

# Start with Half a Cup

# Fresh Vegetable Portioning Guide For Schools

This reference was developed to assist schools in the proper portioning of fresh vegetables in School Nutrition Programs.

All quanities are based on the USDA Food Buying Guide for School Meal Programs (updated March, 2016)

#### How to use this resource:

- 1.) Locate the vegetable you plan to serve in the correct area.
- 2.) Identify the correct variety of the product. For example, cucumber sticks vs. diced.
- 3.) If weight is used to measure 1/2 cup, weigh out several portions to determine, visually, what the proper portion looks like in the serving container being used.
- 4.) Once a strong visual representation of the correct portion has been determined, continue with portioning of produce for the meal service.

## EXAMPLE: Red Bell Pepper Strips:

After prepping the peppers (coring, cleaning, cutting into strips), weigh out eight to ten 1.75 oz. portions, which is the amount indicated to equal a 1/2 cup serving.

### Quantity of FRESH Vegetables to Equal 1/2 cup Serving

VEGETABLES (fresh, raw)

Asparagus  Avocado, diced  Avocado, mashed  Other  pound  2.6 oz.  Avocado, mashed  Other  pound  4.2 oz.  Peans, Green, whole  Beans, Green, whole  Beans, Green, cut  Broccoll, florets  Dark Green  Cabbage, Green chopped  Cabbage, Green chopped  Cabbage, Green shredded  Other  Carrots, slicks  RediOrange  Carrots, slicks  RediOrange  Carrots, sliced  Rediorange  Rediorange  Rediorange  Carrots, sliced  Rediorange  Rediorange  Carrots, sliced  Rediorange  Rediorange  Rediorange  Carrots, sliced  Rediorange  Rediora	Item	Subgroup	Unit	Weight	Measure	Notes
Avocado, mashed Beans, Green, whole Beans, Green, whole Beans, Green, cut Other Pound Dark Green Da	Asparagus	Other	pound	3.5 oz.		
Beans, Green, whole Other pound 2 oz. trimmed, whole Beans, Green, cut Other pound 2 oz. trimmed, cut rimmed, cut	Avocado, diced	Other	pound	2.6 oz.		ready-to-serve, peeled
Beans, Green, cut Broccoli, flores Dark Green Dound	Avocado, mashed	Other	pound	4.2 oz.		ready-to-serve, peeled
Broccoli, florets Cabbage, Green chopped Other pound 1.6 oz. Cabbage, Green shredded Carrots, sticks Red/Orange Carrots, sticks Red/Orange Carrots, shredded Carrots, shredded Carrots, shredded Carrots, shredded Red/Orange Carrots, shoby Red/Orange Pound Red/Orange Pound Red/Orange Pound Red/Orange Pound Red/Orange Pound Red/Orange	Beans, Green, whole	Other	pound	1.5 oz.		trimmed, whole
Cabbage, Green chopped Carbage, Green shredded Carrots, sticks Red/Orange Carrots, shredded Carrots, shredded Carrots, shredded Carrots, shredded Carrots, shredded Red/Orange Dound Red/Orange Red/Orange Dound Red/Orange Red/Ora	Beans, Green, cut	Other	pound	2 oz.		trimmed, cut
Cabbage, Green shredded Carrots, sticks Carrots, shredded Reddrange Pound Carrots, shredded Carrots, shredded Other Pound Carrots, shredded Carrots, shredded Other Pound Carrots, shredded Carrots, shredded Other Pound Carrots, shredded Carrots, shredded Other Pound Carrots, shredded Carrots, shredde	Broccoli, florets	Dark Green	pound	1.1 oz.		florets trimmed, ready-to-use
Carrots, sticks   Red/Orange   pound   1.6 oz.   ready-to-use   ready-to-use   Carrots, shredded   Red/Orange   pound   2.5 oz.   ready-to-use   Carrots, baby   Red/Orange   pound   2.5 oz.   ready-to-use   Carrots, baby   Red/Orange   pound   2.5 oz.   ready-to-use   Carrots, baby   Red/Orange   pound   2.5 oz.   ready-to-use   Cauliflower, florets   Other   pound   1.75 oz.   florets timmed, ready-to-use   Cauliflower, florets   Other   pound   1.75 oz.   dabout 6 sticks   sticks a in. x 1/2 in.   Cucumber, diced, unpeeled   Other   pound   2.8 oz.     Cucumber, sliced, unpeeled   Other   pound   2.5 oz.   about 6 sticks   sticks a in. x 1/2 in.   Cucumber, sliced, unpeeled   Other   pound/sticks   2.7 oz.   about 6 sticks   sticks a in. x 1/2 in.   Cucumber, slicks, peeled   Other   pound/sticks   2.6 oz.   about 6 sticks   sticks a in. x 1/2 in.   Cucumber, slicks, peeled   Other   pound/sticks   2.6 oz.   about 6 sticks   sticks a in. x 1/2 in.   Cucumber, slicks, peeled   Other   pound/sticks   2.6 oz.   about 6 sticks   sticks a in. x 1/2 in.   Cucumber, slicks, peeled   Other   pound/sticks   2.6 oz.   about 6 sticks   sticks a in. x 1/2 in.   Cucumber, slicks, peeled   Other   pound   2.4 oz.   peeled, ready-to-use   Cucumber, slicks, peeled   Other   pound   2.6 oz.   1 cup   Cucumber, slicks, peeled   Other   pound   2.6 oz.   1 cup   Cucumber, slicks, peeled   Other   pound   2.0 z.   1 cup   Cucumber, slicks, peeled   Other   pound   2.0 z.   1 cup   Cucumber, slicks, peeled   Other   pound   2.0 z.   1 cup   Cucumber, slicks, peeled   Other   pound   2.5 oz.   1 cup   Cucumber, slicks, peeled   Other   pound   2.0 z.   1 cup   Cucumber, slicks, peeled   Other   pound   2.0 z.   1 cup   Cucumber, slicks, peeled   Other   pound   2.0 z.   1 cup   Cucumber, slicks, peeled   Other   pound   2.0 z.   2 cz.   2 cz.	Cabbage, Green chopped	Other	pound	1.6 oz.		
Carrots, shredded Red/Orange pound 1.6 oz. ready-to-use Carrots, sliced Red/Orange pound 2.5 oz. ready-to-use Carrots, baby Red/Orange pound 2.5 oz. ready-to-use Calliflower, florets Other pound 1.75 oz. florets trimmed, ready-to-use Celery Other pound 1.75 oz. about 6 sticks sticks 4 in. x 1/2 in. Cucumber, diced, unpeeled Other pound 2.8 oz. Cucumber, sliced, unpeeled Other pound 2.5 oz. Cucumber, sticks, unpeeled Other pound/sticks 2.7 oz. about 6 sticks sticks 3" x 3/4" Cucumber, sticks, unpeeled Other pound/sticks 2.6 oz. about 6 sticks sticks 3" x 3/4" Cucumber, sticks, peeled Other pound/sticks 2.6 oz. about 6 sticks sticks 3" x 3/4" Cucumber, sticks, peeled Other pound 2.4 oz. peeled, ready-to-use Kale, trimmed without stem* Kale, trimmed without stem* Cholrabi, chunks or sticks Choter Dound 2.6 oz. Lettuce, Romaine* Dark Green Dound 1.3 oz. 1 cup Lettuce, leeberg, chopped Other pound 2.2 oz. Lettuce, leeberg, chopped Other pound 2.2 oz. Peppers, Bell strips Various pound 1.75 oz. ready-to-use Radishes Other pound 2.5 oz. Cherry Red/Orange pound/each 2.0 oz. Spinach* Dark Green pound 2.5 oz. Cherry Red/Orange pound/each 2.5 oz. about 6 whole sicks 3 in. x 1/2 in.  Tomatoes, Cherry Red/Orange pound/each 2.5 oz. about 6 sticks 1/8" thick slices of 2.5-2.75 "tomato Tomatoes, Round, diced Red/Orange pound 3.3 oz.  Tomatoes, Round, wedges Red/Orange pound 3.3 oz. about 10 slices 1/8" thick slices of 2.5-2.75 "tomato Turnip, slicks Other pound 2.3 oz.  Turnip, slicks Other pound 2.3 oz.  Turnip, slicks Other pound 2.3 oz.	Cabbage, Green shredded	Other	pound	1.0 oz.		
Carrots, sliced Red/Orange pound 2.5 oz. ready-to-use Carrots, baby Red/Orange pound 2.5 oz. ready-to-use Carrots, baby Red/Orange pound 2.5 oz. ready-to-use Cauliflower, florets Other pound 1.75 oz. florets trimmed, ready-to-use Celery Other pound/sticks 2.2 oz. about 6 sticks sticks 4 in. x 1/2 in. Cucumber, diced, unpeeled Other pound 2.8 oz. Cucumber, sliced, unpeeled Other pound/sticks 2.7 oz. about 6 sticks sticks 3" x 3/4" Cucumber, sticks, unpeeled Other pound/sticks 2.6 oz. about 6 sticks sticks 3" x 3/4" Jicama Starchy pound 2.4 oz. about 6 sticks sticks 3" x 3/4" Jicama Starchy pound 2.4 oz. peeled, ready-to-use Kale, trimmed without stem* Dark Green pound 1.3 oz. 1 cup Lettuce, Romaine* Dark Green pound 2.6 oz. Lettuce, Romaine* Dark Green pound 2.3 oz. 1 cup Lettuce, ceberg, chopped Other pound 2.2 oz. 1 cup Lettuce, ceberg, shredded Other pound 2.2 oz. Peppers, Bell strips Various pound 1.75 oz. ready-to-use Red/Orange pound/each 2.4 oz. Peppers, Cherry Red/Orange pound/each 2.5 oz. about 6 whole whole whole with stem Squash, Summer, sliced Other pound 2.3 oz. Squash, Summer, sliced Other pound 2.3 oz. 1 cup ready-to-use, trimmed Squash, Summer, sticks Other pound 2.3 oz. 1 cup ready-to-use, trimmed Tomatoes, Cherry Red/Orange pound/each 2.6 oz. about 6 whole whole whole with stem Squash, Summer, sliced Other pound 2.3 oz. 1 cup ready-to-use, trimmed Squash, Summer, sliced Other pound 2.3 oz. 1 cup ready-to-use, trimmed Squash, Summer, sliced Other pound 3.7 oz. 1 cup ready-to-use, trimmed Squash, Summer, sliced Other pound 3.7 oz. 1 cup ready-to-use, trimmed Squash, Summer, sliced Other pound 3.3 oz. about 6 whole Tomatoes, Round, wedges Red/Orange pound 3.3 oz. about 10 slices 1/8" thick slices of 2.5-2.75 "tomato Turnip, slicks Other pound 2.3 oz.	Carrots, sticks	Red/Orange	pound/sticks	2.2 oz.	about 6 sticks	sticks 4 in. x 1/2 in.
Carrots, baby Red/Orange pound 2.5 oz. ready-to-use Califlower, florets Other pound 1.75 oz. florets trimmed, ready-to-use Celery Other pound 2.8 oz. Celery Other pound 2.8 oz. Cucumber, diced, unpeeled Other pound 2.5 oz. Cucumber, sliced, unpeeled Other pound 2.5 oz. Cucumber, sticks, unpeeled Other pound 2.5 oz. Cucumber, sticks, unpeeled Other pound/sticks 2.7 oz. about 6 sticks sticks 3" x 3/4" Cucumber, sticks, peeled Other pound/sticks 2.6 oz. about 6 sticks sticks 3" x 3/4" Cucumber, sticks, peeled Other pound/sticks 2.6 oz. about 6 sticks sticks 3" x 3/4" Cucumber, sticks, peeled Other pound/sticks 2.6 oz. about 6 sticks sticks 3" x 3/4" Cucumber, sticks, peeled Other pound 2.4 oz. Kale, trimmed without stem*  Dark Green pound 1.3 oz. 1 cup Cettuce, Romaine*  Lettuce, Romaine*  Dark Green pound 1.3 oz. 1 cup Lettuce, Dark Green Leafy* Dark Green pound 2.2 oz. Lettuce, leeberg, chopped Other pound 2.2 oz. Lettuce, leeberg, shredded Other pound 2.2 oz. Peppers, Bell strips Various pound 1.75 oz. Peppers, Cherry Red/Orange pound/each 2.4 oz. Spinach* Dark Green pound 2.5 oz. 1 cup ready-to-use whole sicks 3 in. x 1/2 in.  Tomatoes, Cherry Red/Orange pound/sticks 2.5 oz. about 6 sticks sticks 3 in. x 1/2 in.  Tomatoes, Round, diced Red/Orange pound 3.7 oz. Tomatoes, Round, wedges Red/Orange pound 3.0 oz. Tomatoes, Round, wedges Red/Orange pound 3.0 oz. Tomatoes, Round, wedges Red/Orange pound 3.0 oz. Tomatoes, Round, slices Red/Orange pound 3.2 oz. Tomatoes, Sm-Med, slices Red/Orange pound 3.2 oz. Tomatoes, Cherry Red/Orange pound 3.2 oz. Tomatoes, Round, wedges Red/Orange pound 3.2 oz. Tomatoes, Sm-Med, slices Red/Orange pound 3.2 oz. Tomatoes, Cherry Red/Orange pound 3.2 oz. Tomatoes, Cherry Red/Orange pound 3.3 oz. Tomatoes, Cherry Red/Orange pound 3.2 oz. Tomatoes, Cherry Red/Orange pound 3.2 oz. Tomatoes, Cherry Red/Orange pound 3.3 oz. Tomatoes, Cherry Red/Orange pound 3.3 oz. Tomatoes, Cherry Red/Orange pound 3.3 oz. Tomatoes, C	Carrots, shredded	Red/Orange	pound	1.6 oz.		ready-to-use
Cauliflower, florets Other pound 1.75 oz. about 6 sticks Celery Other pound/sticks 2.2 oz. about 6 sticks Sticks 4 in. x 1/2 in.  Cucumber, diced, unpeeled Cucumber, sliced, unpeeled Other pound 2.5 oz. Cucumber, sticks, unpeeled Other pound/sticks 2.7 oz. about 6 sticks Sticks 3" x 3/4"  Cucumber, sticks, unpeeled Other pound/sticks 2.6 oz. about 6 sticks Sticks 3" x 3/4"  Cucumber, sticks, peeled Other pound/sticks 2.6 oz. about 6 sticks Sticks 3" x 3/4"  Jicama Starchy Dark Green pound 1.3 oz. 1 cup  Kale, trimmed without stem* Dark Green pound 2.6 oz. Lettuce, Romaine* Dark Green pound 1.3 oz. 1 cup  Lettuce, Dark Green Leafy* Dark Green pound 2.3 oz. Lettuce, leeberg, chopped Other pound 2.3 oz. Lettuce, leeberg, shredded Other pound 2.2 oz. Peppers, Bell strips Peppers, Cherry Red/Orange Red/Orange Red/Orange Pound/each 2.4 oz. Spinach* Dark Green pound 2.5 oz. about 6 sticks Sticks 3" x 3/4"  Jicama Starchy Dark Green pound 1.3 oz. 1 cup  Lettuce, leeberg, chopped Other pound 2.5 oz.  I cup  Red/Orange Red/Orange Pound/each 2.4 oz.  Spinach* Dark Green pound 2.5 oz. about 6 whole Squash, Summer, sliced Other pound 2.5 oz. about 6 sticks  Sticks 3 in. x 1/2 in.  Tomatoes, Cherry Red/Orange Pound/sticks Dark Green pound 3.7 oz.  Red/Orange Pound/sticks Dark Green pound 3.7 oz.  Red/Orange Pound/sticks Dark Green pound 3.7 oz.  Red/Orange Dound/each 2.6 oz. About 6 whole  Tomatoes, Round, diced Red/Orange Pound 3.7 oz. About 8 slices  I/8" thick slices of 2.5-2.75 " tomato Tomatoes, Sm-Med, slices Red/Orange Pound 2.5 oz.  Turnip, sticks Other Pound 2.5 oz.  Turnip, sticks Other Pound 2.5 oz.  Turnip, diced or cubed Other Pound 2.5 oz.	Carrots, sliced	Red/Orange	pound	2.5 oz.		ready-to-use
Celery         Other         pound/sticks         2.2 oz.         about 6 sticks         sticks 4 in. x 1/2 in.           Cucumber, diced, unpeeled         Other         pound         2.8 oz.         Cucumber, sticks, unpeeled         Other         pound/sticks         2.7 oz.         about 6 sticks         sticks 3" x 3/4"           Cucumber, sticks, unpeeled         Other         pound/sticks         2.6 oz.         about 6 sticks         sticks 3" x 3/4"           Cucumber, sticks, peeled         Other         pound/sticks         2.6 oz.         about 6 sticks         sticks 3" x 3/4"           Jicama         Starchy         pound         2.4 oz.         peeled, ready-to-use           Kale, trimmed without stem*         Dark Green         pound         1.3 oz.         1 cup           Kohlrabi, chunks or sticks         Other         pound         2.6 oz.         tetuce, Romaine*         Dark Green         pound         2.0 oz.           Lettuce, Romaine*         Dark Green         pound         2 oz.         1 cup         tetuce, leberg, chopped         Other         pound         2 oz.         1 cup         tetuce, leberg, shredded         Other         pound         2 oz.         about 6 whole         whole with stem         teady-to-use         pound/each         2 oz.         about 6 whole </td <td>Carrots, baby</td> <td>Red/Orange</td> <td>pound</td> <td>2.5 oz.</td> <td></td> <td>ready-to-use</td>	Carrots, baby	Red/Orange	pound	2.5 oz.		ready-to-use
Cucumber, diced, unpeeled Cucumber, sliced, unpeeled Cucumber, slicks, unpeeled Cucumber, sticks, peeled Other pound/sticks 2.6 oz. about 6 sticks sticks 3" x 3/4"  Jicama Starchy Dark Green Pound Starchy Pound Starchy Feeled Dark Green Pound Starchy Feeled Dark Green Pound Dark Green Dound Dark Green Pound Dark Green Dound Dork Dound Dark Green Dound Dork Dound Dound Dork Dound	Cauliflower, florets	Other	pound	1.75 oz.		florets trimmed, ready-to-use
Cucumber, sliced, unpeeled Cucumber, sticks, unpeeled Cucumber, sticks, unpeeled Cucumber, sticks, unpeeled Cucumber, sticks, peeled Other pound/sticks Cucumber, sticks, peeled Other pound Cucumber, sticks Cucumber	Celery	Other	pound/sticks	2.2 oz.	about 6 sticks	sticks 4 in. x 1/2 in.
Cucumber, sticks, unpeeled Cucumber, sticks, peeled Other pound/sticks Cucumber, sticks, peeled Other pound Cucumber, sticks, peeled Other pound Cucumber, sticks Cucumber, sticks, peeled Other pound Cucumber, sticks Cucumber, stick	Cucumber, diced, unpeeled	Other	pound	2.8 oz.		
Cucumber, sticks, peeled  Jicama  Starchy  Dark Green  Dound  Dou	Cucumber, sliced, unpeeled	Other	pound	2.5 oz.		
Jicama Starchy pound 2.4 oz. peeled, ready-to-use Kale, trimmed without stem* pound 1.3 oz. 1 cup Kohlrabi, chunks or sticks Other pound 2.6 oz. Lettuce, Romaine* Dark Green pound 1.3 oz. 1 cup Lettuce, Dark Green Leafy* Dark Green pound 2.3 oz. 1 cup Lettuce, leberg, chopped Other pound 2.3 oz. Lettuce, leberg, shredded Other pound 2.2 oz. Peppers, Bell strips Various pound 1.75 oz. ready-to-use Peppers, Cherry Red/Orange pound/each 2 oz. about 6 whole whole with stem Radishes Other pound 2.3 oz. Spinach* Dark Green pound 2.5 oz. 1 cup ready-to-use, trimmed Squash, Summer, sliced Other pound 2.3 oz. Squash, Summer, sticks Other pound/sticks 2.5 oz. about 6 sticks sticks 3 in. x 1/2 in. Tomatoes, Cherry Red/Orange pound/each 2.6 oz. about 6 whole Tomatoes, Round, diced Red/Orange pound 3.7 oz. diced Tomatoes, Sm-Med, slices Red/Orange pound 3.3 oz. about 10 slices 1/8" thick slices of 2.5 2.75 " tomato Turnip, sticks Other pound 2.5 oz. about 8 slices 1/8" thick slices of 2.5 2.75 " tomato Turnip, sticks Other pound 2.5 oz. about 8 slices 1/8" thick slices of 2.5 2.75 " tomato Turnip, sticks Other pound 2.5 oz.	Cucumber, sticks, unpeeled	Other	pound/sticks	2.7 oz.	about 6 sticks	sticks 3" x 3/4"
Kale, trimmed without stem*  Kohlrabi, chunks or sticks  Other  Dark Green  Dound  Dound	Cucumber, sticks, peeled	Other	pound/sticks	2.6 oz.	about 6 sticks	sticks 3" x 3/4"
Kohlrabi, chunks or sticks  Lettuce, Romaine*  Dark Green  Dark Gr	Jicama	Starchy	pound	2.4 oz.		peeled, ready-to-use
Lettuce, Romaine* Lettuce, Dark Green Leafy* Lettuce, Iceberg, chopped Lettuce, Iceberg, shredded Other pound 2.3 oz. Lettuce, Iceberg, shredded Other pound 2.2 oz. Peppers, Bell strips Various pound 1.75 oz. Peppers, Cherry Red/Orange pound/each 2.4 oz. Spinach* Squash, Summer, sliced Other pound 2.3 oz. Squash, Summer, sticks Other pound/sticks Other pound/sticks Tomatoes, Cherry Red/Orange pound/each 2.6 oz. About 6 whole whole whole whole whole with stem  2.5 oz. 1 cup ready-to-use, trimmed 2.5 oz. 1 cup ready-to-use, trimmed 2.3 oz. Squash, Summer, sticks Other pound/sticks Sticks 3 in. x 1/2 in. Tomatoes, Cherry Red/Orange pound/each Tomatoes, Round, diced Red/Orange pound 3.7 oz. About 6 whole Tomatoes, Round, wedges Tomatoes, Round, wedges Red/Orange pound 3.7 oz. About 6 whole Tomatoes, Round, slices Red/Orange pound 3.2 oz. About 10 slices 1/8" thick slices of 2.5-2.75" tomato Turnip, sticks Other pound 2.3 oz. Turnip, diced or cubed Other pound 2.3 oz.	Kale, trimmed without stem*	Dark Green	pound	1.3 oz.	1 cup	
Lettuce, Dark Green Leafy* Lettuce, Iceberg, chopped Other pound 2.3 oz. Lettuce, Iceberg, shredded Other pound 2.2 oz. Peppers, Bell strips Peppers, Cherry Red/Orange pound/each 2.4 oz. Spinach* Squash, Summer, sliced Other pound 2.3 oz.  Squash, Summer, sticks Other pound/sticks Tomatoes, Cherry Red/Orange pound/each Tomatoes, Round, wedges Tomatoes, Sm-Med, slices Red/Orange pound Red/Orange	Kohlrabi, chunks or sticks	Other	pound	2.6 oz.		
Lettuce, Iceberg, chopped Other pound Dettuce, Iceberg, shredded Dettuce, Iceberg, shredded Other pound Dettuce, Iceberg, shredded Dettuce, Iceberg, shout, 6 whole Dettuce, Iceberg, shredded Dettuce, Iceberg, shout, 6 whole Dettuce, Iceberg, shredded Dettuce, Iceberg, shredded Dettuce, Iceberg, shout, 6 whole Dettuce, Iceberg, shredded Dettuce, Iceberg, shout, 6 whole Dettuce, Iceberg, shredded Dettuce, Iceberg, shout, 6 whole Dettuce, Iceberg, shredded, Iceberg, Ice	Lettuce, Romaine*	Dark Green	pound	1.3 oz.	1 cup	
Lettuce, Iceberg, shredded  Other pound 2.2 oz.  Peppers, Bell strips Various pound 1.75 oz.  Peppers, Cherry Red/Orange pound/each 2 oz. about 6 whole whole whole with stem  Radishes  Other pound/each 2.4 oz.  Spinach*  Squash, Summer, sliced Other pound 2.3 oz.  Squash, Summer, sticks Other pound/sticks 2.5 oz. about 6 sticks sticks 3 in. x 1/2 in.  Tomatoes, Cherry Red/Orange pound 3.7 oz.  Tomatoes, Round, diced Red/Orange pound 3.7 oz.  Tomatoes, Round, wedges Red/Orange pound 3.3 oz.  Tomatoes, Sm-Med, slices Red/Orange pound 3.2 oz. about 8 slices 1/8" thick slices of 2.5-2.75 " tomato  Tomatoes, Large, slices Red/Orange pound 2.5 oz.  Turnip, sticks Other pound 2.3 oz.  Turnip, diced or cubed Other pound 2.3 oz.	Lettuce, Dark Green Leafy*	Dark Green	pound	2 oz.	1 cup	
Peppers, Bell strips	Lettuce, Iceberg, chopped	Other	pound	2.3 oz.		
Peppers, CherryRed/Orangepound/each2 oz.about 6 wholewhole with stemRadishesOtherpound/each2.4 oz.Spinach*Dark Greenpound2.5 oz.1 cupready-to-use, trimmedSquash, Summer, slicedOtherpound2.3 oz.Squash, Summer, sticksOtherpound/sticks2.5 oz.about 6 stickssticks 3 in. x 1/2 in.Tomatoes, CherryRed/Orangepound/each2.6 oz.about 6 wholeTomatoes, Round, dicedRed/Orangepound3.7 oz.dicedTomatoes, Round, wedgesRed/Orangepound3 oz.half-inch wedgesTomatoes, Sm-Med, slicesRed/Orangepound3.3 oz.about 10 slices1/8" thick slices of 2.25" tomatoTomatoes, Large, slicesRed/Orangepound3.2 oz.about 8 slices1/8" thick slices of 2.5-2.75 " tomatoTurnip, sticksOtherpound2.5 oz.1/8" thick slices of 2.5-2.75 " tomatoTurnip, diced or cubedOtherpound2.3 oz.	Lettuce, Iceberg, shredded	Other	pound	2.2 oz.		
Radishes  Other pound/each 2.4 oz.  Spinach*  Dark Green pound 2.5 oz. 1 cup ready-to-use, trimmed  Squash, Summer, sliced Other pound 2.3 oz.  Squash, Summer, sticks Other pound/sticks 2.5 oz. about 6 sticks sticks 3 in. x 1/2 in.  Tomatoes, Cherry Red/Orange pound/each 2.6 oz. about 6 whole  Tomatoes, Round, diced Red/Orange pound 3.7 oz. diced  Tomatoes, Round, wedges Red/Orange pound 3 oz. half-inch wedges  Tomatoes, Sm-Med, slices Red/Orange pound 3.3 oz. about 10 slices 1/8" thick slices of 2.25" tomato  Tomatoes, Large, slices Red/Orange pound 2.5 oz.  Turnip, sticks Other pound 2.5 oz.  Turnip, diced or cubed Other pound 2.3 oz.	Peppers, Bell strips	Various	pound	1.75 oz.		ready-to-use
Spinach* Squash, Summer, sliced Other pound Squash, Summer, sticks Other pound/sticks Other pound/sticks Tomatoes, Cherry Red/Orange pound/each Tomatoes, Round, diced Red/Orange pound Tomatoes, Sm-Med, slices Red/Orange pound R	Peppers, Cherry	Red/Orange	pound/each	2 oz.	about 6 whole	whole with stem
Squash, Summer, sliced  Squash, Summer, sticks  Other pound/sticks  2.5 oz. about 6 sticks  sticks 3 in. x 1/2 in.  Tomatoes, Cherry  Red/Orange pound/each  Tomatoes, Round, diced  Red/Orange pound  3.7 oz.  Tomatoes, Round, wedges  Red/Orange pound  3 oz.  Tomatoes, Sm-Med, slices  Red/Orange pound  3.3 oz. about 10 slices  1/8" thick slices of 2.25" tomato  Tomatoes, Large, slices  Red/Orange pound  3.2 oz. about 8 slices  1/8" thick slices of 2.5-2.75" tomato  Turnip, sticks  Other pound  2.3 oz.  Turnip, diced or cubed  Other pound  Other po	Radishes	Other	pound/each	2.4 oz.		
Squash, Summer, sticks  Other pound/sticks 2.5 oz. about 6 sticks sticks 3 in. x 1/2 in.  Tomatoes, Cherry Red/Orange pound/each 2.6 oz. about 6 whole  Tomatoes, Round, diced Red/Orange pound 3.7 oz. diced  Tomatoes, Round, wedges Red/Orange pound 3 oz. half-inch wedges  Tomatoes, Sm-Med, slices Red/Orange pound 3.3 oz. about 10 slices 1/8" thick slices of 2.25" tomato  Tomatoes, Large, slices Red/Orange pound 3.2 oz. about 8 slices 1/8" thick slices of 2.5-2.75 " tomato  Turnip, sticks Other pound 2.5 oz.  Turnip, diced or cubed Other pound 2.3 oz.	Spinach*	Dark Green	pound	2.5 oz.	1 cup	ready-to-use, trimmed
Tomatoes, Cherry Red/Orange pound/each 2.6 oz. about 6 whole Tomatoes, Round, diced Red/Orange pound 3.7 oz. diced Tomatoes, Round, wedges Red/Orange pound 3 oz. half-inch wedges Tomatoes, Sm-Med, slices Red/Orange pound 3.3 oz. about 10 slices 1/8" thick slices of 2.25" tomato Tomatoes, Large, slices Red/Orange pound 3.2 oz. about 8 slices 1/8" thick slices of 2.5-2.75 " tomato Turnip, sticks Other pound 2.5 oz. Turnip, diced or cubed Other pound 2.3 oz.	Squash, Summer, sliced	Other	pound	2.3 oz.		
Tomatoes, Round, diced Red/Orange pound 3.7 oz. diced Tomatoes, Round, wedges Red/Orange pound 3 oz. half-inch wedges Tomatoes, Sm-Med, slices Red/Orange pound 3.3 oz. about 10 slices 1/8" thick slices of 2.25" tomato Tomatoes, Large, slices Red/Orange pound 3.2 oz. about 8 slices 1/8" thick slices of 2.5-2.75 " tomato Turnip, sticks Other pound 2.5 oz. Turnip, diced or cubed Other pound 2.3 oz.	Squash, Summer, sticks	Other	pound/sticks	2.5 oz.	about 6 sticks	sticks 3 in. x 1/2 in.
Tomatoes, Round, wedges Red/Orange pound 3 oz. half-inch wedges Tomatoes, Sm-Med, slices Red/Orange pound 3.3 oz. about 10 slices 1/8" thick slices of 2.25" tomato 3.2 oz. about 8 slices 1/8" thick slices of 2.5-2.75 " tomato Turnip, sticks Other pound 2.5 oz. Turnip, diced or cubed Other pound 2.3 oz.	Tomatoes, Cherry	Red/Orange	pound/each	2.6 oz.	about 6 whole	
Tomatoes, Sm-Med, slices Red/Orange pound 3.3 oz. about 10 slices 1/8" thick slices of 2.25" tomato Tomatoes, Large, slices Red/Orange pound 3.2 oz. about 8 slices 1/8" thick slices of 2.5-2.75 " tomato Turnip, sticks Other pound 2.5 oz. Turnip, diced or cubed Other pound 2.3 oz.	Tomatoes, Round, diced	Red/Orange	pound	3.7 oz.		diced
Tomatoes, Large, slices Red/Orange pound 3.2 oz. about 8 slices 1/8" thick slices of 2.5-2.75 " tomato Turnip, sticks Other pound 2.5 oz. Turnip, diced or cubed Other pound 2.3 oz.	Tomatoes, Round, wedges	Red/Orange	pound	3 oz.		half-inch wedges
Turnip, sticks Other pound 2.5 oz.  Turnip, diced or cubed Other pound 2.3 oz.	Tomatoes, Sm-Med, slices	Red/Orange	pound	3.3 oz.	about 10 slices	1/8" thick slices of 2.25" tomato
Turnip, diced or cubed Other pound 2.3 oz.	Tomatoes, Large, slices	Red/Orange	pound	3.2 oz.	about 8 slices	1/8" thick slices of 2.5-2.75 " tomato
	Turnip, sticks	Other	pound	2.5 oz.		
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\*Leafy Greens: portion indicated credits as 1/2 cup. Leafy greens credit at half the volume. 1 cup greens credits as 1/2 cup vegetable.

Food Buying Guide:http://www.fns.usda.gov/tn/food-buying-guide-school-meal-program