stuffed*	No. 10 can (72 oz drained weight)	55.50	1/4 cup drained vegetable	1.9	
	Pound (drained weight)	12.30	1/4 cup drained vegetable	8.2	
Olives, canned *Green Whole With pits*	Gallon (65 oz drained weight)	60.40	1/4 cup whole, pitted vegetable (about 14 small olives)	1.7	1 gallon = about 848 olives
	Pound (drained weight)	14.80	1/4 cup pitted vegetable	6.8	
Olives, canned *Green Whole Pitted*	Gallon (69 oz drained weight)	63.90	1/4 cup whole vegetable (about 14 small olives)	1.6	1 gallon container = about 16 cups drained or 847 olives
Olives, canned *Ripe Pitted Large Whole*	No. 10 can (50 oz drained weight)	48.00	1/4 cup whole vegetable (about 8 large olives)	2.1	1 No. 10 can = about 380 olives
Olives, canned *Ripe Pitted Large Whole*	No. 10 can (50 oz drained weight)	42.00	1/4 cup chopped vegetable	2.4	
	Pound (drained weight)	15.30	1/4 cup whole vegetable	6.6	
	Pound (drained weight)	12.90	1/4 cup chopped vegetable	7.8	
Olives, canned *Ripe Sliced*	No. 10 can (103 oz)	47.90	1/4 cup sliced vegetable	2.1	1 No. 10 can = about 56.0 oz (11-7/8 cups) drained olives

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OLIVES - Other Subgroup (continued)					
Olives, frozen *Ripe 1/4-inch slices*	Pound	14.90	1/4 cup tempered vegetable slices	6.8	1 lb AP = 0.99 lb (about 3-2/3 cups) ready-to-serve tempered olives
ONIONS, GREEN - Other Subgroup					
Onions, Green, fresh *Whole*	Pound	15.00	1/4 cup raw vegetable, with tops	6.7	1 lb AP = 0.83 lb ready-to-serve, raw onions with tops
	Pound	13.80	1/4 cup cooked with tops	7.3	
	Pound	6.70	1/4 cup raw chopped or sliced vegetable without tops	15.0	1 lb AP = 0.37 lb ready-to-serve raw onions without tops
ONIONS, MATURE - Other Subgroup					
Onions, Mature, fresh *All sizes Whole*	Pound	9.30	1/4 cup raw, chopped vegetable	10.8	1 lb AP = 0.88 lb ready-to-cook or -serve raw onion
	Pound	14.20	1/4 cup raw, sliced vegetable	7.1	
	Pound	7.90	1/4 cup cooked vegetable pieces	12.7	1 lb AP = 0.78 lb cooked onion
	Pound	7.10	1/4 cup cooked, whole vegetable	14.1	
Onions, Mature, fresh *Yellow, Jumbo Whole*	Pound	5.70	1/4 cup sliced, grilled vegetable	17.6	1 lb AP = 0.65 lb (about 1-3/8 cups) peeled, sliced, cooked onion Jumbo = 3-inch diameter and over
Onions, Mature, fresh *Diced Ready-to-use*	Pound	12.60	1/4 cup diced, raw vegetable	8.0	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or -cook raw 1/4-inch diced onion
Onions, Mature, fresh *Sliced Ready-to-use*	Pound	12.70	1/4 cup sliced, raw vegetable	7.9	1 lb AP = 1 lb ready-to-serve or -cook onion

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ONIONS, MATURE - Other Subgroup (continued)					
Onions, Mature, canned *Whole*	No. 10 can (105 oz)	26.60	1/4 cup heated vegetable	3.8	1 No. 10 can = about 55.8 oz (6-2/3 cups) heated, drained onion
	Pound	4.90	1/4 cup heated, drained vegetable	20.5	
	15 oz jar	5.10	1/4 cup vegetable (about 5 onions)	19.7	15-oz jar = about 9.0 oz (1-1/4 cups) drained or about 23 onions
Onions, Mature, frozen *Chopped*	Pound	7.92	1/4 cup thawed vegetable	12.7	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-cook, thawed onion
	Pound	5.94	1/4 cup cooked vegetable	16.9	1 lb AP = 0.67 lb (about 1-3/8 cups) cooked onion
Onions, Mature, Dehydrated *Chopped*	Pound	49.90	1/4 cup rehydrated, cooked vegetable	2.1	1 lb dry = about 4-2/3 cups dehydrated onion
	Pound	18.70	1/4 cup uncooked, rehydrated vegetable	5.4	
PARSLEY - Dark Green Subgroup					
PARSLEY, fresh *Curly*	Pound	83.40	1/4 cup chopped, raw vegetable (credits as 1/8 cup in NSLP/SBP)	1.2	1 lb AP = 0.92 lb ready-to-serve raw parsley
PARSNIPS – Starchy Subgroup					
Parsnips, fresh *Whole*	Pound	8.10	1/4 cup cooked, drained vegetable pieces	12.4	1 lb AP = 0.83 lb ready-to-cook parsnips
	Pound	7.20	1/4 cup cooked, drained, mashed vegetable	13.9	

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PEAS, BLACKEYED (see BEANS, BLACKEYED) - Beans and Peas (Legumes) Subgroup					
PEAS, CHINESE SNOW - Other Subgroup					
Peas, Chinese Snow, frozen *Edible podded Whole*	Pound	11.40	1/4 cup cooked, drained vegetable	8.8	
PEAS, FIELD - Starchy Subgroup					
Peas, Field, canned *With snaps*	No. 10 can (111 oz)	37.60	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 72.3 oz (9-3/8 cups) heated, drained field peas with snaps
	No. 10 can (111 oz)	46.30	1/4 cup drained vegetable	2.2	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	19.6	1 No. 300 can = about 7.95 oz (1-1/4 cups) heated, drained field peas with snaps
	No. 300 can (15 oz)	5.59	1/4 cup drained vegetable	17.9	1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps
PEAS, GREEN - Starchy Subgroup					
Peas, Green, fresh *Shelled*	Pound	10.60	1/4 cup cooked, drained vegetable	9.5	1 lb in pod = 0.38 lb ready-to-cook peas
Peas, Green, canned *Includes USDA Foods*	No. 10 can (106 oz)	36.70	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 68.0 oz (9-1/8 cups) heated, drained peas

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PEAS, GREEN - Starchy Subgroup (continued)					
Peas, Green, canned *Includes USDA Foods*	No. 10 can (106 oz)	42.00	1/4 cup drained vegetable (unheated, for salads)	2.4	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	20.3	
	No. 300 can (15-1/4 oz)	5.67	1/4 cup drained vegetable (unheated, for salads)	17.7	
Peas, Green, frozen *Includes USDA Foods*	Pound	9.59	1/4 cup cooked, drained vegetable	10.5	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked, drained peas
PEAS, GREEN – Beans and Peas (Legumes) Subgroup					
Peas, Green, dry *Whole*	Pound	25.60	1/4 cup cooked vegetable	4.0	1 lb dry = about 2-1/3 cups dry peas
Peas, Green, dry *Split Includes USDA Foods*	Pound	23.10	1/4 cup cooked vegetable	4.4	1 lb dry = about 2-1/4 cups dry spilt peas
PEAS, PIGEON, GREEN - Starchy Subgroup					
Peas, Pigeon, Green, frozen *Immature*	Pound	10.60	1/4 cup cooked, drained vegetable	9.5	1 lb AP = 0.96 lb (about 2-2/3 cups) cooked, drained peas
PEAS, SUGAR SNAP - Other Subgroup					
Peas, Sugar Snap, frozen *Whole*	Pound	9.78	1/4 cup cooked, drained vegetable	10.3	1 lb AP = 1 lb (about 2-3/8 cups) cooked, drained peas

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Section 2 – Vegetables (All Vegetable Subgroups)					
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PEAS AND CARROTS - Additional Subgroup					
Peas and Carrots, canned	No. 10 can (105 oz)	41.30	1/4 cup heated, drained vegetable	2.5	1 No. 10 can = about 66.0 oz (11-1/2 cups) drained, unheated peas and carrots
Peas and Carrots, canned	Pound	6.30	1/4 cup heated, drained vegetable	15.9	
Peas and Carrots, frozen	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	
PEPPEROCINI - Other Subgroup					
Pepperocini canned *Whole*	Gallon (72 oz drained weight)	64.00	1/4 cup drained vegetable	1.6	1 gallon container = about 207 pepperocini
PEPPERS, BELL - Other Subgroup					
Peppers, Bell, fresh *Green or Yellow Medium or Large Whole*	Pound	9.70	1/4 cup chopped or diced raw vegetable	10.4	1 lb AP = 0.80 lb ready-to-serve or -cook raw peppers
	Pound	14.70	1/4 cup raw vegetable strips	6.9	1 lb AP = 0.73 lb cooked peppers
	Pound	9.80	1/4 cup cooked, drained vegetable strips	10.3	
Peppers, Bell, frozen *Green or Yellow Diced*	Pound	12.10	1/4 cup thawed vegetable	8.3	1 lb AP = 1 lb (about 3 cups) thawed peppers
	Pound	7.30	1/4 cup cooked, drained vegetable	13.7	
Peppers, Bell, dehydrated *Green or Yellow Diced*	Pound	99.20	1/4 cup rehydrated, cooked vegetable	1.1	1 lb dry = about 9-1/4 cups dehydrated pepper
	Pound	38.60	1/4 cup dehydrated vegetable	2.6	

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Section 2 – Vegetables (All Vegetable Subgroups)					
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PEPPERS, BELL ORANGE OR RED – Red/Orange Subgroup					
Peppers, Bell, fresh *Orange or Red* *Medium or Large* *Whole*	Pound	9.70	1 /4 cup chopped or diced raw vegetable	10.4	1 lb AP = 0.80 lb ready-to-serve or –cook raw peppers
	Pound	14.70	1/4 cup raw vegetable strips	6.9	1 lb AP = 0.73 lb cooked peppers
	Pound	9.80	1/4 cup cooked, drained vegetable strips	10.3	
Peppers, Bell, frozen *Orange or Red* *Diced*	Pound	12.10	1/4 cup thawed vegetable	8.3	1 lb AP = 1 lb (about 3 cups) thawed peppers
	Pound	7.30	1/4 cup cooked, drained vegetable	13.7	
Peppers, Bell, dehydrated *Orange or Red* *Diced*	Pound	99.20	1/4 cup rehydrated, cooked vegetable	1.1	1 lb dry = about 9-1/4 cups dehydrated peppers
	Pound	38.60	1/4 cup dehydrated vegetable	2.6	
PEPPERS, CHERRY – Red/Orange Subgroup					
Peppers, fresh *Cherry* *Whole with stem*	Pound	14.40	1/4 cup raw vegetable (about 3 peppers)	7.0	1 lb AP = 0.95 lb (about 3-1/2 cups) ready-to-serve or - cook raw peppers
PEPPERS, GREEN CHILIES - Other Subgroup					
Peppers, Green Chilies, fresh *Anaheim* *Whole with stem*	Pound	11.40	1/4 cup chopped, seeded raw vegetable	8.8	1 lb AP = 0.80 lb (about 2-3/4 cups) ready-to-serve, raw, stemmed, seeded, chopped chili peppers

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PEPPERS, GREEN CHILIES - Other Subgroup (continued)					
Peppers, Green, Chilies, fresh *Jalapeño Whole with stem*	Pound	15.60	1/4 cup raw vegetable (about 2 peppers)	6.5	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve raw whole peppers
Peppers, Green Chilies, canned Chopped	No. 10 can (103 oz)	51.40	1/4 cup heated vegetable	2.0	1 No. 10 can = about 12-7/8 cups drained peppers
	No. 10 can (99 oz)	47.10	1/4 cup unheated vegetable	2.2	1 No. 10 can = about 11-3/4 cups peppers
	Pound	7.98	1/4 cup heated vegetable	12.6	
Peppers, Green, Chilies, canned *Jalapeño Slices*	No. 10 can (106 oz)	46.20	1/4 cup drained vegetable slices	2.0	1 No. 10 can = about 64.4 oz (11-1/2 cups) drained peppers
Peppers, Green, Chilies, canned *Jalapeño Whole*	No. 10 can (96 oz)	35.00	1/4 cup drained, whole vegetable	2.9	1 No. 10 can = about 60.0 oz (8-3/4 cups) drained peppers
PICKLES - Other Subgroup					
Pickles, canned *Chips*	Quart (about 20 oz drained weight)	13.90	1/4 cup drained vegetable	7.2	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	1.7	
	Pound (drained weight)	11.10	1/4 cup drained vegetable	9.1	

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PICKLES - Other Subgroup (continued)					
Pickles, canned *Spears Medium size 4.75 x 0.75 x 1.5-inches*	24 oz jar (about 15.4 oz drained weight)	8.80	1/4 cup drained vegetable (about 1-1/4 spears)	11.4	24 oz container = about 2-1/4 cups chopped, drained or 11 whole pickle spears
Pickles, canned *Whole*	Gallon (about 87 oz drained)	55.20	1/4 cup whole vegetable (about: 3-3/4 gherkins-small, 1-1/4 gherkins-large, 1 small pickle, 1/2 medium pickle, 1/3 large pickle, 1/4 extra large pickle)	1.9	Length of pickles: gherkins = 2 to 2-3/4 inch, 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
	Gallon (about 87 oz drained)	84.40	1/8 cup length-wise sliced vegetable	1.2	
	Gallon (about 87 oz drained)	108.00	1/8 cup chopped vegetable	1.0	
PIMIENTOS (PIMENTOS) - Red/Orange Subgroup					
Pimientos, canned *Chopped or Diced*	No. 10 can (102 oz)	40.70	1/4 cup drained vegetable	2.5	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	12.0	1 No. 2-1/2 can = about 17.6 oz (2 cups) drained pimientos
	Pound	6.40	1/4 cup drained vegetable	15.7	
Pimientos, canned *Whole*	No. 10 can (102 oz)	38.50	1/4 cup drained, chopped vegetable	2.6	1 No. 10 can = about 71.0 oz (9-3/4 cups) drained pimientos
	No. 2-1/2 can (28 oz)	11.00	1/4 cup drained, chopped vegetable	9.1	1 No. 2-1/2 can = about 20.2 oz (2-3/4 cups) drained pimientos

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Section 2 – Vegetables (All Vegetable Subgroups)					
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PIMIENTOS (PIMENTOS) - Red/Orange Subgroup (continued)					
Pimientos, canned Whole	No. 300 can (13-3/4 oz)	4.97	1/4 cup drained vegetable	20.2	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	35.8	7-oz can = about 5.2 oz (2/3 cup) drained pimientos
	Pound	6.03	1/4 cup drained, chopped vegetable	16.6	
PLANTAIN - Starchy Subgroup					
Plantain, fresh *Green*	Pound	7.50	1/4 cup peeled, sliced, cooked vegetable	13.4	1 lb = 0.62 lb ready-to-cook peeled, sliced plantains
Plantain, fresh *Ripe*	Pound	5.60	1/4 cup peeled, sliced, cooked vegetable	17.9	1 lb = 0.65 lb ready-to-cook peeled, sliced plantains
POI – Starchy Subgroup					
Poi *Undiluted*	Pound	5.67	1/2 cup diluted	17.7	Add 1 cup water to each 1 lb bag undiluted poi
	Pound	2.83	1 cup diluted	35.4	1 lb AP = 1.52 lb (about 2-3/4 cups) diluted ready-to-serve poi
POTATOES - Starchy Subgroup					
Potatoes, fresh *Red* *Whole*	Pound	9.88	1/4 cup diced, cooked vegetable with skin	10.2	1 lb AP = 0.97 lb (about 2-3/8 cups) cooked potatoes
Potatoes, fresh *White or Russet*	Pound	8.90	1/4 cup pared, cooked, diced vegetable	11.3	1 lb AP = 0.74 lb baked potato without skin
All sizes *Whole* *Includes USDA Foods*	Pound	8.40	1/4 cup pared, cooked, mashed vegetable	12.0	1 lb AP = 0.81 lb ready-to-cook pared potato

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Section 2 – Vegetables (All Vegetable Subgroups)					
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POTATOES - Starchy Subgroup (continued)					
Potatoes, fresh White or Russet *All sizes* *Whole* *Includes USDA Foods*	Pound	9.90	1/4 cup pared, cooked, sliced vegetable	10.2	
	Pound	5.30	1/4 cup pared, cooked hash browns (1/4 cup vegetable)	18.9	
	Pound	9.70	1/4 cup diced, cooked vegetable with skin	10.3	1 lb AP = 0.99 lb (about 2-3/8 cups) cooked, unpeeled, diced potato
Potatoes, fresh *White or Russet* *120 Count* *(approx. 6 oz each)* *Whole*	Pound	2.66	1 whole, baked potato (about 1/2 cup vegetable)	37.6	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	15.4	
Potatoes, fresh *White or Russet* *100 Count* *(approx. 8 oz each)* *Whole*	Pound	2.00	1 whole, baked potato (about 3/4 cup vegetable)	50.0	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	14.8	
Potatoes, fresh *White or Russet* *80 Count* *(approx. 10 oz each)* *Whole*	Pound	1.60	1 whole baked potato (about 1 cup vegetable)	62.5	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	14.3	
Potatoes, canned *Diced*	No. 10 can (102 oz)	39.90	1/4 cup drained, unheated vegetable	2.6	1 No. 10 can = about 73.7 oz (9-7/8 cups) drained, unheated potato

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POTATOES - Starchy Subgroup (continued)					
Potatoes, canned *Sliced*	No. 10 can (102 oz)	44.20	1/4 cup drained, unheated vegetable	2.3	1 No. 10 can = about 74.6 oz (11 cups) drained, unheated potato
	No. 300 can (14-1/2 oz)	5.73	1/4 cup drained, unheated vegetable	17.5	1 No. 300 can = about 9.9 oz (1-3/8 cups) drained, unheated potato
Potatoes, canned *Whole Small*	No. 10 can (102 oz)	43.70	1/4 cup heated, drained vegetable	2.3	1 No. 10 can = about 10-7/8 cups heated, drained potato
	No. 10 can (102 oz)	43.40	1/4 cup drained, unheated, vegetable	2.4	1 No. 10 can = about 74.0 oz (10-3/4 cups) drained, unheated potato
	No. 2-1/2 can (29 oz)	10.90	1/4 cup heated, drained vegetable	9.2	1 No. 2-1/2 can = about 17.7 oz (2-3/4 cups) drained potato
	No. 300 can (14-1/2 oz)	5.90	1/4 cup heated, drained vegetable	17.0	
Potatoes, frozen *Diced Precooked*	Pound	10.10	1/4 cup tempered, unheated vegetable	10.0	1 lb AP = 1 lb (about 2-1/2 cups) tempered potato
Potatoes, frozen *Diced Precooked*	Pound	8.97	1/4 cup cooked vegetable	11.2	1 lb AP = 0.83 lb (about 2-1/8 cups) cooked potato
Potatoes, frozen *Shells*	Pound	11.10	1/4 cup baked vegetable	9.1	1 lb AP = 0.90 lb baked potato shell
Potatoes, frozen *Wedges USDA Foods*	Pound	11.90	1/4 cup baked vegetable	8.5	1 lb AP = 0.71 lb (about 2-7/8 cups) baked potato
	5 lb pkg	59.50	1/4 cup baked vegetable	1.7	5 lb bag = about 14-7/8 cups baked potato

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POTATOES - Starchy Subgroup (continued)					
Potatoes, frozen *Whole* *Small*	Pound	10.10	1/4 cup cooked vegetable	10.0	
Potatoes, dehydrated *Diced* *Low moisture* *Includes USDA Foods*	Pound	45.10	1/4 cup reconstituted, heated vegetable	2.3	1 lb dry = about 5-1/8 cups dehydrated diced potatoes
Potatoes, dehydrated *Flake* *Low moisture* *Includes USDA Foods*	Pound	50.50	1/4 cup reconstituted, heated vegetable	2.0	1 lb dry = about 7-1/2 cups dehydrated potato flakes
Potatoes, dehydrated, *Granules* *Low moisture* *Includes USDA Foods*	Pound	50.50	1/4 cup reconstituted, heated vegetable	2.0	1 lb dry = about 2-1/4 cups dehydrated potato granules
Potatoes, dehydrated *Slices* *Low moisture* *Includes USDA Foods*	Pound	43.50	1/4 cup reconstituted, heated vegetable	2.3	1 lb dry = about 9-2/3 cups dehydrated potato slices
POTATOES, FRENCH FRIES – Starchy Subgroup					
Potatoes, French Fries, frozen *Crinkle cut*	Pound	16.20	1/4 cup cooked vegetable	6.2	1 lb AP = 0.92 lb (about 4 cups) baked French fries
Low moisture *Ovenable* *Includes USDA Foods*	4 lb pkg	64.90	1/4 cup cooked vegetable	1.6	

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POTATOES, FRENCH FRIES – Starchy Subgroup (continued)					
Potatoes, French Fries, Frozen *Crinkle cut* *Regular moisture*	Pound 4-1/2 lb pkg	12.60 56.70	1/4 cup cooked vegetable 1/4 cup cooked vegetable	8.0 1.8	1 lb AP = 0.81 lb (about 3-1/8 cups) baked French fries
Potatoes, French Fries, frozen *Curly (1/3-inch width)*	Pound 4-1/2 lb pkg	16.20 72.90	1/4 cup cooked vegetable 1/4 cup cooked vegetable	6.2 1.4	1 lb AP = 0.66 lb baked French fries (about 4 cups)
Potatoes, French Fries, frozen *Shoestring* *Straight cut* *Low moisture*	Pound 4-1/2 lb pkg	14.20 63.90	1/4 cup cooked vegetable 1/4 cup cooked vegetable	7.1 1.6	1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries
Potatoes, French Fries, frozen *Shoestring* *Straight cut* *Regular moisture*	Pound 4-1/2 lb pkg	17.50 79.00	1/4 cup cooked vegetable 1/4 cup cooked vegetable	5.8 1.3	
Potatoes, French Fries, frozen *Straight cut* *Regular moisture* *Ovenable*	Pound 5 lb pkg	14.00 70.00	1/4 cup cooked vegetable 1/4 cup cooked vegetable	7.2 1.5	1 lb AP = 0.63 lb (about 3-1/2 cups) baked French fries 5 lb bag = about 17-1/2 cups baked French fries

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POTATO PRODUCTS - Starchy Subgroup					
Potato Products, fresh *Raw* *Shredded* *Pre-portioned* *3.0 oz*	Pound Pound Pound	5.33 8.28 10.60	3/8 cup cooked vegetable (about 1 portion) 1/4 cup cooked vegetable (about 2/3 portion) 1/8 cup cooked vegetable (about 1/2 portion)	18.8 12.1 9.5	1 lb AP = 0.94 lb cooked vegetable
Potato Products, frozen *Hashed patty* *Pre-browned* *2.25 oz each*	Pound	7.11	1 cooked patty (about 1/4 cup cooked vegetable)	14.1	
Potato Products, frozen *Hash browns* *Diced*	Pound	7.70	1/4 cup cooked vegetable	13.0	
Potato Products, frozen *Mashed*	Pound	7.37	1/4 cup heated vegetable	13.6	1 lb AP = 1 lb (about 1-3/4 cups) mashed potatoes
Potato Products, frozen *Skins or Pieces or Wedges, etc.* *With skin* *Cooked*	Pound	10.60	1/4 cup heated vegetable	9.5	

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POTATO PRODUCTS – Starchy Subgroup (continued)					
Potato Products, frozen *Rounds*[2] *Regular Size Includes USDA Foods*	Pound	12.70	1/4 cup cooked vegetable (about 4 pieces)	7.9	5 lb bag = about 15-1/4 cups baked potato rounds (about 8.0 grams per piece)
	5 lb pkg	61.00	1/4 cup baked vegetable (about 4 pieces)	1.7	one piece = approx. 3/4 to 1-inch diameter by 1 to 1-1/4-inch length
Potato Products, frozen *Rounds*[2] *Mini Size*	Pound	12.20	1/4 cup baked vegetable (about 8 pieces)	8.2	1 lb AP = 0.85 lb (about 3 cups) baked potato rounds (about 4.0 grams per piece)
Potato Products, frozen *Circles*	Pound	12.60	1/4 cup baked vegetable (about 5 circles)	8.0	1 lb AP = 0.75 lb (about 3-1/8 cups) cooked (about 1-1/4-inch diameter by 9/16-inch height)
Potato Products, dehydrated *Hashed Browns*	Pound	24.10	1/4 cup reconstituted, cooked vegetable	4.2	1 lb dry = 6 cups reconstituted, cooked potato 1 lb dry = about 4-3/4 cups dry hashed browns
PUMPKIN - Red/Orange Subgroup					
Pumpkin, fresh *Whole*	Pound	4.70	1/4 cup cooked, mashed vegetable	21.3	1 lb AP = 0.70 lb ready-to-cook pumpkin
Pumpkin, canned	No. 10 can (106 oz)	51.50	1/4 cup heated vegetable	2.0	
	No. 2-1/2 can (29 oz)	14.10	1/4 cup heated vegetable	7.1	

[2] Shaped, shredded potatoes available under brand names such as "Tater Tots" or "Tater Gems."

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PUMPKIN - Red/Orange Subgroup (continued)					
Pumpkin, canned	No. 300 can (15 oz)	7.04	1/4 cup heated vegetable	14.3	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	12.9	
RADISHES - Other Subgroup					
Radishes, Fresh *Without tops*	Pound	12.80	1/4 cup whole vegetable, about 7 small radishes	7.9	1 lb without tops = 0.94 lb ready-to-serve raw radishes
	Pound	15.30	1/4 cup raw, sliced vegetable	6.6	
RUTABAGAS - Other Subgroup					
Rutabagas, fresh *Whole*	Pound	8.30	1/4 cup pared, cubed, cooked vegetable	12.1	1 lb AP = 0.85 lb ready-to-cook rutabaga
	Pound	5.70	1/4 cup pared, cooked, drained, mashed vegetable	17.6	
SALSA[3] – Red/Orange Subgroup					
Salsa, canned *USDA Foods (all vegetable ingredients plus a minor amount of spices)*	No. 10 can (106 oz)	49.30	1/4 cup vegetable	2.1	1 No. 10 can = about 12-1/3 cups vegetable

[3] 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.

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SALSA[3] – Red/Orange Subgroup (continued)					
Salsa, canned[3] *Chunky Commercial (all vegetable ingredients plus a minor amount of spices)*	Gallon (8 lb 10 oz)	63.90	1/4 cup vegetable	1.6	1 gallon container = 16 cups
SAUERKRAUT - Other Subgroup					
Sauerkraut, canned	No. 10 can (99 oz)	36.50	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 11-7/8 cups drained, unheated vegetable
	No. 2-1/2 can (27 oz)	15.00	1/4 cup heated, drained vegetable	6.7	1 No. 2-1/2 can = about 23.0 oz (4-1/2 cups) drained, unheated vegetable
	No. 300 can (14-1/2 oz)	4.93	1/4 cup heated, drained vegetable	20.3	
SEAWEED - Other Subgroup					
Seaweed, dehydrated *Wakame*	Pound	91.00	1/4 cup trimmed, rehydrated vegetable	1.1	1 lb dry = 4.3 lb (about 22-2/3 cups) rehydrated ready-to-serve or -cook seaweed

[3] 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.

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SOUPS, CANNED – Additional Subgroup[4]					
Soups, canned[4] *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*	No. 3 Can 50 oz (or about 46 fl oz)	11.50	1 cup reconstituted (about 1/4 cup vegetable)	8.7	Reconstitute 1 part soup with not more than 1 part water
	Pound	3.68	1 cup reconstituted (about 1/4 cup vegetable)	27.2	
	Picnic (about 10-3/4 oz)	2.40	1 cup reconstituted (about 1/4 cup vegetable)	41.7	
Soups, canned[4] *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*	8 fl oz can	1.00	1 cup serving (about 1/4 cup vegetable)	100.0	

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Section 2 – Vegetables (All Vegetable Subgroups)					
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SOUPS, CANNED – Beans and Peas (Legumes)					
Soups, canned *Bean Soup Condensed (1 part soup to 1 part water)*	No. 3 Cyl (54 oz)	23.00	1/2 cup reconstituted (1/4 cup heated beans)	4.4	Reconstitute 1 part soup with not more than 1 part water
	Pound	6.80	1/2 cup reconstituted (1/4 cup heated beans)	14.8	
Soups, canned *Bean Soup Ready-to-serve*	8 oz can	1.00	1 cup serving (1/2 cup heated beans)	100.0	
SPINACH - Dark Green Subgroup					
Spinach, fresh *Partly trimmed*	Pound	30.70	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP)	3.3	1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach
	Pound	20.40	1/4 cup raw vegetable with dressing (credits as 1/8 cup in NSLP/SBP)	5.0	
	Pound	7.60	1/4 cup cooked, drained vegetable	13.2	
Spinach, fresh *Leaves (4-inch by 9-inch)*	Pound	25.60	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/SBP)	4.0	1 lb AP = 1 lb (about 6-3/8 cups) ready-to-cook or -serve raw spinach
Ready-to-use	Pound	12.60	1/4 cup wilted vegetable	8.0	1 lb AP = 1.03 lb (about 3-1/8 cups) wilted (lightly steamed for one minute) spinach
Spinach, canned	No. 10 can (98 oz)	25.20	1/4 cup heated, drained vegetable	4.0	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	14.5	1 No. 2-1/2 can = about 17.6 oz (2-1/4 cups) drained spinach

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SPINACH - Dark Green Subgroup (continued)					
Spinach, canned	No. 300 can (13-1/2 oz)	3.91	1/4 cup heated, drained vegetable	25.6	1 No. 300 can = about 1 cup) drained, unheated spinach
	Pound	4.11	1/4 cup heated, drained vegetable	24.4	
Spinach, frozen *Chopped*	Pound	5.60	1/4 cup cooked, drained vegetable	17.9	
Spinach, frozen *Leaf, Whole*	Pound	6.50	1/4 cup cooked, drained vegetable	15.4	
SQUASH, SUMMER - Other Subgroup					
Squash, Summer, fresh *Yellow*	Pound	7.30	1/4 cup cubed, cooked, drained vegetable	13.7	1 lb AP = 0.95 lb ready-to-cook squash
	Pound	6.30	1/4 cup cooked, drained mashed vegetable	15.9	
	Pound	15.50	1/4 cup raw, sliced vegetable	6.5	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	11.9	1 lb AP = 0.83 lb (about 2 cups) cooked, sliced squash
Squash, Summer, fresh *Zucchini Whole*	Pound	11.90	1/4 cup raw vegetable sticks (about 3 sticks, 1/2-inch by 3-inch sticks)	8.5	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	7.9	1 lb AP = 0.95 lb (about 3-1/8 cups) ready-to-cook or -serve raw 3/4-inch cubed zucchini

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SQUASH, SUMMER - Other Subgroup (continued)					
Squash, Summer, fresh *Zucchini* *Whole*	Pound	7.60	1/4 cup cubed, cooked, drained vegetable	13.2	1 lb AP = 0.86 lb cooked, 3/4-inch zucchini cubes
	Pound	13.10	1/4 cup raw, sliced vegetable	7.7	1 lb AP = 0.96 lb (about 3-1/4 cups) ready-to-cook or -serve raw, 1/4-inch zucchini slices
	Pound	10.20	1/4 cup sliced, cooked, drained vegetable	9.9	
Squash, Summer, canned *Sliced*	No. 10 can (105 oz)	26.50	1/4 cup heated, drained vegetable	3.8	1 No. 10 can = about 61.0 oz (8-3/8 cups) drained, unheated squash
	Pound	4.03	1/4 cup heated, drained vegetable	24.9	1 lb AP = about 9.2 oz (1-1/2 cups) drained squash
Squash, Summer, frozen *Yellow* *Sliced*	Pound	7.90	1/4 cup cooked, drained vegetable	12.7	
Squash, Summer, frozen *Zucchini* *Sliced*	Pound	7.00	1/4 cup cooked, drained vegetable	14.3	
SQUASH, WINTER – Red/Orange Subgroup					
Squash, Winter, fresh *Acorn* *Whole*	1 squash (8 oz)	2.00	1/2 small squash baked in skin (about 1/4 cup vegetable)	50.0	1 lb AP = 0.87 lb ready-to-cook squash in skin
	Pound	4.70	1/4 cup cooked, drained, pared, mashed vegetable	21.3	1 lb AP = 0.70 lb ready-to-cook pared squash

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SQUASH, WINTER – Red/Orange Subgroup (continued)					
Squash, Winter, fresh *Butternut* *Whole*	Pound	7.50	1/4 cup cooked, drained, pared, cubed vegetable	13.4	1 lb AP = 0.84 lb ready-to-cook pared squash
	Pound	5.40	1/4 cup cooked, pared, drained, mashed vegetable	18.6	
Squash, Winter, fresh *Hubbard* *Whole*	Pound	4.40	1/4 cup cooked, drained, pared, cubed vegetable	22.8	1 lb AP = 0.64 lb ready-to-cook pared squash
	Pound	4.30	1/4 cup cooked, drained, pared, mashed vegetable	23.3	
Squash, Winter, frozen *Mashed* *All varieties*	Pound	7.00	1/4 cup cooked vegetable	14.3	
SUCCOTASH – Additional Subgroup[4]					
Succotash, canned *Corn and Green Beans*	No. 10 can (103 oz)	34.10	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 65.4 oz (8-1/2 cups) heated, drained succotash
	No. 10 can (103 oz)	37.80	1/4 cup drained vegetable (unheated for salads)	2.7	1 No. 10 can = about 62.0 oz (9-3/8 cups) drained, unheated succotash
	Pound	5.29	1/4 cup heated, drained vegetable	19.0	
	Pound	5.87	1/4 cup drained vegetable (unheated for salads)	17.1	

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Section 2 – Vegetables (All Vegetable Subgroups)					
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SUCCOTASH – Additional Subgroup[4] (continued)					
Succotash, frozen *Corn and Green Beans*	Pound	8.76	1/4 cup cooked, drained vegetable	11.5	1 lb AP = 0.95 lb (about 2-1/8 cups) cooked, drained succotash or 2-7/8 cups thawed
	Pound	11.60	1/4 cup thawed vegetable (unheated for salads)	8.7	
SUCCOTASH – Starchy Subgroup					
Succotash, canned *Corn and Lima Beans*	No. 10 can (105 oz)	36.70	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 75.0 oz (9-1/8 cups) heated, drained succotash
	No. 10 can (105 oz)	40.90	1/4 cup drained vegetable (unheated for salads)	2.5	1 No. 10 can = about 71.0 oz (10-1/8 cups) drained, unheated succotash
	Pound	5.59	1/4 cup heated, drained vegetable	17.9	
	Pound	6.24	1/4 cup drained vegetable (unheated for salads)	16.1	
Succotash, frozen *Corn and Lima Beans*	Pound	9.25	1/4 cup cooked, drained vegetable	10.9	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)	8.7	1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve thawed, unheated succotash

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Section 2 – Vegetables (All Vegetable Subgroups)					
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SWEET POTATOES – Red/Orange Subgroup					
Sweet Potatoes, fresh *Whole*	Pound	6.60	1/4 cup baked vegetable	15.2	1 lb AP = 0.61 lb baked sweet potato without skin
	Pound	5.50	1/4 cup cooked, mashed vegetable	18.2	1 lb AP = 0.80 lb peeled ready-to-cook sweet potato
	Pound	9.10	1/4 cup cooked, sliced vegetable	11.0	
Sweet Potatoes, canned *Cut* *Packed in light syrup* *Includes USDA Foods*	No. 10 can (108 oz)	33.80	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 60.9 oz (8-3/8 cups) heated, drained sweet potato
	No. 2-1/2 can (29 oz)	12.20	1/4 cup heated, drained vegetable	8.2	1 No. 2-1/2 can = about 18.0 oz (3-1/8 cups) heated, drained sweet potato
	No. 300 can (15-3/4 oz)	5.16	1/4 cup heated, drained vegetable	19.4	1 No. 300 can = about 9.0 oz (1-1/4 cups) heated, drained sweet potato
Sweet Potatoes, canned *Mashed* *Includes USDA Foods*	No. 10 can (109 oz)	49.10	1/4 cup heated vegetable	2.1	1 No. 10 can = about 12-1/4 cups heated, mashed sweet potato
Sweet Potatoes, canned *Whole* *Includes USDA Foods*	No. 10 can (112 oz)	39.10	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 78.6 oz (9-3/4 cups) heated, drained sweet potato
	No. 2-1/2 can (29 oz)	12.30	1/4 cup heated, drained vegetable	8.2	1 No. 2-1/2 can = about 18.0 oz (3-1/4 cups) heated, drained sweet potato

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SWEET POTATOES – Red/Orange Subgroup (continued)					
Sweet Potatoes, canned *Whole Includes USDA Foods*	No. 300 can (15-3/4 oz)	5.16	1/4 cup heated, drained vegetable	19.4	1 No. 300 can = about 9.6 oz (1-1/4 cups) heated, drained sweet potato
Sweet Potatoes, frozen *Mashed Includes USDA Foods*	Pound	7.55	1/4 cup cooked vegetable	13.3	1 lb AP = 0.99 lb (about 1-3/4 cups) cooked sweet potato
Sweet Potatoes, frozen *Center cuts Approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter*	Pound	9.70	1/4 cup cooked vegetable	10.4	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked sweet potato
Sweet Potatoes, frozen *Center cuts Approx. 1-inch thick by 1-3/4 to 2-inch diameter*	Pound	9.25	1/4 cup cooked vegetable	10.9	1 lb AP = 0.93 lb (about 2-1/4 cups) cooked sweet potato
Sweet Potatoes, frozen *Random cut chunks Includes USDA Foods*	Pound	9.24	1/4 cup cooked vegetable	10.9	1 lb AP = 0.95 lb (about 2-1/4 cups) cooked sweet potato
Sweet Potatoes, frozen *Packed in syrup*	Pound	7.60	1/4 cup cooked, drained vegetable	13.2	

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SWEET POTATOES – Red/Orange Subgroup (continued)					
Sweet Potatoes, dehydrated *Flakes Low moisture*	Pound	18.50	1/4 cup reconstituted vegetable	5.5	1 lb dry = about 3-3/4 cups dehydrated sweet potato flakes
SWISS CHARD - Dark Green Subgroup					
Swiss Chard, fresh *Trimmed*	Pound	21.10	1/4 cup raw, chopped vegetable	4.8	1 lb AP = 0.96 lb (about 5-1/4 cups) ready-to-serve raw, chopped Swiss chard
Swiss Chard, fresh *Untrimmed*	Pound	6.30	1/4 cup cooked, drained vegetable	15.9	1 lb AP = 0.92 lb ready-to-cook trimmed Swiss chard
TANNIER (see YAUTIA) – Starchy Subgroup					
TARO (see MALANGA) – Starchy Subgroup					
TOMATILLOS - Other Subgroup					
Tomatillos, fresh *Whole with stem*	Pound	11.90	1/4 cup raw, diced vegetable	8.5	1 lb AP = 0.98 lb (2-7/8 cups) ready-to-serve stemmed, 1/2-inch diced tomatillo
	Pound	6.38	1/4 cup cooked, diced vegetable	15.7	1 lb AP = 0.82 lb (about 1-1/2 cups) diced, cooked tomatillo
TOMATOES – Red/Orange Subgroup					
Tomatoes, fresh *Cherry Whole with stem*	Pound	12.10	1/4 cup whole vegetable (about 3 whole cherry tomatoes)	8.3	1 lb AP = 0.99 lb (about 3 cups) stemmed, whole cherry tomatoes

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TOMATOES – Red/Orange Subgroup (continued)					
Tomatoes, fresh *Cherry Whole with stem*	Pound	10.60	1/4 cup vegetable halves (about 5 cherry tomato halves)	9.5	1 lb AP = 0.99 lb (about 2-2/3 cups) stemmed, halved cherry tomatoes
Tomatoes, fresh *Whole All sizes*	Pound	7.60	1/4 cup diced vegetable	13.2	1 lb AP = 0.87 lb ready-to-serve raw diced tomato
	Pound	10.40	1/4 cup vegetable wedges	9.7	1 lb AP = 0.98 lb (about 2-1/2 cups) ready-to-serve tomato 1/2-inch wedges
Tomatoes, fresh *Small or Medium approx 2-1/8-inch to 2-1/4-inch diameter Whole*	Pound	8.53	1/4 cup sliced vegetable (about 5 slices, 1/8-inch thick)	11.8	1 lb AP = 0.87 lb (about 2-1/8 cups) 1/8-inch sliced tomato
Tomatoes, fresh *Large or Extra large Approx. 2-1/2-inch to 2-3/4-inch diameter Whole*	Pound	8.70	1/4 cup sliced vegetable (about 4 slices, 1/8-inch thick)	11.5	1 lb AP = 0.86 lb sliced tomato (1/8-inch thick slices)
Tomatoes, fresh *Diced Ready-to-use*	Pound	8.74	1/4 cup raw vegetable	11.5	1 lb AP = 1 lb (about 2-1/8 cups) ready-to-serve tomato
	Pound	6.67	1/4 cup cooked vegetable	15.0	1 lb AP = 0.85 lb (about 1-2/3 cups) cooked tomato
Tomatoes, canned *Whole or Stewed Includes USDA Foods*	No. 10 can (102 oz)	45.50	1/4 cup heated vegetable and juice	2.2	1 No. 10 can = about 66.0 oz drained tomato

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TOMATOES – Red/Orange Subgroup (continued)					
Tomatoes, canned *Whole or Stewed Includes USDA Foods*	No. 10 can (102 oz)	48.80	1/4 cup vegetable and juice	2.1	
	No. 2-1/2 can (28 oz)	12.50	1/4 cup heated vegetable and juice	8.0	1 No. 2-1/2 can = about 18.5 oz drained tomato
	No. 2-1/2 can (28 oz)	13.40	1/4 cup vegetable and juice	7.5	
	No. 300 can (14-1/2 oz)	6.14	1/4 cup heated vegetable and juice	16.3	
	No. 300 can (14-1/2 oz)	6.59	1/4 cup vegetable and juice	15.2	
	Pound	7.13	1/4 cup heated vegetable and juice	14.1	
Tomatoes, canned *Crushed*	No. 10 can (102 oz)	46.60	1/4 cup heated vegetable and juice	2.2	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	7.9	1 No. 2-1/2 can = about 18.5 oz drained tomato
	Pound	7.30	1/4 cup heated vegetable and juice	13.7	
Tomatoes, canned *Diced Includes USDA Foods*	No. 10 can (102 oz)	49.20	1/4 cup heated vegetable and juice	2.1	1 No. 10 can = about 12-1/4 cups heated, tomato and juice
	No. 2-1/2 can (28 oz)	13.50	1/4 cup heated vegetable and juice	7.5	1 No. 2-1/2 can = about 18.5 oz drained, unheated tomato
	No. 300 can (14-1/2 oz)	6.99	1/4 cup heated vegetable and juice	14.4	
	Pound	7.71	1/4 cup heated vegetable and juice	13.0	

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TOMATO PRODUCTS – Red/Orange Subgroup					
Tomato Products, Canned ***Tomato Paste*** *24%-28% Natural Tomato Soluble Solids (NTSS) Includes USDA Foods*	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
	No. 2-1/2 can (30 oz)	52.00	1 tablespoon paste (1/4 cup vegetable)	2.0	1 No. 2-1/2 can = about 3-1/4 cups tomato paste
	Pound	27.60	1 tablespoon paste (1/4 cup vegetable)	3.7	1 No. 10 can paste plus 3 cans water = 48 cups single strength tomato juice
	Picnic (12 oz)	20.70	1 tablespoon paste (1/4 cup vegetable)	4.9	12 oz can = about 1-1/4 cups tomato paste
Tomato Products, canned ***Tomato Puree*** *Not less than 8% but less than 24% Natural Tomato Soluble Solids (NTSS)*	No. 10 can (106 oz)	96.00	2 tablespoons puree (1/4 cup vegetable)	1.1	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)	3.9	
	Pound	14.40	2 tablespoons puree (1/4 cup vegetable)	7.0	
Tomato Products, canned ***Tomato Sauce*** *Includes USDA Foods*	No. 10 can (106 oz)	50.70	1/4 cup vegetable	2.0	
	No. 300 can (15 oz)	6.85	1/4 cup vegetable	14.6	
	Pound	7.65	1/4 cup vegetable	13.1	

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TOMATO PRODUCTS – Red/Orange Subgroup (continued)					
Tomato Products, canned ***Spaghetti Sauce, Meatless*** *Includes USDA Foods*	No. 10 can (106 oz)	47.90	1/4 cup heated vegetable	2.1	1 No. 10 can = about 12 cups heated spaghetti sauce
TURNIPS - Other Subgroup					
Turnips, fresh *Whole*	Pound	10.80	1/4 cup raw, pared vegetable sticks (about 7 sticks, 1/2-inch by 2-inch sticks)	9.3	1 lb AP = 0.83 lb (about 2-2/3 cups) ready-to-serve raw, pared turnip sticks
Turnips, fresh *Without tops*	Pound	11.20	1/4 cup raw, pared, cubed or diced vegetable	9.0	1 lb AP = 0.79 lb ready-to-cook or-serve raw pared turnip
	Pound	8.70	1/4 cup pared, cubed, cooked, drained vegetable	11.5	1 lb AP = 0.78 lb (about 2-1/8 cups) pared, cubed, cooked turnip
	Pound	5.60	1/4 cup cooked, drained, pared, mashed vegetable	17.9	
TURNIP GREENS - Dark Green Subgroup					
Turnip Greens, fresh *Untrimmed*	Pound	6.50	1/4 cup cooked, drained vegetable	15.4	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	3.7	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	13.2	
	No. 300 can (14-1/2 oz)	3.72	1/4 cup heated, drained vegetable	26.9	
	Pound	4.50	1/4 cup heated, drained vegetable	22.3	

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TURNIP GREENS - Dark Green Subgroup (continued)					
Turnip Greens, frozen *Chopped or Whole Leaf*	Pound	9.6	1/4 cup cooked, drained vegetable	10.5	
TURTLE BEANS (see BLACK BEANS) - Beans and Peas (Legumes) Subgroup					
VEGETABLES, MIXED – Additional Subgroup[4]					
Vegetables, Mixed, canned *Seven vegetables: celery, carrots, corn, green beans green peas, lima beans and potatoes Includes USDA Foods*	No. 10 can (106 oz)	36.10	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 66.5 oz (9-1/4 cups) drained mixed vegetable
	No. 2-1/2 can (29 oz)	11.50	1/4 cup heated, drained vegetable	8.7	1 No. 2-1/2 can = about 19.4 oz (3-3/8 cups) drained mixed vegetable
	No. 300 can (15 oz)	4.64	1/4 cup heated, drained vegetable	21.6	1 No. 300 can = about 8.6 oz (1-1/2 cups) drained, unheated mixed vegetable
Vegetables, Mixed, frozen *Seven vegetables: celery, carrots, corn, green beans, green peas, lima beans and potatoes*	Pound	8.10	1/4 cup cooked, drained vegetable	12.4	
Vegetables, Mixed, frozen *Carrots, Corn, Green Bean Blend*	Pound	9.84	1/4 cup thawed vegetable (unheated for salads)	10.2	1 lb AP = 0.99 lb (about 2-3/8 cups) ready-to-serve thawed, mixed vegetables

[4] For the purposes of the NSLP, the "Additional vegetables" requirement will be used for any vegetable mixture that also includes vegetables from the starchy subgroup in which the ratio of the vegetable mixture is not clearly labeled or reported. Additional 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.

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Section 2 – Vegetables (All Vegetable Subgroups)					
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**
VEGETABLES, MIXED – Additional Subgroup[4]					
Vegetables, Mixed, frozen *Carrots, Corn, Green Bean Blend*	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	1 lb AP = 0.96 lb (about 2-1/4 cups) cooked, drained mixed vegetables
VEGETABLES, MIXED - Other Subgroup[5]					
Vegetables, Mixed, frozen *Broccoli and Cauliflower Blend*	Pound	11.90	1/4 cup thawed vegetable (unheated for salads)	8.5	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	9.4	1 lb AP = 0.95 lb (about 2-2/3 cups) cooked, drained mixed vegetables
Vegetables, Mixed, frozen *Broccoli, Carrots, and Cauliflower Blend*	Pound	11.90	1/4 cup thawed vegetable (unheated for salads)	8.5	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	9.5	1 lb AP = 0.94 lb (about 2-2/3 cups) cooked, drained mixed vegetables
Vegetables, Mixed, frozen *Peppers and Onions*	Pound	7.71	1/4 cup cooked, drained vegetable	13.0	1 lb AP = 0.86 lb (about 1-7/8 cups) cooked, drained mixed vegetables

[4] For the purposes of the NSLP, the "Additional vegetables" requirement will be used for any vegetable mixture that also includes vegetables from the starchy subgroup in which the ratio of the vegetable mixture is not clearly labeled or reported. Additional 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.

[5] For the purposes of the NSLP, the "Other 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.

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Section 2 – Vegetables (All Vegetable Subgroups)					
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WATER CHESNUTS - Starchy Subgroup					
Water Chestnuts, canned	Pound	6.70	1/4 cup drained vegetable	15.0	
WATERCRESS - Dark Green Subgroup					
Watercress, fresh	Pound	50.50	1/4 cup raw vegetable sprigs or pieces (credits as 1/8 cup in NSLP/ SBP)	2.0	1 lb AP = 0.92 lb ready-to-serve raw watercress
YAM BEAN (see JICAMA) – Starchy Subgroup					
YAUTIA (TANNIER) – Starchy Subgroup					
Yautia (Tannier), fresh *Whole*	Pound	8.84	1/4 cup peeled, diced, raw vegetable	11.4	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	11.4	1 lb AP = 0.80 lb peeled, diced, cooked yautia (tannier) (absorbs water during cooking)
YUCCA (CASSAVA) – Starchy Subgroup					
Yucca, (Cassava), fresh *Whole*	Pound	8.01	1/4 cup peeled, cooked chunks	12.5	1 lb AP = 0.76 lb peeled, cooked, 4 to 5-inch chunks

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Section 2 – Fruits					
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**
APPLES					
Apples, fresh *125-138 count Whole*	Pound	14.80	1/4 cup raw unpeeled fruit (about 1/4 apple)	6.8	1 lb AP = 0.91 lb (3-2/3 cups) ready-to-cook or -serve raw, cored, unpeeled apples
	Pound	3.00	1 baked apple (about 1/2 cup cooked fruit)	33.4	
	Pound	11.40	1/4 cup raw cored, peeled fruit	8.8	1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-cook or -serve raw, cored, peeled apples
	Pound	6.80	1/4 cup cored, peeled, cooked unsweetened fruit	14.8	1 lb AP = 0.78 lb (about 1-3/4 cups) cored, peeled, cooked apples
	Pound	5.80	1/4 cup cooked sieved unsweetened fruit	17.3	
Apples, fresh *100 count Whole*	Pound	15.60	1/4 cup raw unpeeled fruit (about 1/5 apple)	6.5	1 lb AP = 0.93 lb (about 3-7/8 cups) ready-to-cook or -serve raw, cored, unpeeled apples
Apples, canned *Slices Solid pack Includes USDA Foods*	No. 10 can (100 oz)	50.40	1/4 cup fruit and juice	2.0	1 No. 10 can = about 89.0 oz (11-7/8 cups) drained apples
	Pound	8.06	1/4 cup fruit and liquid	12.5	
Apples, frozen *Unsweetened Sliced, IQF Includes USDA Foods*	Pound	12.70	1/4 cup tempered fruit	7.9	1 lb AP = 0.99 lb (about 3-1/8 cups) tempered ready to-cook or -serve apples
	Pound	8.80	1/4 cup heated fruit	11.4	

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APPLES (continued)					
Apples, dried *Slices or Rings*	Pound	21.10	1/4 cup dried fruit	4.8	1 lb AP = about 5-1/4 cups dried apples
Regular moisture	Pound	28.70	1/4 cup cooked fruit	3.5	
APPLESAUCE[6]					
Apple-sauce, canned[6] *Smooth or Chunky Includes USDA Foods*	No. 10 can (108 oz)	47.60	1/4 cup fruit	2.2	1 No. 10 can = about 12 cups applesauce
	No. 2-1/2 can (29 oz)	12.80	1/4 cup fruit	7.9	1 No. 2-1/2 can = about 3-1/8 cups applesauce
	23 oz jar	10.10	1/4 cup fruit	10.0	
APRICOTS					
Apricots, fresh *Medium (approx. 1-3/8 inch diameter) Whole*	Pound	11.90	1/4 cup fruit (about 1 whole, medium, raw apricot)	8.5	1 lb AP = 0.93 lb ready-to-serve raw apricots
	Pound	10.80	1/4 cup raw, seeded and unpeeled fruit halves	9.3	
Apricots, canned *Diced Includes USDA Foods*	1 No. 10 can (108 oz)	48.00	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12 cups fruit and liquid
Apricots, canned *Halves Unpeeled*	No. 10 can (106 oz)	48.00	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 62.0 oz (7-1/3 cups) drained apricots
	No. 2-1/2 can (29 oz)	13.20	1/4 cup fruit and liquid	7.6	1 No. 2-1/2 can = about 16.0 oz (1-7/8 cups) drained apricots

[6] Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage.

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Section 2 – Fruits					
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APRICOTS (continued)					
Apricots, canned *Halves* *Unpeeled*	No. 300 can (15-1/4 oz)	6.54	1/4 cup fruit and liquid	15.3	
	No. 300 can (15-1/4 oz)	6.08	1/4 cup heated, drained fruit	16.5	
Apricots, canned *Slices* *Peeled*	No. 10 can (106 oz)	45.70	1/4 cup fruit and liquid	2.2	1 No. 10 can = about 62.0 oz (7-2/3 cups) drained apricots
	No. 2-1/2 can (29 oz)	12.50	1/4 cup fruit and liquid	8.0	1 No. 2-1/2 can = about 17.2 oz (2 cups) drained apricots
Apricots, canned *Slices* *Peeled*	Pound	6.90	1/4 cup fruit and liquid	14.5	1 lb AP = about 8.9 oz (1-1/8 cups) drained apricots
Apricots, canned *Whole* *With pits* *Peeled*	No. 10 can (106 oz)	44.20	1/4 cup pitted fruit and liquid	2.3	1 No. 10 can = about 52.0 oz (7-1/4 cups) drained, pitted apricots
	No. 2-1/2 can (29 oz)	12.10	1/4 cup pitted fruit and liquid	8.3	1 No. 2-1/2 can = about 12.4 oz (1-3/4 cups) drained, pitted apricots
	Pound	6.67	1/4 cup pitted fruit and liquid	15.0	1 lb AP = about 6.9 oz (1 cup) drained, pitted apricots
Apricots, canned *Whole* *With pits* *Unpeeled*	No. 10 can (106 oz)	43.60	1/4 cup pitted fruit and liquid	2.3	1 No. 10 can = about 53.0 oz (6-1/3 cups) drained, pitted apricots

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APRICOTS (continued)					
Apricots, canned *Whole* *With pits* *Unpeeled*	No. 2-1/2 can (29 oz)	11.90	1/4 cup pitted fruit and liquid	8.5	1 No. 2-1/2 can = about 12.8 oz (1-3/4 cups) drained, pitted apricots
	Pound	6.58	1/4 cup pitted fruit and liquid	15.2	1 lb AP = about 7.0 oz (7/8 cup) drained, pitted apricots
Apricots, frozen *Unsweetened* *Halves* *Unpeeled*	Pound	6.70	1/4 cup cooked fruit and liquid	15.0	1 lb AP = 1-2/3 cups cooked fruit
	Pound	7.25	1/4 cup thawed fruit and liquid	13.8	1 lb AP = 1-3/4 cups thawed fruit and liquid
	Pound	4.90	1/4 cup thawed, drained fruit	20.5	1 lb AP = 1-1/8 cups thawed, drained fruit
Apricots, frozen *Unsweetened* *Sliced* *Unpeeled* *Includes*	Pound	7.26	1/4 cup thawed fruit and liquid	13.8	1 lb AP = 0.98 lb (about 1-3/4 cups) ready-to-serve, thawed, apricots with juice
USDA Foods	Pound	4.91	1/4 cup thawed, drained fruit	20.4	1 lb AP = 0.63 lb (about 1-1/8 cups) ready-to-serve, thawed, drained apricots
	20 lb bag	142.60	1/4 cup thawed fruit and liquid	0.71	20 lb Bag = about 35-2/3 cups thawed apricots and liquid
	20 lb bag	96.40	1/4 cup thawed, drained fruit	1.1	20 lb Bag = about 24-1/8 cups thawed, drained apricots
Apricots, dried *Halves* *Regular moisture*	Pound	11.30	9 medium dried halves (1/4 cup fruit, credits as 1/2 cup fruit in NSLP/ SBP)	8.9	1 lb dry = about 2-7/8 cups or 100 apricot halves

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APRICOTS (continued)					
Apricots, dried *Halves* *Regular moisture*	Pound	23.40	1/4 cup cooked fruit	4.3	
BANANAS					
Bananas, fresh *150 count* *7 to 7-7/8 inch* *Whole*	Pound	3.60	1 banana (1/2 cup fruit)	27.8	
	Pound	7.20	1/4 cup sliced fruit	13.9	1 lb AP = 0.64 lb (about 1-5/8 cups) ready-to-serve banana slices
Bananas, fresh *100-120 count* *Regular* *Whole*	Pound	7.07	1/4 cup raw 1/2-inch sliced fruit	14.2	1 lb AP = 0.64 lb (about 1-3/4 cups) peeled 1/2-inch slices of bananas
	Pound	5.39	1/4 cup raw fruit, unpeeled (about 1/2 banana)	18.6	
	Pound	5.20	1/4 cup mashed fruit	19.3	
Bananas, canned *Mashed*	No. 10 can (116 oz)	50.90	1/4 cup fruit	2.0	
	Pound	7.00	1/4 cup fruit	14.3	
Bananas, dried[7] *Slices* *100% dried fruit only*	Pound	19.60	1/4 cup dried fruit slices (credits as 1/2 cup fruit in NSLP/SBP)	5.2	1 lb AP = 1 lb (about 4-7/8 cups) ready-to-serve dried bananas
BLACKBERRIES, (BOYSENBERRIES)					
Black-berries (Boysen-berries), fresh	Quart (20 oz)	14.90	1/4 cup raw fruit	6.8	1 qt AP = 1.2 lb (about 3-3/4 cups) ready-to-serve raw blackberries

[7] Note: Fried banana chips are not creditable towards meal pattern requirements.

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BLACKBERRIES, (BOYSENBERRIES) (continued)					
Black-berries (Boysen-berries), fresh *Whole*	Pound	11.90	1/4 cup raw fruit	8.5	1 lb AP = 0.96 lb (about 2-7/8 cups) ready-to-serve raw blackberries
Black-berries (Boysen-berries), canned *Whole*	No. 10 can (103 oz) Pound	47.80 7.42	1/4 cup fruit and liquid 1/4 cup fruit and liquid	2.1 13.5	1 No. 10 can = about 66.0 oz (10-2/3 cups) drained blackberries 1 lb AP = about 9.2 oz (1-1/2 cups) drained blackberries
Black-berries (Boysen-berries), frozen *Unsweetened Whole*	Pound Pound	8.00 9.00	1/4 cup cooked fruit (sugar added by SFA during cooking) 1/4 cup thawed fruit (sugar added by SFA during cooking)	12.5 11.2	
Black-berries (Boysen-berries), Frozen[6] *Unsweetened Puree Includes USDA Foods*	Pound 5 lb 12 oz container	7.70 44.20	1/4 cup thawed fruit 1/4 cup thawed fruit	13.0 2.3	1 lb AP = about 1-7/8 cups thawed fruit juice 5 lb 12 oz container = about 11 cups thawed fruit juice
BLUEBERRIES					
Blue-berries, fresh *Whole Includes USDA Foods*	Pint (14-1/4 oz) Pound	10.70 11.90	1/4 cup raw fruit 1/4 cup raw fruit	9.4 8.5	1 pt AP = 0.87 lb (about 2-2/3 cups) ready-to-serve raw blueberries 1 lb AP = 0.96 lb ready-to-serve raw blueberries

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BLUEBERRIES (continued)					
Blue-berries, canned *Whole*	No. 10 can (105 oz)	47.60	1/4 cup fruit and liquid	2.2	1 No. 10 can = about 55.0 oz (9-1/4 cups) drained blueberries
	No. 300 can (15 oz)	6.80	1/4 cup fruit and liquid	14.8	1 No. 300 can = about 8.2 oz (1-3/8 cups) drained blueberries
	Pound	7.20	1/4 cup fruit and liquid	13.9	
Blue-berries, frozen *Unsweetened Whole*	Pound	7.80	1/4 cup cooked fruit (sugar added by SFA during cooking)	12.9	
Blue-berries, frozen *Unsweetened Whole Individually-quick-frozen*	Pound	11.90	1/4 cup thawed, unsweetened fruit	8.5	1 lb AP = 0.91 lb (2-7/8 cups) ready-to-serve blueberries
Blue-berries, dried *Whole*	Pound	12.40	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	8.1	1 lb AP = 1 lb (about 3 cups) ready-to-serve dried blueberries
BOYSENBERRIES (see BLACKBERRIES)					
CACTUS FRUIT (PRICKLY PEAR)					
Cactus Fruit (Prickly Pear), fresh *Whole fruit*	Pound	4.99	1/4 cup peeled, diced fruit, with seeds	20.1	1 lb AP = 0.61 lb (about 1-1/8 cups) ready-to-serve raw, peeled, diced cactus with seeds

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CACTUS FRUIT (PRICKLY PEAR) (continued)					
Cactus Fruit (Prickly Pear), fresh *Whole fruit*	Pound	3.74	1/4 cup, peeled, juice and pulp, without seeds	26.8	1 lb = 0.48 lb (about 7/8 cup) ready-to-cook peeled cactus juice and pulp without seeds
CANTALOUPE[8]					
Cantaloupe, fresh[8] *Whole 18 Count (5-inch diameter, about 30 oz)*	Pound	5.73	1/4 cup cubed or diced fruit (about 1/10 medium melon)	17.5	1 lb AP = 0.47 lb (about 1-3/8 cups) ready-to-serve raw melon, 1 melon = about 14 oz EP
Cantaloupe, fresh[8] *Whole 15 Count (5-3/4-inch diameter, about 40 oz)*	Pound	6.74	1/4 cup cubed or diced fruit (about 1/16 large melon)	14.9	1 lb AP = 0.56 lb (about 1-2/3 cups) ready-to-serve, raw, peeled, diced melon, 1 melon = about 1.3 lb EP
Cantaloupe, frozen *Melon balls Unsweetened*	Pound	8.70	1/4 cup fruit	11.5	1 lb = 35 melon balls
CARAMBOLA (see STAR FRUIT)					
CHERRIES, MARASCHINO					
Cherries, Maraschino, canned *Large*	Pound	6.20	1/4 cup drained fruit	16.2	
Cherries, Maraschino, canned *Small*	Pound	5.70	1/4 cup drained fruit	17.6	

[8] In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.

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CHERRIES, RED TART					
Cherries, Red Tart, fresh *Whole*	Pound	6.40	1/4 cup cooked, pitted fruit, sugar added	15.7	1 lb AP = 0.87 lb pitted cherries
Cherries, Red Tart, canned *Pitted* *Water packed* *Includes USDA Foods*	No. 10 can (102 oz)	46.80	1/4 cup fruit and liquid	2.2	1 No. 10 can = about 11-3/4 cups pitted cherries and liquid
	No. 10 can (102 oz)	36.20	1/4 cup drained fruit	2.8	1 No. 10 can = about 70.0 oz (9 cups) drained, pitted cherries
	Pound	7.29	1/4 cup fruit and liquid	13.8	
	Pound	5.79	1/4 cup drained fruit	17.3	
Cherries, Red Tart, frozen *Unsweetened* *Pitted* *Includes USDA Foods*	Pound	11.40	1/4 cup thawed fruit and liquid	8.8	1 lb AP = 0.98 lb (about 2-3/4 cups) thawed cherries and liquid
	Pound	7.00	1/4 cup drained fruit	14.3	1 lb AP = 0.70 lb (about 1-3/4 cups) thawed, drained cherries
	Pound	5.90	1/4 cup cooked fruit and liquid	17.0	
	40 lb pkg	457.40	1/4 cup thawed fruit and liquid	0.22	40 lb pkg = about 114-1/4 cups thawed cherries and liquid
	40 lb pkg	280.80	1/4 cup thawed, drained fruit	0.36	40 lb pkg = about 70-1/8 cups thawed, drained cherries

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CHERRIES, RED TART (continued)					
Cherries, Red Tart, dried *Whole*	40 lb pkg	236.70	1/4 cup cooked fruit and liquid	0.43	
Without pits *Includes USDA Foods*	Pound	11.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	8.5	1 lb AP = 1 lb (about 2-7/8 cups) dried cherries
	2 lb pkg	23.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	4.3	
	4 lb pkg	47.20	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	2.2	
CHERRIES, SWEET					
Cherries, Sweet, fresh *Whole* *With pits*	Pound	8.50	1/4 cup raw, pitted cherries (about 7 whole cherries)	11.8	1 lb AP = 0.98 lb ready-to-serve with pits or 0.84 lb pitted cherries
Cherries, Sweet, canned *Whole* *With pits*	No. 10 can (106 oz)	45.80	1/4 cup pitted fruit and liquid	2.2	1 No. 10 can = about 59.0 oz (9-1/4 cups) drained, pitted cherries
	No. 2-1/2 can (29 oz)	12.50	1/4 cup pitted fruit and liquid	8.0	1 No. 2-1/2 can = about 17.6 oz (2-3/8 cups) drained cherries
	Pound	6.91	1/4 cup pitted fruit and liquid	14.5	1 lb AP = about 8.4 oz (1-1/3 cups) drained, pitted cherries

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CLEMENTINES					
Clementines fresh *Whole*	Pound	3.68	1 whole, raw clementine (about 1/2 cup fruit)	27.2	
	Pound	7.65	1/4 cup peeled, sectioned, raw fruit (about 5 sections)	13.1	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve, raw clementine sections
CRANBERRIES					
Cranberries, fresh *Whole*	Pound	15.60	1/4 cup raw, chopped fruit	6.5	1 lb AP = 0.95 lb ready-to-cook or -serve raw cranberries
	Pound	11.10	1/4 cup cooked fruit, sugar added, whole berry	9.1	
	Pound	9.90	1/4 cup cooked fruit, sugar added, strained	10.2	
Cranberries, dried *Sweetened Whole Includes USDA Foods*	Pound	13.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	7.3	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-cook or –serve cranberries
	5 lb pkg	69.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	1.5	
	30 lb pkg	414.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	0.25	
CRANBERRY RELISH OR SAUCE					
Cranberry Relish or Sauce, canned *Whole Includes USDA Foods*	No. 10 can (117 oz)	48.00	1/4 cup fruit	2.1	
	No. 300 can (16 oz)	6.70	1/4 cup fruit	15.0	

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CRANBERRY RELISH OR SAUCE (continued)					
Cranberry Relish or Sauce, canned *Strained* *Includes USDA Foods*	No. 10 can (117 oz) No. 300 can (16 oz)	47.90 6.50	1/4 cup fruit 1/4 cup fruit	2.1 15.4	
CURRANTS					
Currants, dried	Pound	13.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	7.3	1 lb dry = about 3-3/8 cups dry currants
DATES					
Dates, dried *Moisturized* *With pits* *Whole*	Pound	10.00	1/4 cup pitted, dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	10.0	
Dates, dried *Pieces* *Regular moisture* *Includes USDA Foods*	Pound 30 lb pkg	12.70 383.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP) 1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	7.9 0.27	1 lb dry = about 3-1/8 cups dried dates 30 lb box = about 95-7/8 cups dried dates
Dates, dried *Pitted* *Regular moisture* *Includes USDA Foods*	Pound Pound	11.10 10.60	1/4 cup whole, dried fruit (credits as 1/2 cup fruit in NSLP/SBP) 1/4 cup chopped, dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	9.1 9.5	1 lb dry = about 2-3/4 cups dry dried dates 1 lb dry = about 2-2/3 cups dry dried dates
FIGS					
Figs, fresh *Small* *Whole*	Pound	8.00	1/4 cup small raw fruit (about 2-1/2 figs)	12.5	1 lb AP = 1 lb (about 2 cups) ready-to-serve, raw figs, 1 lb = about 20 small figs

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FIGS (continued)					
Figs, canned *Puree*[6] *Includes USDA Foods*	2 gallon	128.00	1/4 cup fruit	0.79	2 gallon container = 32 cups fruit juice
Figs, canned *Whole*	No. 10 can (110 oz)	49.30	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 64.0 oz (8-3/4 cups) drained figs
	No. 2-1/2 can (30 oz)	13.40	1/4 cup fruit and liquid	7.5	1 No. 2-1/2 can = about 18.6 oz (2-1/2 cups) drained figs
	Pound	7.17	1/4 cup fruit and liquid	14.0	
Figs, dried *Whole Includes USDA Foods*	Pound	10.40	1/4 cup dried fruit (about 3 figs, credits as 1/2 cup fruit in NSLP/SBP)	9.7	1 lb dry = about 2-5/8 cups or 30 figs
	Pound	13.40	1/4 cup cooked fruit and liquid	7.5	
Figs, dried *Diced and Sugared Includes USDA Foods*	Pound	12.70	1/4 cup dried fruit pieces (about 28 pieces, credits as 1/2 cup fruit in NSLP/SBP)	7.9	1 lb dry = 3-1/8 cups dried, sugared figs
	25 lb Box	319.90	1/4 cups diced fruit (about 28 pieces, credits as 1/2 cup fruit in NSLP/SBP)	0.32	25 lb Box = about 80 cups dried, sugared figs

[6] Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage.

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FRUIT, MIXED					
Fruit, Mixed, chilled *(may include: honeydew melon, cantaloupe, watermelon, grapes, etc.)*	Gallon (97.7 oz)	64.00	1/4 cup fruit and liquid	1.6	1 gallon container = 16 cups fruit and liquid
Fruit, Mixed, canned *Fruit Cocktail (peaches,*	No. 10 can (106 oz)	46.90	1/4 cup fruit and liquid	2.2	1 No. 10 can = about 69.0 oz (9-1/4 cups) drained fruit
pears, pineapple, grapes, cherries) Includes	No. 2-1/2 can (29 oz)	12.80	1/4 cup fruit and liquid	7.9	1 No. 2-1/2 can = about 18.3 oz (2-3/8 cups) drained fruit
USDA Foods	No. 300 can (15 oz)	6.30	1/4 cup fruit and liquid	15.9	
Fruit, Mixed, canned *(may include: apricots,*	No. 10 can (106 oz)	48.60	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 62.0 oz (8-1/2 cups) drained fruit
peaches, pears, pineapple, cherries, grapes, etc.) Includes USDA Foods	No. 2-1/2 can (29 oz)	13.30	1/4 cup fruit and liquid	7.6	1 No. 2-1/2 can = about 16.9 oz (2-1/3 cups) drained fruit
	No. 300 can (15 oz)	6.50	1/4 cup fruit and liquid	15.4	
Fruit, Mixed, frozen *Unsweetened (may include: peaches,*	136 oz tub	58.20	1/4 cup thawed fruit and liquid	1.8	136 oz tub = about 14-3/8 cups thawed fruit and liquid
grapes, apricots, pears, pineapple, cherries, etc.)	136 oz tub	23.40	1/4 cup thawed, drained fruit	4.3	136 oz tub = about 49.4 oz (5-3/4 cups) thawed, drained fruit

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FRUIT, MIXED (continued)					
Fruit, Mixed, dried *Regular moisture*	Pound	9.70	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	10.4	
GRAPEFRUIT					
Grapefruit, fresh *27-32 Count (large) Whole*	Pound	6.48	1/4 cup fruit sections peeled (about 2 sections)	15.5	1 lb AP = 0.74 lb (about 1-5/8 cups) peeled, ready-to-serve raw grapefruit sections
	Pound	4.53	1/4 cup fruit sections, peeled, without membrane (about 2 sections)	22.1	1 lb AP = 0.58 lb (about 1-1/8 cups) ready-to- serve raw, peeled grapefruit sections without membrane
	Pound	2.00	1/2 grapefruit (about 1/2 cup fruit and liquid)	50.0	1 lb AP = 0.48 lb (7/8 cup) fruit and liquid
	Pound	3.50	1/4 cup fruit and liquid	28.6	
Grapefruit, canned *Sections*	No. 3 Cyl (50 oz)	23.30	1/4 cup fruit and liquid	4.3	1 No. 3 Cyl = about 26.0 oz (3-1/8 cups) drained grapefruit
	Pound	7.45	1/4 cup fruit and liquid	13.5	
Grapefruit, frozen *Sections Unsweetened*	Pound	7.50	1/4 cup fruit and liquid	13.4	1 lb AP = about 0.55 lb (1-1/8 cups) thawed, drained grapefruit

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GRAPEFRUIT and ORANGE SECTIONS					
Grapefruit and Orange Sections, chilled	Gallon (136 oz)	63.90	1/4 cup fruit and liquid	1.6	1 gallon = about 91.0 oz (13-1/4 cups) drained fruit
	Pound	7.51	1/4 cup fruit and liquid	13.4	
	No. 3 Cyl (50 oz)	22.60	1/4 cup fruit and liquid	4.5	1 No. 3 Cyl = about 26.0 oz (3-1/2 cups) drained fruit
Grapefruit and Orange Sections, canned	Pound	7.23	1/4 cup fruit and liquid	13.9	1 lb AP = about 8.5 oz (1-1/8 cups) drained fruit
GRAPES					
Grapes, fresh *Seedless Whole With stem*	Pound	10.50	1/4 cup whole fruit (about 7 large grapes)	9.6	1 lb AP = 0.97 lb (about 2-5/8 cups) ready-to-serve grapes
Grapes, fresh *Seedless Whole With stem*	Pound	9.27	1/4 cup fruit halves (about 14 large grape halves)	10.8	1 lb AP = 0.97 lb (about 2-1/4 cups) ready-to-serve grape halves
Grapes, fresh *Seedless Whole Without stem*	Pound	10.80	1/4 cup whole fruit (about 7 large grapes)	9.3	
Grapes, fresh *Whole With seeds and stem*	Pound	10.10	1/4 cup seeded fruit halves (about 12 grape halves)	10.0	1 lb AP = 0.89 lb raw seeded grapes
Grapes, canned *Seedless Whole*	No. 10 can (108 oz)	50.00	1/4 cup fruit and liquid	2.0	1 No. 10 can = about 67.0 oz (10 cups) drained grapes

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GRAPES (continued)					
Grapes, canned *Seedless Whole*	No. 2-1/2 can (30 oz)	13.80	1/4 cup fruit and liquid	7.3	1 No. 2-1/2 can = about 18.6 oz (2-3/4 cups) drained grapes
	Pound	7.40	1/4 cup fruit and liquid	13.6	1 lb AP = about 9.9 oz (1-1/2 cups) drained grapes
GUAVA PUREE[6]					
Guava Puree, frozen[6] *Unsweetened*	30 oz container	13.30	1/4 cup fruit	7.6	30 oz container = about 29.6 oz (3-1/3 cups) thawed fruit juice
	Pound	7.20	1/4 cup fruit	13.9	
HONEYDEW MELON[8]					
Honeydew Melon, fresh[8] *Whole*	Pound	4.90	1/4 cup fruit cubes	20.5	1 lb AP = 0.46 lb (about 1-1/8 cups) ready-to-serve melon cubes
Honeydew Melon, frozen *Unsweetened*	Pound	8.70	1/4 cup fruit balls	11.5	1 lb = about 35 melon balls

[6] Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage.

[8] In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.

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JUICES[9]					
Juices, canned[9] *Single strength (100% fruit juice such as apple, grape, grapefruit, grapefruit-orange, lemon, lime, orange, pineapple, prune, tangerine)*	No. 10 can (96 fl oz)	48.00	1/4 cup fruit juice	2.1	1 No. 10 can = 12 cups juice
	No. 3 Can (46 fl oz)	23.00	1/4 cup fruit juice	4.4	
	Quart (32 fl oz)	16.00	1/4 cup fruit juice	6.3	
	No. 2-1/2 can (25-1/2 fl oz)	12.70	1/4 cup fruit juice	7.9	
Juices, frozen[10] *Concentrated, any fruit (such as apple, grape, grapefruit, grapefruit-orange, and orange (1 part juice concentrate to 3 parts) water) Includes USDA Foods*	32 fl oz can (about 38 oz)	64.00	1 tablespoon concentrate (1/4 cup fruit juice)	1.6	32 fl oz can reconstituted = 16 cups (128 fl oz). Reconstitute 1 part juice concentrate with not more than 3 parts water
	6 fl oz can (about 7 oz)	12.00	1 tablespoon concentrate (1/4 cup fruit juice)	8.4	6 fl oz can reconstituted = 3 cups (24 fl oz)

[9] According to the Food and Drug Administration, unpasteurized juice may contain harmful bacteria that may put children, pregnant women, the elderly, and persons with weakened immune systems at risk for serious illness or even death. Unpasteurized juice is normally found in the refrigerated section of grocery or health food stores or at cider mills or farm markets. Unpasteurized juice should have warning information on the label or on a nearby sign at the point of purchase. When serving juice, use only pasteurized juice. Pasteurized juice is normally found as frozen concentrated juice or in non-refrigerated shelf-stable containers, such as juice boxes, bottles, or cans. Pasteurized juice can also be found in the refrigerated sections of stores.

[10] The canned and frozen juices listed in Column 1 are usually available in the can size listed in Column 2.

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KIWI					
Kiwi, fresh *33-39 Count Whole*	Pound	8.38	1/4 cup peeled fruit chunks	12.0	1 lb AP = 0.87 lb (about 2 cups) ready-to-serve peeled kiwi chunks
	Pound	10.60	1/4 cup unpeeled fruit chunks	9.5	1 lb AP = 0.99 lb (about 2-2/3 cups) ready-to-serve unpeeled kiwi chunks
	Pound	8.99	1/4 cup peeled fruit slices (about six 1/4-inch slices)	11.2	1 lb AP = 0.85 lb (about 2-1/4 cups) ready-to-serve peeled 1/4-inch kiwi slices
	Pound	11.60	1/4 cup unpeeled fruit slices (about six 1/4-inch slices)	8.7	1 lb AP = 0.99 lb (about 2-7/8 cups) ready-to-serve unpeeled 1/4-inch kiwi slices
	Pound	10.80	1/4 cup unpeeled fruit halves (about 2 halves or 3/4 of a whole kiwi)	9.3	1 lb AP = 0.99 lb ready-to-serve unpeeled kiwi halves
LEMONS					
Lemons, fresh *Whole*	Pound	3.10	1/4 cup fruit juice	32.3	1 lb AP = 0.43 lb (about 3/4 cup) juice
LIMES					
Limes, fresh *Whole*	Pound	3.50	1/4 cup fruit juice	28.6	1 lb AP = 0.47 lb (about 7/8 cup) juice
MANGOES					
Mangoes, fresh *Whole*	Pound	7.60	1/4 cup cubed or sliced fruit	13.2	1 lb AP = 0.69 lb ready-to-serve raw mangoes

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NECTARINES					
Nectarines, fresh *All sizes*	Pound	10.7	1/4 cup unpeeled, diced fruit	9.4	1 lb AP = 0.88 lb ready-to-serve unpeeled 1/2-inch nectarine slices
Nectarines, fresh *Size 88-96 (2-1/4 inch diameter) Whole*	Pound	4.40	1 whole, raw nectarine (about 1/2 cup fruit)	22.8	
	Pound	8.80	1/4 cup fruit and liquid (about 1/2 nectarine)	11.4	
Nectarines, fresh *Size 56-64 (2-3/4 inch diameter) Whole*	Pound	3.05	1 whole, raw nectarine (about 3/4 cup fruit)	32.8	
	Pound	9.15	1/4 cup fruit and liquid (about 1/3 nectarine)	11.0	
ORANGES					
Oranges, fresh *All sizes Whole Includes USDA Foods*	Pound	3.50	1/4 cup fruit sections membrane removed, drained	28.6	1 lb AP = 0.40 lb ready-to-serve oranges
	Pound	3.60	1/4 cup fruit juice	27.8	1 lb AP = 0.48 lb (7/8 cup) juice
Oranges, fresh *138 count Arizona or California Whole*	Pound	3.40	1 orange (about 1/2 cup fruit and liquid)	29.5	
	Pound	6.80	1/4 cup fruit and liquid (about 1/2 orange)	14.8	

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Oranges (continued)					
Oranges, fresh *125 count Florida or Texas Whole*	Pound	2.90	1 orange (about 5/8 cup fruit and liquid)	34.5	
	Pound	7.02	1/4 cup fruit and liquid (about 1/2 orange)	14.3	1 lb AP = about 0.76 lb (1-3/4 cups) ready-to-serve peeled oranges
Oranges, fresh *113 count Arizona or California Whole*	Pound	2.80	1 orange (about 5/8 cup fruit and liquid)	35.8	
	Pound	5.60	1/4 cup fruit and liquid (about 1/2 orange)	17.9	
Oranges, canned *Mandarin*	Pound	7.30	1/4 cup fruit and liquid	13.7	1 lb = about 0.61 lb (about 1-1/2 cups) drained oranges
PAPAYA					
Papaya, fresh *Whole*	Pound	8.60	1/4 cup cubed fruit	11.7	1 lb AP = about 0.67 lb ready-to-serve papaya
	Pound	5.10	1/4 cup mashed fruit	19.7	
Papaya, frozen *Puree*[6] *Unsweetened*	30 oz container	12.80	1/4 cup fruit	7.9	30 oz container = about 3-1/4 cups thawed papaya juice
	Pound	7.21	1/4 cup fruit	13.9	1 lb AP = about 1-3/4 cups thawed papaya juice

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PASSION FRUIT					
Passion Fruit, fresh *Whole*	Pound	3.45	1/4 cup juice and pulp (no seeds)	29.0	1 lb AP = 0.45 lb (about 1-3/4 cups) ready-to-serve seedless, raw passion fruit juice and pulp
PEACHES					
Peaches, fresh *Size 88 and 84 (small) (2-1/8 inch diameter) Whole*	Pound	5.50	1 whole, raw small peach (about 3/8 cup fruit)	18.2	
	Pound	8.25	1/4 cup fruit (about 2/3 peach)	12.2	
Peaches, fresh *Size 80 Whole*	Pound	4.50	1 whole, raw peach (about 1/2 cup fruit)	22.3	
	Pound	9.00	1/4 cup fruit (about 1/2 peach)	11.2	
	Pound	10.7	1/4 cup raw, sliced fruit (about 3 slices, 1/2-inch slices)	9.4	1 lb AP = 0.93 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, sliced peaches
Peaches, fresh *Size 80 Whole*	Pound	10.2	1/4 cup raw, diced fruit	9.9	1 lb AP = 0.93 lb (about 2-1/2 cups) ready-to-serve unpeeled, pitted, diced peaches
Peaches, fresh *Size 64 & 60 (medium) (2-1/2 inch diameter) Whole*	Pound	3.50	1 whole raw peach (about 2/3 cup fruit)	28.6	1 lb AP = 0.76 lb ready-to-cook or -serve unpeeled, pitted raw peaches
	Pound	7.0	1/4 cup fruit (about 1/2 peach)	14.7	
	Pound	5.10	1/4 cup raw, diced fruit	19.7	
	Pound	7.70	1/4 cup raw, sliced fruit	13.0	

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PEACHES (continued)					
Peaches, fresh *Size 64 & 60 (medium) (2-1/2 inch diameter) Whole*	Pound	7.40	1/4 cup cooked, sliced fruit, sugar added	13.6	
Peaches, fresh *Size 56 Whole*	Pound	2.89	1 whole raw peach (about 3/4 cup fruit)	34.7	1 lb AP = 0.96 lb (about 2-2/3 cups) ready-to-serve unpeeled, pitted, diced peaches
	Pound	8.67	1/4 cup fruit (about 1/3 peach)	11.6	
Peaches, canned *Cling Diced Light syrup pack Includes USDA Foods*	No. 10 can (106 oz)	48.6	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12-1/8 cups fruit and liquid
	No. 10 can (106 oz)	35.4	1/4 cup drained fruit	2.9	1 No. 10 can = about 79.0 oz (8-3/4 cups) drained peaches
	No. 2-1/2 can (29 oz)	13.3	1/4 cup fruit and liquid	7.6	1 No. 2-1/2 can = about 3-1/3 cups peaches and liquid
	No. 2-1/2 can (29 oz)	9.10	1/4 cup drained fruit	11.0	1 No. 2 1/2 can = about 17.5 oz (2-1/4 cups) drained peaches
Peaches, canned *Cling Diced Light syrup pack Includes USDA Foods*	Pound	7.33	1/4 cup fruit and liquid	13.7	1 lb AP = about 9.8 oz (1-1/4 cups) drained peaches
	Pound	5.34	1/4 cup drained fruit	18.8	

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PEACHES (continued)					
Peaches, canned *Cling or Freestone Halves Includes USDA Foods*	No. 10 can (106 oz)	47.1	1/4 cup fruit and liquid (about 1 peach half with juice)	2.2	1 No. 10 can = about 64.0 oz (8-1/8 cups) drained clings or about 60.0 oz (6-2/3 cups) drained Freestones
	No. 2-1/2 can (29 oz)	12.9	1/4 cup fruit and liquid	7.8	1 No. 2-1/2 can = about 17.0 oz (2-1/8 cups) drained clings or about 15.7 oz (2 cups) drained Freestones
	No. 300 can (15 oz)	6.36	1/4 cup fruit and liquid	15.8	
Peaches, canned *Cling Sliced Light syrup pack Includes USDA Foods*	No. 10 can (105 oz)	50.0	1/4 cup fruit and liquid	2.0	1 No. 10 can = about 105.0 oz (12-1/2 cups) fruit and liquid
	No. 10 can (105 oz)	36.1	1/4 cup drained fruit	2.8	1 No. 10 can = about 72.0 oz (9 cups) drained peaches
Peaches, canned *Cling Quarters Includes USDA Foods*	No. 10 can (106 oz)	48.5	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 71.0 oz (9-7/8 cups) drained peaches
Peaches, canned *Freestone Sliced Includes USDA Foods*	No. 10 can (106 oz)	47.5	1/4 cup fruit and liquid	2.2	1 No. 10 can = about 60.0 oz (6-3/4 cups) drained Freestones
	No. 2-1/2 can (29 oz)	13.0	1/4 cup fruit and liquid	7.7	1 No. 2-1/2 can = about 15.7 oz (2 cups) drained Freestones

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PEACHES (continued)					
Peaches, canned *Freestone* *Sliced* *Includes USDA Foods*	No. 300 can (16 oz)	6.40	1/4 cup fruit and liquid	15.7	1 No. 300 can = about 8.1 oz (3/4 cup) drained Freestones
Peaches, canned *Spiced* *Whole*	Pound	2.70	2 small peaches (about 1/4 cup pitted fruit)	37.1	1 lb AP = 0.34 lb drained, pitted peaches
Peaches, frozen *Sliced* *Unsweetened* *Includes USDA Foods*	Pound	7.34	1/4 cup thawed fruit and liquid	13.7	1 lb AP = about 1-3/4 cups thawed peaches and liquid
	Pound	5.46	1/4 cup thawed, drained fruit	18.4	1 lb AP = 0.97 lb (about 1-1/3 cups) thawed, drained peaches
	Pound	7.10	1/4 cup cooked fruit	14.1	
	20 lb Bag	147.4	1/4 cup thawed fruit and liquid	0.68	20-lb Bag = about 36-7/8 cups thawed peaches and liquid
	20 lb Bag	109.3	1/4 cup thawed, drained fruit	0.92	20-lb Bag = about 27-1/3 cups thawed, drained peaches
	20 lb bag	142.0	1/4 cup cooked fruit	0.71	
Peaches, dried *Halves*	Pound	12.7	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	7.9	1 lb AP = about 3-1/8 cups ready-to-serve dried peach halves
	Pound	22.9	1/4 cup cooked fruit and liquid	4.4	
PEARS					
Pears, fresh *All sizes* *Whole* *Includes USDA Foods*	Pound	7.90	1/4 cup raw, pared, sliced fruit	12.7	
	Pound	5.70	1/4 cup cooked, pared, fruit halves, sugar added	17.6	

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PEARS (continued)					
Pears, fresh *150 count Whole*	Pound	4.10	1 whole, raw pear (about 1/2 cup fruit)	24.4	1 lb AP = 0.92 lb ready-to-cook or -serve raw, unpared pears
Pears, fresh *120 count Whole*	Pound	3.30	1 whole, raw, medium pear (about 3/4 cup fruit)	30.4	
	Pound	7.10	1/4 cup raw, pared, cubed fruit	14.1	1 lb AP = 0.78 lb ready-to-cook or -serve raw, pared pears
Pears, fresh *100 count D'Anjou or Bosc or Bartlett, Whole*	Pound	2.29	1 whole, raw pear (about 1-1/4 cups fruit)	43.7	1 lb AP = 0.94 lb (about 3 cups) ready-to-cook or -serve raw cored, wedged pears
Pears, canned *Diced Packed in juice or light syrup Includes USDA Foods*	No. 10 can (106 oz)	47.60	1/4 cup fruit and liquid	2.2	1 No. 10 can = about 66.0 oz (9-1/2 cups) drained pears
	No. 2-1/2 can (29 oz)	13.10	1/4 cup fruit and liquid	7.7	1 No. 2-1/2 can = about 18.4 oz (2-5/8 cups) drained pears
	Pound	7.20	1/4 cup fruit and liquid	13.9	1 lb AP = about 10.2 oz (1-1/2 cups) drained pears
Pears, canned *Halves Packed in juice or light syrup Includes USDA Foods*	No. 10 can (105 oz)	52.00	1/4 cup fruit and liquid (about 1 pear half with juice)	2.0	1 No. 10 can = about 62.0 oz (7-3/4 cups) drained pears
	No. 2-1/2 can (29 oz)	14.30	1/4 cup fruit and liquid (about 1 pear half with juice)	7.0	1 No. 2-1/2 can = about 15.8 oz (2 cups) drained pears
	No. 300 can (15 oz)	7.02	1/4 cup fruit and liquid (about 1 pear half with juice)	14.3	1 No. 300 can = about 7.3 oz (3/4 cup) drained pears

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PEARS (continued)					
Pears, canned *Sliced* *Packed in juice or light syrup* *Includes USDA* Foods	No. 10 can (105 oz)	49.70	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12-3/8 cups pears and liquid
	No. 10 can (105 oz)	29.50	1/4 cup drained fruit	3.4	1 No. 10 can = about 59.6 oz (7-3/8 cups) drained pears
Pears, dried *Regular moisture* *Halves*	Pound	10.70	1/4 cup dried fruit (about 2-1/2 halves, credits as 1/2 cup fruit in NSLP/SBP)	9.4	1 lb AP = about 2-2/3 cups or 22 dried pear halves
	Pound	20.30	1/4 cup cooked fruit and liquid	5.0	
PERSIMMONS					
Persimmons fresh *Japanese* *Fuyu* *Whole*	Pound	11.70	1/4 cup unpeeled, diced raw fruit	8.6	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve raw, 1/2-inch diced unpeeled persimmons
	Pound	15.70	1/4 cup unpeeled, raw fruit wedges	6.4	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve raw, unpeeled persimmons wedges
PINEAPPLE					
Pineapple, fresh *Whole*	Pound	6.40	1/4 cup raw, cubed fruit	15.7	1 lb AP = 0.54 lb ready-to-serve raw pineapple
	Pound	4.61	1/4 cup raw sticks (about 3 sticks, 1/2-inch by 3-inch sticks)	21.7	1 lb AP = 0.57 lb (about 1-1/8 cups) ready-to-serve 1/2-inch by 3-inch pineapple sticks
	Pound	7.50	1/4 cup fruit and liquid	13.4	

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PINEAPPLE (continued)					
Pineapple, canned *Chunks Packed in juice or light syrup Includes USDA Foods*	No. 10 can (106 oz)	49.90	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12-3/8 cups pineapple and liquid
	No. 10 can (106 oz)	31.80	1/4 cup drained fruit	3.2	1 No. 10 can = about 64.6 oz (8 cups) drained pineapple
	No. 2 can (20 oz)	9.40	1/4 cup fruit and liquid	10.7	1 No. 2 can = about 12.4 oz (1-7/8 cups) drained pineapple
	Pound	7.53	1/4 cup fruit and liquid	13.3	
Pineapple, canned *Crushed Packed in juice or light syrup Includes USDA Foods*	No. 10 can (106 oz)	49.50	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12-3/8 cups pineapple and liquid
	No. 10 can (106 oz)	36.10	1/4 cup drained fruit	2.8	1 No. 10 can = about 75.6 oz (9 cups) drained pineapple
	No. 2 can (20 oz)	9.20	1/4 cup fruit and liquid	10.9	1 No. 2 can = about 13.8 oz (2 cups) drained pineapple
	Pound	7.56	1/4 cup fruit and liquid	13.3	
Pineapple, canned *Slices Packed in juice or light syrup Includes USDA Foods*	No. 10 can (107 oz)	47.50	1/4 cup fruit and liquid	2.2	1 No. 10 can = about 62.0 oz (9-1/3 cups or 60 slices) drained pineapple
	No. 10 can (107 oz)	37.70	1/4 cup drained fruit (about 1-3/4 slices)	2.7	

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PINEAPPLE (continued)					
Pineapple, canned *Slices Packed in juice or light syrup Includes USDA Foods*	No. 2 can (20 oz)	8.87	1/4 cup fruit and liquid	11.3	1 No. 2 can = about 13.0 oz (2 cups) drained pineapple
	No. 2 can (20 oz)	7.04	1/4 cup drained fruit	14.3	
	Pound	7.10	1/4 cup fruit and liquid	14.1	
	Pound	5.63	1/4 cup drained fruit	17.8	
Pineapple, canned *Tidbits Packed in juice or light syrup Includes USDA Foods*	No. 10 can (106 oz)	50.10	1/4 cup fruit and liquid	2.0	1 No. 10 can = about 12 cups pineapple and liquid
	No. 10 can (106 oz)	33.40	1/4 cup drained fruit	3.0	1 No. 10 can = about 67.3 oz (8-1/4 cups) drained pineapple
Pineapple, frozen *Unsweetened Chunks*	Pound	7.30	1/4 cup thawed, drained fruit	13.7	1 lb AP = 0.61 lb (about 1-1/3 cups) thawed, drained pineapple
PLANTAINS-See Vegetables section					
PLUMS					
Plums, fresh *Italian 1.5-inch by 2-inch Whole*	Pound	9.32	1/4 cup quartered fruit (about 5 quarters)	10.8	1 lb AP = 0.93 lb (about 2-1/3 cups) ready-to-cook or -serve unpeeled, pitted, quartered raw plums
	Pound	6.81	1/4 cup fruit and liquid	14.7	

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PLUMS (continued)					
Plums, fresh *Purple, Red, or Black* *Size 45 & 50 2-inch diameter* *Whole*	Pound	4.99	1 whole, raw plum (about 1/2 cup fruit and liquid)	20.1	1 lb AP = 0.98 lb (about 2-2/3 cups) ready-to-cook or -serve unpeeled, pitted, raw plums
	Pound	10.70	1/4 cup quartered fruit (about 2 quarters)	9.4	
Plums, fresh *Japanese or Hybrid* *Whole* *Size 60 & 65*	Pound	6.40	1 whole, raw plum (about 3/8 cup fruit and liquid)	15.7	1 plum = about 1-1/2 inch diameter
Plums, canned *Purple or Red* *Halves* *Unpeeled* *No pits*	No. 10 can (105 oz)	49.20	1/4 cup fruit and liquid	2.1	1 No. 10 can = about 12-1/8 cups plums and liquid without pits
Includes USDA Foods	No. 10 can (105 oz)	24.70	1/4 cup drained fruit	4.1	1 No. 10 can = about 54.4 oz (6-1/8 cups) drained plums without pits
Plums, canned *Purple or Red* *Unpeeled* *With pits* *Whole* *Includes USDA Foods*	No. 10 can (106 oz)	48.50	1/4 cup pitted fruit and liquid	2.1	1 No. 10 can = about 12 cups plums with pits and liquid
	No. 10 can (106 oz)	27.80	1/4 cup pitted drained fruit	3.6	1 No. 10 can = about 58.2 oz (6-7/8 cups) drained plums with pits
	No. 2-1/2 can (30 oz)	14.50	1/4 cup pitted fruit and liquid	6.9	1 No. 2-1/2 can = about 16.5 oz (2 cups) drained plums with pits
	Pound	7.32	1/4 cup pitted fruit and liquid	13.7	1 lb AP = 8.8 oz (1 cup) drained plums with pits

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PLUMS (continued)					
Plums, canned *Purple or Red* *Unpeeled* *With pits* *Whole* *Includes USDA Foods*	Pound	4.19	1/4 cup pitted drained fruit	23.9	
Plums, dried (Prunes), canned *With pits*	No. 10 can (108 oz)	46.00	1/4 cup fruit and liquid (about 4 prunes with liquid)	2.2	1 No. 10 can = about 57.0 oz (7-1/8 cups) drained, pitted prunes
	25 oz jar	10.60	1/4 cup fruit and liquid	9.5	25 oz jar = about 13.2 oz (1-2/3 cups) drained, pitted prunes
Plums, dried (Prunes), canned[6] *Paste or Puree* *Includes USDA Foods*	Gallon (11 lb)	64.00	1/4 cup fruit	1.6	1 gallon (11 lb) = 16 cups dried plum juice
	Pound	6.38	1/4 cup fruit	15.7	1 lb AP = about 1-1/2 cups juice
Plums, dried (Prunes) *Whole* *Regular moisture* *With pits*	Pound	9.60	1/4 cup dried fruit (about 6 medium dried fruit, credits as 1/2 cup fruit in NSLP/SBP)	10.5	1 lb dry = about 2-3/8 cups dried plums with pits
	Pound	12.90	1/4 cup cooked fruit and liquid	7.8	
Plums, dried (Prunes) *Whole* *Without pits* *Includes USDA Foods*	Pound	10.60	1/4 cup dried fruit (about 6 medium prunes, credits as 1/2 cup fruit in NSLP/SBP)	9.5	1 lb dry = about 2-2/3 cups dried plums without pits

[6] Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage.

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PLUMS (continued)					
Plums, dried (Prunes) *Whole Without pits Includes USDA Foods*	Pound	14.70	1/4 cup cooked fruit and liquid	6.9	
POMEGRANATE					
Pome-granate, fresh *Whole*	Pound	2.70	1/4 cup juice and pulp (no seeds)	37.1	1 lb AP = 0.35 lb (about 2/3 cups) ready-to-serve, peeled, raw pomegranate juice and pulp without seeds
	Pound	6.34	1/4 cup fruit kernels	15.8	1 lb AP = about 1-1/2 cups peeled pomegranate kernels
PRICKLY PEAR, (see CACTUS FRUIT)					
PRUNES (see PLUMS, dried)					
RAISINS					
Raisins *Regular moisture Seedless Includes USDA Foods*	Pound	12.60	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	8.0	1 lb AP = about 3-1/8 cups raisins
	Package (1.3 oz to 1.5 oz)	1.00	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	100.0	
	Pound	21.40	1/4 cup cooked fruit	4.7	
RASPBERRIES					
Raspberries fresh *Whole*	Pint (11-1/2 oz)	8.70	1/4 cup raw, whole fruit	11.5	1 pt AP = 0.69 lb (about 2-1/8 cups) ready-to-serve raw raspberries

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RASPBERRIES (continued)					
Raspberries fresh *Whole*	Pound	12.10	1/4 cup raw, whole fruit	8.3	1 lb AP = 0.96 lb (about 3 cups) ready-to-serve raw raspberries
Raspberries canned *Red* *Whole*	No. 10 can (103 oz)	48.00	1/4 cup fruit and liquid	2.1	1 No. 10 can = 53.0 oz drained raspberries
	Pound	7.45	1/4 cup fruit and liquid	13.5	1 lb AP = about 8.25 oz drained raspberries
Raspberries frozen *Unsweetened* *Fruit and liquid*	Pound	7.20	1/4 cup thawed fruit and liquid	13.9	
Raspberries frozen[6] *Red* *Unsweetened* *Puree* *Includes USDA Foods*	Pound	7.69	1/4 cup thawed fruit	13.1	1 lb AP = about 1-7/8 cups thawed fruit juice
	5 lb 12 oz container	44.20	1/4 cup thawed fruit	2.3	5 lb 12 oz container = about 11 cups thawed fruit juice
Raspberries frozen *Red* *Whole* *Unsweetened* *Grade A* *Individually-quick* *Frozen*	Pound	12.50	1/4 cup thawed, drained fruit	8.0	1 lb AP = 1 lb (about 3 cups) ready to serve, thawed, drained raspberries

[6] Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in brownies. Purees will credit as *juice* if included in a beverage.

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RHUBARB					
Rhubarb, fresh *Without leaves*	Pound	6.20	1/4 cup cooked fruit, sugar added	16.2	1 lb AP = 0.86 lb ready-to-cook rhubarb
Rhubarb, frozen *Unsweetened*	Pound	10.00	1/4 cup cooked fruit (sugar added by SFA during cooking)	10.0	
STARFRUIT (CARAMBOLA)					
Star Fruit (Carambola), fresh *Whole*	Pound	13.50	1/4 cup sliced fruit	7.5	1 lb AP = 0.97 lb (about 3-7/8 cups) ready-to-serve 1/4-inch sliced (about 46 slices) or about 2-7/8 cups chopped star fruit
	Pound	9.50	1/4 cup chopped fruit	10.3	
STRAWBERRIES					
Straw-berries, fresh *Whole*	Pint (11-1/2 oz)	7.90	1/4 cup raw, whole fruit	12.	1 pt AP = about 0.66 lb ready-to-serve raw strawberries
	Pound	10.50	1/4 cup raw, whole fruit	9.6	1 lb AP = 0.88 lb ready-to-serve raw strawberries
Straw-berries, frozen *Sliced Unsweetened Includes USDA Foods*	Pound	7.28	1/4 cup thawed fruit and liquid	13.8	1 lb AP = 1 lb (about 1-3/4 cups) ready-to-serve thawed strawberries and liquid

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STRAWBERRIES (continued)					
Straw-berries, frozen *Whole, Grade A Unsweetened Individually-quick-frozen Includes USDA Foods*	Pound	11.90	1/4 cup thawed fruit	8.5	1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve, thawed strawberries
Straw-berries, dried	Pound	10.90	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP)	9.2	1 lb AP (dried) = 1 lb (about 2-2/3 cups) ready-to-serve dried strawberries
TANGELOS					
Tangelos, fresh *Whole*	Pound	6.67	1/4 cup peeled fruit sections	15.0	1 lb AP = 0.74 lb (about 1-2/3 cups) ready-to-serve peeled, sectioned tangelos
TANGERINES					
Tangerines, fresh *120 count Whole*	Pound	4.00	1 whole, raw tangerine (about 3/8 cup fruit and liquid)	25.0	
	Pound	7.78	1/4 cup peeled fruit sections	12.9	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-serve peeled, sectioned tangerines
Tangerines, canned *Mandarin Oranges*	Pound	7.30	1/4 cup fruit and liquid	13.7	1 lb AP = about 0.61 lb (about 1-1/2 cups) drained tangerines

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UGLI FRUIT					
Ugli Fruit, fresh *Whole*	Pound	6.33	1/4 cup peeled, chopped fruit	15.8	1 lb AP = 0.67 lb (about 1-1/2 cups) ready-to-serve, raw peeled, chopped ugli fruit. One 32-count ugli fruit = about 14.6 oz
WATERMELON[8]					
Watermelon, fresh[8] *Whole*	Melon (about 27 lb)	168.90	1/4 cup fruit	0.60	
	Pound	6.10	1/4 cup diced fruit without rind	16.4	1 lb AP = 0.61 lb (about 1-1/2 cups) ready-to-serve raw, 1/2-inch diced watermelon without rind

[8] In response to Salmonella outbreaks associated with raw melon, the Food and Drug Administration has provided guidance for safe handling practices for melons that include washing the outer surface of the melon thoroughly with cool tap water to remove surface dirt.

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VEGETABLES

DARK GREEN SUBGROUP

Section 2 - Vegetables – Dark Green Subgroup

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BEET GREENS					
Beet Greens, fresh *Untrimmed*	Pound	3.50	1/4 cup cooked vegetable	28.6	1 lb AP = 0.48 lb ready-to-cook beet greens
BOK CHOY					
Bok Choy, Fresh *Whole*	Pound	14.40	1/4 cup raw, shredded vegetable (credits as 1/8 cup in NSLP/SBP)	7.0	1 lb AP = 0.77 lb (about 3-1/2 cups) ready-to-serve bok choy
BROCCOLI					
Broccoli, fresh *Untrimmed*	Pound	9.80	1/4 cup raw vegetable spears	10.3	1 lb AP = 0.81 lb ready-to-cook broccoli
	Pound	9.40	1/4 cup cooked, drained vegetable spears	10.7	1 medium spear = about 1/4 cup broccoli
	Pound	10.20	1/4 cup cut, cooked, drained vegetable	9.9	
Broccoli, fresh *Florets Trimmed Ready-to-use*	Pound	28.80	1/4 cup cut raw vegetable	3.5	1 lb AP = 1 lb (about 7-1/8 cups) ready-to-cook broccoli
Broccoli, fresh *Spears Trimmed Ready-to-use*	Pound	17.10	1/4 cup raw vegetable spears	5.9	1 lb AP = 1.0 lb (about 4-1/4 cups) ready-to-cook broccoli
	Pound	13.00	1/4 cup cooked, drained vegetable spears	7.7	1 lb AP = 1.00 lb (about 3-1/4 cups) cooked broccoli
Broccoli, fresh *Slaw Ready-to-use*	Pound	21.10	1/4 cup raw vegetable	4.8	1 lb AP = 1 lb (about 5-1/4 cups) ready-to-serve or -cook broccoli slaw

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Section 2 - Vegetables – Dark Green Subgroup

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BROCCOLI (continued)					
Broccoli, frozen *Spears*	Pound	10.90	1/4 cup cooked, drained vegetable	9.2	1 lb AP = 0.90 lb (about 2-5/8 cups) cooked broccoli
Broccoli, frozen *Cut or chopped*	Pound	9.60	1/4 cup cooked, drained vegetable	10.5	
CHARD, SWISS (see SWISS CHARD)					
CHICORY					
Chicory, fresh	Pound	47.40	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	2.2	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)	3.2	
COLLARD GREENS					
Collard Greens, fresh *Untrimmed*	Pound	6.20	1/4 cup cooked, drained vegetable leaves	16.2	1 lb AP = 0.57 lb ready-to-cook collards leaves
	Pound	10.50	1/4 cup cooked, drained vegetable leaves and stems	9.6	1 lb AP = 0.74 lb ready-to-cook collards leaves
Collard Greens, canned	No. 10 can (101 oz)	27.20	1/4 cup heated, drained vegetable	3.7	1 No. 10 can = about 54.0 oz (6-3/4 cups) heated, drained collards
	No. 10 can (101 oz)	35.90	1/4 cup drained vegetable	2.8	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	2.8	1 No. 10 can = about 66.4 oz (9 cups) drained, unheated collards

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COLLARD GREENS (continued)					
Collard Greens, canned	No. 2-1/2 can (27 oz)	6.80	1/4 cup heated, drained vegetable	14.7	1 No. 2-1/2 can = about 17.6 oz (3 cups) drained collards
	No. 300 can (14-1/2 oz)	3.67	1/4 cup heated, drained vegetable	27.3	
Collard Greens, frozen *Chopped or Whole leaf*	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	
ENDIVE, ESCAROLE					
Endive or Escarole, fresh *Whole*	Pound	19.90	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	5.1	1 lb AP = 0.78 lb ready-to-serve raw endive (escarole)
GRAPE LEAVES					
Grape Leaves, fresh *Whole with stem*	Pound	27.40	1/4 cup cooked, drained vegetable (about 3 leaves)	3.7	1 lb AP = 0.80 lb (about 6-3/4 cups) cooked, steamed grape leaves without stem
Grape Leaves, canned *Pickled*	14 oz jar	17.00	1/4 cup drained vegetable (about 3 leaves)	5.9	14 oz jar = about 8 oz (4-1/4 cups) drained leaves
KALE					
Kale, fresh *Trimmed With stem Ready-to-use*	Pound	35.70	1/4 cup raw, chopped vegetable (no stem) (credits as 1/8 cup in NSLP/SBP)	2.9	1 lb AP = 0.73 lb ready-to-cook, stemmed kale leaves
	Pound	10.00	1/4 cup cooked, drained vegetable (no stem)	10.0	1 lb AP = 0.77 lb (about 2-1/2 cups) stemmed, chopped, cooked kale

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Section 2 - Vegetables – Dark Green Subgroup					
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**
Kale (continued)					
Kale, fresh *Trimmed Without stem*	Pound	48.80	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/ SBP)	2.1	1 lb AP = 1 lb ready-to-cook
Kale, fresh *Trimmed* Without stem	Pound	13.70	1/4 cup cooked, drained vegetable	7.3	1 lb AP = 1.15 lb (about 3-3/8 cups) cooked, drained kale
Kale, fresh *Untrimmed*	Pound	11.80	1/4 cup cooked, drained vegetable	8.5	1 lb AP = 0.67 lb ready-to-cook
Kale, canned	No. 10 can (98 oz)	26.70	1/4 cup heated, drained vegetable	3.8	1 No. 10 can = about 49.6 oz (6-2/3 cups) heated, drained kale
	No. 10 can (98 oz)	40.20	1/4 cup drained vegetable	2.5	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	13.7	1 No. 2-1/2 can = about 1-3/4 cups heated, drained kale
	No 2-1/2 can (27 oz)	11.00	1/4 cup drained vegetable	9.1	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	23.0	
	Pound	6.56	1/4 cup drained vegetable	15.3	
Kale, frozen *Chopped*	Pound	12.10	1/4 cup cooked, drained vegetable	8.3	
Kale, frozen *Whole leaf*	Pound	9.50	1/4 cup cooked, drained vegetable	10.6	

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Section 2 - Vegetables – Dark Green Subgroup

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LETTUCE					
Lettuce, fresh *Dark Green Leafy (loose lettuce) Untrimmed*	Pound	21.70	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	4.7	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)	6.9	
Lettuce, fresh *Romaine Untrimmed*	Pound	31.30	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.2	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)	4.8	
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)	2.1	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	7.1	
Mustard greens, fresh *Untrimmed*	Pound	13.20	1/4 cup cooked, drained vegetable	7.6	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	3.3	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	5.0	1 No. 10 can = about 40.1oz (5 cups) drained greens
	No. 2-1/2 can (27 oz)	11.80	1/4 cup drained vegetable	8.5	1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained greens

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Section 2 - Vegetables – Dark Green Subgroup

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MUSTARD GREENS or MUSTARD CABBAGE GREENS (continued)					
Mustard Greens, canned	No. 300 can (14-1/2 oz)	3.81	1/4 cup drained vegetable	26.3	
	No. 300 can (14-1/2 oz)	2.74	1/4 cup heated, drained vegetable	36.5	
Mustard Greens, frozen *Chopped*	Pound	11.60	1/4 cup cooked, drained vegetable	8.7	
Mustard Greens, frozen *Leaf*	Pound	12.30	1/4 cup cooked, drained vegetable	8.2	
PARSLEY					
PARSLEY, fresh *Curly*	Pound	83.40	1/4 cup chopped, raw vegetable (credits as 1/8 cup in NSLP/ SBP)	1.2	1 lb AP = 0.92 lb ready-to-serve raw parsley
SPINACH					
Spinach, fresh *Partly trimmed*	Pound	30.70	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/ SBP)	3.3	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)	5.0	
	Pound	7.60	1/4 cup cooked, drained vegetable	13.2	
Spinach, fresh *Leaves (4-inch by 9-inch) Ready-to-use*	Pound	25.60	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/ SBP)	4.0	1 lb AP = 1 lb (about 6-3/8 cups) ready-to-cook or -serve raw spinach
	Pound	12.60	1/4 cup wilted vegetable	8.0	1 lb AP = 1.03 lb (about 3-1/8 cups) wilted (lightly steamed for one minute) spinach

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SPINACH (continued)					
Spinach, canned	No. 10 can (98 oz)	25.20	1/4 cup heated, drained vegetable	4.0	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	14.5	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	25.6	1 No. 300 can = about 1 cup) drained, unheated spinach
	Pound	4.11	1/4 cup heated, drained vegetable	24.4	
Spinach, frozen *Chopped*	Pound	5.60	1/4 cup cooked, drained vegetable	17.9	
Spinach, frozen *Leaf, Whole*	Pound	6.50	1/4 cup cooked, drained vegetable	15.4	
SWISS CHARD					
Swiss Chard, fresh *Trimmed*	Pound	21.10	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/ SBP)	4.8	1 lb AP = 0.96 lb (about 5-1/4 cups) ready-to-serve raw, chopped Swiss chard
Swiss Chard, fresh *Untrimmed*	Pound	6.30	1/4 cup cooked, drained vegetable	15.9	1 lb AP = 0.92 lb ready-to-cook trimmed Swiss chard
TURNIP GREENS					
Turnip Greens, fresh *Untrimmed*	Pound	6.50	1/4 cup cooked, drained vegetable	15.4	1 lb AP = 0.70 lb ready-to-cook turnip greens

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TURNIP GREENS (continued)					
Turnip Greens, canned	No. 10 can (98 oz)	27.60	1/4 cup heated, drained vegetable	3.7	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	13.2	
	No. 300 can (14-1/2 oz)	3.72	1/4 cup heated, drained vegetable	26.9	
	Pound	4.50	1/4 cup heated, drained vegetable	22.3	
Turnip Greens, frozen *Chopped or Whole Leaf*	Pound	9.60	1/4 cup cooked, drained vegetable	10.5	
WATERCRESS					
Watercress, fresh	Pound	50.50	1/4 cup raw vegetable sprigs or pieces (credits as 1/8 cup in NSLP/ SBP)	2.0	1 lb AP = 0.92 lb ready-to-serve raw watercress

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VEGETABLES

OTHER SUBGROUP

Section 2 - Vegetables – Other Subgroup

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
ARTICHOKES					
Artichokes, fresh *36 count (large) Untrimmed Whole*	Pound	1.49	1/4 cup cooked, drained vegetable from leaves	67.2	1 lb AP = 0.23 lb (about 1/3 cup) cooked, drained artichoke
	Pound	1.38	1/4 cup cooked, drained vegetable (bottoms only)	72.5	1 lb AP= about 1/3 cup cooked artichoke from bottoms only
	Pound	2.84	1/4 cup cooked, drained vegetable (bottoms & leaves)	35.3	1 lb AP = about 2/3 cup cooked, drained artichoke bottoms and leaves
Artichokes, canned *Bottoms*	No. 300 can (14 oz)	5.97	1/4 cup drained vegetable	16.8	1 No. 300 can = about 7.7 oz (1-3/8 cups) drained, unheated artichoke
Artichokes, canned *Hearts*	No. 300 can (14 oz)	4.67	1/4 cup drained vegetable	21.5	1 No. 300 can = about 8.0 oz (1-1/8 cups) drained, unheated artichoke
Artichokes, frozen *Hearts*	Pound	10.00	1/4 cup cooked, drained vegetable	10.0	1 lb AP = 0.99 lb (about 2-1/2 cups) cooked, drained artichoke

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Section 2 - Vegetables – Other Subgroup

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ASPARAGUS					
Asparagus, fresh *Whole*	Pound	4.80	1/4 cup cooked vegetable	20.9	1 lb AP = 0.53 lb ready-to-cook trimmed, raw asparagus
	Pound	4.80	1/4 cup cooked cuts and tips (1/4 cup vegetable)	20.9	1 lb AP = 0.50 lb cooked asparagus
Asparagus, canned *Cuts and Tips*	No. 10 can (103 oz)	27.80	1/4 cup heated, drained vegetable	3.6	1 No. 10 can = about 57.3 oz (6-7/8 cups) heated, drained asparagus
Asparagus, canned *Cuts and Tips*	No. 10 can (103 oz)	32.40	1/4 cup drained vegetable	3.1	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	29.0	1 No. 300 can = about 6.8 oz (3/4 cup) heated, drained asparagus
	No. 300 can (14-1/2 oz)	4.83	1/4 cup drained vegetable	20.8	1 No. 300 can = about 8.7 oz (1-1/8 cups) drained, unheated asparagus
	Pound	4.31	1/4 cup heated, drained vegetable	23.3	
	Pound	5.03	1/4 cup drained vegetable	19.9	
Asparagus, canned *Spears*	No. 5 squat can (64 oz)	26.40	1/4 cup drained vegetable	3.8	1 No. 5 can = about 38.0 oz (6-2/3 cups) drained, unheated asparagus

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ASPARAGUS (continued)					
Asparagus, canned *Spears*	No. 300 can (15 oz)	3.87	1/4 cup heated, drained vegetable	25.9	1 No. 300 can = about 7.3 oz (7/8 cup) heated, drained asparagus
	No. 300 can (15 oz)	4.59	1/4 cup drained vegetable	21.8	1 No. 300 can = about 8.5 oz (1-1/8 cups) drained, unheated asparagus
	Pound	6.60	1/4 cup drained vegetable	15.2	
Asparagus, frozen *Cuts and Tips*	Pound	8.10	1/4 cup cooked vegetable	12.4	
Asparagus, frozen *Spears*	Pound	10.70	1/4 cup cooked vegetable	9.4	
AVOCADOS					
Avocados, fresh *All sizes Whole*	Pound	8.20	1/4 cup raw, diced vegetable	12.2	1 lb AP = 0.67 lb ready-to-serve raw avocado
	Pound	5.10	1/4 cup raw, mashed vegetable	19.7	
Avocados, fresh *California 48 count (approx. 2.5-inch width by 3.5-inch length) Whole*	Pound	5.52	1/4 cup peeled, sliced, raw vegetable (about 3 slices, 3/8-inch by 3.5-inch slices)	18.2	1 lb AP = 0.69 lb ready-to-serve, raw, peeled avocado [about 2-2/3 portions (1/4 cup each portion) per avocado]

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Section 2 - Vegetables – Other Subgroup

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AVOCADOS (continued)					
Avocados, fresh *Florida (approx. 3.5-inch width by 4.75-inch length)* *Whole*	Pound	7.07	1/4 cup peeled, sliced, raw vegetable (about 2 slices, 1/2-inch by 4.5-inch slices)	14.2	1 lb AP = 0.59 lb ready-to-serve, raw, peeled, sliced [about 7-1/2 portions (1/4 cup each portion) per avocado]
BAMBOO SHOOTS					
Bamboo Shoots, canned *Sliced*	No. 10 can (104 oz)	47.40	1/4 cup drained vegetable	2.2	1 No. 10 can = about 72.7 oz (11-3/4 cups) drained, unheated bamboo shoots
BEANS, GREEN					
Beans, Green, fresh *Trimmed* *Whole*	Pound	22.00	1/4 cup whole, raw vegetable	4.6	1 lb AP = 1 lb (about 5-3/8 cups) ready-to-cook
Ready-to-use	Pound	12.40	1/4 cup whole, cooked, drained vegetable	8.1	1 lb AP = 0.86 lb (about 3 cups) cooked, drained beans
	Pound	16.40	1/4 cup cut, raw vegetable	6.1	1 lb AP = 1 lb (about 4 cups) ready-to-cook beans
Beans, Green, fresh *Trimmed* *Whole* *Ready-to-use*	Pound	11.20	1/4 cup cut, cooked, drained vegetable	9.0	1 lb AP = 0.89 lb (about 2-3/4 cups) cooked, drained, cut beans
Beans, Green, fresh *Untrimmed* *Whole*	Pound	11.10	1/4 cup whole, cooked vegetable	9.1	1 lb AP = 0.88 lb ready-to-cook beans

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Section 2 - Vegetables – Other Subgroup

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BEANS, GREEN (continued)					
Beans, Green, canned *Cut* *Includes USDA Foods*	No. 10 can (101 oz)	45.30	1/4 cup heated, drained vegetable	2.3	
	No. 10 can (101 oz)	51.10	1/4 cup drained vegetable	2.0	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	8.0	
	No. 2-1/2 can (28 oz)	14.10	1/4 cup drained vegetable	7.1	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	20.0	1 No. 300 can = about 7.4 oz (1-1/4 cups) heated, drained beans
	No. 300 can (15 oz)	5.77	1/4 cup drained vegetable	17.4	1 No. 300 can = about 7.7 oz (1-3/8) cups drained, unheated beans
	Pound	7.17	1/4 cup heated, drained vegetable	14.0	
	Pound	8.10	1/4 cup drained vegetable	12.4	
Beans, Green, canned *French style* *Includes USDA Foods*	No. 10 can (101 oz)	36.50	1/4 cup heated, drained vegetable	2.8	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	10.0	1 No. 2-1/2 can = about 16.2 oz (3-1/4 cups) heated, drained beans

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BEANS, GREEN (continued)					
Beans, Green, canned *French style Includes USDA Foods*	No. 300 can (14-1/2 oz)	3.60	1/4 cup heated, drained vegetable	27.8	1 No. 300 can = about 5.70 oz (7/8 cup) heated, drained beans
	No. 300 can (14-1/2 oz)	4.50	1/4 cup drained vegetable	22.3	1 No. 300 can = about 10.1 oz (1-1/8 cup) drained, unheated beans
	Pound	5.80	1/4 cup heated vegetable	17.3	
Beans, Green, canned *Whole Includes USDA Foods*	No. 10 can (101 oz)	39.50	1/4 cup heated, drained vegetable	2.6	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	2.0	
	No. 2-1/2 can (28 oz)	14.40	1/4 cup heated, drained vegetable	7.0	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	21.9	1 No. 300 can = about 7.3 oz (1-1/8 cups) heated, drained beans
	No. 300 can (14-1/2 oz)	6.95	1/4 cup drained vegetable	14.4	1 No. 300 can = about 7.6 oz (1-5/8 cups) drained, unheated beans
	Pound	8.20	1/4 cup drained vegetable	12.2	
Beans, Green, frozen *Cut Includes USDA Foods*	Pound	11.60	1/4 cup cooked, drained vegetable	8.7	

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BEANS, GREEN (continued)					
Beans, Green, frozen *French style Includes USDA Foods*	Pound	12.00	1/4 cup cooked, drained vegetable	8.4	
Beans, Green, frozen *Whole Includes USDA Foods*	Pound	10.70	1/4 cup cooked, drained vegetable	9.4	1 lb AP = 0.88 lb (about 2-5/8 cups) cooked vegetable
BEANS, GREEN, FLAT ITALIAN					
Beans, Green, Flat Italian, canned *Whole*	No. 10 can (103 oz)	35.10	1/4 cup heated, drained vegetable	2.9	1 No. 10 can = about 56.6 oz (8-3/4 cups) heated, drained beans
	No. 10 can (103 oz)	42.70	1/4 cup drained vegetable	2.4	1 No. 10 can = about 63.3 oz (10-5/8 cups) drained, unheated beans
Beans, Green, Flat Italian, frozen *Whole*	Pound	9.30	1/4 cup cooked, drained vegetable	10.8	1 lb AP = 0.91 lb (about 2-1/4 cups) cooked, drained beans
BEAN SPROUTS [1]					
Bean Sprouts, fresh [1] *Mung*	Pound	14.60	1/4 cup parboiled, drained vegetable	6.9	1 lb AP = 0.89 lb parboiled bean sprouts
Bean Sprouts, fresh [1] *Soybean*	Pound	17.20	1/4 cup parboiled, drained vegetable	5.9	1 lb AP = 0.95 lb parboiled

[1] 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.

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BEANS SPROUTS (continued)					
Bean Sprouts, canned	No. 10 can (102 oz)	29.10	1/4 cup heated, drained vegetable	3.5	1 No. 10 can = about 48.4 oz (7-1/4 cups) heated, drained bean sprouts
	No. 10 can (102 oz)	42.20	1/4 cup drained vegetable	2.4	1 No. 10 can = about 59.0 oz (10-1/2 cups) drained, unheated bean sprouts
Bean Sprouts, canned	No. 300 can (14 oz)	3.99	1/4 cup heated, drained vegetable	25.1	1 No. 300 can = about 6.5 oz (1 cup) heated, drained bean sprouts
	No. 300 can (14 oz)	5.34	1/4 cup drained vegetable	18.8	1 No. 300 can = about 8.0 oz (1-1/3 cups) drained, unheated bean sprouts
BEANS, WAX					
Beans, Wax, fresh *Whole Untrimmed*	Pound	10.50	1/4 cup whole, cooked, drained vegetable	9.6	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	3.0	1 No. 10 can = about 53.7 oz (8-1/2 cups) heated, drained beans
	No. 10 can (101 oz)	43.20	1/4 cup drained vegetable	2.4	1 No. 10 can = about 59.3 oz (10-3/4 cups) drained, unheated beans

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BEANS, WAX (continued)					
Beans, Wax, canned	No. 2-1/2 can (28 oz)	12.90	1/4 cup heated, drained vegetable	7.8	
	No. 2-1/2 can (28 oz)	14.00	1/4 cup drained vegetable	7.2	1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 300 can (14-1/2 oz)	4.58	1/4 cup heated, drained vegetable	21.9	1 No. 300 can = about 7.1 oz (1-1/8 cups) heated, drained vegetable
	No. 300 can (14-1/2 oz)	6.17	1/4 cup drained vegetable	16.3	1 No. 300 can = about 7.0 oz (1-1/2 cups) drained, unheated beans
	Pound	5.43	1/4 cup heated, drained vegetable	18.5	
	Pound	6.84	1/4 cup drained vegetable	14.7	
BEETS					
Beets, fresh *Without tops*	Pound	11.60	1/4 cup raw, pared vegetable sticks	8.7	1 lb AP = 0.77 lb pared beets
	Pound	7.60	1/4 cup diced, cooked vegetable	13.2	
	Pound	7.70	1/4 cup sliced, cooked vegetable	13.0	1 lb AP = 0.73 lb cooked sliced beets

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BEETS (continued)					
Beets, canned *Baby Whole*	No. 10 can (103 oz)	36.70	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 60.2 oz (9-1/8 cups) heated, drained beets
Beets, canned *Baby Whole*	No. 10 can (103 oz)	40.20	1/4 cup drained vegetable	2.5	1 No. 10 can = about 64.0 oz (10 cups) drained, unheated beets
	Pound	5.7	1/4 cup heated, drained vegetable	17.6	
	Pound	6.24	1/4 cup drained vegetable	16.1	
Beets, canned *Diced*	No. 10 can (104 oz)	37.60	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 63.3 oz (9-3/8 cups) heated, drained beets
	No. 10 can (104 oz)	40.90	1/4 cup drained vegetable	2.5	1 No. 10 can = about 66.4 oz (10-1/8 cups) drained, unheated beets
	Pound	5.78	1/4 cup heated, drained vegetable	17.4	
	Pound	6.29	1/4 cup drained vegetable	15.9	
Beets, canned *Sliced*	No. 10 can (104 oz)	36.40	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 60.1 oz (9 cups) heated, drained beets

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BEETS (continued)					
Beets, canned *Sliced*	No. 10 can (104 oz)	38.80	1/4 cup drained vegetable	2.6	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	19.4	1 No. 300 can = about 7.9 oz (1-1/4 cups) heated, drained beets
	No. 300 can (15 oz)	5.33	1/4 cup drained vegetable	18.8	1 No. 300 can = about 8.9 oz (1-1/3 cups) drained, unheated beets
BREADFRUIT					
Breadfruit, fresh *Guatemalan*	Pound	5.69	1/4 cup baked, mashed vegetable	17.6	1 lb AP = 0.60 lb (about 1-3/8 cup) cooked mashed vegetable, 1 breadfruit = about 2.6 lb
BRUSSELS SPROUTS					
Brussels Sprouts, fresh *Whole*	Pound	8.50	1/4 cup cooked, drained vegetable	11.8	1 lb AP = 0.76 lb ready-to-cook
Brussels Sprouts, fresh *Trimmed Ready-to-use*	Pound	16.10	1/4 cup raw vegetable	6.3	1 lb AP = 1 lb (about 4 cups) ready-to-serve Brussels sprouts
	Pound	13.40	1/4 cup cooked, drained vegetable	7.5	1 lb AP = 1 lb (about 3-1/3 cups) steamed Brussels sprouts

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BRUSSELS SPROUTS (continued)					
Brussels Sprouts, frozen *Ready-to-use*	Pound	10.40	1/4 cup cooked, drained vegetable	9.7	
CABBAGE, CELERY OR NAPA					
Cabbage, Celery, or Napa fresh *Untrimmed*	Pound	20.40	1/4 cup raw vegetable strips	5.0	1 lb AP = 0.93 lb (about 5 cups) ready-to-serve, raw cabbage
	Pound	10.60	1/4 cup cooked, drained vegetable strips	9.5	
CABBAGE, GREEN					
Cabbage, fresh *Green Untrimmed Whole*	Pound	17.70	1/4 cup raw, chopped vegetable	5.7	1 lb AP = 0.87 lb ready-to-cook or -serve raw cabbage
	Pound	11.20	1/4 cup raw, chopped vegetable with dressing	9.0	
	Pound	26.40	1/4 cup raw, shredded vegetable	3.8	
	Pound	13.80	1/4 cup cooked, drained shredded vegetable	7.3	
	Pound	9.86	1/4 cup cooked, drained vegetable wedges	10.2	1 lb AP = 0.82 lb (about 2-3/8 cups) cooked cabbage wedges
	1 head	9.00	1 large cooked leaf (3/4 cups vegetable)	11.2	1 large leaf = 10 to 12 inches in diameter

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CABBAGE, GREEN (continued)					
Cabbage, fresh *Green Untrimmed Whole*	1 head	7.00	1 medium cooked leaf (3/8 cup vegetable)	14.3	1 medium leaf = 6 to 8 inches in diameter
Cabbage, fresh *Green Shredded Ready-to-use*	Pound	27.00	1/4 cup raw vegetable	3.8	1 lb AP = 1 lb (about 6-3/4 cups) ready-to-serve raw, shredded cabbage
CABBAGE, RED					
Cabbage, Red, fresh *Whole Untrimmed*	Pound	13.00	1/4 cup raw, chopped vegetable	7.7	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	4.1	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	7.6	
Cabbage, Red, fresh *Shredded Ready-to-use*	Pound	22.80	1/4 cup raw vegetable	4.4	1 lb AP = 1 lb (about 5-2/3 cups) ready-to-serve raw, shredded cabbage

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CACTUS (NOPALES)					
Cactus (Nopales), fresh *Leaves (or petals)* *Unpeeled* *With thorns*	Pound	6.80	1/4 cup unpeeled, diced cooked, drained vegetable (thorns removed)	14.8	1 lb AP = 0.96 lb (about 1-2/3 cups) unpeeled, thorns removed, diced, cooked, drained cactus
Cactus (Nopales), fresh *Leaves (or Petals)* *Unpeeled* *Without thorns*	Pound	6.96	1/4 cup unpeeled diced, cooked, drained vegetable	14.4	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 *Leaves (or Petals)* *Cut*	14 oz jar	3.04	1/4 cup heated, drained vegetable	32.9	14-oz jar = about 5.7 oz (about 3/4 cup) cooked, drained cactus
	14 oz jar	3.65	1/4 cup drained vegetable	27.4	14-oz jar = about 6.3 oz (7/8 cup) drained, unheated cactus
CAULIFLOWER					
Cauliflower, fresh *Whole* *Trimmed*	Pound	12.50	1/4 cup raw, sliced vegetable	8.0	1 lb AP = 0.62 lb ready-to-cook or -serve raw cauliflower
	Pound	12.30	1/4 cup raw vegetable florets	8.2	1 medium head = about 6 cup cauliflower florets
	Pound	8.80	1/4 cup cooked, drained vegetable florets	11.4	1 lb AP = 0.61 lb cooked cauliflower

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CAULIFLOWER (continued)					
Cauliflower, fresh *Florets* *Ready-to-use*	Pound	18.30	1/4 cup raw vegetable florets	5.5	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	7.1	
Cauliflower, frozen	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	
CELERY					
Celery, fresh *Trimmed*	Pound	12.20	1/4 cup raw vegetable sticks or strips (about 3 sticks, 1/2-inch by 4-inch sticks)	8.2	
	Pound	12.50	1/4 cup raw, chopped vegetable	8.0	
	Pound	12.30	1/4 cup raw, diced vegetable	8.2	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	11.5	

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CELERY (continued)					
Celery, fresh *Trimmed*	Pound	8.10	1/4 cup sliced, cooked, drained vegetable	12.4	1 lb AP = 0.74 lb (about 2-1/8 cups) cooked celery
Celery, fresh *Sticks Ready-to-use (1/2-inch by 4-inch)*	Pound	14.00	1/4 cup raw vegetables (about 3 sticks)	7.2	1 lb AP = 1 lb (about 3-1/2 cups) ready-to-serve raw celery
Celery, fresh *Diced Ready-to-use*	Pound	12.90	1/4 cup raw vegetable	7.8	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-cook or serve raw celery
Celery, canned *Diced*	No. 10 can (102 oz)	38.40	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 64.0 oz (9-1/2 cups) heated, drained celery
	No 10 can (102 oz)	49.00	1/4 cup drained vegetable	2.1	1 No 10 can = about 74.0 oz (12-3/8 cups) drained celery
	Pound (drained weight)	8.27	1/4 cup heated, drained vegetable	12.1	
	Pound (drained weight)	10.50	1/4 cup drained vegetable	9.6	
Celery, canned *Diced In sauce*	No. 10 can (104 oz)	49.70	1/4 cup heated, drained vegetable	2.1	1 No. 10 can = about 100.0 oz (12-3/8 cups) heated, drained celery

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CHAYOTE (MIRLITON)					
Chayote (Mirliton), fresh *Whole Unpeeled*	Pound	12.60	1/4 cup unpeeled, pitted sliced, raw vegetable	8.0	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	10.6	1 lb AP = 0.88 lb (about 2-1/3 cups**)** unpeeled, pitted, sliced cooked chayote
CUCUMBERS					
Cucumbers, fresh *Whole Unpared*	Pound	11.10	1/4 cup unpared, diced vegetable	9.1	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	8.1	
	Pound	10.50	1/4 cup pared, diced or sliced vegetable	9.6	1 lb AP = 0.84 lb ready-to-serve raw, unpared, sliced cucumber
	Pound	9.71	1/4 cup pared vegetable sticks (about 3 sticks, 3-inch by 3/4-inch sticks)	10.3	1 lb AP = .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)	8.5	1 lb AP = .98 lb (about 3 cups) ready-to-serve raw, unpared cucumber sticks

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EGGPLANT					
Eggplant, fresh *Whole*	Pound	6.70	1/4 cup pared, cubed, cooked vegetable	15.0	1 lb AP = 0.81 lb ready-to-cook eggplant
KOHLRABI					
Kohlrabi, fresh *Untrimmed*	Pound	5.10	1/4 cup cooked, drained vegetable	19.7	1 lb AP = 0.45 lb ready-to-cook, pared kohlrabi
Kohlrabi, fresh *Whole With leaves and stems*	Pound	9.30	1/4 cup raw peeled vegetable sticks	10.8	1 lb AP = 0.73 lb ready-to-serve or cook, pared kohlrabi
	Pound	10.10	1/4 cup raw vegetable chunks	10.0	1 lb AP = 0.82 lb (about 2-1/2 cups) ready-to-serve or -cook, pared kohlrabi chunks
LETTUCE					
Lettuce, fresh *Iceberg Head Untrimmed*	Pound	22.20	1/4 cup raw, shredded vegetable (credits as 1/8 cup in NSLP/SBP)	4.6	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)	4.9	
	Pound	13.90	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP)	7.2	
Lettuce, fresh *Iceberg, Head Cleaned and cored Ready-to-use*	Pound	29.20	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.5	1 lb AP = 1 lb (about 7-1/3 cups) ready-to-serve lettuce

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LETTUCE (continued)					
Lettuce, fresh *Salad mix (mostly iceberg, some romaine with shredded carrot and red cabbage)*	Pound	26.40	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.8	1 lb AP = 1 lb (about 6-1/2 cups) ready-to-serve lettuce
Lettuce, fresh *Mixed greens (equal amounts of iceberg and romaine with shredded carrots and red cabbage)*	Pound	25.70	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.9	1 lb AP = 1 lb (about 6-3/8 cups) ready-to-serve lettuce
MIRLITON (see CHAYOTE)					
MUSHROOMS					
Mushrooms, fresh *Whole*	Pound	18.70	1/4 cup raw, sliced vegetable	5.4	1 lb AP = 0.98 lb ready-to-cook mushrooms
	Pound	8.30	1/4 cup sliced, cooked, drained vegetable	12.1	1 lb AP = 0.43 lb cooked, sliced mushrooms
Mushrooms, fresh *Slices Ready-to-use*	Pound	18.50	1/4 cup sliced vegetable (about 7 slices)	5.5	1 lb AP = 1 lb (about 4-5/8 cups) ready-to-serve
Mushrooms, canned	No. 10 can (68 oz drained weight)	49.40	1/4 cup drained vegetable	2.1	1 No. 10 can = 12-1/3 cups drained mushrooms

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MUSHROOMS (continued)					
Mushrooms, canned	Pound (drained weight)	11.60	1/4 cup drained vegetable	8.7	
	No. 300 can (8 oz drained weight)	5.80	1/4 cup drained vegetable	17.3	1 No. 300 can = about (1-1/2 cups) drained mushrooms
Mushrooms, frozen *Slices*	Pound	12.20	1/4 cup vegetable tempered	8.2	1 lb AP = 0.90 lb (about 3 cups) ready-to-serve, tempered mushrooms
NOPALES (see CACTUS)					
OKRA					
Okra, fresh *Whole*	Pound	9.70	1/4 cup cooked, drained whole vegetable	10.4	1 lb AP = 0.87 lb ready-to-cook okra
	Pound	9.00	1/4 cup cooked, drained sliced vegetable	11.2	
Okra, canned *Cut*	No. 10 can (99 oz)	38.80	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 60.0 oz (10-1/8 cups) drained okra
Okra, canned Cut	Pound	6.20	1/4 cup heated, drained vegetable	16.2	
	No. 300 can (14 oz)	4.58	1/4 cup heated, drained vegetable	21.9	1 No. 300 can = about 7.1 oz (1-1/8 cups) drained okra

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OKRA (continued)					
Okra, frozen *Cut*	Pound	9.10	1/4 cup cooked, drained vegetable	11.0	
Okra, frozen *Whole*	Pound	11.80	1/4 cup cooked, drained vegetable	8.5	
OLIVES					
Olives, canned *Green Stuffed*	No. 10 can (72 oz drained weight)	55.50	1/4 cup drained vegetable	1.9	
	Pound (drained weight)	12.30	1/4 cup drained vegetable	8.2	
Olives, canned *Green Whole With pits*	Gallon (65 oz drained weight)	60.40	1/4 cup whole, pitted vegetable (about 14 small olives)	1.7	1 gallon = about 848 olives
	Pound (drained weight)	14.80	1/4 cup pitted vegetable	6.8	
Olives, canned *Green Whole Pitted*	Gallon (69 oz drained weight)	63.90	1/4 cup whole vegetable (about 14 small olives)	1.6	1 gallon container = about 16 cups drained or 847 olives
Olives, canned *Ripe Pitted Large Whole*	No. 10 can (50 oz drained weight)	48.00	1/4 cup whole vegetable (about 8 large olives)	2.1	1 No. 10 can = about 380 olives
	No. 10 can (50 oz drained weight)	42.00	1/4 cup chopped vegetable	2.4	

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OLIVES (continued)					
Olives, canned *Ripe* *Pitted* *Large* Whole	Pound (drained weight)	15.30	1/4 cup whole vegetable	6.6	
	Pound (drained weight)	12.90	1/4 cup chopped vegetable	7.8	
Olives, frozen *Ripe* *1/4-inch slices*	Pound	14.90	1/4 cup tempered vegetable slices	6.8	1 lb AP = 0.99 lb (about 3-2/3 cups) ready-to-serve tempered
ONIONS, GREEN					
Onions, Green, fresh *Whole*	Pound	15.00	1/4 cup raw vegetable, with tops	6.7	1 lb AP = 0.83 lb ready-to-serve, raw onions with tops
	Pound	13.80	1/4 cup cooked with tops	7.3	
	Pound	6.70	1/4 cup raw chopped or sliced vegetable without tops	15.0	1 lb AP = 0.37 lb ready-to-serve raw onions without tops
ONIONS, MATURE					
Onions, Mature, fresh *All sizes* *Whole*	Pound	9.30	1/4 cup raw, chopped vegetable	10.8	1 lb AP = 0.88 lb ready-to-cook or -serve raw onion
Onions, Mature, fresh *All sizes* *Whole*	Pound	14.20	1/4 cup raw, sliced vegetable	7.1	

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ONIONS, MATURE (continued)					
Onions, Mature, fresh *All sizes* *Whole*	Pound	7.90	1/4 cup cooked vegetable pieces	12.7	1 lb AP = 0.78 lb cooked onion
	Pound	7.10	1/4 cup cooked, whole vegetable	14.1	
Onions, Mature, fresh *Yellow, Jumbo* *Whole*	Pound	5.70	1/4 cup sliced, grilled vegetable	17.6	1 lb AP = 0.65 lb (about 1-3/8 cups) peeled, sliced, cooked onion Jumbo = 3-inch diameter and over
Onions, Mature, fresh *Diced* *Ready-to-use*	Pound	12.60	1/4 cup diced, raw vegetable	8.0	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or -cook raw 1/4-inch diced onion
Onions, Mature, fresh *Sliced* *Ready-to-use*	Pound	12.70	1/4 cup sliced, raw vegetable	7.9	1 lb AP = 1 lb ready-to-serve or -cook onion
Onions, Mature, canned *Whole*	No. 10 can (105 oz)	26.60	1/4 cup heated vegetable	3.8	1 No. 10 can = about 55.8 oz (6-2/3 cups) heated, drained onion
	Pound	4.90	1/4 cup heated, drained vegetable	20.5	

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ONIONS, MATURE (continued)					
Onions, Mature, canned *Whole*	15 oz jar	5.10	1/4 cup vegetable (about 5 onions)	19.7	15-oz jar = about 9.0 oz (1-1/4 cups) drained or about 23 onions
Onions, Mature, frozen *Chopped*	Pound	7.92	1/4 cup thawed vegetable	12.7	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-cook, thawed onion
	Pound	5.94	1/4 cup cooked vegetable	16.9	1 lb AP = 0.67 lb (about 1-3/8 cups) cooked onion
Onions, Mature, Dehydrated *Chopped*	Pound	49.90	1/4 cup rehydrated, cooked vegetable	2.1	1 lb dry = about 4-2/3 cups dehydrated onion
	Pound	18.70	1/4 cup uncooked, rehydrated vegetable	5.4	
PEAS, CHINESE SNOW					
Peas, Chinese Snow, frozen *Edible podded Whole*	Pound	11.40	1/4 cup cooked, drained vegetable	8.8	
PEAS, SUGAR SNAP (or SNAP PEAS)					
Peas, Sugar Snap, frozen *Whole*	Pound	9.78	1/4 cup cooked, drained vegetable	10.3	1 lb AP = 1 lb (about 2-3/8 cups) cooked, drained peas

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PEPPEROCINI					
Pepperocini, canned *Whole*	Gallon (72 oz drained weight)	64.00	1/4 cup drained vegetable	1.6	1 gallon container = about 207 pepperocini
PEPPERS, BELL					
Peppers, Bell, fresh *Green or Yellow Medium or Large Whole*	Pound	9.70	1/4 cup chopped or diced raw vegetable	10.4	1 lb AP = 0.80 lb ready-to-serve or cook raw peppers
	Pound	14.70	1/4 cup raw vegetable strips	6.9	1 lb AP = 0.73 lb cooked peppers
	Pound	9.80	1/4 cup cooked, drained vegetable strips	10.3	
Peppers, Bell, frozen *Green or Yellow Diced*	Pound	12.10	1/4 cup thawed vegetable	8.3	1 lb AP = 1 lb (about 3 cups) thawed peppers
	Pound	7.30	1/4 cup cooked, drained vegetable	13.7	
Peppers, Bell, dehydrated *Green or Yellow Diced*	Pound	99.20	1/4 cup rehydrated, cooked vegetable	1.1	1 lb dry = about 9-1/4 cups dehydrated pepper
	Pound	38.60	1/4 cup dehydrated vegetable	2.6	

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PEPPERS, GREEN CHILIES					
Peppers, Green Chilies, fresh *Anaheim Whole with stem*	Pound	11.40	1/4 cup chopped, seeded raw vegetable	8.8	1 lb AP = 0.80 lb (about 2-3/4 cups) ready-to-serve, raw, stemmed, seeded, chopped chili peppers
Peppers, Green, Chilies, fresh *Jalapeño Whole with stem*	Pound	15.60	1/4 cup raw vegetable (about 2 peppers)	6.5	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve raw whole peppers
Peppers, Green Chilies, canned *Chopped*	No. 10 can (103 oz)	51.40	1/4 cup heated vegetable	2.0	1 No. 10 can = about 12-7/8 cups drained peppers
	No. 10 can (99 oz)	47.10	1/4 cup unheated vegetable	2.2	1 No. 10 can = about 11-3/4 cups peppers
	Pound	7.98	1/4 cup heated vegetable	12.6	
Peppers, Green, Chilies, canned *Jalapeño Slices*	No. 10 can (106 oz)	46.20	1/4 cup drained vegetable slices	2.0	1 No. 10 can = about 64.4 oz (11-1/2 cups) drained peppers
Peppers, Green, Chilies, canned *Jalapeño Whole*	No. 10 can (96 oz)	35.00	1/4 cup drained, whole vegetable	2.9	1 No. 10 can = about 60 oz (8-3/4 cups) drained peppers

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Section 2 - Vegetables – Other Subgroup

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
PICKLES					
Pickles, canned *Chips*	Quart (20 oz drained weight)	13.90	1/4 cup drained vegetable	7.2	1 quart container = 3-1/2 cups drained or 52 pickle chips
	Gallon (87 oz drained weight)	60.30	1/4 cup drained vegetable	1.7	
	Pound (drained weight)	11.10	1/4 cup drained vegetable	9.1	
Pickles, canned *Spears Medium size 4.75 x .75 x 1.5-inches*	24 oz jar (about 15.4 oz drained weight)	8.80	1/4 cup drained vegetable (about 1-1/4 spears)	11.4	24 oz container = about 2-1/4 cups chopped, drained or 11 whole pickle spears
Pickles, canned *Whole*	Gallon (about 87 oz drained)	55.20	1/4 cup whole vegetable (about: 3-3/4 gherkins-small, 1-1/4 gherkins-large, 1 small pickle, 1/2 medium pickle, 1/3 large pickle, 1/4 extra large pickle)	1.9	Length of pickles: gherkins = 2 to 2-3/4 inch, 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
	Gallon (about 87 oz drained)	84.40	1/8 cup length-wise sliced vegetable	1.2	
	Gallon (about 87 oz drained)	108.00	1/8 cup chopped vegetable	1.0	

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RADISHES					
Radishes, Fresh *Without tops*	Pound	12.80	1/4 cup whole vegetable, about 7 small radishes	7.9	1 lb without tops = 0.94 lb ready-to-serve raw radishes
	Pound	15.30	1/4 cup raw, sliced vegetable	6.6	
RUTABAGAS					
Rutabagas, fresh *Whole*	Pound	8.30	1/4 cup pared, cubed, cooked vegetable	12.1	1 lb AP = 0.85 lb ready-to-cook rutabaga
	Pound	5.70	1/4 cup pared, cooked, drained, mashed vegetable	17.6	
SAUERKRAUT					
Sauerkraut, canned	No. 10 can (99 oz)	36.50	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 11-7/8 cups drained, unheated vegetable
	No. 2-1/2 can (27 oz)	15.00	1/4 cup heated, drained vegetable	6.7	1 No. 2-1/2 can = about 23.0 oz (4-1/2 cups) drained, unheated vegetable
	No. 300 can (14-1/2 oz)	4.93	1/4 cup heated, drained vegetable	20.3	
SEAWEED					
Seaweed, dehydrated *Wakame*	Pound	91.00	1/4 cup trimmed, rehydrated vegetable	1.1	1 lb dry = 4.3 lb (about 22-2/3 cups) rehydrated ready-to-serve or -cook seaweed

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SQUASH, SUMMER					
Squash, Summer, fresh *Yellow*	Pound	7.30	1/4 cup cubed, cooked, drained vegetable	13.7	1 lb AP = 0.95 lb ready-to-cook squash
	Pound	6.30	1/4 cup cooked, drained mashed vegetable	15.9	
	Pound	15.50	1/4 cup raw, sliced vegetable	6.5	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve or -cook squash
Squash, Summer, fresh *Yellow*	Pound	8.42	1/4 cup sliced, cooked, drained vegetable	11.9	1 lb AP = 0.83 lb (about 2 cups) cooked, sliced squash
Squash, Summer, fresh *Zucchini Whole*	Pound	11.90	1/4 cup raw vegetable sticks (about 3 sticks, 1/2-inch by 3-inch sticks)	8.5	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	7.9	1 lb AP = 0.95 lb (about 3-1/8 cups) ready-to-cook or serve raw 3/4-inch cubed zucchini
	Pound	7.60	1/4 cup cubed, cooked, drained vegetable	13.2	1 lb AP = 0.86 lb cooked, 3/4-inch zucchini cubes
	Pound	13.10	1/4 cup raw, sliced vegetable	7.7	1 lb AP = 0.96 lb (about 3-1/4 cups) ready-to-cook or -serve raw, 1/4-inch zucchini slices

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SQUASH, SUMMER (continued)					
Squash, Summer, fresh *Zucchini Whole*	Pound	10.20	1/4 cup sliced, cooked, drained vegetable	9.9	
Squash, Summer, canned *Sliced*	No. 10 can (105 oz)	26.50	1/4 cup heated, drained vegetable	3.	1 No. 10 can = about 61.0 oz (8-3/8 cups) drained, unheated squash
	Pound	4.03	1/4 cup heated, drained vegetable	24.9	1 lb AP = about 9.2 oz (1-1/2 cups) drained squash
Squash, Summer, frozen *Yellow Sliced*	Pound	7.90	1/4 cup cooked, drained vegetable	12.7	
Squash, Summer, frozen *Zucchini Sliced*	Pound	7.00	1/4 cup cooked, drained vegetable	14.3	
TOMATILLOS					
Tomatillos, fresh *Whole with stem*	Pound	11.90	1/4 cup raw, diced vegetable	8.5	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	15.7	1 lb AP = 0.82 lb (about 1-1/2 cups) diced, cooked tomatillos

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TURNIPS					
Turnips, fresh *Whole*	Pound	10.80	1/4 cup raw, pared vegetable sticks (about 7 sticks, 1/2-inch by 2-inch sticks)	9.3	1 lb AP = 0.83 lb (about 2-2/3 cups) ready-to-serve raw, pared turnip sticks
Turnips, fresh *Without tops*	Pound	11.20	1/4 cup raw, pared, cubed or diced vegetable	9.0	1 lb AP = 0.79 lb ready-to-cook or serve raw pared turnip
	Pound	8.70	1/4 cup pared, cubed, cooked, drained vegetable	11.5	1 lb AP = 0.78 lb (about 2-1/8 cups) pared, cubed, cooked turnip
	Pound	5.60	1/4 cup cooked, drained, pared, mashed vegetable	17.9	
VEGETABLES, MIXED[2]					
Vegetables, Mixed, frozen *Broccoli and Cauliflower blend*	Pound	11.90	1/4 cup thawed vegetable (unheated for salads)	8.5	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	9.4	1 lb AP = 0.95 lb (about 2-2/3 cups) cooked, drained mixed vegetables

[2] 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 for any subgroup such as dark green, red/orange, and beans/peas (legumes) vegetable subgroups.

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Section 2 - Vegetables – Other Subgroup					
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VEGETABLES, MIXED[2] (continued)					
Vegetables, Mixed, frozen *California blend (broccoli, carrots, cauliflower)*	Pound	11.90	1/4 cup thawed vegetable (unheated for salads)	8.5	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	9.5	1 lb AP = 0.94 lb (about 2-2/3 cups) cooked, drained mixed vegetables
Vegetables, Mixed, frozen *Peppers and Onions*	Pound	7.71	1/4 cup cooked, drained vegetable	13.0	1 lb AP = 0.86 lb (about 1-7/8 cups) cooked, drained mixed vegetables

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