Section 2 - Vegetables

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

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

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Other Vegetables[1] - ASPARAGUS *(continued)*					
Asparagus, canned *Spears*	No. 5 Squat Can (64 oz)	26.40	1/4 cup drained vegetable	3.80	1 No. 5 can = about 38.0 oz (6-2/3 cups) drained, unheated asparagus
	No. 300 Can (15 oz)	3.87	1/4 cup heated, drained vegetable	25.90	1 No. 300 can = about 7.3 oz (7/8 cup) heated, drained asparagus; 1 No. 300 can = about 8.5 oz (1-1/8 cups) drained, unheated asparagus
	No. 300 Can (15 oz)	4.59	1/4 cup drained vegetable	21.80	1 No. 300 can = about 8.5 oz (1-1/8 cups) drained, unheated asparagus
	Pound	6.60	1/4 cup drained vegetable	15.20	
Asparagus, frozen *Cuts and Tips*	Pound	8.10	1/4 cup cooked vegetable	12.40	
Asparagus, frozen *Spears*	Pound	10.70	1/4 cup cooked vegetable	9.40	
Other Vegetables[1] - AVOCADOS					
Avocados, fresh *All sizes, Whole*	Pound	8.20	1/4 cup raw, diced vegetable	12.20	1 lb AP = 0.67 lb ready-to-serve raw avocado
	Pound	5.10	1/4 cup raw, mashed vegetable	19.70	1 lb AP = 0.67 lb ready-to-serve raw avocado
Avocados, fresh *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 3-1/2 inch slices)	18.20	1 lb AP = 0.69 lb ready-to-serve, raw, peeled avocado [about 2-2/3 portions (1/4 cup each portion) per avocado]
Avocados, fresh *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 4-1/2 inch slices)	14.20	1 lb AP = 0.59 lb ready-to-serve, raw, peeled, sliced [about 7-1/2 portions (1/4 cup each portion) per avocado]
Other Vegetables[1] - BAMBOO SHOOTS					
Bamboo Shoots, canned *Sliced*	No. 10 Can (104 oz)	47.40	1/4 cup drained vegetable	2.20	1 No. 10 can = about 72.7 oz (11-3/4 cups) drained, unheated bamboo shoots
Beans and Peas (Legumes) - BEAN PRODUCTS					
Bean Products, dry beans, canned, Beans Baked or In Sauce, Vegetarian *Includes USDA Foods*	No. 10 Can (108 oz)	47.10	1/4 cup heated vegetable with sauce	2.20	1 No. 10 can = about 11-3/4 cups heated beans with sauce
	No. 300 Can (16 oz)	6.94	1/4 cup heated vegetable with sauce	14.40	1 No. 300 can = about 1-3/4 cups heated beans with sauce
Bean Products, dry beans, canned, Beans Baked or In Sauce with Pork	No. 10 Can (110 oz)	48.90	1/4 cup heated vegetable	2.10	
	No. 2-1/2 Can (30 oz)	13.30	1/4 cup heated vegetable	7.60	

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

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

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

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

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

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

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

Section 2 - Vegetables

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

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

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
Dark Green Vegetables - BEET GREENS					
Beet Greens, fresh *Untrimmed*	Pound	3.50	1/4 cup cooked vegetable	28.60	1 lb AP = 0.48 lb ready-to-cook beet greens
Other Vegetables[1] - BEETS					
Beets, canned *baby whole*	No. 10 Can (103 oz)	36.70	1/4 cup heated, drained vegetable	2.80	1 No. 10 can = about 60.2 oz (9-1/8 cups) heated, drained beets; 1 No. 10 can = about 64.0 oz (10 cups) drained, unheated beets
	No. 10 Can (103 oz)	40.20	1/4 cup drained vegetable	2.50	1 No. 10 can = about 64.0 oz (10 cups) drained, unheated beets
	Pound	5.70	1/4 cup heated, drained vegetable	17.60	
	Pound	6.24	1/4 cup drained vegetable	16.10	
Beets, canned *Diced*	No. 10 Can (104 oz)	37.60	1/4 cup heated, drained vegetable	2.70	1 No. 10 can = about 63.3 oz (9-3/8 cups) heated, drained beets; 1 No. 10 can = about 66.4 oz (10-1/8 cups) drained, unheated beets
	No. 10 Can (104 oz)	40.90	1/4 cup drained vegetable	2.50	1 No. 10 can = about 66.4 oz (10-1/8 cups) drained, unheated beets
	Pound	5.78	1/4 cup heated, drained vegetable	17.40	
	Pound	6.29	1/4 cup drained vegetable	15.90	
Beets, canned *Sliced*	No. 10 Can (104 oz)	36.40	1/4 cup heated, drained vegetable	2.80	1 No. 10 can = about 60.1 oz (9 cups) heated, drained beets; 1 No. 10 can = about 64.9 oz (9-2/3 cups) drained, unheated beets
	No. 10 Can (104 oz)	38.80	1/4 cup drained vegetable	2.60	1 No. 10 can = about 64.9 oz (9-2/3 cups) drained, unheated beets
	No. 300 Can (15 oz)	5.16	1/4 cup heated, drained vegetable	19.40	1 No. 300 can = about 7.9 oz (1-1/4 cups) heated, drained beets; 1 No. 300 can = about 8.9 oz (1-1/3 cups) drained, unheated beets
	No. 300 Can (15 oz)	5.33	1/4 cup drained vegetable	18.80	1 No. 300 can = about 8.9 oz (1-1/3 cups) drained, unheated beets
Beets, fresh *without tops*	Pound	11.60	1/4 cup raw, pared vegetable sticks	8.70	1 lb AP = 0.77 lb pared beets
	Pound	7.60	1/4 cup diced, cooked vegetable	13.20	1 lb AP = 0.77 lb pared beets
	Pound	7.70	1/4 cup sliced, cooked vegetable	13.00	1 lb AP = 0.73 lb cooked sliced beets; 1 lb AP = 0.77 lb pared beets

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

Section 2 - Vegetables

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

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

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

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

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

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Other Vegetables[1] - CAULIFLOWER					
Cauliflower, fresh *Whole, Trimmed*	Pound	12.50	1/4 cup raw, sliced vegetable	8.00	1 lb AP = 0.62 lb ready-to-cook or -serve raw cauliflower
	Pound	12.30	1/4 cup raw vegetable florets	8.20	1 medium head = about 6 cups cauliflower florets; 1 lb AP = 0.62 lb ready-to-cook or -serve raw cauliflower
	Pound	8.80	1/4 cup cooked, drained vegetable florets	11.40	1 lb AP = 0.61 lb cooked cauliflower; 1 lb AP = 0.62 lb ready-to-cook or -serve raw cauliflower
Cauliflower, fresh *Florets, Ready-to-Use*	Pound	18.30	1/4 cup raw vegetable florets	5.50	1 lb AP = 1 lb (about 4-1/2 cups) ready-to-cook or -serve cauliflower
	Pound	14.10	1/4 cup cooked, drained vegetable florets	7.10	1 lb AP = 1 lb (about 4-1/2 cups) ready-to-cook or -serve cauliflower
Cauliflower, frozen	Pound	9.20	1/4 cup cooked, drained vegetable	10.90	
Other Vegetables[1] - 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)	8.20	1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery
	Pound	12.50	1/4 cup raw, chopped vegetable	8.00	1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery
	Pound	12.30	1/4 cup raw, diced vegetable	8.20	1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery
	Pound	8.70	1/4 cup diced, cooked, drained vegetable	11.50	1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery
	Pound	8.10	1/4 cup sliced, cooked, drained vegetable	12.40	1 lb AP = 0.74 lb (about 2-1/8 cups) cooked celery; 1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery
Celery, fresh *Sticks, Read-to-use (1/2-inch by 4-inch)*	Pound	14.00	1/4 cup raw vegetables (about 3 sticks)	7.20	1 lb AP = 1 lb (about 3-1/2 cups) ready-to-serve raw celery
Celery, fresh *Diced, Ready-to-use*	Pound	12.90	1/4 cup raw vegetable	7.80	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery
Celery, canned *Diced*	No. 10 Can (102 oz)	38.40	1/4 cup heated, drained vegetable	2.70	1 No. 10 can = about 64 oz (9-1/2 cups) heated, drained celery; 1 No. 10 can = about 74 oz (12-3/8 cups) drained celery
	No. 10 Can (102 oz)	49.00	1/4 cup drained vegetable	2.10	1 No. 10 can = about 74 oz (12-3/8 cups) drained celery

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

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

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

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

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

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Starchy Vegetables - CORN *(continued)*					
Corn, frozen *Whole Kernel, Includes USDA Foods*	Pound	11.00	1/4 cup cooked vegetable	9.10	
Corn, frozen *Corn on the cob, 3-inch ear (cobbette)*	Pound	4.25	1/4 cup cooked vegetable (about 1 cobbette)	23.60	1 lb AP = 0.53 lb (about 1 cup) edible portion cooked corn
Corn, frozen *Corn on the cob, 5-1/4-inch ear (medium)*	Pound	2.44	1 medium cooked ear (about 1/2 cup cooked vegetable)	41.00	1 lb AP = 0.52 lb (about 1-1/8 cups) edible portion cooked corn
Other Vegetables[1] - CUCUMBERS					
Cucumbers, fresh *Whole, Unpared*	Pound	11.10	1/4 cup unpared, diced vegetable	9.10	1 lb AP = 0.98 lb (about 2-3/4 cups) ready-to-serve raw, unpared, diced cucumber
	Pound	12.40	1/4 cup unpared, sliced vegetable	8.10	
	Pound	10.50	1/4 cup pared, diced or sliced vegetable	9.60	1 lb AP = 0.84 lb ready-to-serve raw, pared, sliced cucumber
	Pound	9.71	1/4 cup pared vegetable sticks (about 3 sticks, 3 inch by 3/4 inch sticks)	10.30	1 lb AP = 0.81 lb (about 2-3/8 cups) ready-to-serve raw, pared cucumber sticks
	Pound	11.80	1/4 cup unpared vegetable sticks (about 3 sticks, 3 inch by 3/4 inch sticks)	8.50	1 lb AP = 0.98 lb (about 3 cups) ready-to-serve raw, unpared cucumber sticks
Other Vegetables[1] - EGGPLANT					
Eggplant, fresh *Whole*	Pound	6.70	1/4 cup pared, cubed, cooked vegetable	15.00	1 lb AP = 0.81 lb ready-to-cook eggplant
Dark Green Vegetables - ENDIVE, ESCAROLE					
Endive or Escarole, fresh *Whole*	Pound	19.90	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP)	5.10	1 lb AP = 0.78 lb ready-to-serve raw endive (escarole)
Dark Green Vegetables - GRAPE LEAVES					
Grape Leaves, fresh *Whole with stem*	Pound	27.40	1/4 cup cooked, drained vegetable (about 3 leaves)	3.70	1 lb AP = 0.80 lb (about 6-3/4 cups) cooked, steamed grape leaves without stem
Grape Leaves, canned *Pickled*	14 oz Jar	17.00	1/4 cup drained vegetable (about 3 leaves)	5.90	14 oz jar = about 8.0 oz (4-1/4 cups) drained leaves
Starchy Vegetables - HOMINY					
Hominy, canned	No 2-1/2 Can (29 oz)	12.90	1/4 cup vegetable	7.80	
	No. 10 Can (105 oz)	46.90	1/4 cup vegetable	2.20	

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

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Starchy Vegetables - HOMINY *(continued)*					
Hominy, canned	No. 300 Can (15-1/2 oz)	6.30	1/4 cup vegetable	15.90	
Starchy Vegetables - JICAMA (YAM BEAN)					
Jicama (Yam Bean), fresh *Whole*	Pound	11.90	1/4 cup raw peeled, julienned vegetable strips	8.50	1 lb AP = 0.89 lb (about 2-7/8 cups) ready-to- serve raw peeled, julienned jicama strips
	Pound	9.61	1/4 cup peeled, cooked, julienned vegetable strips	10.50	1 lb AP = 0.87 lb (about 2-3/8 cups) cooked jicama strips; 1 lb AP = 0.89 lb (about 2-7/8 cups) ready-to- serve or -cook raw peeled, julienned jicama strips
Dark Green Vegetables - KALE					
Kale, fresh *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 and CACFP)	2.90	1 lb AP = 0.73 lb ready-to-cook, stemmed kale leaves
	Pound	10.00	1/4 cup cooked, drained vegetable (no stem)	10.00	1 lb AP = 0.73 lb ready-to-cook, stemmed kale leaves; 1 lb AP = 0.77 lb (about 2-1/2 cups) stemmed, chopped, cooked kale
Kale, fresh *Trimmed, Without stem*	Pound	48.80	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/ SBP and CACFP)	2.10	1 lb AP = 1 lb ready-to-cook
	Pound	13.70	1/4 cup cooked, drained vegetable	7.30	1 lb AP = 1 lb ready-to-cook; 1 lb AP = 1.15 lb (about 3-3/8 cups) cooked, drained kale
Kale, fresh *Untrimmed*	Pound	11.80	1/4 cup cooked, drained vegetable	8.50	1 lb AP = 0.67 lb ready-to-cook
Kale, canned	No. 10 Can (98 oz)	26.70	1/4 cup heated, drained vegetable	3.80	1 No. 10 can = about 49.6 oz (6-2/3 cups) heated, drained kale; 1 No. 10 can = about 58.0 oz (10 cups) drained kale
	No. 10 Can (98 oz)	40.20	1/4 cup drained vegetable	2.50	1 No. 10 can = about 58.0 oz (10 cups) drained kale
	No. 2-1/2 Can (27 oz)	7.35	1/4 cup heated, drained vegetable	13.70	1 No. 2-1/2 can = about 1-3/4 cups heated, drained kale; 1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained, unheated kale
	No. 2-1/2 Can (27 oz)	11.00	1/4 cup drained vegetable	9.10	1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained, unheated kale
	Pound	4.35	1/4 cup heated, drained vegetable	23.00	
	Pound	6.56	1/4 cup drained vegetable	15.30	
Kale, frozen *Chopped*	Pound	12.10	1/4 cup cooked, drained vegetable	8.30	

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

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Other Vegetables[1] - LETTUCE *(continued)*					
Lettuce, fresh *Iceberg, Head, Untrimmed*	Pound	13.90	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP and CACFP)	7.20	
Lettuce, fresh *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 and CACFP)	3.50	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 and CACFP)	3.80	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 and CACFP)	3.90	1 lb AP = 1 lb (about 6-3/8 cups) ready-to-serve lettuce
Starchy Vegetables - MALANGA (TARO)					
Malanga (Taro), fresh *Whole*	Pound	11.20	1/4 cup raw, peeled, diced vegetable	9.00	1 lb AP = 0.89 lb (about 2-3/4 cups) ready-to-serve or-cook, peeled diced taro
	Pound	7.95	1/4 cup peeled, diced, cooked vegetable	12.60	1 lb AP = 1.07 lb (about 1-7/8 cups) cooked, peeled, diced vegetable; 1 lb AP = 0.89 lb (about 2-3/4 cups) ready-to-cook, peeled diced taro
Other Vegetables[1] - MUSHROOMS					
Mushrooms, fresh *Whole*	Pound	18.70	1/4 cup raw, sliced vegetable	5.40	1 lb AP = 0.98 lb ready-to-cook mushrooms
	Pound	8.30	1/4 cup sliced, cooked, drained vegetable	12.10	1 lb AP = 0.43 lb cooked, sliced mushrooms; 1 lb AP = 0.98 lb ready-to-cook mushrooms
	Pound	22.50	1/4 cup trimmed, chopped vegetable	4.50	1 lb AP = 0.97 lb (about 5-5/8 cups) trimmed, chopped, ready-to-cook mushrooms
	Pound	12.00	1/4 cup trimmed, chopped, cooked vegetable	8.40	1 lb AP = 0.93 lb (about 3 cups) trimmed, chopped, cooked mushrooms; 1 lb AP = 0.97 lb (about 5-5/8 cups) trimmed, chopped, ready-to-cook mushrooms
Mushrooms, fresh *Slices, Ready-to-use*	Pound	18.50	1/4 cup sliced vegetable (about 7 slices)	5.50	1 lb AP = 1 lb (about 4-5/8 cups) ready-to-serve mushrooms
Mushrooms, canned	No. 10 Can (68 oz drained weight)	49.40	1/4 cup drained vegetable	2.10	1 No. 10 can = about 12-1/3 cups drained mushrooms

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

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Other Vegetables[1] - MUSHROOMS *(continued)*					
Mushrooms, canned	Pound (drained weight)	11.60	1/4 cup drained vegetable	8.70	
	No. 300 Can (8 oz drained weight)	5.80	1/4 cup drained vegetable	17.30	1 No. 300 can = about (1-1/2 cups) drained mushrooms
Mushrooms, frozen *Slices*	Pound	12.20	1/4 cup vegetable tempered	8.20	1 lb AP = 0.90 lb (about 3 cups) ready-to-serve, tempered mushrooms
Mushrooms, IQF	Pound	6.00	1/4 cup cooked, drained vegetable	16.77	1 lb AP = 0.57 lb (1-1/2 cups) IQF mushrooms, cooked
Dark Green Vegetables - MUSTARD GREENS OR MUSTARD CABBAGE GREENS					
Mustard Greens, fresh *Trimmed, Without Stems*	Pound	49.20	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP)	2.10	1 lb AP = 0.99 lb (about 12-1/8 cups) ready-to-serve or -cook greens
	Pound	14.10	1/4 cup cooked, drained vegetable	7.10	1 lb AP = 0.99 lb (about 12-1/8 cups) ready-to-serve or -cook greens
Mustard Greens, fresh *Untrimmed*	Pound	13.20	1/4 cup cooked, drained vegetable	7.60	1 lb AP = 0.93 lb ready-to-cook greens
Mustard Greens, canned	No. 10 Can (101 oz)	31.00	1/4 cup drained vegetable	3.30	1 No. 10 can = about 61.0 oz (7-3/4 cups) drained greens
	No. 10 Can (101 oz)	20.30	1/4 cup heated, drained vegetable	5.00	1 No. 10 can = about 40.1 oz (5 cups) heated, drained greens; 1 No. 10 can = about 61.0 oz (7-3/4 cups) drained greens
	No. 2-1/2 Can (27 oz)	11.80	1/4 cup drained vegetable	8.50	1 No. 2-1/2 can = about 15.9 oz (2-3/4 cups) drained greens
	No. 300 Can (14-1/2 oz)	3.81	1/4 cup drained vegetable	26.30	
	No. 300 Can (14-1/2 oz)	2.74	1/4 cup heated, drained vegetable	36.50	
Mustard Greens, frozen *Chopped*	Pound	11.60	1/4 cup cooked, drained vegetable	8.70	
Mustard Greens, frozen *Leaf*	Pound	12.30	1/4 cup cooked, drained vegetable	8.20	
Other Vegetables[1] - OKRA					
Okra, fresh *Whole*	Pound	9.70	1/4 cup cooked, drained whole vegetable	10.40	1 lb AP = 0.87 lb ready-to-cook okra
	Pound	9.00	1/4 cup cooked, drained sliced vegetable	11.20	1 lb AP = 0.87 lb ready-to-cook okra
Okra, canned *Cut*	No. 10 Can (99 oz)	38.80	1/4 cup heated, drained vegetable	2.60	1 No. 10 can = about 60.0 oz (10-1/8 cups) drained okra

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

Section 2 - Vegetables

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Other Vegetables[1] - OKRA *(continued)*					
Okra, canned *Cut*	Pound	6.20	1/4 cup heated, drained vegetable	16.20	
	No. 300 Can (14 oz)	4.58	1/4 cup heated, drained vegetable	21.90	1 No. 300 can = about 7.1 oz (1-1/8 cups) drained okra
Okra, frozen *Cut*	Pound	9.10	1/4 cup cooked, drained vegetable	11.00	
Okra, frozen *Whole*	Pound	11.80	1/4 cup cooked, drained vegetable	8.50	
Other Vegetables[1] - OLIVES					
Olives, canned *Green, Stuffed*	No. 10 Can (72 oz drained weight)	55.50	1/4 cup drained vegetable	1.90	
	Pound (drained weight)	12.30	1/4 cup drained vegetable	8.20	
Olives, canned *Green, Whole, With pits*	Gallon (65 oz drained weight)	60.40	1/4 cup whole, pitted vegetable (about 14 small olives)	1.70	1 gallon = about 848 olives
	Pound (drained weight)	14.80	1/4 cup pitted vegetable	6.80	
Olives, canned *Green, Whole, Pitted*	Gallon (69 oz drained weight)	63.90	1/4 cup whole vegetable (about 14 small olives)	1.60	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)	2.10	1 No. 10 can = about 380 olives
	No. 10 Can (50 oz drained weight)	42.00	1/4 cup chopped vegetable	2.40	
	Pound (drained weight)	15.30	1/4 cup whole vegetable	6.60	
	Pound (drained weight)	12.90	1/4 cup chopped vegetable	7.80	
Olives, frozen *Ripe, 1/4-inch slices*	Pound	14.90	1/4 cup tempered vegetable slices	6.80	1 lb AP = 0.99 lb (about 3-2/3 cups) ready-to-serve tempered olives
Other Vegetables[1] - ONIONS, GREEN					
Onions, green, fresh *Whole*	Pound	15.00	1/4 cup raw vegetable, with tops	6.70	1 lb AP = 0.83 lb ready-to-serve, raw onions with tops
	Pound	13.80	1/4 cup cooked with tops	7.30	1 lb AP = 0.83 lb ready-to-serve, raw onions with tops
	Pound	6.70	1/4 cup raw chopped or sliced vegetable without tops	15.00	1 lb AP = 0.37 lb ready-to-serve raw onions without tops

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

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Other Vegetables[1] - ONIONS, MATURE					
Onions, Mature, fresh *All sizes, Whole*	Pound	9.30	1/4 cup raw, chopped vegetable	10.80	1 lb AP = 0.88 lb ready-to-serve or -cook raw onion
	Pound	14.20	1/4 cup raw, sliced vegetable	7.10	1 lb AP = 0.88 lb ready-to-serve or -cook raw onion
	Pound	7.90	1/4 cup cooked vegetable pieces	12.70	1 lb AP = 0.78 lb cooked onion; 1 lb AP = 0.88 lb ready-to-serve or -cook raw onion
	Pound	7.10	1/4 cup cooked, whole vegetable	14.10	1 lb AP = 0.78 lb cooked onion; 1 lb AP = 0.88 lb ready-to-serve or -cook raw onion
Onions, Mature, fresh *Yellow, Jumbo, Whole*	Pound	5.70	1/4 cup sliced, grilled vegetable	17.60	1 lb AP = 0.65 lb (about 1-3/8 cups) peeled, sliced, cooked onion; Jumbo = 3 inch diameter and over
Onions, Mature, fresh *Diced, Ready-to-use*	Pound	12.60	1/4 cup diced, raw vegetable	8.00	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or -cook, raw, 1/4-inch diced onion
Onions, Mature, fresh *Sliced, Ready-to-use*	Pound	12.70	1/4 cup sliced, raw vegetable	7.90	1 lb AP = 1 lb ready-to-serve or -cook onion
Onions, Mature, canned *Whole*	No. 10 Can (105 oz)	26.60	1/4 cup heated, drained vegetable	3.80	1 No. 10 can = about 55.8 oz (6-2/3 cups) heated, drained onion
	Pound	4.90	1/4 cup heated, drained vegetable	20.50	
	15 oz Jar	5.10	1/4 cup drained vegetable (about 5 onions)	19.70	15 oz jar = about 9 oz (1-1/4 cups) drained or about 23 onions
Onions, Mature, frozen *Chopped*	Pound	7.92	1/4 cup thawed vegetable	12.70	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to-cook, thawed onion
	Pound	5.94	1/4 cup cooked vegetable	16.90	1 lb AP = 0.67 lb (about 1-3/8 cups) cooked onion
Onions, Mature, dehydrated *Chopped*	Pound	49.90	1/4 cup rehydrated, cooked vegetable	2.10	1 lb dry = about 4-2/3 cups dehydrated onion
	Pound	18.70	1/4 cup uncooked, vegetable	5.40	1 lb dry = about 4-2/3 cups dehydrated onion
Dark Green Vegetables - PARSLEY					
Parsley, fresh *Curly*	Pound	83.40	1/4 cup chopped, raw vegetable (credits as 1/8 cup in NSLP/ SBP and CACFP)	1.20	1 lb AP = 0.92 lb ready-to-serve raw parsley
Starchy Vegetables - PARSNIPS					
Parsnips, fresh *Whole*	Pound	8.10	1/4 cup cooked, drained vegetable pieces	12.40	1 lb AP = 0.83 lb ready-to-cook parsnips
	Pound	7.20	1/4 cup cooked, drained, mashed vegetable	13.90	1 lb AP = 0.83 lb ready-to-cook parsnips

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

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

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

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

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Other Vegetables[1] - PICKLES *(continued)*					
Pickles, canned *Whole*	Gallon (about 87 oz drained weight)	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)	1.90	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 weight)	84.40	1/8 cup length-wise sliced vegetable	1.20	
	Gallon (about 87 oz drained weight)	108.00	1/8 cup chopped vegetable	1.00	
Red/Orange Vegetables - PIMIENTOS (PIMENTOS)					
Pimientos, canned *Chopped or Diced*	No. 10 Can (102 oz)	40.70	1/4 cup drained vegetable	2.50	1 No. 10 can = about 74.0 oz (10-1/8 cups) drained pimientos
	No. 2-1/2 Can (27-1/2 oz)	8.39	1/4 cup drained vegetable	12.00	1 No. 2-1/2 can = about 17.6 oz (2 cups) drained pimientos
	Pound	6.40	1/4 cup drained vegetable	15.70	
Pimientos, canned *Whole*	No. 10 Can (102 oz)	38.50	1/4 cup drained, chopped vegetable	2.60	1 No. 10 can = about 71 oz (9-3/4 cups) drained pimientos
	No. 2-1/2 Can (28 oz)	11.00	1/4 cup drained, chopped vegetable	9.10	1 No. 2-1/2 can = about 20.2 oz (2-3/4 cups) drained pimientos
	No. 300 Can (13-3/4 oz)	4.97	1/4 cup drained vegetable	20.20	1 No. 300 can = about 9.2 oz (1-1/8 cups) drained pimientos
	7 oz Can	2.80	1/4 cup drained, chopped vegetable	35.80	7 oz can = about 5.2 oz (2/3 cup) drained pimientos
	Pound	6.03	1/4 cup drained, chopped vegetable	16.60	
Starchy Vegetables - PLANTAIN					
Plantain, fresh *Green*	Pound	7.50	1/4 cup peeled, sliced, cooked vegetable	13.40	1 lb = 0.62 lb ready-to-cook peeled, sliced plantains
Plantain, fresh *Ripe*	Pound	5.60	1/4 cup peeled, sliced, cooked vegetable	17.90	1 lb = 0.65 lb ready-to-cook peeled, sliced plantains
Starchy Vegetables - POI					
Poi *Undiluted*	Pound	5.67	1/2 cup diluted	17.70	Add 1 cup water to each 1 lb bag undiluted poi; 1 lb AP = 1.52 lb (about 2-3/4 cups) diluted ready-to-serve poi
	Pound	2.83	1 cup diluted	35.40	Add 1 cup water to each 1 lb bag undiluted poi; 1 lb AP = 1.52 lb (about 2-3/4 cups) diluted ready-to-serve poi

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

Section 2 - Vegetables

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Starchy Vegetables - POTATO PRODUCTS					
Potato Products, fresh *Raw, Shredded, Pre-portioned, 3.0 oz*	Pound	5.33	3/8 cup cooked vegetable (about 1 portion)	18.80	1 lb AP = 0.94 lb cooked vegetable
	Pound	8.28	1/4 cup cooked vegetable (about 2/3 portion)	12.10	1 lb AP = 0.94 lb cooked vegetable
	Pound	10.60	1/8 cup cooked vegetable (about 1/2 portion)	9.50	1 lb AP = 0.94 lb cooked vegetable
Potato Products, frozen *Hashed patty, Pre-browned, 2.25 oz each*	Pound	7.11	1 cooked patty (about 1/4 cup cooked vegetable)	14.10	
Potato Products, frozen *Hash browns, Diced*	Pound	7.70	1/4 cup cooked vegetable	13.00	
Potato Products, frozen *Mashed*	Pound	7.37	1/4 cup heated vegetable	13.60	1 lb AP = 1 lb (about 1-3/4 cups) mashed potatoes
Potato Products, frozen *Skins or Pieces or Wedges, etc., With skin, Cooked*	Pound	10.60	1/4 cup heated vegetable	9.50	
Potato Products, frozen *Rounds[7] (approx. 3/4 to 1 inch diameter by 1 to 1-1/4 inch length), Regular Size*	Pound	12.70	1/4 cup cooked vegetable (about 4 pieces)	7.90	
	5 lb Package	61.00	1/4 cup baked vegetable (about 4 pieces)	1.70	5 lb bag = about 15-1/4 cups baked potato rounds (about 8.0 grams per piece)
Potato Products, frozen *Rounds[7], Mini Size*	Pound	12.20	1/4 cup baked vegetable (about 8 pieces)	8.20	1 lb AP = 0.85 lb (about 3 cups) baked potato rounds (about 4.0 grams per piece)
Potato Products, frozen *Circles (about 1-1/4-inch diameter by 9/16-inch height)*	Pound	12.60	1/4 cup baked vegetable (about 5 circles)	8.00	1 lb AP = 0.75 lb (about 3-1/8 cups) cooked
Potato Products, dehydrated *Hashed, Browns*	Pound	24.10	1/4 cup reconstituted, cooked vegetable	4.20	1 lb dry = 6 cups reconstituted, cooked potato; 1 lb dry = about 4-3/4 cups dry hash browns
Starchy Vegetables - POTATOES					
Potatoes, fresh *Red, Whole*	Pound	9.88	1/4 cup diced, cooked vegetable with skin	10.20	1 lb AP = 0.97 lb (about 2-3/8 cups) cooked potatoes
Potatoes, fresh *White or Russet, All sizes, Whole, Includes USDA Foods*	Pound	8.90	1/4 cup pared, cooked, diced vegetable	11.30	1 lb AP = 0.81 lb ready-to-cook pared potatoes; 1 lb AP = 0.74 lb baked potato without skin
	Pound	8.40	1/4 cup pared, cooked, mashed vegetable	12.00	1 lb AP = 0.81 lb ready-to-cook pared potatoes

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Starchy Vegetables - POTATOES *(continued)*					
Potatoes, fresh *White or Russet, All sizes, Whole, Includes USDA Foods*	Pound	9.90	1/4 cup pared, cooked, sliced vegetable	10.20	1 lb AP = 0.81 lb ready-to-cook pared potatoes
	Pound	5.30	1/4 cup pared, cooked hash browns (1/4 cup vegetable)	18.90	1 lb AP = 0.81 lb ready-to-cook pared potatoes
	Pound	9.70	1/4 cup diced, cooked vegetable with skin	10.30	1 lb AP = 0.99 lb (about 2-3/8 cups) cooked, unpeeled, diced potatoes
Potatoes, fresh *White or Russet, 120 Count (approx. 6 oz each), Whole*	Pound	2.66	1 whole, baked potato (about 1/2 cup vegetable)	37.60	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
	Pound	6.53	1/4 cup baked vegetable with skin	15.40	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
Potatoes, fresh *White or Russet, 100 Count (approx. 8 oz each), Whole*	Pound	2.00	1 whole, baked potato (about 3/4 cup vegetable)	50.00	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
	Pound	6.76	1/4 cup baked vegetable with skin	14.80	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
Potatoes, fresh *White or Russet, 80 Count (approx. 10 oz each), Whole*	Pound	1.60	1 whole baked potato (about 1 cup vegetable)	62.50	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
	Pound	7.01	1/4 cup baked vegetable with skin	14.30	1 lb AP = 0.82 lb (about 1-2/3 cups) baked potato with skin
Potatoes, canned *Diced*	No. 10 Can (102 oz)	39.90	1/4 cup drained, unheated vegetable	2.60	1 No. 10 can = about 73.7 oz (9-7/8 cups) drained, unheated potatoes
Potatoes, canned *Sliced*	No. 10 Can (102 oz)	44.20	1/4 cup drained, unheated vegetable	2.30	1 No. 10 can = about 74.6 oz (11 cups) drained, unheated potatoes
	No. 300 Can (14-1/2 oz)	5.73	1/4 cup drained, unheated vegetable	17.50	1 No. 300 can = about 9.9 oz (1-3/8 cups) drained, unheated potatoes
Potatoes, canned *Whole, Small*	No. 10 Can (102 oz)	43.70	1/4 cup heated, drained vegetable	2.30	1 No. 10 can = about 10-7/8 cups heated, drained potatoes; 1 No. 10 can = about 74.0 oz (10-3/4 cups) drained, unheated potatoes
	No. 10 Can (102 oz)	43.40	1/4 cup drained, unheated vegetable	2.40	1 No. 10 can = about 74.0 oz (10-3/4 cups) drained, unheated potatoes
	No. 2-1/2 Can (29 oz)	10.90	1/4 cup heated, drained vegetable	9.20	1 No. 2-1/2 can = about 17.7 oz (2-3/4 cups) drained potatoes
	No. 300 Can (14-1/2 oz)	5.90	1/4 cup heated, drained vegetable	17.00	

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Starchy Vegetables - POTATOES *(continued)*					
Potatoes, frozen *Diced, Precooked*	Pound	10.10	1/4 cup tempered, unheated vegetable	10.00	1 lb AP = 1 lb (about 2-1/2 cups) tempered potatoes
	Pound	8.97	1/4 cup cooked vegetable	11.20	1 lb AP = 0.83 lb (about 2-1/8 cups) cooked potatoes
Potatoes, frozen *Shells*	Pound	11.10	1/4 cup baked vegetable	9.10	1 lb AP = 0.90 lb baked potato shell
Potatoes, frozen *Wedges, USDA Foods*	Pound	11.90	1/4 cup baked vegetable	8.50	1 lb AP = 0.71 lb (about 2-7/8 cups) baked potato
	5 lb Package	59.50	1/4 cup baked vegetable	1.70	5 lb bag = about 14-7/8 cups baked potato
Potatoes, frozen *Whole, Small*	Pound	10.10	1/4 cup cooked vegetable	10.00	
Potatoes, dehydrated *Diced, Low moisture*	Pound	45.10	1/4 cup reconstituted, heated vegetable	2.30	1 lb dry = about 5-1/8 cups dehydrated diced potatoes
Potatoes, dehydrated *Granules, Low moisture*	Pound	50.50	1/4 cup reconstituted, heated vegetable	2.00	1 lb dry = about 2-1/4 cups dehydrated potato granules
Potatoes, dehydrated *Slices, Low moisture*	Pound	43.50	1/4 cup reconstituted, heated vegetable	2.30	1 lb dry = about 9-2/3 cups dehydrated potato slices
Starchy Vegetables - POTATOES, FRENCH FRIES					
Potatoes, French Fries, frozen *Crinkle cut, Low moisture, Ovenable*	Pound	16.20	1/4 cup cooked vegetable	6.20	1 lb AP = 0.92 lb (about 4 cups) baked French fries
	4 lb Package	64.90	1/4 cup cooked vegetable	1.60	1 lb AP = 0.92 lb (about 4 cups) baked French fries
Potatoes, French Fries, frozen *Crinkle cut, Regular moisture, Includes USDA Foods*	Pound	12.60	1/4 cup cooked vegetable	8.00	1 lb AP = 0.81 lb (about 3-1/8 cups) baked French fries
	4-1/2 lb Package	56.70	1/4 cup cooked vegetable	1.80	1 lb AP = 0.81 lb (about 3-1/8 cups) baked French fries
Potatoes, French Fries, frozen *Curly (1/3-inch width)*	Pound	16.20	1/4 cup cooked vegetable	6.20	1 lb AP = 0.66 lb (about 4 cups) baked French fries
	4-1/2 lb Package	72.90	1/4 cup cooked vegetable	1.40	1 lb AP = 0.66 lb (about 4 cups) baked French fries
Potatoes, French Fries, frozen *Shoestring, Straight cut, Low moisture*	Pound	14.20	1/4 cup cooked vegetable	7.10	1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries
	4-1/2 lb Package	63.90	1/4 cup cooked vegetable	1.60	1 lb AP = 0.59 lb (about 3-1/2 cups) baked French fries
Potatoes, French Fries, frozen *Shoestring, Straight cut, Regular moisture*	Pound	17.50	1/4 cup cooked vegetable	5.80	

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Starchy Vegetables - POTATOES, FRENCH FRIES *(continued)*					
Potatoes, French Fries, frozen *Shoestring, Straight cut, Regular moisture*	4-1/2 lb Package	79.00	1/4 cup cooked vegetable	1.30	
Potatoes, French Fries, frozen *Straight cut, Regular moisture, Ovenable, Includes USDA Foods*	Pound	14.00	1/4 cup cooked vegetable	7.20	1 lb AP = 0.63 lb (about 3-1/2 cups) baked French fries
	5 lb Package	70.00	1/4 cup cooked vegetable	1.50	5 lb pkg = about 17-1/2 cups baked French fries
Red/Orange Vegetables - PUMPKIN					
Pumpkin, fresh *Whole*	Pound	4.70	1/4 cup cooked, mashed vegetable	21.30	1 lb AP = 0.70 lb ready-to-cook pumpkin
Pumpkin, Fresh *Whole*	Pound	4.00	1/4 cup diced, cooked vegetable	25.00	1 lb peeled, diced pumpkin (without seeds) = 0.28 lb (about 1 cup) cooked pumpkin
Pumpkin, canned	No. 10 Can (106 oz)	51.50	1/4 cup heated vegetable	2.00	
	No. 2-1/2 Can (29 oz)	14.10	1/4 cup heated vegetable	7.10	
	No. 300 Can (15 oz)	7.04	1/4 cup heated vegetable	14.30	1 No. 300 can = about 15.1 oz (1-3/4 cups) ready-to-serve or -cook pumpkin
	Pound	7.77	1/4 cup heated vegetable	12.90	
Other Vegetables[1] - RADISHES					
Radishes, Fresh *Without Tops*	Pound	12.80	1/4 cup whole vegetable, about 7 small radishes	7.90	1 lb without tops = 0.94 lb ready-to-serve raw radishes
	Pound	15.30	1/4 cup raw, sliced vegetable	6.60	1 lb without tops = 0.94 lb ready-to-serve raw radishes
Other Vegetables[1] - RUTABAGAS					
Rutabagas, fresh *Whole*	Pound	8.30	1/4 cup pared, cubed, cooked vegetable	12.10	1 lb AP = 0.85 lb ready-to-cook rutabaga
	Pound	5.70	1/4 cup pared, cooked, drained, mashed vegetable	17.60	1 lb AP = 0.85 lb ready-to-cook rutabaga
Red/Orange Vegetables - SALSA					
Salsa, canned[8] *USDA Foods (all vegetable ingredients plus a minor amount of spices)*	No. 10 Can (106 oz)	49.30	1/4 cup vegetable	2.10	1 No. 10 can = about 12-1/3 cups salsa
Salsa, canned[8] *Chunky Commercial (all vegetable ingredients plus a minor amount of spices)*	Gallon (8 lb 10 oz)	63.90	1/4 cup vegetable	1.60	1 gallon container = 16 cups salsa

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

Section 2 - Vegetables

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Other Vegetables[1] - SAUERKRAUT					
Sauerkraut, canned	No. 10 Can (99 oz)	36.50	1/4 cup heated, drained vegetable	2.80	1 No. 10 can = about 11-7/8 cups drained, unheated vegetable
	No. 2-1/2 Can (27 oz)	15.00	1/4 cup cup heated, drained vegetable	6.70	1 No. 2-1/2 can = about 23.0 oz (4-1/2 cups) drained, unheated vegetable
	No. 300 Can (14.5 oz)	4.93	1/4 cup heated, drained vegetable	20.30	
Other Vegetables[1] - SEAWEED					
Seaweed, dehydrated *wakame*	Pound	91.00	1/4 cup trimmed, rehydrated vegetable	1.10	1 lb dry = 4.3 lb (about 22-2/3 cups) rehydrated, ready-to-serve or -cook seaweed
Additional Vegetables - SOUPS, CANNED					
Soups, canned *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)	8.70	Reconstitute 1 part soup with not more than 1 part water
	Pound	3.68	1 cup reconstituted (about 1/4 cup vegetable)	27.20	Reconstitute 1 part soup with not more than 1 part water
	Picnic (about 10-3/4 oz)	2.40	1 cup reconstituted (about 1/4 cup vegetable)	41.70	Reconstitute 1 part soup with not more than 1 part water
Soups, canned *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 oz Can	1.00	1 cup serving (about 1/4 cup vegetable)	100.00	
Beans and Peas (Legumes) - SOUPS, CANNED					
Soups, canned *Bean Soup, Condensed (1 part soup to 1 part water)*	No. 3 Cylinder (54 oz)	23.00	1/2 cup reconstituted (1/4 cup heated vegetable)	4.40	Reconstitute 1 part soup with not more than 1 part water
Soups, canned *Bean Soup Condensed (1 part soup to 1 part water)*	Pound	6.80	1/2 cup reconstituted (1/4 cup heated vegetable)	14.80	Reconstitute 1 part soup with not more than 1 part water
Soups, canned *Bean Soup, Ready-to-serve*	8 oz Can	1.00	1 cup serving (1/2 cup heated vegetable)	100.00	

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Dark Green Vegetables - SPINACH					
Spinach, fresh *Partly trimmed*	Pound	30.70	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/ SBP and CACFP)	3.30	1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach
	Pound	20.40	1/4 cup vegetable with dressing (credits as 1/8 cup in NSLP/ SBP and CACFP)	5.00	1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach
	Pound	7.60	1/4 cup cooked, drained vegetable	13.20	1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach
Spinach, fresh *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 and CACFP)	4.00	1 lb AP = 1.00 lb (about 6-3/8 cups) ready-to-cook or -serve raw spinach
	Pound	12.60	1/4 cup wilted vegetable	8.00	1 lb AP = 1.03 lb (about 3-1/8 cups) wilted (lightly steamed for one minute) spinach; 1 lb AP = 1.00 lb (about 6-3/8 cups) ready-to-cook or -serve raw spinach
Spinach, canned	No. 10 Can (98 oz)	25.20	1/4 cup heated, drained vegetable	4.00	1 No. 10 can = about 55.0 oz drained spinach
	No. 2-1/2 Can (27 oz)	6.90	1/4 cup heated, drained vegetable	14.50	1 No. 2-1/2 can = about 17.6 oz (2-1/4 cups) drained spinach
	No. 300 Can (13-1/2 oz)	3.91	1/4 cup heated, drained vegetable	25.60	1 No. 300 can = (about 1 cup) drained, unheated spinach
	Pound	4.11	1/4 cup heated, drained vegetable	24.40	
Spinach, frozen *Chopped, Includes USDA Foods*	Pound	5.60	1/4 cup cooked, drained vegetable	17.90	
Spinach, frozen *Leaf, Whole*	Pound	6.50	1/4 cup cooked, drained vegetable	15.40	
Dark Green Vegetables - SPINACH, PUREE					
Spinach, puree	Pound	8.00	1/4 cup pureed vegetable	12.50	1 lb AP = 1.00 lb (about 2 cups) spinach puree
Other Vegetables[1] - SQUASH, SUMMER					
Squash, summer, fresh *Yellow*	Pound	7.30	1/4 cup cubed, cooked, drained vegetable	13.70	1 lb AP = 0.95 lb ready-to-cook squash
	Pound	6.30	1/4 cup cooked, drained, mashed vegetable	15.90	1 lb AP = 0.95 lb ready-to-cook squash
	Pound	15.50	1/4 cup raw, sliced vegetable	6.50	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to-serve or -cook squash
	Pound	8.42	1/4 cup sliced, cooked, drained vegetable	11.90	1 lb AP = 0.83 lb (about 2 cups) cooked, sliced squash;1 lb AP = 0.98 lb (about 3-7/8) ready-to-serve or -cook squash

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Other Vegetables[1] - SQUASH, SUMMER *(continued)*					
Squash, summer, fresh *Zucchini, Whole*	Pound	11.90	1/4 cup raw vegetable sticks (about 3 sticks, 1/2 inch by 3 inch sticks)	8.50	1 lb AP = 0.95 lb (about 2-7/8 cups) ready-to-serve or -cook raw (1/2 inch by 3 inch) squash sticks
	Pound	12.70	1/4 cup raw, cubed vegetable	7.90	1 lb AP = 0.95 lb (about 3-1/8 cups) ready-to-serve or -cook raw 3/4 inch cubed zucchini
	Pound	7.60	1/4 cup cubed, cooked, drained vegetable	13.20	1 lb AP = 0.86 lb cooked, 3/4 inch zucchini cubes; 1 lb AP = 0.95 lb (about 3-1/8 cups) ready-to-serve or -cook raw 3/4 inch cubed zucchini
	Pound	13.10	1/4 cup raw, sliced vegetable	7.70	1 lb AP = 0.96 lb (about 3-1/4 cups) ready-to-serve or -cook raw 1/4 inch zucchini slices
	Pound	10.20	1/4 cup sliced, cooked, drained vegetable	9.90	1 lb AP = 0.96 lb (about 3-1/4 cups) ready-to-serve or -cook raw 1/4 inch zucchini slices
Squash, summer, canned *Sliced*	No. 10 Can (105 oz)	26.50	1/4 cup heated, drained vegetable	3.00	1 No. 10 can = about 61.0 oz (8-3/8 cups) drained, unheated squash
	Pound	4.03	1/4 cup heated, drained vegetable	24.90	1 lb AP = about 9.2 oz (1-1/2 cups) drained squash
Squash, summer, frozen *Yellow, Sliced*	Pound	7.90	1/4 cup cooked, drained vegetable	12.70	
Squash, summer, frozen *Zucchini, Sliced*	Pound	7.00	1/4 cup cooked, drained vegetable	14.30	
Red/Orange Vegetables - SQUASH, WINTER					
Squash, Winter, fresh *Acorn, Whole*	Squash (~0.5 lb)	2.00	1/4 cup vegetable; 1/2 small squash baked in skin	50.00	1 lb AP = 0.87 lb ready-to-cook squash in skin
	Whole Squash (~2.10 lb)	8.50	1/4 cup vegetable; baked squash flesh	11.80	1 lb. AP = 0.90 lb. without seed, ready-to-cook squash; 1 lb AP = 0.54 lb (about 2-1/8 cups) baked acorn squash flesh
	Pound	7.49	1/4 cup baked squash flesh (1/4 cup vegetable)	13.40	1 lb AP = 0.90 lb without seeds, ready-to-cook squash in skin
	Pound	4.70	1/4 cup cooked, drained, pared, mashed vegetable	21.30	1 lb AP = 0.70 lb ready-to-cook pared squash
Squash, Winter, fresh *Butternut, Whole*	Pound	7.50	1/4 cup cooked, drained, pared, cubed vegetable	13.40	1 lb AP = 0.84 lb ready-to-cook pared squash
	Pound	5.40	1/4 cup cooked, pared, drained, mashed vegetable	18.60	1 lb AP = 0.84 lb ready-to-cook pared squash
Squash, Winter, puree[5] *Butternut*	Pound	8.00	1/4 cup vegetable	12.50	1 lb AP = 1 lb (about 2 cups) butternut squash puree

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

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Red/Orange Vegetables - SQUASH, WINTER *(continued)*					
Squash, Winter, fresh *Hubbard, Whole*	Pound	4.40	1/4 cup cooked, drained, pared, cubed vegetable	22.80	1 lb AP = 0.64 lb ready-to-cook pared squash
	Pound	4.30	1/4 cup cooked, drained, pared, mashed vegetable	23.30	1 lb AP = 0.64 lb ready-to-cook pared squash
Squash, Winter, fresh *Spaghetti, Whole*	Squash	10.00	1/4 cup vegetable; baked squash flesh	10.00	1 lb AP = 0.89 lb without seeds, ready-to-cook squash; 1 lb AP = 0.51 lb (about 2-1/2 cups) baked squash flesh
	Pound	7.00	1/4 cup baked squash flesh	14.30	1 lb AP = 0.89 lb without seeds, ready-to-cook squash; 1 lb AP = 0.51 lb (about 2-1/2 cups) baked squash flesh
Squash, Winter, frozen *Mashed, All Varieties*	Pound	7.00	1/4 cup cooked vegetable	14.30	
Additional Vegetables - SUCCOTASH					
Succotash, canned *Corn and Green Beans*	No. 10 Can (103 oz)	34.10	1/4 cup heated, drained vegetable	3.00	1 No. 10 can = about 65.4 oz (8-1/2 cups) heated, drained succotash; 1 No. 10 can = about 62.0 oz (9-3/8 cups) drained, unheated succotash
	No. 10 Can (103 oz)	37.80	1/4 cup drained vegetable (unheated for salads)	2.70	1 No. 10 can = about 62.0 oz (9-3/8 cups) drained, unheated succotash
	Pound	5.29	1/4 cup heated, drained vegetable	19.00	
	Pound	5.87	1/4 cup drained vegetable (unheated for salads)	17.10	
Succotash, frozen *Corn and Green Beans*	Pound	8.76	1/4 cup cooked, drained vegetable	11.50	1 lb AP = 0.95 lb (about 2-1/8 cups) cooked, drained succotash or about 2-7/8 cups thawed
	Pound	11.60	1/4 cup thawed vegetable (unheated for salads)	8.70	1 lb AP = about 2-7/8 cups thawed
Starchy Vegetables - SUCCOTASH					
Succotash, canned *Corn and Lima Beans*	No. 10 Can (105 oz)	36.70	1/4 cup heated, drained vegetable	2.80	1 No. 10 can = about 75.0 oz (9-1/8 cups) heated, drained succotash; 1 No. 10 can = about 71.0 oz (about 10-1/8 cups) drained, unheated succotash
	No. 10 Can (105 oz)	40.90	1/4 cup drained vegetable (unheated, for salads)	2.50	1 No. 10 can = about 71.0 oz (about 10-1/8 cups) drained, unheated succotash
	Pound	5.59	1/4 cup heated, drained vegetable	17.90	
	Pound	6.24	1/4 cup drained vegetable (unheated, for salads)	16.10	

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

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Starchy Vegetables - SUCCOTASH *(continued)*					
Succotash, frozen *Corn and Lima Beans*	Pound	9.25	1/4 cup cooked, drained vegetable	10.90	1 lb AP = 0.95 lb (about 2-1/4 cups) cooked, drained succotash
	Pound	11.60	1/4 cup thawed vegetable (unheated for salads)	8.70	1 lb AP = 1 lb (about 2-7/8 cups) ready-to-serve thawed, unheated succotash
Red/Orange Vegetables - SWEET POTATOES					
Sweet Potatoes, fresh *Whole, Includes USDA Foods*	Pound	6.60	1/4 cup baked vegetable	15.20	1 lb AP = 0.61 lb baked sweet potato without skin; 1 lb AP = 0.80 lb peeled ready-to-cook sweet potatoes
	Pound	5.50	1/4 cup cooked, mashed vegetable	18.20	1 lb AP = 0.80 lb peeled ready-to-cook sweet potatoes
	Pound	9.10	1/4 cup cooked, sliced vegetable	11.00	1 lb AP = 0.80 lb peeled ready-to-cook sweet potatoes
Sweet Potatoes, canned *Cut, Packed in light syrup, Includes USDA Foods*	No. 10 Can (108 oz)	33.80	1/4 cup heated, drained vegetable	3.00	1 No. 10 can = about 60.9 oz (8-3/8 cups) heated, drained sweet potatoes
	No. 2-1/2 Can (29 oz)	12.20	1/4 cup heated, drained vegetable	8.20	1 No. 2-1/2 can = about 18.0 oz (3-1/8 cups) heated, drained sweet potatoes
	No. 300 Can (15-3/4 oz)	5.16	1/4 cup heated, drained vegetable	19.40	1 No. 300 can = about 9.0 oz (1-1/4 cups) heated, drained sweet potatoes
Sweet Potatoes, canned *Mashed*	No. 10 Can (109 oz)	49.10	1/4 cup heated vegetable	2.10	1 No. 10 can = about 12-1/4 cups heated, mashed sweet potatoes
Sweet Potatoes, canned *Whole*	No. 10 Can (112 oz)	39.10	1/4 cup heated, drained vegetable	2.60	1 No. 10 can = about 78.6 oz (9-3/4 cups) heated, drained sweet potatoes
	No. 2-1/2 Can (29 oz)	12.30	1/4 cup heated, drained vegetable	8.20	1 No. 2-1/2 can = about 18.0 oz (3-1/4 cups) heated, drained sweet potatoes
	No. 300 Can (15-3/4 oz)	5.16	1/4 cup heated, drained vegetable	19.40	1 No. 300 can = about 9.6 oz (1-1/4 cups) heated, drained sweet potatoes
Sweet Potatoes, frozen *Mashed*	Pound	7.55	1/4 cup cooked vegetable	13.30	1 lb AP = 0.99 lb (about 1-3/4 cups) cooked sweet potatoes
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	10.40	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked sweet potatoes
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	10.90	1 lb AP = 0.93 lb (about 2-1/4 cups) cooked sweet potatoes
Sweet Potatoes, frozen *Random cut chunks*	Pound	9.24	1/4 cup cooked vegetable	10.90	1 lb AP = 0.95 lb (about 2-1/4 cups) cooked sweet potatoes

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

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Red/Orange Vegetables - SWEET POTATOES *(continued)*					
Sweet Potatoes, frozen *Packed in syrup*	Pound	7.60	1/4 cup cooked, drained, vegetable	13.20	
Sweet Potatoes, dehydrated *Flakes, Low moisture*	Pound	18.50	1/4 cup reconstituted vegetable	5.50	1 lb dry = about 3-3/4 cups dehydrated sweet potato flakes
Sweet Potatoes, Fries, frozen *Crinkle Cut, Includes USDA Foods*	Pound	11.00	1/4 cup cooked vegetable	9.10	1 lb AP = 0.70 lb (about 2-3/4 cups) baked sweet potato crinkle cut fries
Sweet Potatoes, Fries, frozen, Puff *Puff*	Pound	10.00	1/4 cup cooked vegetable	10.00	1 lb AP = 0.76 lb (about 2-1/2 cups) baked sweet potato puff fries
Sweet Potatoes, Fries, frozen *Straight Cut*	Pound	11.50	1/4 cup cooked vegetable	8.70	1 lb AP = 0.70 lb (about 2-7/8 cups) baked sweet potato straight cut fries
Sweet Potatoes, Fries, frozen *Waffle Cut*	Pound	12.00	1/4 cup cooked vegetable	8.40	1 lb AP = 0.67 lb (about 3 cups) baked sweet potato waffle cut fries
Sweet Potatoes, Fries, frozen *Wedge Cut*	Pound	9.50	1/4 cup cooked vegetable	10.60	1 lb AP = 0.67 lb (about 2-3/8 cups) baked sweet potato wedge cut fries
Dark Green Vegetables - SWISS CHARD					
Swiss Chard, fresh *Trimmed*	Pound	21.10	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/ SBP and CACFP)	4.80	1 lb AP = 0.96 lb (about 5-1/4 cups) ready-to-serve raw, chopped Swiss chard
Swiss Chard, fresh *Untrimmed*	Pound	6.30	1/4 cup cooked, drained vegetable	15.90	1 lb AP = 0.92 lb ready-to-cook trimmed Swiss chard
Other Vegetables[1] - TOMATILLOS					
Tomatillos, fresh *Whole with stem*	Pound	11.90	1/4 cup raw, diced vegetable	8.50	1 lb AP = 0.98 lb (2-7/8 cups) ready-to-serve, stemmed, 1/2 inch diced tomatillos
	Pound	6.38	1/4 cup cooked, diced vegetable	15.70	1 lb AP = 0.82 lb (about 1-1/2 cups) diced, cooked tomatillos; 1 lb AP = 0.98 lb (2-7/8 cups) ready-to-serve, stemmed, 1/2 inch diced tomatillos
Red/Orange Vegetables - TOMATO PRODUCTS					
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; 1 No. 10 can paste plus 3 cans water = 48 cups single strength tomato juice
	No. 2-1/2 Can (30 oz)	52.00	1 tablespoon paste (1/4 cup vegetable)	2.00	1 No. 2-1/2 can = about 3-1/4 cups tomato paste
Tomato Products, Canned Tomato Paste *Canned, 24%-28%, Natural Tomato Soluble Solids (NTSS)*	Picnic (12 oz)	20.70	1 tablespoon paste (1/4 cup vegetable)	4.90	12 oz can = about 1-1/4 cups tomato paste

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Red/Orange Vegetables - TOMATO PRODUCTS *(continued)*					
Tomato Products, Canned Tomato Paste *24%-28% Natural Tomato Soluble Solids (NTSS), Includes USDA Foods*	Pound	27.60	1 tablespoon paste (1/4 cup vegetable)	3.70	
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)	1.10	1 No. 10 can = 12 cups puree, 1 No. 10 can tomato puree plus one can water = 24 cups single strength tomato juice
	No. 2-1/2 Can (29 oz)	26.20	2 tablespoons puree (1/4 cup vegetable)	3.90	
	Pound	14.40	2 tablespoons puree (1/4 cup vegetable)	7.00	
Tomato Products canned, Tomato Sauce *Includes USDA Foods*	No. 10 Can (106 oz)	50.70	1/4 cup vegetable	2.00	
	No. 300 Can (15 oz)	6.85	1/4 cup vegetable	14.60	
	Pound	7.65	1/4 cup vegetable	13.10	
Tomato Products canned, Spaghetti Sauce, Meatless *Includes USDA Foods*	No. 10 Can (106 oz)	47.90	1/4 cup heated vegetable	2.10	1 No. 10 can = about 12 cups heated spaghetti sauce
Red/Orange Vegetables - TOMATOES					
Tomatoes, fresh *Cherry, Whole with stem*	Pound	12.10	1/4 cup whole vegetable (about 3 whole cherry tomatoes)	8.30	1 lb AP = 0.99 lb (about 3 cups) stemmed, whole, ready-to-serve cherry tomatoes
	Pound	10.60	1/4 cup vegetable halves (about 5 cherry tomato halves)	9.50	1 lb AP = 0.99 lb (about 2-2/3 cups) stemmed, halved, ready-to-serve cherry tomatoes
Tomatoes, fresh *Cherry, Whole without stem*	Pound	12.10	1/4 cup whole vegetable	8.30	1 lb AP = 1 lb (about 3 cups) whole, ready- to serve cherry tomatoes)
	Pound	11.00	1/4 cup halved vegetable	9.10	1 lb AP = 0.95 lb (about 2-3/4 cups) halved, ready-to-serve cherry tomatoes
	Pound	10.00	1/4 cup halved, cooked vegetable	10.00	1 lb AP = 0.95 lb (about 2-3/4 cups) halved, ready-to-serve or -cook cherry tomatoes; 1 lb AP = 0.94 lb (about 2-1/2 cups) halved, cooked cherry tomatoes
Tomatoes, fresh *Whole, All sizes*	Pound	7.60	1/4 cup diced vegetable	13.20	1 lb AP = 0.87 lb ready-to-serve raw diced tomatoes
	Pound	10.40	1/4 cup vegetable wedges	9.70	1 lb AP = 0.98 lb (about 2-1/2 cups) ready-to-serve 1/2 inch tomato wedges

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

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Red/Orange Vegetables - TOMATOES *(continued)*					
Tomatoes, 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)	11.80	1 lb AP = 0.87 lb (about 2-1/8 cups) 1/8 inch sliced tomatoes
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)	11.50	1 lb AP = 0.86 lb sliced tomatoes (1/8 inch thick slices)
Tomatoes, fresh *Diced, Ready-to-use*	Pound	8.74	1/4 cup raw vegetable	11.50	1 lb AP = 1 lb (about 2-1/8 cups) ready-to-serve or -cook tomatoes
	Pound	6.67	1/4 cup cooked vegetable	15.00	1 lb AP = 0.85 lb (about 1-2/3 cups) cooked tomatoes; 1 lb AP = 1 lb (about 2-1/8 cups) ready-to-serve or - cook tomatoes
Tomatoes, canned *Whole or Stewed*	No. 10 Can (102 oz)	45.50	1/4 cup heated vegetable and juice	2.20	
	No. 10 Can (102 oz)	48.80	1/4 cup vegetable and juice	2.10	
	No. 10 Can (102 oz)	29.40	1/4 cup drained vegetable	3.50	1 No. 10 can = about 66.0 oz drained tomatoes
	No. 2-1/2 Can (28 oz)	12.50	1/4 cup heated vegetable and juice	8.00	
	No. 2-1/2 Can (28 oz)	13.40	1/4 cup vegetable and juice	7.50	
	No. 2-1/2 Can (28 oz)	8.25	1/4 cup drained vegetable	12.20	1 No. 2-1/2 can = about 18.5 oz drained tomatoes
	No. 300 Can (14-1/2 oz)	6.14	1/4 cup heated vegetable and juice	16.30	
	No. 300 Can (14-1/2 oz)	6.59	1/4 cup vegetable and juice	15.20	
	Pound	7.13	1/4 cup heated vegetable and juice	14.10	
Tomatoes, canned *Crushed*	No. 10 Can (102 oz)	46.60	1/4 cup heated vegetable and juice	2.20	1 No. 10 can = about 12 cups tomato and juice
	No. 2-1/2 Can (28 oz)	12.70	1/4 cup heated vegetable and juice	7.90	
	No. 2-1/2 Can (28 oz)	8.39	1/4 cup drained vegetable	12.00	1 No. 2-1/2 can = about 18.5 oz drained tomato
	Pound	7.30	1/4 cup heated vegetable and juice	13.70	
Tomatoes, canned *Diced, Includes USDA Foods*	No. 10 Can (102 oz)	49.20	1/4 cup heated vegetable and juice	2.10	1 No. 10 can = about 12-1/4 cups heated, tomatoes and juice
	No. 2-1/2 Can (28 oz)	13.50	1/4 cup heated vegetable and juice	7.50	

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Red/Orange Vegetables - TOMATOES *(continued)*					
	No. 2-1/2 Can (28 oz)	8.91	1/4 cup drained vegetable	11.30	1 No. 2-1/2 can = about 18.5 oz drained, unheated tomatoes
	No. 300 Can (14-1/2 oz)	6.99	1/4 cup heated vegetable and juice	14.40	
	Pound	7.71	1/4 cup heated vegetable and juice	13.00	
Dark Green Vegetables - TURNIP GREENS					
Turnip Greens, fresh *Untrimmed*	Pound	6.50	1/4 cup cooked, drained vegetable	15.40	1 lb AP = 0.70 lb ready-to-cook turnip greens
Turnip Greens, canned	No. 10 Can (98 oz)	27.60	1/4 cup heated, drained vegetable	3.70	1 No. 10 can = 58.0 oz drained turnip greens
	No. 2-1/2 Can (27 oz)	7.60	1/4 cup heated, drained vegetable	13.20	
	No. 300 Can (14-1/2 oz)	3.72	1/4 cup heated, drained vegetable	26.90	
	Pound	4.50	1/4 cup heated, drained vegetable	22.30	
Turnip Greens, frozen *Chopped or Whole Leaf*	Pound	9.60	1/4 cup cooked, drained vegetable	10.50	
Other Vegetables[1] - TURNIPS					
Turnips, fresh *Whole*	Pound	10.80	1/4 cup raw, pared vegetable sticks (about 7 sticks, 1/2 inch by 2 inch sticks)	9.30	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	9.00	1 lb AP = 0.79 lb ready-to-serve or -cook raw, pared turnip
	Pound	8.70	1/4 cup pared, cubed, cooked, drained vegetable	11.50	1 lb AP = 0.78 lb (about 2-1/8 cups) pared, cubed, cooked turnip; 1 lb AP = 0.79 lb ready-to-serve or -cook raw, pared turnip
	Pound	5.60	1/4 cup cooked, drained, pared, mashed vegetable	17.90	1 lb AP = 0.79 lb ready-to-serve or -cook raw, pared turnip
Additional Vegetables - VEGETABLES, MIXED					
Vegetables, Mixed[6], canned *Seven vegetables (celery, carrots, corn, green beans, green peas, lima beans and potatoes)*	No. 10 Can (106 oz)	36.10	1/4 cup heated, drained vegetable	2.80	1 No. 10 can = about 66.5 oz (9-1/4 cups) drained vegetable
	No. 2-1/2 Can (29 oz)	11.50	1/4 cup heated, drained vegetable	8.70	1 No. 2-1/2 can = about 19.4 oz (3-3/8 cups) drained vegetable
	No. 300 Can (15 oz)	4.64	1/4 cup heated, drained vegetable	21.60	1 No. 300 can = about 8.6 oz (1-1/2 cups) drained, unheated vegetable

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

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Additional Vegetables - VEGETABLES, MIXED *(continued)*					
Vegetables, Mixed[6], frozen *Seven vegetables (celery, carrots, corn, green beans, green peas, lima beans and potatoes)*	Pound	8.10	1/4 cup cooked, drained vegetable	12.40	
Vegetables, Mixed[6], frozen *Country/Midwest blend (carrots, corn, green beans)*	Pound	9.20	1/4 cup cooked, drained vegetable	10.90	1 lb AP = 0.96 lb (about 2-1/4 cups) cooked, drained mixed vegetables; 1 lb AP = 0.99 lb (about 2-3/8 cups) ready-to-serve thawed, mixed vegetables
	Pound	9.84	1/4 cup thawed vegetable (unheated for salads)	10.20	1 lb AP = 0.99 lb (about 2-3/8 cups) ready-to-serve thawed, mixed vegetables
Other Vegetables[1] - VEGETABLES, MIXED					
Vegetables, Mixed, frozen *Broccoli and cauliflower blend*	Pound	11.90	1/4 cup thawed vegetable (unheated for salads)	8.50	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve thawed mixed vegetables
	Pound	10.70	1/4 cup cooked, drained vegetable	9.40	1 lb AP = 0.95 lb (about 2-2/3 cups) cooked, drained mixed vegetables
Vegetables, Mixed, frozen *California blend (broccoli, carrots, cauliflower)*	Pound	11.90	1/4 cup thawed vegetable (unheated for salads)	8.50	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to-serve thawed mixed vegetables
	Pound	10.60	1/4 cup cooked, drained vegetable	9.50	1 lb AP = 0.94 lb (about 2-2/3 cups) cooked, drained mixed vegetables
Vegetables, Mixed, frozen *Peppers and Onions, Includes USDA Foods*	Pound	7.71	1/4 cup cooked, drained vegetable	13.00	1 lb AP = 0.86 lb (about 1-7/8 cups) cooked, drained mixed vegetables
Starchy Vegetables - WATER CHESTNUTS					
Water Chestnuts, canned	Pound	6.70	1/4 cup drained vegetable	15.00	
Dark Green Vegetables - WATERCRESS					
Watercress, fresh	Pound	50.50	1/4 cup raw vegetable sprigs or pieces (credits as 1/8 cup in NSLP/ SBP and CACFP)	2.00	1 lb AP = 0.92 lb ready-to-serve raw watercress
Starchy Vegetables - YAUTIA (TANNIER)					
Yautia (Tannier), fresh *Whole*	Pound	8.84	1/4 cup peeled, diced, raw vegetable	11.40	1 lb AP = 0.74 lb (about 2-1/8 cups) ready-to-serve, peeled, 1 inch, diced yautia (tannier)

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

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Starchy Vegetables - YAUTIA (TANNIER) ***(continued)***					
Yautia (Tannier), fresh *Whole*	Pound	8.84	1/4 cup diced, cooked vegetable	11.40	1 lb AP = 0.80 lb peeled, diced, cooked yautia (tannier) (absorbs water during cooking); 1 lb AP = 0.74 lb (about 2-1/8 cups) ready-to-serve, peeled, 1 inch, diced yautia (tannier)
Starchy Vegetables - POTATOES					
Potatoes, dehydrated *Flake, Low moisture*	Pound	50.50	1/4 cup reconstituted, heated vegetable	2.00	1 lb dry = about 2-1/4 cups dehydrated potato granules

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

Footnotes: Vegetables

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

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

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

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

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

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

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

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