

Vegetable Subgroups*	Amount that counts as 1 cup of vegetables	Amount that counts as ½ cup of vegetables
Dark Green Vegetables		
Broccoli	1 cup chopped or florets 3 spears 5" long raw or cooked	½ cup chopped or florets raw or cooked
Greens (collards, mustard greens, turnip greens, kale)	1 cup cooked	½ cup cooked
Spinach	1 cup cooked 2 cups raw = 1 cup vegetables	½ cup cooked 1 cup raw = ½ cup vegetables
Raw leafy greens (spinach, romaine, watercress, dark green leafy lettuce, endive, escarole)	2 cups raw = 1 cup vegetables	1 cup raw = ½ cup vegetables
Red and Orange Vegetables		
Carrots	1 cup, strips, slices or chopped, raw or cooked 2 medium carrots 1 cup baby carrots (about 12)	½ cup, strips, slices or chopped, raw or cooked 1 medium carrot About 6 baby carrots
Pumpkin	1 cup mashed, cooked	½ cup mashed, cooked
Red Peppers	1 cup chopped, raw or cooked 1 large pepper (3" diameter, 3 ¾" long)	1 small pepper
Tomatoes	1 large raw whole (3" diameter) 1 cup chopped or sliced, raw, canned or cooked	1 small raw whole (2 ¼" diameter) ½ cup chopped or sliced, raw, canned or cooked
Tomato Juice	1 cup	½ cup
Sweet Potato	1 large baked (2 ¼" or more diameter) 1 cup sliced or mashed, cooked	½ cup sliced or mashed, cooked
Winter Squash (acorn, butternut, hubbard)	1 cup cubed, cooked	½ acorn squash, baked = ¾ cup

Vegetable Subgroups*	Amount that counts as 1 cup of vegetables	Amount that counts as ½ cup of vegetables
Beans and Peas		
Dry beans and peas (such as black, garbanzo, kidney, pinto or soy beans, or black-eyed peas or split peas)	1 cup whole or mashed, cooked	½ cup whole or mashed, cooked
Starchy Vegetables		
Corn, yellow or white	1 cup 1 large ear (8" to 9")	½ cup 1 small ear (about 6" long)
Green peas	1 cup	½ cup
White Potatoes	1 cup diced, mashed 1 medium broiled or baked potato (2 ½" to 3" diameter) French fries: 20 medium to long strips (2 ½" to 4" long)	½ cup diced, mashed French fries: 10 medium to long strips (2 ½" to 4" long)
Other Vegetables		
Bean Sprouts	1 cup cooked	½ cup cooked
Cabbage, green	1 cup, chopped or shredded, raw or cooked	½ cup, chopped or shredded, raw or cooked
Cauliflower	1 cup pieces or florets, raw or cooked	½ cup pieces or florets, raw or cooked
Celery	1 cup, diced or sliced, raw or cooked 2 large stalks (11" to 12" long)	½ cup, diced or sliced, raw or cooked 1 large stalk (11" to 12" long)
Cucumbers	1 cup raw, sliced or chopped	½ cup raw, sliced or chopped
Green or wax beans	1 cup cooked	½ cup cooked
Green Peppers	1 cup chopped, raw or cooked 1 large pepper (3" diameter, 3 ¾ " long)	½ cup chopped, raw or cooked 1 small pepper
Lettuce, iceberg or head	2 cups raw, shredded or chopped = 1 cup or vegetables	1 cup raw, shredded or chopped = ½ cup vegetables
Mushrooms	1 cup raw or cooked	½ cup raw or cooked
Onions	1 cup chopped, raw or cooked	½ cup chopped, raw or cooked
Summer squash or zucchini	1 cup cooked, sliced or diced	½ cup cooked, sliced or diced

* The minimum creditable serving amount is 1/8 cup. In offer vs. serve, students must select a fruit component or a vegetable component for the meal to be reimbursable. The full amount of the component **must** be offered to the student; however the student may select a ½ cup serving of the fruit or vegetable component in a reimbursable meal.