

Food Buying Guide for Child Nutrition Programs

Section 2 Vegetables

Section 2 - Vegetables

1. Food As Purchased (AP)	2. Purchase Unit	3. Servings per Purchase Unit, Edible Portion (EP)	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Other Vegetables - 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 - 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	

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Other Vegetables - ASPARAGUS (continued)					
Asparagus, canned Cuts and Tips	Pound	5.03	1/4 cup drained vegetable	19.90	
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 - 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 - 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, Peas, and Lentils - BEAN PRODUCTS					
Bean Products, dry beans, canned, Beans Baked or In Sauce, Vegetarian Includes USDA Foods (Low sodium)	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

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Beans, Peas, and Lentils - BEAN PRODUCTS (continued)					
Bean Products, dry beans, canned, Beans Baked or In Sauce, Vegetarian Includes USDA Foods	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	
	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 - 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, Peas, and Lentils - BEANS, BLACK (TURTLE BEANS)					
Beans, Black (Turtle beans), dry, canned Whole, Includes USDA Foods (Low sodium)	No. 10 Can (109 oz)	37.00	1/4 cup heated, drained vegetable	2.80	1 No. 10 can = about 65 oz (9-1/4 cups) heated, drained beans; 1 No. 10 can = about 73 oz (10 cups) drained, unheated beans
	No. 10 Can (109 oz)	40.00	1/4 cup unheated, drained vegetable	2.50	1 No. 10 can = about 73 oz (10 cups) drained, unheated beans

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Beans, Peas, and Lentils - BEANS, BLACK (TURTLE BEANS) (continued)					
Beans, Black (Turtle beans), dry, canned Whole, Includes USDA Foods	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
Beans, Black (Turtle), frozen Whole, IQF	Pound	11.00	1/4 cup heated, drained vegetable	9.10	1 lb AP = 2-3/4 cups heated, drained beans
Beans, Peas, and Lentils - 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 (Low sodium)	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
Beans, Black-eyed (or Peas), dry, canned Whole, Includes USDA Foods	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	
Beans, Black-eyed (or Peas), frozen Whole, IQF	Pound	11.00	1/4 cup heated, drained vegetable	9.10	1 lb AP = 2-3/4 cups heated, drained beans
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, Peas, and Lentils - BEANS, GARBANZO or CHICKPEAS					
Beans, Garbanzo or Chickpeas, dry, canned Whole, Includes USDA Foods (Low sodium)	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
Beans, Garbanzo or Chickpeas, dry, canned Whole, Includes USDA Foods	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) drained, unheated beans

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Beans, Peas, and Lentils - BEANS, GARBANZO or CHICKPEAS (continued)					
Beans, Garbanzo or Chickpeas, dry, canned Whole, Includes USDA Foods	Pound	10.11	1/4 cup heated, drained vegetable	9.90	
Beans, Garbanzo or Chickpeas, dry, canned Whole, includes USDA Foods	Pound	6.31	1/4 cup drained beans	15.90	
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, Garbanzo or Chickpeas, frozen Whole, IQF	Pound	11.00	1/4 cup heated, drained vegetable	9.10	1 lb AP = 2-3/4 cups heated, drained beans
Beans, Peas, and Lentils - BEANS, GREAT NORTHERN					
Beans, Great Northern, dry, canned Whole, Includes USDA Foods (Low sodium)	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
Beans, Peas, and Lentils - BEANS, GARBANZO or CHICKPEAS					
Beans, Garbanzo or Chickpeas, roasted Prepackaged, Whole, unsalted	Pound	12.00	1/4 cup	8.40	
Beans, Peas, and Lentils - BEANS, GREAT NORTHERN					
Beans, Great Northern, dry, canned Whole, Includes USDA Foods	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 - 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
	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

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Other Vegetables - BEANS, GREEN (continued)					
Beans, Green, canned Cut, Includes USDA Foods (Low sodium)	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
Beans, Green, canned Cut, Includes USDA Foods	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	
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

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Other Vegetables - BEANS, GREEN (continued)					
	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, No salt added	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, Peas, and Lentils - BEANS, KIDNEY					
Beans, Kidney, dry, canned Whole, Includes USDA Foods (Low sodium)	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; 1 No. 10 can = about 72.0 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 72.0 oz (11 cups) drained, unheated beans
Beans, Kidney, dry, canned Whole, Includes USDA Foods	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	
	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

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Beans, Peas, and Lentils - BEANS, KIDNEY (continued)					
Beans, Kidney, dry, canned Whole, Includes USDA Foods	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, Kidney, Dark Red, frozen Whole, IQF	Pound	11.00	1/4 cup heated, drained vegetable	9.10	1 lb AP = 2-3/4 cups heated, drained beans
Beans, Kidney, White, frozen Whole, IQF	Pound	10.00	1/4 cup heated, drained vegetable	10.00	1 lb AP = 2-1/2 cups heated, drained beans
Beans, Peas, and Lentils - 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, Peas, and Lentils - 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, Peas, and Lentils - BEANS, NAVY or PEA					
Beans, Navy or Pea, dry Whole, (Similar to Tepary Beans)	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

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Beans, Navy or Pea, dry Whole, (Similar to Tepary Beans)	Pound	8.66	1/4 cup heated, drained vegetable	11.60	
	Pound	9.26	1/4 cup drained, unheated vegetable	10.80	
Beans, Navy or Pea, frozen Whole, IQF	Pound	11.00	1/4 cup heated, drained vegetable	9.10	1 lb AP = 2-3/4 cups heated, drained beans
Beans, Peas, and Lentils - BEANS, PINK					
Beans, Pink, dry, canned Whole, Includes USDA Foods (Low sodium)	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, Peas, and Lentils - BEANS, PINTO					
Beans, Pinto, dry, canned Whole, Includes USDA Foods (Low sodium)	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) drained, heated 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
Beans, Pinto, dry, canned Whole, Includes USDA Foods	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, frozen Whole IQF	Pound	11.00	1/4 cup heated, drained beans	9.10	1 lb AP = 2-3/4 cups heated, drained beans
Beans, Pinto, dehydrated³	Pound	21.70	1/4 cup cooked vegetable	4.70	1 lb AP = about 3-3/4 cups dehydrated beans; 1 lb AP = about 5-3/8 cups rehydrated, cooked beans when water to dry beans = 2:1 ratio
Beans, Peas, and Lentils - 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	

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Beans, Peas, and Lentils - BEANS, RED, SMALL					
Beans, Red, Small, dry, canned Whole, Includes USDA Foods (Low sodium)	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
Beans, Red, Small, dry, canned Whole, Includes USDA Foods	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
Beans, Red, frozen Whole, IQF	Pound	11.00	1/4 cup cooked, drained vegetable	9.10	1 lb AP = 2-3/4 cups cooked, drained beans
Beans, Peas, and Lentils - BEANS, REFRIED					
Beans, Refried, canned Includes USDA Foods (Low sodium)	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
Beans, Refried, canned Includes USDA Foods	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, Peas, and Lentils - 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 - 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

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Beans, Peas, and Lentils - BEANS, SOY					
Beans, Soy, roasted Prepackaged, Whole, unsalted	Pound	14.00	1/4 cup	7.20	
Other Vegetables - BEANS, WAX					
Beans, Wax, canned	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	
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 - 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	

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Other Vegetables - BEETS (continued)					
Beets, canned Diced	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
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 - 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

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Dark Green Vegetables - BROCCOLI (continued)					
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, No salt added	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 - 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
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 - 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 - 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

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Other Vegetables - CABBAGE, GREEN (continued)					
Cabbage, fresh Green, Untrimmed, Whole	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 - 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
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 - 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

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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)
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

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Red/Orange Vegetables - CARROTS (continued)					
Carrots, canned Diced	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 (Low sodium)	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
Carrots, canned Sliced, Includes USDA Foods	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 Diced	Pound	10.66	1/4 cup cooked, drained vegetable	9.40	1 lb AP = 0.90 lb (about 2-2/3 cups) cooked, drained, diced carrots
Carrots, frozen Sliced, Includes USDA Foods (No salt added)	Pound	11.16	1/4 cup cooked, drained vegetable	9.00	1 lb AP = 0.95 lb (about 2-3/8 cups) cooked, sliced, drained carrots
Carrots, frozen Baby	Pound	10.90	1/4 cup cooked, drained vegetable	9.20	
Carrots, puree⁵	Pound	7.00	1/4 cup vegetable	14.30	1 lb AP = 1 lb (about 1-3/4 cups) carrot puree
Starchy Vegetables - CASSAVA (YUCA)					
Cassava (Yuca), fresh 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
Other Vegetables - 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

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Other Vegetables - CAULIFLOWER (continued)					
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	
Cauliflower, frozen Riced	Pound	12.00	1/4 cup cooked, drained vegetable	8.40	1 lb AP = about 3 cups cooked, drained, riced cauliflower
Other Vegetables - 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, Ready-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
	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	

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Other Vegetables - CELERY (continued)					
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 - 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 (Similar to Dandelion Greens)	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
Chicory, fresh	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
	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	

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Starchy Vegetables - CORN					
Corn, fresh With husks (5 to 6-inch length), Medium, (Similar to Native White Corn and Native Whole Blue Corn)	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, (Similar to Native White Corn and Native Whole Blue Corn)	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 salt added)	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
Corn, canned Whole kernel, Liquid pack, Includes USDA Foods	No. 300 Can (15-1/4 oz)	5.68	1/4 cup heated, drained vegetable	17.70	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 (No salt added)	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

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Starchy Vegetables - CORN (continued)					
Corn, frozen Whole Kernel, Includes USDA Foods (No salt added)	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 - 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 - 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	

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Starchy Vegetables - HOMINY (continued)					
Hominy, canned	No. 10 Can (105 oz)	46.90	1/4 cup vegetable	2.20	
	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	

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Dark Green Vegetables - KALE (continued)					
Kale, canned	Pound	6.56	1/4 cup drained vegetable	15.30	
Kale, frozen Chopped	Pound	12.10	1/4 cup cooked, drained vegetable	8.30	
Kale, frozen Whole leaf	Pound	9.50	1/4 cup cooked, drained vegetable	10.60	
Other Vegetables - 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, Peas, and Lentils - LENTILS					
Lentils, brown, dry	Pound	24.50	1/4 cup cooked vegetable	4.10	1 lb dry = about 2-1/4 cups dry 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
Lettuce, fresh Romaine, Chopped, Ready-to-use	2 lb Bag	86.00	1/4 cup raw vegetables pieces (credits as 1/8 cup in NSLP/SBP and CACFP)	1.20	2 lb AP = 2 lb (about 21-1/2 cups ready-to-serve lettuce)

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Other Vegetables - 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	
	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	8.00	1/4 cup cooked, mashed vegetable	12.50	1 lb AP = about 2 cups cooked, mashed taro root; 1 lb AP = about 2 1/2 cups trimmed, peeled, diced taro root
	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 - 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

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Other Vegetables - MUSHROOMS (continued)					
Mushrooms, fresh Whole	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	5.50	1 lb AP = 1 lb (about 4-5/8 cups) ready-to-serve mushrooms; 1/4 cup sliced vegetable = about 7 slices
Mushrooms, canned	No. 10 Can (68 oz drained weight)	49.40	1/4 cup drained vegetable	2.10	1 No. 10 can = about 12-1/3 cups drained mushrooms
	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	

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Dark Green Vegetables - MUSTARD GREENS OR MUSTARD CABBAGE GREENS (continued)					
Mustard Greens, canned	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 - 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
	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 - 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	1.70	1 gallon = about 848 olives; 1/4 cup whole, pitted vegetable = about 14 small olives
	Pound (drained weight)	14.80	1/4 cup pitted vegetable	6.80	
Olives, canned Green, Whole, Pitted	Gallon (69 oz drained weight)	63.90	1/4 cup whole vegetable	1.60	1 gallon container = about 16 cups drained or 847 olives; 1/4 cup whole vegetable = about 14 small olives
Olives, canned Ripe, Pitted, Large, Whole	No. 10 Can (50 oz drained weight)	48.00	1/4 cup whole vegetable	2.10	1 No. 10 can = about 380 olives; 1/4 cup whole vegetable = about 8 large olives
	No. 10 Can (50 oz drained weight)	42.00	1/4 cup chopped vegetable	2.40	

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Other Vegetables - OLIVES (continued)					
Olives, canned Ripe, Pitted, Large, Whole	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 - 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
Other Vegetables - 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 Diced (approx. 1/4-inch), Ready-to-use	Pound	12.00	1/4 cup diced, raw vegetable	8.40	1 lb AP = 1 lb (about 3 cups) ready-to-serve or -cook, raw, diced onion
Onions, Mature, fresh Diced (approx. 1/4-inch), Ready-to-use	Pound	8.00	1/4 cup diced, cooked vegetable	12.50	1 lb AP = 0.69 lb (about 2 cups) cooked, 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, fresh Sliced (approx. 3/8-inch), Ready-to-use	Pound	11.00	1/4 cup sliced, raw vegetable	9.10	1 lb AP = 1 lb (about 2-3/4 cups) ready-to-serve or -cook, sliced, raw onion

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Other Vegetables - ONIONS, MATURE (continued)					
Onions, Mature, fresh Sliced (approx. 3/8-inch), Ready-to-use	Pound	8.16	1/4 cup cooked, sliced vegetable	12.30	1 lb AP = 0.64 lb (about 2 cups) cooked, sliced 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 raw, chopped 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
Additional Vegetables - PEAS AND CARROTS					
Peas and Carrots*, 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*, frozen	Pound	10.90	1/4 cup cooked, drained vegetable	9.20	
Other Vegetables - PEAS, CHINESE SNOW					
Peas, Chinese, Snow, frozen Edible podded, Whole	Pound	11.40	1/4 cup cooked, drained vegetable	8.80	

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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, Peas, and Lentils - 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 (Low sodium)	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
Peas, Green, canned Includes USDA Foods	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	
Peas, Green, frozen Includes USDA Foods (No salt added)	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

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Other Vegetables - 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 - 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 - 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	
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 pepper
	Pound	38.60	1/4 cup dehydrated vegetable	2.60	1 lb dry = about 9-1/4 cups dehydrated pepper

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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
Red/Orange Vegetables - PEPPERS, SWEET					
Peppers, Sweet, Fresh Yellow, Orange, or Red, Mini, Whole	Pound	14.00	1/4 cup raw vegetable, sliced (rings)	7.20	1 lb AP = 0.85 lb ready-to-serve or -cook raw mini peppers
Other Vegetables - 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 - PICKLES					
Gherkins, canned Whole	Gallon (about 87 oz drained weight)	55.20	1/4 cup whole vegetable	1.90	Length of gherkins = 2 to 2-3/4 inch; 1/4 cup whole vegetable = about 3-3/4 small gherkins, 1-1/4 large gherkins
Pickles, canned 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	11.40	24 oz container = about 2-1/4 cups chopped, drained or 11 whole pickle spears; 1/4 cup drained vegetable = about 1-1/4 spears

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Other Vegetables - PICKLES (continued)					
Pickles, canned Whole	Gallon (about 87 oz drained weight)	55.20	1/4 cup whole vegetable	1.90	Length of pickles: small = 2-3/4 to 3-1/2 inch, medium = 3-1/2 to 4 inch, large = 4 to 4-3/4 inch, extra-large = 4-3/4 to 5-1/4 inch; 1/4 cup whole vegetable = 1 small pickle, 1/2 medium pickle, 1/3 large pickle, 1/4 extra large pickle
	Gallon (about 87 oz drained weight)	84.40	1/8 cup length-wise sliced vegetable	1.20	
	Gallon (about 87 oz drained weight)	108.00	1/8 cup chopped vegetable	1.00	
Red/Orange Vegetables - PIMIENTOS (PIMENTOS)					
Pimientos, canned 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 - 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

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Starchy Vegetables - POTATO PRODUCTS (continued)					
Potato Products, fresh Raw, Shredded, Pre-portioned, 3.0 oz	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	8.20	1 lb AP = 0.85 lb (about 3 cups) baked potato rounds (about 4.0 grams per piece); 1/4 cup baked vegetable = about 8 pieces
Potato Products, frozen 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
	Pound	9.90	1/4 cup pared, cooked, sliced vegetable	10.20	1 lb AP = 0.81 lb ready-to-cook pared potatoes

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Starchy Vegetables - POTATOES (continued)					
Potatoes, fresh White or Russet, All sizes, Whole, Includes USDA Foods	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
Potatoes, frozen Diced (1/2-inch x 1/2-inch cubes), IQF, Includes USDA Foods (No salt added)	Pound	12.00	1/4 cup steamed vegetable	8.33	1 lb AP = Approx. 1.21 lbs (3 cups) steamed potatoes

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Starchy Vegetables - POTATOES (continued)					
Potatoes, canned Whole, Small	No. 300 Can (14-1/2 oz)	5.90	1/4 cup heated, drained vegetable	17.00	
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
Potatoes, frozen Wedges, USDA Foods (Low sodium)	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 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
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

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Starchy Vegetables - POTATOES, FRENCH FRIES (continued)					
Potatoes, French Fries, frozen Shoestring, Straight cut, Low moisture	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	
	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
Potatoes, French Fries, frozen Straight cut, Regular moisture, Ovenable, Includes USDA Foods (Low sodium)	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 - RADISHES					
Radishes, Fresh Without Tops	Pound	12.80	1/4 cup whole vegetable	7.90	1 lb without tops = 0.94 lb ready-to-serve raw radishes; 1/4 cup whole vegetable = about 7 small radishes
	Pound	15.30	1/4 cup raw, sliced vegetable	6.60	1 lb without tops = 0.94 lb ready-to-serve raw radishes
Other Vegetables - RUTABAGAS					
Rutabagas, fresh Whole, (Similar to Bitterroot)	Pound	8.30	1/4 cup pared, cubed, cooked vegetable	12.10	1 lb AP = 0.85 lb ready-to-cook rutabaga

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Other Vegetables - RUTABAGAS (continued)					
Rutabagas, fresh Whole, (Similar to Bitterroot)	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* USDA Foods (all vegetable ingredients plus a minor amount of spices) (Low sodium)	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* 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
Other Vegetables - 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 - SEAWEED					
Seaweed, dehydrated Wakame (Similar to Kelp)	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

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Additional Vegetables - SOUPS, CANNED (continued)					
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, Peas, and Lentils - 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	
Dark Green Vegetables - SPINACH					
Spinach, fresh Partly trimmed, (Similar to Lambsquarters (White Goosefoot Leaves))	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

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Dark Green Vegetables - SPINACH (continued)					
Spinach, canned	Pound	4.11	1/4 cup heated, drained vegetable	24.40	
Spinach, frozen Chopped, Includes USDA Foods (No salt added)	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 - 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
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

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Other Vegetables - SQUASH, SUMMER (continued)					
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
	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
Squash, Winter, fresh Hubbard, Whole, (Similar to Hopi, Indian)	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

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Additional Vegetables - SUCCOTASH (continued)					
Succotash, canned Corn and Green Beans	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	
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 salt added)	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

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Red/Orange Vegetables - SWEET POTATOES (continued)					
Sweet Potatoes, canned Cut, Packed in light syrup, Includes USDA Foods	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 Cubes (approx. 3/4-inch x 3/4-inch x 1-inch), IQF, Includes USDA Foods (No salt added)	Pound	9.00	1/4 cup steamed vegetable	11.20	1 lb AP = 1 lb (about 2-1/4 cups) steamed 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
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

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Red/Orange Vegetables - SWEET POTATOES (continued)					
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 - 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 salt added)	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
Tomato Products, Canned Tomato Paste 24%-28% Natural Tomato Soluble Solids (NTSS), Includes USDA Foods	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
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	

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Red/Orange Vegetables - TOMATO PRODUCTS (continued)					
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 (Low sodium)	No. 10 Can (106 oz)	50.70	1/4 cup vegetable	2.00	
Tomato Products canned, Tomato Sauce Includes USDA Foods	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 (Low sodium)	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 Grape, Whole without stem	Pound	9.33	1/4 cup whole vegetable	10.80	1 lb AP = 1 lb (about 2-1/4 cups) whole, ready-to-serve grape tomatoes
	Pound	9.00	1/4 cup halved vegetable	11.20	1 lb AP = 1 lb (about 2-1/4 cups) halved, ready-to-serve grape tomatoes

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Red/Orange Vegetables - TOMATOES (continued)					
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
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

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Red/Orange Vegetables - TOMATOES (continued)					
	Pound	7.30	1/4 cup heated vegetable and juice	13.70	
Tomatoes, canned Diced, Includes USDA Foods (No salt added)	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
Tomatoes, canned Diced, Includes USDA Foods	No. 2-1/2 Can (28 oz)	13.50	1/4 cup heated vegetable and juice	7.50	
	No. 2-1/2 Can (28 oz)	8.91	1/4 cup drained vegetable	11.30	1 No. 2-1/2 can = about 18.5 oz drained, unheated tomatoes
	No. 300 Can (14-1/2 oz)	6.99	1/4 cup heated vegetable and juice	14.40	
	Pound	7.71	1/4 cup heated vegetable and juice	13.00	
Dark Green Vegetables - TURNIP GREENS					
Turnip Greens, fresh 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 - TURNIPS					
Turnips, fresh Whole	Pound	10.80	1/4 cup raw, pared vegetable sticks	9.30	1 lb AP = 0.83 lb (about 2-2/3 cups) ready-to-serve raw, pared turnip sticks; 1/4 cup raw, pared vegetable sticks = about 7 sticks, 1/2 inch by 2 inch sticks
Turnips, fresh 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
Turnips, fresh Without tops, (Similar to Prairie Turnips, Wapato, Camas)	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

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Additional Vegetables - VEGETABLES, MIXED					
Vegetables, Mixed*, 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
Vegetables, Mixed*, frozen Seven vegetables (celery, carrots, corn, green beans, green peas, lima beans and potatoes)	Pound	8.10	1/4 cup cooked, drained vegetable	12.40	
Vegetables, Mixed*, 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
Vegetables, Mixed*, frozen Four way (corn, green beans, peas, and carrots), Includes USDA Foods (No salt added)	Pound	10.20	1/4 cup cooked, drained vegetable	9.90	1 lb AP = 0.93 lb (about 2-1/2 cups) cooked, drained mixed vegetables
Vegetables, Mixed*, frozen Country/Midwest blend (carrots, corn, green beans)	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 - 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

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Other Vegetables - VEGETABLES, MIXED (continued)					
Vegetables, Mixed, frozen California blend (broccoli, carrots, cauliflower)	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 (No salt added)	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)
	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)

Footnotes: Vegetables

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.