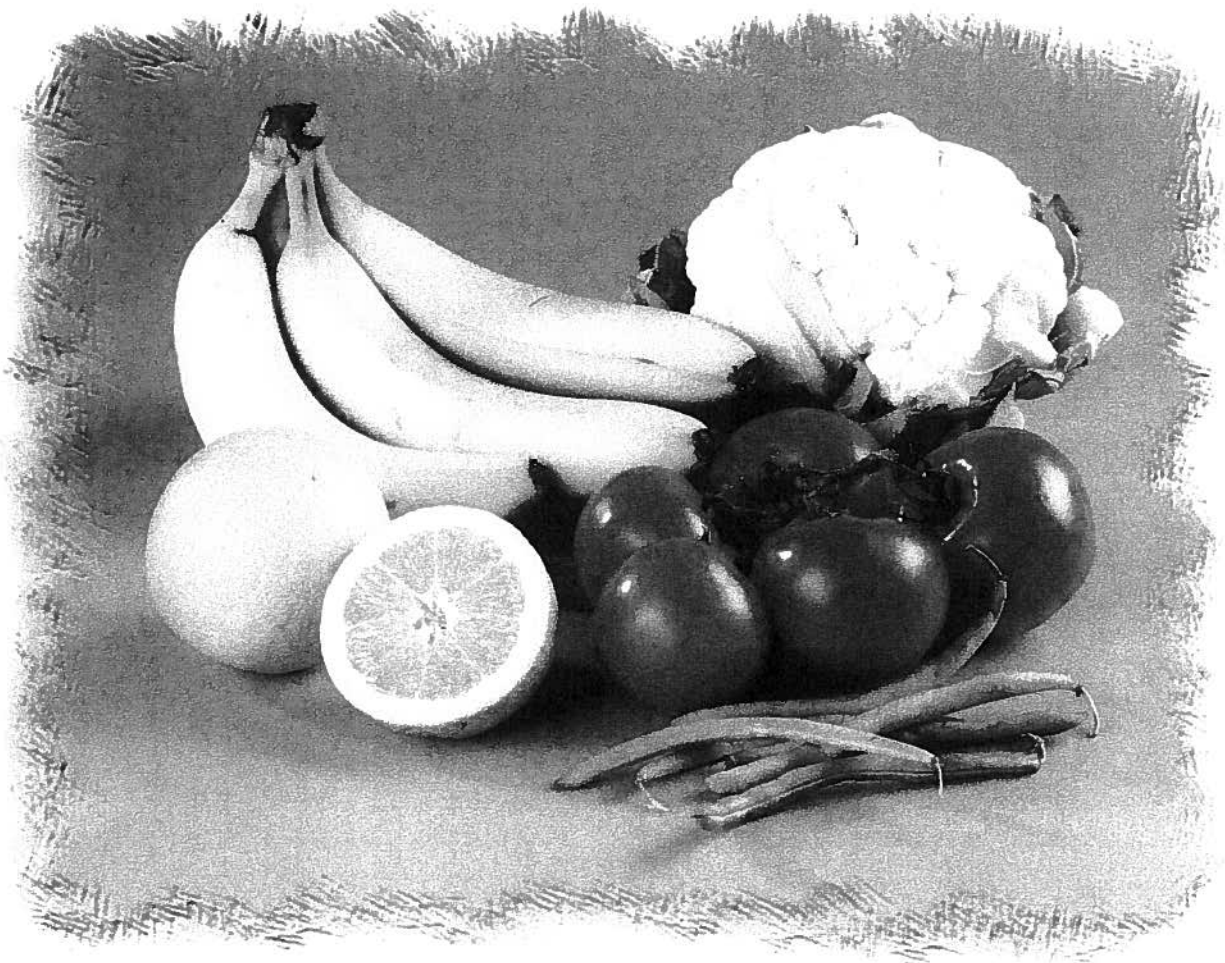


Vegetables

NOTE: The lower half of each page in the Vegetable section is calculated for 1/2 cup portions. This meets all of the breakfast requirement for adults and children 6–12 years old and part of the 3/4 cup total required at lunch, supper, and snack.



Avacados: fresh

Purchase Unit: pound

Serving Size: 1/4 cup, raw, mashed

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	11.75
7	1.50	70	13.75
8	1.75	80	15.75
9	2.00	90	17.75
		100	19.75

Avacados: fresh

Purchase Unit: pound

Serving Size: 1/2 cup, raw, mashed

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	4.00
2	1.00	20	8.00
3	1.25	30	11.75
4	1.75	40	15.75
5	2.00	50	19.75
6	2.50	60	23.75
7	2.75	70	27.50
8	3.25	80	31.50
9	3.75	90	35.50
		100	39.25

Avacados: fresh

Purchase Unit: pound

Serving Size: 1/4 cup, raw, sliced

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	2.75
3	.50	30	4.00
4	.75	40	5.50
5	.75	50	6.75
6	1.00	60	8.00
7	1.00	70	9.50
8	1.25	80	10.75
9	1.25	90	12.00
		100	13.50

Avacados: fresh

Purchase Unit: pound

Serving Size: 1/2 cup, raw, sliced

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	2.75
2	.75	20	5.50
3	1.00	30	8.00
4	1.25	40	10.75
5	1.50	50	13.50
6	1.75	60	16.00
7	2.00	70	18.75
8	2.25	80	21.50
9	2.50	90	24.00
		100	26.75

Beans, Garbanzo: canned, drained

Purchase Unit: #300 can (15 ounces)

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.25	90	13.50
		100	15.00

Beans, Garbanzo: canned, drained

Purchase Unit: #300 can (15 ounces)

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.50	10	3.00
2	.75	20	6.00
3	1.00	30	9.00
4	1.25	40	12.00
5	1.50	50	15.00
6	1.75	60	18.00
7	2.25	70	21.00
8	2.50	80	24.00
9	2.75	90	27.00
		100	30.00

Beans, Great Northern, Kidney, or Pinto: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.75
4	.50	40	3.50
5	.50	50	4.50
6	.50	60	5.25
7	.75	70	6.25
8	.75	80	7.00
9	1.00	90	7.75
		100	8.75

Beans, Great Northern, Kidney, or Pinto: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Beans, Great Northern, Kidney, or Pinto: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Beans, Great Northern, Kidney, or Pinto: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Beans, Great Northern, Kidney, or Pinto: dry

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.50
9	.50	90	3.75
		100	4.25

Beans, Great Northern, Kidney, or Pinto: dry

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.50
5	.50	50	4.25
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.75
9	.75	90	7.50
		100	8.25

Beans, Green: canned, cut

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.25
5	.50	50	4.00
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.50
9	.75	90	7.25
		100	8.00

Beans, Green: canned, cut

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	5.00
4	.75	40	6.50
5	1.00	50	8.00
6	1.00	60	9.75
7	1.25	70	11.25
8	1.50	80	13.00
9	1.50	90	14.50
		100	16.00

Beans, Green: canned, cut

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Beans, Green: canned, cut

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	2.75
7	.50	70	3.25
8	.50	80	3.75
9	.50	90	4.25
		100	4.75

Beans, Green: canned, french-style

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	8.00
9	1.00	90	9.00
		100	10.00

Beans, Green: canned, french-style

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	12.00
7	1.50	70	14.00
8	1.75	80	16.00
9	2.00	90	18.00
		100	20.00

Beans, Green: canned, french-style

Purchase Unit: #10 cans

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	1.75
7	.25	70	2.00
8	.25	80	2.25
9	.25	90	2.50
		100	3.00

Beans, Green: canned, french-style

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.50	50	3.00
6	.50	60	3.50
7	.50	70	4.00
8	.50	80	4.50
9	.50	90	5.25
		100	5.75

Beans, Green: fresh

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.25	30	2.75
4	.50	40	3.75
5	.50	50	4.50
6	.75	60	5.50
7	.75	70	6.50
8	.75	80	7.25
9	1.00	90	8.25
		100	9.00

Beans, Green: fresh

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.25
5	1.00	50	9.00
6	1.25	60	11.00
7	1.25	70	12.75
8	1.50	80	14.50
9	1.75	90	16.25
		100	18.00

Beans, Green: frozen, cut

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.75
4	.50	40	3.50
5	.50	50	4.50
6	.50	60	5.25
7	.75	70	6.25
8	.75	80	7.00
9	1.00	90	8.00
		100	8.75

Beans, Green: frozen, cut

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.25
4	.75	40	7.00
5	1.00	50	8.75
6	1.25	60	10.50
7	1.25	70	12.25
8	1.50	80	14.00
9	1.75	90	15.75
		100	17.50

Beans, Green: frozen, french-style

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.50
5	.50	50	4.25
6	.50	60	5.00
7	.75	70	6.00
8	.75	80	6.75
9	.75	90	7.50
		100	8.50

Beans, Green: frozen, french-style

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.00
4	.75	40	6.75
5	1.00	50	8.50
6	1.00	60	10.00
7	1.25	70	11.75
8	1.50	80	13.50
9	1.50	90	15.00
		100	16.75

Beans, Lima: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.00
4	.25	40	2.75
5	.50	50	3.25
6	.50	60	4.00
7	.50	70	4.50
8	.50	80	5.25
9	.75	90	5.75
		100	6.50

Beans, Lima: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.25	20	2.75
3	.50	30	4.00
4	.50	40	5.25
5	.75	50	6.50
6	.75	60	7.75
7	1.00	70	9.00
8	1.00	80	10.25
9	1.25	90	11.50
		100	13.00

Beans, Lima: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Beans, Lima: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Beans, Lima: frozen

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	2.75
4	.50	40	3.75
5	.50	50	4.75
6	.75	60	5.50
7	.75	70	6.50
8	.75	80	7.50
9	1.00	90	8.50
		100	9.25

Beans, Lima: frozen

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.50
5	1.00	50	9.25
6	1.25	60	11.25
7	1.50	70	13.00
8	1.50	80	14.75
9	1.75	90	16.75
		100	18.50

Beans: Pork and Beans or Beans Baked in Sauce

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.75
6	.50	60	4.50
7	.75	70	5.25
8	.75	80	6.00
9	.75	90	6.75
		100	7.50

Beans: Pork and Beans or Beans Baked in Sauce

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Beans: Pork and Beans or Beans Baked in Sauce

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.00
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.00

Beans: Pork and Beans or Beans Baked in Sauce

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00

Beans, Refried: canned

Purchase Unit: #300 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.25
4	.75	40	5.75
5	.75	50	7.25
6	1.00	60	8.50
7	1.00	70	10.00
8	1.25	80	11.50
9	1.25	90	12.75
		100	14.25

Beans, Refried: canned

Purchase Unit: #300 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.50	10	3.00
2	.75	20	5.75
3	1.00	30	8.50
4	1.25	40	11.50
5	1.50	50	14.25
6	1.75	60	17.00
7	2.00	70	19.75
8	2.25	80	22.75
9	2.75	90	25.50
		100	28.25

Beans, Refried: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.75
6	.50	60	4.50
7	.75	70	5.25
8	.75	80	6.00
9	.75	90	6.75
		100	7.50

Beans, Refried: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Beans, Refried: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.00
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.00

Beans, Refried: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00

Beets: canned, diced

Purchase Unit: #303 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.25
4	.75	40	5.75
5	.75	50	7.25
6	1.00	60	8.50
7	1.00	70	10.00
8	1.25	80	11.50
9	1.50	90	12.75
		100	14.25

Beets: canned, diced

Purchase Unit: #303 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.50	10	3.00
2	.75	20	5.75
3	1.00	30	8.75
4	1.25	40	11.50
5	1.50	50	14.25
6	1.75	60	17.25
7	2.00	70	20.00
8	2.50	80	23.00
9	2.75	90	25.75
		100	28.50

Beets: canned, diced

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.25

Beets: canned, diced

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.50
9	.50	90	4.00
		100	4.25

Beets: canned, sliced

Purchase Unit: #303 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.25	10	1.50
2	.50	20	3.25
3	.50	30	4.75
4	.75	40	6.25
5	.75	50	7.75
6	1.00	60	9.25
7	1.25	70	10.75
8	1.25	80	12.25
9	1.50	90	13.75
		100	15.25

Beets: canned, sliced

Purchase Unit: #303 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.50	10	3.25
2	.75	20	6.25
3	1.00	30	9.25
4	1.25	40	12.25
5	1.50	50	15.25
6	2.00	60	18.25
7	2.25	70	21.50
8	2.50	80	24.50
9	2.75	90	27.50
		100	30.50

Beets: canned, sliced

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Beets: canned, sliced

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	2.75
7	.50	70	3.25
8	.50	80	3.75
9	.50	90	4.25
		100	4.75

Bell Peppers, Green: raw, diced

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	8.00
9	1.00	90	9.00
		100	10.00

Bell Peppers, Green: raw, diced

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	12.00
7	1.50	70	14.00
8	1.75	80	16.00
9	2.00	90	18.00
		100	20.00

Bell Peppers, Green: raw, sliced in strips

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.50
5	.50	50	3.00
6	.50	60	3.75
7	.50	70	4.25
8	.50	80	4.75
9	.50	90	5.50
		100	6.00

Bell Peppers, Green: raw, sliced in strips

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.75
3	.50	30	4.00
4	.50	40	5.25
5	.75	50	6.50
6	.75	60	7.75
7	1.00	70	9.25
8	1.00	80	10.50
9	1.25	90	11.75
		100	13.00

Broccoli: fresh

Purchase Unit: pound

Serving Size: 1/4 cup, **cooked**

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	8.00
9	1.00	90	9.00
		100	10.00

Broccoli: fresh

Purchase Unit: pound

Serving Size: 1/2 cup, **cooked**

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	11.75
7	1.50	70	13.75
8	1.75	80	15.75
9	1.75	90	17.75
		100	19.75

Broccoli: fresh

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.25
5	.50	50	5.25
6	.75	60	6.25
7	.75	70	7.25
8	1.00	80	8.25
9	1.00	90	9.50
		100	10.50

(Note: One pound of raw broccoli florets (no waste) yields 17, 1/4 cup portions.)

Broccoli: fresh

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.25
4	1.00	40	8.25
5	1.25	50	10.50
6	1.25	60	12.50
7	1.50	70	14.50
8	1.75	80	16.50
9	2.00	90	18.75
		100	20.75

Broccoli: frozen, spears, cut or chopped

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.25
5	.50	50	5.25
6	.75	60	6.25
7	.75	70	7.50
8	1.00	80	8.50
9	1.00	90	9.50
		100	10.50

Broccoli: frozen, spears, cut or chopped

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.25
4	1.00	40	8.50
5	1.25	50	10.50
6	1.25	60	12.50
7	1.50	70	14.75
8	1.75	80	16.75
9	2.00	90	18.75
		100	21.00

Cabbage: chopped with dressing (coleslaw)

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.25	30	2.75
4	.50	40	3.75
5	.50	50	4.50
6	.75	60	5.50
7	.75	70	6.50
8	.75	80	7.25
9	1.00	90	8.25
		100	9.00

Cabbage: chopped with dressing (coleslaw)

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.25
5	1.00	50	9.00
6	1.25	60	11.00
7	1.25	70	12.75
8	1.50	80	14.50
9	1.75	90	16.25
		100	18.00

Cabbage: fresh

Purchase Unit: pound

Serving Size: 1/4 cup, **cooked**

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.75
6	.50	60	4.50
7	.50	70	5.25
8	.75	80	6.00
9	.75	90	6.75
		100	7.50

Cabbage: fresh

Purchase Unit: pound

Serving Size: 1/2 cup, **cooked**

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	8.75
7	1.00	70	10.25
8	1.25	80	11.75
9	1.50	90	13.25
		100	14.75

Cabbage: fresh

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.50	50	3.00
6	.50	60	3.50
7	.50	70	4.00
8	.50	80	4.75
9	.75	90	5.25
		100	5.75

Cabbage: fresh

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds and adults participating in adult day care centers and at breakfast for children 6 to 12 years old. Meets part of the Fruit/Vegetable component at lunch and supper for adults participating in adult day care centers and at snack, lunch, and supper for children 6 to 12 years old.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	3.50
4	.50	40	4.75
5	.50	50	5.75
6	.75	60	7.00
7	.75	70	8.00
8	1.00	80	9.25
9	1.25	90	10.25
		100	11.50

Carrots: canned, sliced or diced

Purchase Unit: #303 can

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.25
4	.75	40	5.75
5	.75	50	7.00
6	1.00	60	8.50
7	1.00	70	9.75
8	1.25	80	11.25
9	1.25	90	12.50
		100	14.00

Carrots: canned, sliced or diced

Purchase Unit: #303 can

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.50	10	3.00
2	.75	20	5.75
3	1.00	30	8.50
4	1.25	40	11.25
5	1.50	50	14.00
6	1.75	60	16.75
7	2.00	70	19.50
8	2.25	80	22.25
9	2.50	90	25.00
		100	28.00

Carrots: canned, sliced or diced

Purchase Unit: #10 can

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	1.75
9	.25	90	2.00
		100	2.25

Carrots: canned, sliced or diced

Purchase Unit: #10 can

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.75
7	.50	70	3.25
8	.50	80	3.50
9	.50	90	4.00
		100	4.50

Carrots: fresh

Purchase Unit: pound

Serving Size: 1/4 cup, **cooked, slices**

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	3.75
4	.50	40	4.75
5	.75	50	6.00
6	.75	60	7.25
7	1.00	70	8.50
8	1.00	80	9.50
9	1.25	90	10.75
		100	12.00

Carrots: fresh

Purchase Unit: pound

Serving Size: 1/2 cup, **cooked, slices**

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.50
2	.50	20	4.75
3	.75	30	7.25
4	1.00	40	9.50
5	1.25	50	12.00
6	1.50	60	14.50
7	1.75	70	16.75
8	2.00	80	19.25
9	2.25	90	21.50
		100	24.00

Carrots: fresh, shredded

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.50
6	.50	60	4.25
7	.50	70	5.00
8	.75	80	5.75
9	.75	90	6.50
		100	7.00

Carrots: fresh, shredded

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.25
4	.75	40	5.75
5	.75	50	7.00
6	1.00	60	8.50
7	1.00	70	10.00
8	1.25	80	11.25
9	1.25	90	12.75
		100	14.00

Carrots: fresh, sticks, or baby carrots

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	7.75
9	1.00	90	8.75
		100	9.75

Carrots: fresh, sticks, or baby carrots

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	7.75
5	1.00	50	9.75
6	1.25	60	11.75
7	1.50	70	13.75
8	1.75	80	15.50
9	1.75	90	17.50
		100	19.50

Carrots: frozen, sliced

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	4.75
6	.75	60	5.75
7	.75	70	6.75
8	.75	80	7.75
9	1.00	90	8.75
		100	9.50

Carrots: frozen, sliced

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	5.75
4	.75	40	7.75
5	1.00	50	9.50
6	1.25	60	11.50
7	1.50	70	13.50
8	1.50	80	15.25
9	1.75	90	17.25
		100	19.00

Cauliflower: fresh

Purchase Unit: pound

Serving Size: 1/4 cup, **cooked**

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.50
4	.50	40	4.50
5	.75	50	5.75
6	.75	60	7.00
7	1.00	70	8.00
8	1.00	80	9.25
9	1.00	90	10.25
		100	11.50

Cauliflower: fresh

Purchase Unit: pound

Serving Size: 1/2 cup, **cooked**

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	7.00
4	1.00	40	9.25
5	1.25	50	11.50
6	1.50	60	13.75
7	1.75	70	16.00
8	2.00	80	18.25
9	2.25	90	20.50
		100	22.75

Cauliflower: fresh

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.25
5	.50	50	4.25
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.50
9	.75	90	7.50
		100	8.25

Cauliflower: fresh

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	5.00
4	.75	40	6.50
5	1.00	50	8.25
6	1.00	60	9.75
7	1.25	70	11.50
8	1.50	80	13.00
9	1.50	90	14.75
		100	16.25

Cauliflower: frozen

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.50
5	.75	50	5.50
6	.75	60	6.75
7	.75	70	7.75
8	1.00	80	8.75
9	1.00	90	10.00
		100	11.00

Cauliflower: frozen

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	6.75
4	1.00	40	8.75
5	1.25	50	11.00
6	1.50	60	13.25
7	1.75	70	15.25
8	1.75	80	17.50
9	2.00	90	19.75
		100	22.00

Celery: fresh, sticks

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.50
5	.50	50	4.25
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.75
9	.75	90	7.50
		100	8.25

Celery: fresh, sticks

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.00
4	.75	40	6.75
5	1.00	50	8.25
6	1.00	60	10.00
7	1.25	70	11.50
8	1.50	80	13.25
9	1.50	90	14.75
		100	16.50

Collards: fresh

Purchase Unit: pound

Serving Size: 1/4 cup, cooked leaves

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	5.00
4	.75	40	6.50
5	1.00	50	8.25
6	1.00	60	9.75
7	1.25	70	11.50
8	1.50	80	13.00
9	1.50	90	14.75
		100	16.25

Collards: fresh

Purchase Unit: pound

Serving Size: 1/2 cup, cooked leaves

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.25
2	.75	20	6.50
3	1.00	30	9.75
4	1.50	40	13.00
5	1.75	50	16.25
6	2.00	60	19.50
7	2.25	70	22.75
8	2.75	80	26.00
9	3.00	90	29.25
		100	32.50

Collards: frozen

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.50
5	.75	50	5.50
6	.75	60	6.75
7	.75	70	7.75
8	1.00	80	8.75
9	1.00	90	10.00
		100	11.00

Collards: frozen

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	6.50
4	1.00	40	8.75
5	1.25	50	11.00
6	1.50	60	13.00
7	1.50	70	15.25
8	1.75	80	17.50
9	2.00	90	19.75
		100	21.75

Corn: canned, cream style, vacuum pack or liquid pack

Purchase Unit: #303 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	4.75
4	.75	40	6.25
5	.75	50	7.75
6	1.00	60	9.25
7	1.25	70	10.75
8	1.25	80	12.25
9	1.50	90	14.00
		100	15.50

Corn: canned, cream style, vacuum pack or liquid pack

Purchase Unit: #303 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.50	10	3.25
2	.75	20	6.25
3	1.00	30	9.25
4	1.25	40	12.25
5	1.75	50	15.50
6	2.00	60	18.50
7	2.25	70	21.50
8	2.50	80	24.50
9	2.75	90	27.75
		100	30.75

Corn: canned, cream style, vacuum packed, or liquid packed

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Corn: canned, cream style, vacuum packed, or liquid packed

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Corn: fresh, without husk

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.75	30	5.50
4	.75	40	7.25
5	1.00	50	9.00
6	1.25	60	10.75
7	1.25	70	12.50
8	1.50	80	14.25
9	1.75	90	16.00
		100	17.75

Corn: fresh, without husk

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.50
2	.75	20	7.25
3	1.25	30	10.75
4	1.50	40	14.25
5	1.75	50	17.75
6	2.25	60	21.25
7	2.50	70	24.75
8	3.00	80	28.25
9	3.25	90	31.75
		100	35.25

Corn: frozen, whole kernel

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	2.75
4	.50	40	3.75
5	.50	50	4.75
6	.75	60	5.50
7	.75	70	6.50
8	.75	80	7.50
9	1.00	90	8.25
		100	9.25

Corn: frozen, whole kernel

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.50
5	1.00	50	9.25
6	1.25	60	11.00
7	1.25	70	12.75
8	1.50	80	14.75
9	1.75	90	16.50
		100	18.25

Cucumbers: fresh, sliced

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.25
5	.50	50	4.25
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.50
9	.75	90	7.50
		100	8.25

Cucumbers: fresh, sliced

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	5.00
4	.75	40	6.50
5	1.00	50	8.25
6	1.00	60	9.75
7	1.25	70	11.50
8	1.50	80	13.00
9	1.50	90	14.75
		100	16.25

Green Chiles: canned, chopped, or diced

Purchase Unit: 1 pound can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	1 Pound Cans Required	Number of Meals	1 Pound Cans Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	4.00
4	.50	40	5.25
5	.75	50	6.50
6	.75	60	7.75
7	1.00	70	9.00
8	1.00	80	10.25
9	1.25	90	11.50
		100	12.75

Green Chiles: canned, chopped, or diced

Purchase Unit: 1 pound can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	1 Pound Cans Required	Number of Meals	1 Pound Cans Required
1	.25	10	2.50
2	.50	20	5.25
3	.75	30	7.75
4	1.00	40	10.25
5	1.25	50	12.75
6	1.50	60	15.25
7	1.75	70	17.75
8	2.00	80	20.25
9	2.25	90	22.75
		100	25.25

Green Chiles: canned, chopped, or diced

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.00
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.00

Green Chiles: canned, chopped, or diced

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00

Jicama: diced

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	3.50
4	.50	40	4.75
5	.75	50	5.75
6	.75	60	7.00
7	1.00	70	8.25
8	1.00	80	9.25
9	1.25	90	10.50
		100	11.50

Jicama: diced

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.50
2	.50	20	4.75
3	.75	30	7.00
4	1.00	40	9.25
5	1.25	50	11.50
6	1.50	60	14.00
7	1.75	70	16.25
8	2.00	80	18.50
9	2.25	90	20.75
		100	23.00

Jicama: diced**Purchase Unit:** pound**Serving Size:** 1/4 cup, raw**Meal Component Requirement:** Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.25	30	2.75
4	.50	40	3.75
5	.50	50	4.50
6	.75	60	5.50
7	.75	70	6.25
8	.75	80	7.25
9	1.00	90	8.25
		100	9.00

Jicama: diced**Purchase Unit:** pound**Serving Size:** 1/2 cup, raw**Meal Component Requirement:** Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.25
5	1.00	50	9.00
6	1.25	60	10.75
7	1.25	70	12.75
8	1.50	80	14.50
9	1.75	90	16.25
		100	18.00

Lentils: dry, cooked

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.25
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.25
7	.25	70	2.50
8	.50	80	2.75
9	.50	90	3.25
		100	3.50

Lentils: dry, cooked

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.50
6	.50	60	4.25
7	.75	70	5.00
8	.75	80	5.50
9	.75	90	6.25
		100	7.00

Lettuce: shredded or pieces (includes commercial bags of salad)

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Lettuce: shredded or pieces (includes commercial bags of salad)

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	5.75
7	.75	70	6.75
8	.75	80	7.75
9	1.00	90	8.75
		100	9.75

Mushrooms: canned

Purchase Unit: #300 can

Serving Size: 1/4 cup, drained

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.25
4	.75	40	7.00
5	1.00	50	8.75
6	1.25	60	10.50
7	1.25	70	12.25
8	1.50	80	13.75
9	1.75	90	15.50
		100	17.25

Mushrooms: canned

Purchase Unit: #300 can

Serving Size: 1/2 cup, drained

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#300 Cans Required	Number of Meals	#300 Cans Required
1	.50	10	3.50
2	.75	20	7.00
3	1.25	30	10.50
4	1.50	40	14.00
5	1.75	50	17.25
6	2.25	60	20.75
7	2.50	70	24.25
8	2.75	80	27.75
9	3.25	90	31.25
		100	34.50

Mushrooms: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup, drained

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.25

Mushrooms: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup, drained

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.50
9	.50	90	3.75
		100	4.25

Mushrooms: fresh

Purchase Unit: pound

Serving Size: 1/4 cup, raw, sliced

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.25
3	.25	30	1.75
4	.25	40	2.25
5	.50	50	2.75
6	.50	60	3.25
7	.50	70	4.00
8	.50	80	4.50
9	.50	90	5.00
		100	5.50

Mushrooms: fresh

Purchase Unit: pound

Serving Size: 1/2 cup, raw, sliced

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.50
5	.75	50	5.50
6	.75	60	6.50
7	.75	70	7.50
8	1.00	80	8.75
9	1.00	90	9.75
		100	10.75

Peas, Green: canned

Purchase Unit: #303 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Peas, Green: canned

Purchase Unit: #303 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.50	10	3.00
2	.75	20	6.00
3	1.00	30	9.00
4	1.25	40	12.00
5	1.50	50	15.00
6	2.00	60	18.00
7	2.25	70	21.00
8	2.50	80	24.00
9	2.75	90	27.00
		100	30.00

Peas, Green: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Peas, Green: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	2.75
7	.50	70	3.25
8	.50	80	3.75
9	.50	90	4.25
		100	4.75

Peas, Green: frozen

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	8.00
9	1.00	90	9.00
		100	10.00

Peas, Green: frozen

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	12.00
7	1.50	70	14.00
8	1.75	80	16.00
9	2.00	90	18.00
		100	20.00

Peas and Carrots: canned

Purchase Unit: #303 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	4.75
4	.75	40	6.50
5	1.00	50	8.00
6	1.00	60	9.75
7	1.25	70	11.25
8	1.25	80	12.75
9	1.50	90	14.50
		100	16.00

Peas and Carrots: canned

Purchase Unit: #303 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.50	10	3.25
2	.75	20	6.50
3	1.00	30	9.75
4	1.25	40	12.75
5	1.75	50	16.00
6	2.00	60	19.25
7	2.25	70	22.25
8	2.75	80	25.50
9	3.00	90	28.75
		100	32.00

Peas and Carrots: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Peas and Carrots: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Peas and Carrots: frozen

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	2.75
4	.50	40	3.75
5	.50	50	4.75
6	.75	60	5.50
7	.75	70	6.50
8	.75	80	7.50
9	1.00	90	8.50
		100	9.25

Peas and Carrots: frozen

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.50
5	1.00	50	9.25
6	1.25	60	11.25
7	1.50	70	13.00
8	1.50	80	14.75
9	1.75	90	16.75
		100	18.50

Peas, Split: dry, cooked

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	1.75
5	.25	50	2.25
6	.50	60	2.75
7	.50	70	3.25
8	.50	80	3.50
9	.50	90	4.00
		100	4.50

Peas, Split: dry, cooked

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.50
5	.50	50	4.50
6	.50	60	5.25
7	.75	70	6.25
8	.75	80	7.00
9	.75	90	8.00
		100	8.75

Potatoes: canned, whole, white

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	2.75
4	.50	40	3.75
5	.50	50	4.75
6	.75	60	5.50
7	.75	70	6.50
8	.75	80	7.50
9	1.00	90	8.25
		100	9.25

Potatoes: canned, whole, white

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	2.00
2	.50	20	3.75
3	.75	30	5.50
4	.75	40	7.50
5	1.00	50	9.25
6	1.25	60	11.00
7	1.25	70	12.75
8	1.50	80	14.75
9	1.75	90	16.50
		100	18.25

Potatoes: canned, whole, white

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Potatoes: canned, whole, white

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	2.75
7	.50	70	3.25
8	.50	80	3.75
9	.50	90	4.25
		100	4.75

Potatoes, Dehydrated: flakes or granules

Purchase Unit: pound

Serving Size: 1/4 cup, rehydrated

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.00
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.00

Potatoes, Dehydrated: flakes or granules

Purchase Unit: pound

Serving Size: 1/2 cup, rehydrated

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00

Potatoes, French Fries: frozen

Purchase Unit: pound

Serving Size: 1/4 cup, about 5 pieces

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.75
6	.50	60	4.50
7	.50	70	5.25
8	.75	80	6.00
9	.75	90	6.75
		100	7.50

Potatoes, French Fries: frozen

Purchase Unit: pound

Serving Size: 1/2 cup, about 10 pieces

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	8.75
7	1.00	70	10.25
8	1.25	80	11.75
9	1.50	90	13.25
		100	14.75

Potatoes, French Fries: frozen

Purchase Unit: 5 pound bag

Serving Size: 1/4 cup, about 5 pieces

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	5 Pound Bags Required	Number of Meals	5 Pound Bags Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.50
4	.25	40	.75
5	.25	50	.75
6	.25	60	1.00
7	.25	70	1.25
8	.25	80	1.25
9	.25	90	1.50
		100	1.50

Potatoes, French Fries: frozen

Purchase Unit: 5 pound bag

Serving Size: 1/2 cup, about 10 pieces

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	5 Pound Bags Required	Number of Meals	5 Pound Bags Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.25
5	.25	50	1.50
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.50
9	.25	90	2.75
		100	3.00

Potatoes: fresh, white, diced

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.50
4	.50	40	4.50
5	.75	50	5.75
6	.75	60	7.00
7	1.00	70	8.00
8	1.00	80	9.25
9	1.00	90	10.25
		100	11.50

Potatoes: fresh, white, diced

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	7.00
4	1.00	40	9.25
5	1.25	50	11.50
6	1.50	60	13.75
7	1.75	70	16.00
8	2.00	80	18.25
9	2.25	90	20.50
		100	22.75

Potato Rounds: frozen, (similar to Tator Tots)

Purchase Unit: pound

Serving Size: 1/4 cup, about 4 pieces

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.25
5	.50	50	4.00
6	.50	60	4.75
7	.75	70	5.75
8	.75	80	6.50
9	.75	90	7.25
		100	8.00

Potato Rounds: frozen, (similar to Tator Tots)

Purchase Unit: pound

Serving Size: 1/2 cup, about 8 pieces

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	4.75
4	.75	40	6.50
5	1.00	50	8.00
6	1.00	60	9.50
7	1.25	70	11.25
8	1.25	80	12.75
9	1.50	90	14.25
		100	16.00

Potato Rounds: frozen, (similar to Tator Tots)

Purchase Unit: 5 pound bag

Serving Size: 1/4 cup, about 4 pieces

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	5 Pound Bags Required	Number of Meals	5 Pound Bags Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.50
4	.25	40	.75
5	.25	50	1.00
6	.25	60	1.00
7	.25	70	1.25
8	.25	80	1.50
9	.25	90	1.50
		100	1.75

Potato Rounds: frozen, (similar to Tator Tots)

Purchase Unit: 5 pound bag

Serving Size: 1/2 cup, about 8 pieces

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	5 Pound Bags Required	Number of Meals	5 Pound Bags Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.25
8	.25	80	2.75
9	.50	90	3.00
		100	3.25

Pumpkin: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.75
6	.50	60	4.25
7	.50	70	5.00
8	.75	80	5.75
9	.75	90	6.50
		100	7.25

Pumpkin: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.25
4	.75	40	5.75
5	.75	50	7.25
6	1.00	60	8.50
7	1.00	70	10.00
8	1.25	80	11.50
9	1.50	90	13.00
		100	14.25

Sauerkraut: canned

Purchase Unit: #303 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.25
5	.75	50	5.50
6	.75	60	6.50
7	.75	70	7.50
8	1.00	80	8.50
9	1.00	90	9.75
		100	10.75

Sauerkraut: canned

Purchase Unit: #303 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.50
4	1.00	40	8.50
5	1.25	50	10.75
6	1.25	60	12.75
7	1.50	70	15.00
8	1.75	80	17.00
9	2.00	90	19.25
		100	21.25

Sauerkraut: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	.75
5	.25	50	1.00
6	.25	60	1.25
7	.25	70	1.25
8	.25	80	1.50
9	.25	90	1.75
		100	2.00

Sauerkraut: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.25
4	.25	40	1.50
5	.25	50	2.00
6	.25	60	2.25
7	.25	70	2.50
8	.25	80	3.00
9	.50	90	3.25
		100	3.75

Spinach: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	5.75
5	.75	50	7.25
6	1.00	60	8.75
7	1.00	70	10.25
8	1.25	80	11.50
9	1.50	90	13.00
		100	14.50

Spinach: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.50	10	3.00
2	.75	20	5.75
3	1.00	30	8.75
4	1.25	40	11.50
5	1.50	50	14.50
6	1.75	60	17.50
7	2.00	70	20.25
8	2.50	80	23.25
9	2.75	90	26.00
		100	29.00

Spinach: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00

Spinach: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.25
5	.50	50	4.00
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.50
9	.75	90	7.25
		100	8.00

Spinach: fresh

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.50
2	.25	20	.75
3	.25	30	1.00
4	.25	40	1.50
5	.25	50	1.75
6	.25	60	2.00
7	.25	70	2.50
8	.25	80	2.75
9	.50	90	3.00
		100	3.50

Spinach: fresh

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.00
4	.25	40	2.75
5	.50	50	3.50
6	.50	60	4.00
7	.50	70	4.75
8	.75	80	5.50
9	.75	90	6.00
		100	6.75

Spinach: frozen, chopped

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.75
2	.50	20	3.50
3	.75	30	5.50
4	.75	40	7.25
5	1.00	50	9.00
6	1.25	60	10.75
7	1.25	70	12.50
8	1.50	80	14.25
9	1.75	90	16.00
		100	17.75

Spinach: frozen, chopped

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	3.50
2	.75	20	7.25
3	1.25	30	10.75
4	1.50	40	14.25
5	1.75	50	17.75
6	2.25	60	21.25
7	2.50	70	24.75
8	3.00	80	28.25
9	3.25	90	31.75
		100	35.25

Squash, winter: (Butternut or Acorn)

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.50
4	1.00	40	8.50
5	1.25	50	10.75
6	1.50	60	13.00
7	1.50	70	15.00
8	1.75	80	17.00
9	2.00	90	19.25
		100	21.50

Squash, winter: (Butternut, Acorn)

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.50	10	4.25
2	1.00	20	8.50
3	1.50	30	12.75
4	1.75	40	17.00
5	2.25	50	21.50
6	2.75	60	25.50
7	3.00	70	30.00
8	3.50	80	34.00
9	4.00	90	38.50
		100	42.50

Succotash: frozen

Purchase Unit: pound

Serving Size: 1/4 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.25
5	.75	50	5.50
6	.75	60	6.50
7	.75	70	7.50
8	1.00	80	8.50
9	1.00	90	9.75
		100	10.75

Succotash: frozen

Purchase Unit: pound

Serving Size: 1/2 cup, cooked

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.50
4	1.00	40	8.50
5	1.25	50	10.75
6	1.25	60	12.75
7	1.50	70	15.00
8	1.75	80	17.00
9	2.00	90	19.25
		100	21.25

Sweet Potatoes: canned, whole

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.50
4	.50	40	3.50
5	.50	50	4.25
6	.50	60	5.00
7	.75	70	5.75
8	.75	80	6.75
9	.75	90	7.50
		100	8.25

Sweet Potatoes: canned, whole

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.75
2	.50	20	3.25
3	.50	30	5.00
4	.75	40	6.75
5	1.00	50	8.25
6	1.00	60	10.00
7	1.25	70	11.50
8	1.50	80	13.25
9	1.50	90	14.75
		100	16.50

Sweet Potatoes: canned, whole

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	1.75
9	.25	90	2.00
		100	2.25

Sweet Potatoes: canned, whole

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.75
7	.50	70	3.25
8	.50	80	3.50
9	.50	90	4.00
		100	4.50

Tomato Paste: canned

Purchase Unit: 12 ounce can

Serving Size: 1/4 cup (1 Tablespoon Tomato Paste)

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	12 Oz Cans Required	Number of Meals	12 Oz Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Tomato Paste: canned

Purchase Unit: 12 ounce can

Serving Size: 1/2 cup (2 Tablespoons Tomato Paste)

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	12 Oz Cans Required	Number of Meals	12 Oz Cans Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	8.00
9	1.00	90	9.00
		100	10.00

Tomato Paste: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup (1 Tablespoon Tomato Paste)

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.25
3	.25	30	.25
4	.25	40	.25
5	.25	50	.50
6	.25	60	.50
7	.25	70	.50
8	.25	80	.50
9	.25	90	.75
		100	.75

Tomato Paste: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup (2 Tablespoons Tomato Paste)

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.25
3	.25	30	.50
4	.25	40	.50
5	.25	50	.75
6	.25	60	.75
7	.25	70	1.00
8	.25	80	1.00
9	.25	90	1.25
		100	1.25

Tomato Sauce: canned

Purchase Unit: #303 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.25
4	.75	40	5.75
5	.75	50	7.00
6	1.00	60	8.50
7	1.00	70	10.00
8	1.25	80	11.25
9	1.25	90	12.75
		100	14.00

Tomato Sauce: canned

Purchase Unit: #303 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#303 Cans Required	Number of Meals	#303 Cans Required
1	.50	10	3.00
2	.75	20	5.75
3	1.00	30	8.50
4	1.25	40	11.25
5	1.50	50	14.00
6	1.75	60	17.00
7	2.00	70	19.75
8	2.25	80	22.50
9	2.50	90	25.25
		100	28.00

Tomato Sauce: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.00
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.00

Tomato Sauce: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.00
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.25
9	.50	90	3.75
		100	4.00

Tomatoes: canned, whole

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.75
6	.50	60	4.50
7	.75	70	5.25
8	.75	80	6.00
9	.75	90	6.75
		100	7.50

Tomatoes: canned, whole

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.50
4	.75	40	6.00
5	.75	50	7.50
6	1.00	60	9.00
7	1.25	70	10.50
8	1.25	80	12.00
9	1.50	90	13.50
		100	15.00

Tomatoes: canned, whole

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.25
7	.25	70	1.50
8	.25	80	1.75
9	.25	90	2.00
		100	2.25

Tomatoes: canned, whole

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.25
4	.25	40	1.75
5	.25	50	2.25
6	.25	60	2.50
7	.50	70	3.00
8	.50	80	3.50
9	.50	90	4.00
		100	4.25

Tomatoes: fresh, cut-up

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.25
3	.50	30	3.50
4	.50	40	4.50
5	.75	50	5.75
6	.75	60	6.75
7	1.00	70	8.00
8	1.00	80	9.00
9	1.00	90	10.25
		100	11.25

Tomatoes: fresh, cut-up

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.50
3	.75	30	6.75
4	1.00	40	9.00
5	1.25	50	11.25
6	1.50	60	13.50
7	1.75	70	15.75
8	2.00	80	18.00
9	2.00	90	20.25
		100	22.50

Tomatoes: fresh, sliced

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.25
3	.50	30	3.25
4	.50	40	4.25
5	.50	50	5.25
6	.75	60	6.25
7	.75	70	7.25
8	1.00	80	8.25
9	1.00	90	9.25
		100	10.25

Tomatoes: fresh, sliced

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.25
2	.50	20	4.25
3	.75	30	6.25
4	1.00	40	8.25
5	1.00	50	10.25
6	1.25	60	12.25
7	1.50	70	14.50
8	1.75	80	16.50
9	2.00	90	18.50
		100	20.50

Vegetables, Mixed: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.75
4	.50	40	3.50
5	.50	50	4.50
6	.75	60	5.25
7	.75	70	6.25
8	.75	80	7.00
9	1.00	90	8.00
		100	8.75

Vegetables, Mixed: canned

Purchase Unit: #2 1/2 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#2 1/2 Cans Required	Number of Meals	#2 1/2 Cans Required
1	.25	10	1.75
2	.50	20	3.50
3	.50	30	5.25
4	.75	40	7.00
5	1.00	50	8.75
6	1.25	60	10.50
7	1.25	70	12.25
8	1.50	80	14.00
9	1.75	90	15.75
		100	17.50

Vegetables, Mixed: canned

Purchase Unit: #10 can

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.25
2	.25	20	.50
3	.25	30	.75
4	.25	40	1.00
5	.25	50	1.25
6	.25	60	1.50
7	.25	70	1.75
8	.25	80	2.00
9	.25	90	2.25
		100	2.50

Vegetables, Mixed: canned

Purchase Unit: #10 can

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	#10 Cans Required	Number of Meals	#10 Cans Required
1	.25	10	.50
2	.25	20	1.00
3	.25	30	1.50
4	.25	40	2.00
5	.25	50	2.50
6	.50	60	3.00
7	.50	70	3.50
8	.50	80	4.00
9	.50	90	4.50
		100	5.00

Vegetables, Mixed: frozen

Purchase Unit: pound

Serving Size: 1/4 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.25
2	.25	20	2.50
3	.50	30	3.75
4	.50	40	5.00
5	.75	50	6.25
6	.75	60	7.50
7	1.00	70	8.75
8	1.00	80	10.00
9	1.25	90	11.25
		100	12.50

Vegetables, Mixed: frozen

Purchase Unit: pound

Serving Size: 1/2 cup

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.50
2	.50	20	5.00
3	.75	30	7.50
4	1.00	40	10.00
5	1.25	50	12.50
6	1.50	60	14.75
7	1.75	70	17.25
8	2.00	80	19.75
9	2.25	90	22.25
		100	24.75

Vegetable Soups: canned, vegetable-type soups such as minestrone, tomato, vegetable

Purchase Unit: #3 cyl. can

Serving Size: 1 cup reconstituted VEGETABLE soup equals 1/4 cup vegetable serving. (1/2 cup reconstituted BEAN or PEA soup equals 1/4 cup vegetable serving.)

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	#3 Cyl Cans Required	Number of Meals	#3 Cyl Cans Required
1	.25	10	1.00
2	.25	20	1.75
3	.25	30	2.75
4	.50	40	3.50
5	.50	50	4.50
6	.50	60	5.25
7	.75	70	6.25
8	.75	80	7.00
9	1.00	90	8.00
		100	8.75

Zucchini: fresh, sliced

Purchasing Unit: pound

Serving Size: 1/4 cup, **cooked**

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.00
2	.25	20	2.00
3	.50	30	3.00
4	.50	40	4.00
5	.50	50	5.00
6	.75	60	6.00
7	.75	70	7.00
8	1.00	80	8.00
9	1.00	90	9.00
		100	10.00

Zucchini: fresh, sliced

Purchasing Unit: pound

Serving Size: 1/2 cup, **cooked**

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	2.00
2	.50	20	4.00
3	.75	30	6.00
4	1.00	40	8.00
5	1.00	50	10.00
6	1.25	60	11.75
7	1.50	70	13.75
8	1.75	80	15.75
9	1.75	90	17.75
		100	19.75

Zucchini: fresh, sticks

Purchase Unit: pound

Serving Size: 1/4 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at lunch and supper for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at breakfast, lunch, supper, and snack.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	.75
2	.25	20	1.50
3	.25	30	2.25
4	.50	40	3.00
5	.50	50	3.50
6	.50	60	4.25
7	.50	70	5.00
8	.75	80	5.75
9	.75	90	6.50
		100	7.00

Zucchini: fresh, sticks

Purchase Unit: pound

Serving Size: 1/2 cup, raw

Meal Component Requirement: Meets one serving of Fruit/Vegetable at breakfast and snack for 3 to 6 year olds. Meets part of the Fruit/Vegetable component for adults participating in adult day care centers and children 6 to 12 years old at lunch, supper, and snack; meets all the breakfast requirement.

Number of Meals	Pounds Required	Number of Meals	Pounds Required
1	.25	10	1.50
2	.50	20	3.00
3	.50	30	4.25
4	.75	40	5.75
5	.75	50	7.00
6	1.00	60	8.50
7	1.00	70	10.00
8	1.25	80	11.25
9	1.25	90	12.75
		100	14.00

