

VEGETABLES

OTHER SUBGROUP

Section 2 - Vegetables – Other Subgroup					
1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
ARTICHOKES					
Artichokes, fresh <i>36 count (large) Untrimmed Whole</i>	Pound	1.49	1/4 cup cooked, drained vegetable from leaves	67.2	1 lb AP = 0.23 lb (about 1/3 cup) cooked, drained artichoke
	Pound	1.38	1/4 cup cooked, drained vegetable (bottoms only)	72.5	1 lb AP= about 1/3 cup cooked artichoke from bottoms only
	Pound	2.84	1/4 cup cooked, drained vegetable (bottoms & leaves)	35.3	1 lb AP = about 2/3 cup cooked, drained artichoke bottoms and leaves
Artichokes, canned <i>Bottoms</i>	No. 300 can (14 oz)	5.97	1/4 cup drained vegetable	16.8	1 No. 300 can = about 7.7 oz (1- 3/8 cups) drained, unheated artichoke
Artichokes, canned <i>Hearts</i>	No. 300 can (14 oz)	4.67	1/4 cup drained vegetable	21.5	1 No. 300 can = about 8.0 oz (1- 1/8 cups) drained, unheated artichoke
Artichokes, frozen <i>Hearts</i>	Pound	10.00	1/4 cup cooked, drained vegetable	10.0	1 lb AP = 0.99 lb (about 2-1/2 cups) cooked, drained artichoke

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ASPARAGUS					
Asparagus, fresh <i>Whole</i>	Pound	4.80	1/4 cup cooked vegetable	20.9	1 lb AP = 0.53 lb ready-to-cook trimmed, raw asparagus
	Pound	4.80	1/4 cup cooked cuts and tips (1/4 cup vegetable)	20.9	1 lb AP = 0.50 lb cooked asparagus
Asparagus, canned <i>Cuts and Tips</i>	No. 10 can (103 oz)	27.80	1/4 cup heated, drained vegetable	3.6	1 No. 10 can = about 57.3 oz (6-7/8 cups) heated, drained asparagus
Asparagus, canned <i>Cuts and Tips</i>	No. 10 can (103 oz)	32.40	1/4 cup drained vegetable	3.1	1 No. 10 can = about 57.1 oz (8 cups) drained, unheated asparagus
	No. 300 can (14-1/2 oz)	3.45	1/4 cup heated, drained vegetable	29.0	1 No. 300 can = about 6.8 oz (3/4 cup) heated, drained asparagus
	No. 300 can (14-1/2 oz)	4.83	1/4 cup drained vegetable	20.8	1 No. 300 can = about 8.7 oz (1- 1/8 cups) drained, unheated asparagus
	Pound	4.31	1/4 cup heated, drained vegetable	23.3	
	Pound	5.03	1/4 cup drained vegetable	19.9	
Asparagus, canned <i>Spears</i>	No. 5 squat can (64 oz)	26.40	1/4 cup drained vegetable	3.8	1 No. 5 can = about 38.0 oz (6-2/3 cups) drained, unheated asparagus

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ASPARAGUS (continued)					
Asparagus, canned <i>Spears</i>	No. 300 can (15 oz)	3.87	1/4 cup heated, drained vegetable	25.9	1 No. 300 can = about 7.3 oz (7/8 cup) heated, drained asparagus
	No. 300 can (15 oz)	4.59	1/4 cup drained vegetable	21.8	1 No. 300 can = about 8.5 oz (1-1/8 cups) drained, unheated asparagus
	Pound	6.60	1/4 cup drained vegetable	15.2	
Asparagus, frozen <i>Cuts and Tips</i>	Pound	8.10	1/4 cup cooked vegetable	12.4	
Asparagus, frozen <i>Spears</i>	Pound	10.70	1/4 cup cooked vegetable	9.4	
AVOCADOS					
Avocados, fresh <i>All sizes Whole</i>	Pound	8.20	1/4 cup raw, diced vegetable	12.2	1 lb AP = 0.67 lb ready-to-serve raw avocado
	Pound	5.10	1/4 cup raw, mashed vegetable	19.7	
Avocados, fresh <i>California 48 count (approx. 2.5- inch width by 3.5-inch length) Whole</i>	Pound	5.52	1/4 cup peeled, sliced, raw vegetable (about 3 slices, 3/8- inch by 3.5-inch slices)	18.2	1 lb AP = 0.69 lb ready-to-serve, raw, peeled avocado [about 2-2/3 portions (1/4 cup each portion) per avocado]

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AVOCADOS (continued)					
Avocados, fresh <i>Florida</i> <i>(approx. 3.5- inch width by 4.75-inch length)</i> <i>Whole</i>	Pound	7.07	1/4 cup peeled, sliced, raw vegetable (about 2 slices, 1/2- inch by 4.5-inch slices)	14.2	1 lb AP = 0.59 lb ready-to-serve, raw, peeled, sliced [about 7-1/2 portions (1/4 cup each portion) per avocado]
BAMBOO SHOOTS					
Bamboo Shoots, canned <i>Sliced</i>	No. 10 can (104 oz)	47.40	1/4 cup drained vegetable	2.2	1 No. 10 can = about 72.7 oz (11-3/4 cups) drained, unheated bamboo shoots
BEANS, GREEN					
Beans, Green, fresh <i>Trimmed</i> <i>Whole</i>	Pound	22.00	1/4 cup whole, raw vegetable	4.6	1 lb AP = 1 lb (about 5-3/8 cups) ready-to- cook
<i>Ready-to-use</i>	Pound	12.40	1/4 cup whole, cooked, drained vegetable	8.1	1 lb AP = 0.86 lb (about 3 cups) cooked, drained beans
	Pound	16.40	1/4 cup cut, raw vegetable	6.1	1 lb AP = 1 lb (about 4 cups) ready-to-cook beans
Beans, Green, fresh <i>Trimmed</i> <i>Whole</i> <i>Ready-to-use</i>	Pound	11.20	1/4 cup cut, cooked, drained vegetable	9.0	1 lb AP = 0.89 lb (about 2-3/4 cups) cooked, drained, cut beans
Beans, Green, fresh <i>Untrimmed</i> <i>Whole</i>	Pound	11.10	1/4 cup whole, cooked vegetable	9.1	1 lb AP = 0.88 lb ready-to-cook beans

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BEANS, GREEN (continued)					
Beans, Green, canned <i>Cut</i> <i>Includes USDA Foods</i>	No. 10 can (101 oz)	45.30	1/4 cup heated, drained vegetable	2.3	
	No. 10 can (101 oz)	51.10	1/4 cup drained vegetable	2.0	
	No. 2-1/2 can (28 oz)	12.50	1/4 cup heated, drained vegetable	8.0	
	No. 2-1/2 can (28 oz)	14.10	1/4 cup drained vegetable	7.1	
	No. 300 can (15 oz)	5.00	1/4 cup heated, drained vegetable	20.0	
	No. 300 can (15 oz)	5.77	1/4 cup drained vegetable	17.4	
	Pound	7.17	1/4 cup heated, drained vegetable	14.0	
	Pound	8.10	1/4 cup drained vegetable	12.4	
Beans, Green, canned <i>French style</i> <i>Includes USDA Foods</i>	No. 10 can (101 oz)	36.50	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 59.0 oz (12 cups) drained, unheated beans
	No. 2-1/2 can (28 oz)	10.10	1/4 cup heated, drained vegetable	10.0	1 No. 2-1/2 can = about 16.2 oz (3-1/4 cups) heated, drained beans

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BEANS, GREEN (continued)					
Beans, Green, canned <i>French style</i> <i>Includes USDA Foods</i>	No. 300 can (14-1/2 oz)	3.60	1/4 cup heated, drained vegetable	27.8	1 No. 300 can = about 5.70 oz (7/8 cup) heated, drained beans
	No. 300 can (14-1/2 oz)	4.50	1/4 cup drained vegetable	22.3	1 No. 300 can = about 10.1 oz (1-1/8 cup) drained, unheated beans
	Pound	5.80	1/4 cup heated vegetable	17.3	
Beans, Green, canned <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (101 oz)	39.50	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans
	No. 10 can (101 oz)	52.20	1/4 cup drained vegetable	2.0	
	No. 2-1/2 can (28 oz)	14.40	1/4 cup heated, drained vegetable	7.0	1 No. 2-1/2 can = about 16.0 oz (3-5/8 cups) drained, unheated beans
	No. 300 can (14-1/2 oz)	4.58	1/4 cup heated, drained vegetable	21.9	1 No. 300 can = about 7.3 oz (1- 1/8 cups) heated, drained beans
	No. 300 can (14-1/2 oz)	6.95	1/4 cup drained vegetable	14.4	1 No. 300 can = about 7.6 oz (1- 5/8 cups) drained, unheated beans
	Pound	8.20	1/4 cup drained vegetable	12.2	
Beans, Green, frozen <i>Cut</i> <i>Includes USDA Foods</i>	Pound	11.60	1/4 cup cooked, drained vegetable	8.7	

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BEANS, GREEN (continued)					
Beans, Green, frozen <i>French style</i> <i>Includes USDA Foods</i>	Pound	12.00	1/4 cup cooked, drained vegetable	8.4	
Beans, Green, frozen <i>Whole</i> <i>Includes USDA Foods</i>	Pound	10.70	1/4 cup cooked, drained vegetable	9.4	1 lb AP = 0.88 lb (about 2-5/8 cups) cooked vegetable
BEANS, GREEN, FLAT ITALIAN					
Beans, Green, Flat Italian, canned <i>Whole</i>	No. 10 can (103 oz)	35.10	1/4 cup heated, drained vegetable	2.9	1 No. 10 can = about 56.6 oz (8-3/4 cups) heated, drained beans
	No. 10 can (103 oz)	42.70	1/4 cup drained vegetable	2.4	1 No. 10 can = about 63.3 oz (10-5/8 cups) drained, unheated beans
Beans, Green, Flat Italian, frozen <i>Whole</i>	Pound	9.30	1/4 cup cooked, drained vegetable	10.8	1 lb AP = 0.91 lb (about 2-1/4 cups) cooked, drained beans
BEAN SPROUTS ¹					
Bean Sprouts, fresh ¹ <i>Mung</i>	Pound	14.60	1/4 cup parboiled, drained vegetable	6.9	1 lb AP = 0.89 lb parboiled bean sprouts
Bean Sprouts, fresh ¹ <i>Soybean</i>	Pound	17.20	1/4 cup parboiled, drained vegetable	5.9	1 lb AP = 0.95 lb parboiled

¹ Due to the increasing number of illnesses associated with consumption of raw sprouts, the Food and Drug Administration has advised all consumers – especially children, pregnant women, the elderly, and persons with weakened immune systems – to not eat raw sprouts as a way to reduce the risk of foodborne illness. Therefore, raw sprout data served in the raw state has been intentionally omitted.
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BEANS SPROUTS (continued)					
Bean Sprouts, canned	No. 10 can (102 oz)	29.10	1/4 cup heated, drained vegetable	3.5	1 No. 10 can = about 48.4 oz (7-1/4 cups) heated, drained bean sprouts
	No. 10 can (102 oz)	42.20	1/4 cup drained vegetable	2.4	1 No. 10 can = about 59.0 oz (10-1/2 cups) drained, unheated bean sprouts
Bean Sprouts, canned	No. 300 can (14 oz)	3.99	1/4 cup heated, drained vegetable	25.1	1 No. 300 can = about 6.5 oz (1 cup) heated, drained bean sprouts
	No. 300 can (14 oz)	5.34	1/4 cup drained vegetable	18.8	1 No. 300 can = about 8.0 oz (1- 1/3 cups) drained, unheated bean sprouts
BEANS, WAX					
Beans, Wax, fresh <i>Whole Untrimmed</i>	Pound	10.50	1/4 cup whole, cooked, drained vegetable	9.6	1 lb AP = 0.95 lb (about 4-1/3 cups) ready-to- cook cut beans
Beans, Wax, canned	No. 10 can (101 oz)	34.30	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 53.7 oz (8-1/2 cups) heated, drained beans
	No. 10 can (101 oz)	43.20	1/4 cup drained vegetable	2.4	1 No. 10 can = about 59.3 oz (10-3/4 cups) drained, unheated beans

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BEANS, WAX (continued)					
Beans, Wax, canned	No. 2-1/2 can (28 oz)	12.90	1/4 cup heated, drained vegetable	7.8	
	No. 2-1/2 can (28 oz)	14.00	1/4 cup drained vegetable	7.2	1 No. 2-1/2 can = about 16.0 oz (3-1/2 cups) drained, unheated beans
	No. 300 can (14-1/2 oz)	4.58	1/4 cup heated, drained vegetable	21.9	1 No. 300 can = about 7.1 oz (1- 1/8 cups) heated, drained vegetable
	No. 300 can (14-1/2 oz)	6.17	1/4 cup drained vegetable	16.3	1 No. 300 can = about 7.0 oz (1- 1/2 cups) drained, unheated beans
	Pound	5.43	1/4 cup heated, drained vegetable	18.5	
	Pound	6.84	1/4 cup drained vegetable	14.7	
BEETS					
Beets, fresh <i>Without tops</i>	Pound	11.60	1/4 cup raw, pared vegetable sticks	8.7	1 lb AP = 0.77 lb pared beets
	Pound	7.60	1/4 cup diced, cooked vegetable	13.2	
	Pound	7.70	1/4 cup sliced, cooked vegetable	13.0	1 lb AP = 0.73 lb cooked sliced beets

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BEETS (continued)					
Beets, canned <i>Baby Whole</i>	No. 10 can (103 oz)	36.70	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 60.2 oz (9-1/8 cups) heated, drained beets
Beets, canned <i>Baby Whole</i>	No. 10 can (103 oz)	40.20	1/4 cup drained vegetable	2.5	1 No. 10 can = about 64.0 oz (10 cups) drained, unheated beets
	Pound	5.7	1/4 cup heated, drained vegetable	17.6	
	Pound	6.24	1/4 cup drained vegetable	16.1	
Beets, canned <i>Diced</i>	No. 10 can (104 oz)	37.60	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 63.3 oz (9-3/8 cups) heated, drained beets
	No. 10 can (104 oz)	40.90	1/4 cup drained vegetable	2.5	
	Pound	5.78	1/4 cup heated, drained vegetable	17.4	
	Pound	6.29	1/4 cup drained vegetable	15.9	
Beets, canned <i>Sliced</i>	No. 10 can (104 oz)	36.40	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 60.1 oz (9 cups) heated, drained beets

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BEETS (continued)					
Beets, canned <i>Sliced</i>	No. 10 can (104 oz)	38.80	1/4 cup drained vegetable	2.6	1 No. 10 can = about 64.9 oz (9-2/3 cups) drained, unheated beets
	No. 300 can (15 oz)	5.16	1/4 cup heated, drained vegetable	19.4	1 No. 300 can = about 7.9 oz (1- 1/4 cups) heated, drained beets
	No. 300 can (15 oz)	5.33	1/4 cup drained vegetable	18.8	1 No. 300 can = about 8.9 oz (1- 1/3 cups) drained, unheated beets
BREADFRUIT					
Breadfruit, fresh <i>Guatemalan</i>	Pound	5.69	1/4 cup baked, mashed vegetable	17.6	1 lb AP = 0.60 lb (about 1-3/8 cup) cooked mashed vegetable, 1 breadfruit = about 2.6 lb
BRUSSELS SPROUTS					
Brussels Sprouts, fresh <i>Whole</i>	Pound	8.50	1/4 cup cooked, drained vegetable	11.8	1 lb AP = 0.76 lb ready-to-cook
Brussels Sprouts, fresh <i>Trimmed Ready-to-use</i>	Pound	16.10	1/4 cup raw vegetable	6.3	1 lb AP = 1 lb (about 4 cups) ready-to-serve Brussels sprouts
	Pound	13.40	1/4 cup cooked, drained vegetable	7.5	1 lb AP = 1 lb (about 3-1/3 cups) steamed Brussels sprouts

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BRUSSELS SPROUTS (continued)					
Brussels Sprouts, frozen <i>Ready-to-use</i>	Pound	10.40	1/4 cup cooked, drained vegetable	9.7	
CABBAGE, CELERY OR NAPA					
Cabbage, Celery, or Napa fresh <i>Untrimmed</i>	Pound	20.40	1/4 cup raw vegetable strips	5.0	1 lb AP = 0.93 lb (about 5 cups) ready-to-serve, raw cabbage
	Pound	10.60	1/4 cup cooked, drained vegetable strips	9.5	
CABBAGE, GREEN					
Cabbage, fresh <i>Green Untrimmed Whole</i>	Pound	17.70	1/4 cup raw, chopped vegetable	5.7	1 lb AP = 0.87 lb ready-to-cook or -serve raw cabbage
	Pound	11.20	1/4 cup raw, chopped vegetable with dressing	9.0	
	Pound	26.40	1/4 cup raw, shredded vegetable	3.8	
	Pound	13.80	1/4 cup cooked, drained shredded vegetable	7.3	
	Pound	9.86	1/4 cup cooked, drained vegetable wedges	10.2	
	1 head	9.00	1 large cooked leaf (3/4 cups vegetable)	11.2	1 large leaf = 10 to 12 inches in diameter

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CABBAGE, GREEN (continued)					
Cabbage, fresh <i>Green Untrimmed Whole</i>	1 head	7.00	1 medium cooked leaf (3/8 cup vegetable)	14.3	1 medium leaf = 6 to 8 inches in diameter
Cabbage, fresh <i>Green Shredded Ready-to-use</i>	Pound	27.00	1/4 cup raw vegetable	3.8	1 lb AP = 1 lb (about 6-3/4 cups) ready-to- serve raw, shredded cabbage
CABBAGE, RED					
Cabbage, Red, fresh <i>Whole Untrimmed</i>	Pound	13.00	1/4 cup raw, chopped vegetable	7.7	1 lb AP = 0.64 lb (about 3-1/4 cups) ready-to- cook or serve raw chopped cabbage
	Pound	24.60	1/4 cup raw, shredded vegetable	4.1	1 lb AP = 0.83 lb (about 6 cups) ready-to-cook or serve raw, shredded cabbage
	Pound	13.30	1/4 cup cooked, shredded vegetable	7.6	
Cabbage, Red, fresh <i>Shredded Ready-to-use</i>	Pound	22.80	1/4 cup raw vegetable	4.4	1 lb AP = 1 lb (about 5-2/3 cups) ready-to- serve raw, shredded cabbage

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CACTUS (NOPALES)					
Cactus (Nopales), fresh <i>Leaves (or petals) Unpeeled With thorns</i>	Pound	6.80	1/4 cup unpeeled, diced cooked, drained vegetable (thorns removed)	14.8	1 lb AP = 0.96 lb (about 1-2/3 cups) unpeeled, thorns removed, diced, cooked, drained cactus
Cactus (Nopales), fresh <i>Leaves (or Petals) Unpeeled Without thorns</i>	Pound	6.96	1/4 cup unpeeled diced, cooked, drained vegetable	14.4	1 lb AP = 0.99 lb ready-to-cook diced cactus 1 lb AP = about 1-2/3 cups diced, cooked, drained cactus
Cactus (Nopalitos), canned <i>Leaves (or Petals) Cut</i>	14 oz jar	3.04	1/4 cup heated, drained vegetable	32.9	14-oz jar = about 5.7 oz (about 3/4 cup) cooked, drained cactus
	14 oz jar	3.65	1/4 cup drained vegetable	27.4	14-oz jar = about 6.3 oz (7/8 cup) drained, unheated cactus
CAULIFLOWER					
Cauliflower, fresh <i>Whole Trimmed</i>	Pound	12.50	1/4 cup raw, sliced vegetable	8.0	1 lb AP = 0.62 lb ready-to-cook or -serve raw cauliflower
	Pound	12.30	1/4 cup raw vegetable florets	8.2	1 medium head = about 6 cup cauliflower florets
	Pound	8.80	1/4 cup cooked, drained vegetable florets	11.4	1 lb AP = 0.61 lb cooked cauliflower

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CAULIFLOWER (continued)					
Cauliflower, fresh <i>Florets</i> <i>Ready-to-use</i>	Pound	18.30	1/4 cup raw vegetable florets	5.5	1 lb AP = 1 lb (about 4-1/2 cups) ready-to-cook or -serve cauliflower
	Pound	14.10	1/4 cup cooked, drained vegetable florets	7.1	
Cauliflower, frozen	Pound	9.20	1/4 cup cooked, drained vegetable	10.9	
CELERY					
Celery, fresh <i>Trimmed</i>	Pound	12.20	1/4 cup raw vegetable sticks or strips (about 3 sticks, 1/2-inch by 4-inch sticks)	8.2	1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery
	Pound	12.50	1/4 cup raw, chopped vegetable	8.0	
	Pound	12.30	1/4 cup raw, diced vegetable	8.2	
	Pound	8.70	1/4 cup diced, cooked, drained vegetable	11.5	

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CELERY (continued)					
Celery, fresh <i>Trimmed</i>	Pound	8.10	1/4 cup sliced, cooked, drained vegetable	12.4	1 lb AP = 0.74 lb (about 2-1/8 cups) cooked celery
Celery, fresh <i>Sticks</i> <i>Ready-to-use</i> <i>(1/2-inch by 4- inch)</i>	Pound	14.00	1/4 cup raw vegetables (about 3 sticks)	7.2	1 lb AP = 1 lb (about 3-1/2 cups) ready-to- serve raw celery
Celery, fresh <i>Diced</i> <i>Ready-to-use</i>	Pound	12.90	1/4 cup raw vegetable	7.8	1 lb AP = 1 lb (about 3-1/8 cups) ready-to- cook or serve raw celery
Celery, canned <i>Diced</i>	No. 10 can (102 oz)	38.40	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 64.0 oz (9-1/2 cups) heated, drained celery
	No 10 can (102 oz)	49.00	1/4 cup drained vegetable	2.1	1 No 10 can = about 74.0 oz (12-3/8 cups) drained celery
	Pound (drained weight)	8.27	1/4 cup heated, drained vegetable	12.1	
	Pound (drained weight)	10.50	1/4 cup drained vegetable	9.6	
Celery, canned <i>Diced</i> <i>In sauce</i>	No. 10 can (104 oz)	49.70	1/4 cup heated, drained vegetable	2.1	1 No. 10 can = about 100.0 oz (12-3/8 cups) heated, drained celery

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CHAYOTE (MIRLITON)					
Chayote (Mirliton), fresh <i>Whole Unpeeled</i>	Pound	12.60	1/4 cup unpeeled, pitted sliced, raw vegetable	8.0	1 lb AP = 0.96 lb (about 3-1/8 cups) ready-to- serve, raw pitted, sliced chayote
	Pound	9.46	1/4 cup unpeeled, pitted, sliced, cooked, drained vegetable	10.6	1 lb AP = 0.88 lb (about 2-1/3 cups) unpeeled, pitted, sliced cooked chayote
CUCUMBERS					
Cucumbers, fresh <i>Whole Unpared</i>	Pound	11.10	1/4 cup unpared, diced vegetable	9.1	1 lb AP = 0.98 lb (about 2-3/4 cups) ready-to- serve raw, unpared, diced cucumber
	Pound	12.40	1/4 cup unpared, sliced vegetable	8.1	
	Pound	10.50	1/4 cup pared, diced or sliced vegetable	9.6	1 lb AP = 0.84 lb ready-to-serve raw, unpared, sliced cucumber
	Pound	9.71	1/4 cup pared vegetable sticks (about 3 sticks, 3- inch by 3/4-inch sticks)	10.3	1 lb AP = .81 lb (about 2-3/8 cups) ready-to- serve raw, pared cucumber sticks
	Pound	11.80	1/4 cup unpared vegetable sticks (about 3 sticks, 3- inch by 3/4-inch sticks)	8.5	1 lb AP = .98 lb (about 3 cups) ready-to-serve raw, unpared cucumber sticks

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
EGGPLANT					
Eggplant, fresh <i>Whole</i>	Pound	6.70	1/4 cup pared, cubed, cooked vegetable	15.0	1 lb AP = 0.81 lb ready-to-cook eggplant
KOHLRABI					
Kohlrabi, fresh <i>Untrimmed</i>	Pound	5.10	1/4 cup cooked, drained vegetable	19.7	1 lb AP = 0.45 lb ready-to-cook, pared kohlrabi
Kohlrabi, fresh <i>Whole With leaves and stems</i>	Pound	9.30	1/4 cup raw peeled vegetable sticks	10.8	1 lb AP = 0.73 lb ready-to-serve or cook, pared kohlrabi
	Pound	10.10	1/4 cup raw vegetable chunks	10.0	1 lb AP = 0.82 lb (about 2-1/2 cups) ready-to- serve or -cook, pared kohlrabi chunks
LETTUCE					
Lettuce, fresh <i>Iceberg Head Untrimmed</i>	Pound	22.20	1/4 cup raw, shredded vegetable (credits as 1/8 cup in NSLP/SBP)	4.6	1 lb AP = 0.76 lb (about 5-1/2 cups) ready-to- serve shredded lettuce
	Pound	20.80	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	4.9	
	Pound	13.90	1/4 cup raw vegetable pieces with dressing (credits as 1/8 cup in NSLP/SBP)	7.2	
Lettuce, fresh <i>Iceberg, Head Cleaned and cored Ready-to-use</i>	Pound	29.20	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.5	1 lb AP = 1 lb (about 7-1/3 cups) ready-to- serve lettuce

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
LETTUCE (continued)					
Lettuce, fresh <i>Salad mix (mostly iceberg, some romaine with shredded carrot and red cabbage)</i>	Pound	26.40	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.8	1 lb AP = 1 lb (about 6-1/2 cups) ready-to- serve lettuce
Lettuce, fresh <i>Mixed greens (equal amounts of iceberg and romaine with shredded carrots and red cabbage)</i>	Pound	25.70	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP)	3.9	1 lb AP = 1 lb (about 6-3/8 cups) ready-to- serve lettuce
MIRLITON (see CHAYOTE)					
MUSHROOMS					
Mushrooms, fresh <i>Whole</i>	Pound	18.70	1/4 cup raw, sliced vegetable	5.4	1 lb AP = 0.98 lb ready-to-cook mushrooms
	Pound	8.30	1/4 cup sliced, cooked, drained vegetable	12.1	1 lb AP = 0.43 lb cooked, sliced mushrooms
Mushrooms, fresh <i>Slices Ready-to-use</i>	Pound	18.50	1/4 cup sliced vegetable (about 7 slices)	5.5	1 lb AP = 1 lb (about 4-5/8 cups) ready-to- serve
Mushrooms, canned	No. 10 can (68 oz drained weight)	49.40	1/4 cup drained vegetable	2.1	1 No. 10 can = 12-1/3 cups drained mushrooms

Section 2 - Vegetables – Other Subgroup

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
MUSHROOMS (continued)					
Mushrooms, canned	Pound (drained weight)	11.60	1/4 cup drained vegetable	8.7	
	No. 300 can (8 oz drained weight)	5.80	1/4 cup drained vegetable	17.3	1 No. 300 can = about (1-1/2 cups) drained mushrooms
Mushrooms, frozen <i>Slices</i>	Pound	12.20	1/4 cup vegetable tempered	8.2	1 lb AP = 0.90 lb (about 3 cups) ready-to-serve, tempered mushrooms
NOPALES (see CACTUS)					
OKRA					
Okra, fresh <i>Whole</i>	Pound	9.70	1/4 cup cooked, drained whole vegetable	10.4	1 lb AP = 0.87 lb ready-to-cook okra
	Pound	9.00	1/4 cup cooked, drained sliced vegetable	11.2	
Okra, canned <i>Cut</i>	No. 10 can (99 oz)	38.80	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 60.0 oz (10-1/8 cups) drained okra
Okra, canned <i>Cut</i>	Pound	6.20	1/4 cup heated, drained vegetable	16.2	
	No. 300 can (14 oz)	4.58	1/4 cup heated, drained vegetable	21.9	1 No. 300 can = about 7.1 oz (1- 1/8 cups) drained okra

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
OKRA (continued)					
Okra, frozen <i>Cut</i>	Pound	9.10	1/4 cup cooked, drained vegetable	11.0	
Okra, frozen <i>Whole</i>	Pound	11.80	1/4 cup cooked, drained vegetable	8.5	
OLIVES					
Olives, canned <i>Green Stuffed</i>	No. 10 can (72 oz drained weight)	55.50	1/4 cup drained vegetable	1.9	
	Pound (drained weight)	12.30	1/4 cup drained vegetable	8.2	
Olives, canned <i>Green Whole With pits</i>	Gallon (65 oz drained weight)	60.40	1/4 cup whole, pitted vegetable (about 14 small olives)	1.7	1 gallon = about 848 olives
	Pound (drained weight)	14.80	1/4 cup pitted vegetable	6.8	
Olives, canned <i>Green Whole Pitted</i>	Gallon (69 oz drained weight)	63.90	1/4 cup whole vegetable (about 14 small olives)	1.6	1 gallon container = about 16 cups drained or 847 olives
Olives, canned <i>Ripe Pitted Large Whole</i>	No. 10 can (50 oz drained weight)	48.00	1/4 cup whole vegetable (about 8 large olives)	2.1	1 No. 10 can = about 380 olives
	No. 10 can (50 oz drained weight)	42.00	1/4 cup chopped vegetable	2.4	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
OLIVES (continued)					
Olives, canned <i>Ripe Pitted Large Whole</i>	Pound (drained weight)	15.30	1/4 cup whole vegetable	6.6	
	Pound (drained weight)	12.90	1/4 cup chopped vegetable	7.8	
Olives, frozen <i>Ripe 1/4-inch slices</i>	Pound	14.90	1/4 cup tempered vegetable slices	6.8	1 lb AP = 0.99 lb (about 3-2/3 cups) ready-to-serve tempered
ONIONS, GREEN					
Onions, Green, fresh <i>Whole</i>	Pound	15.00	1/4 cup raw vegetable, with tops	6.7	1 lb AP = 0.83 lb ready-to-serve, raw onions with tops
	Pound	13.80	1/4 cup cooked with tops	7.3	
	Pound	6.70	1/4 cup raw chopped or sliced vegetable without tops	15.0	1 lb AP = 0.37 lb ready-to-serve raw onions without tops
ONIONS, MATURE					
Onions, Mature, fresh <i>All sizes Whole</i>	Pound	9.30	1/4 cup raw, chopped vegetable	10.8	1 lb AP = 0.88 lb ready-to-cook or -serve raw onion
Onions, Mature, fresh <i>All sizes Whole</i>	Pound	14.20	1/4 cup raw, sliced vegetable	7.1	

Section 2 - Vegetables – Other Subgroup

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
ONIONS, MATURE (continued)					
Onions, Mature, fresh <i>All sizes Whole</i>	Pound	7.90	1/4 cup cooked vegetable pieces	12.7	1 lb AP = 0.78 lb cooked onion
	Pound	7.10	1/4 cup cooked, whole vegetable	14.1	
Onions, Mature, fresh <i>Yellow, Jumbo Whole</i>	Pound	5.70	1/4 cup sliced, grilled vegetable	17.6	1 lb AP = 0.65 lb (about 1-3/8 cups) peeled, sliced, cooked onion Jumbo = 3-inch diameter and over
Onions, Mature, fresh <i>Diced Ready-to-use</i>	Pound	12.60	1/4 cup diced, raw vegetable	8.0	1 lb AP = 1 lb (about 3-1/8 cups) ready-to- serve or -cook raw 1/4-inch diced onion
Onions, Mature, fresh <i>Sliced Ready-to-use</i>	Pound	12.70	1/4 cup sliced, raw vegetable	7.9	1 lb AP = 1 lb ready-to-serve or -cook onion
Onions, Mature, canned <i>Whole</i>	No. 10 can (105 oz)	26.60	1/4 cup heated vegetable	3.8	1 No. 10 can = about 55.8 oz (6-2/3 cups) heated, drained onion
	Pound	4.90	1/4 cup heated, drained vegetable	20.5	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
ONIONS, MATURE (continued)					
Onions, Mature, canned <i>Whole</i>	15 oz jar	5.10	1/4 cup vegetable (about 5 onions)	19.7	15-oz jar = about 9.0 oz (1- 1/4 cups) drained or about 23 onions
Onions, Mature, frozen <i>Chopped</i>	Pound	7.92	1/4 cup thawed vegetable	12.7	1 lb AP = 0.80 lb (about 1-7/8 cups) ready-to- cook, thawed onion
	Pound	5.94	1/4 cup cooked vegetable	16.9	1 lb AP = 0.67 lb (about 1-3/8 cups) cooked onion
Onions, Mature, Dehydrated <i>Chopped</i>	Pound	49.90	1/4 cup rehydrated, cooked vegetable	2.1	1 lb dry = about 4-2/3 cups dehydrated onion
	Pound	18.70	1/4 cup uncooked, rehydrated vegetable	5.4	
PEAS, CHINESE SNOW					
Peas, Chinese Snow, frozen <i>Edible podded Whole</i>	Pound	11.40	1/4 cup cooked, drained vegetable	8.8	
PEAS, SUGAR SNAP (or SNAP PEAS)					
Peas, Sugar Snap, frozen <i>Whole</i>	Pound	9.78	1/4 cup cooked, drained vegetable	10.3	1 lb AP = 1 lb (about 2-3/8 cups) cooked, drained peas

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PEPPEROCINI					
Pepperocini, canned <i>Whole</i>	Gallon (72 oz drained weight)	64.00	1/4 cup drained vegetable	1.6	1 gallon container = about 207 pepperocini
PEPPERS, BELL					
Peppers, Bell, fresh <i>Green or Yellow Medium or Large Whole</i>	Pound	9.70	1/4 cup chopped or diced raw vegetable	10.4	1 lb AP = 0.80 lb ready-to-serve or cook raw peppers
	Pound	14.70	1/4 cup raw vegetable strips	6.9	1 lb AP = 0.73 lb cooked peppers
	Pound	9.80	1/4 cup cooked, drained vegetable strips	10.3	
Peppers, Bell, frozen <i>Green or Yellow Diced</i>	Pound	12.10	1/4 cup thawed vegetable	8.3	1 lb AP = 1 lb (about 3 cups) thawed peppers
	Pound	7.30	1/4 cup cooked, drained vegetable	13.7	
Peppers, Bell, dehydrated <i>Green or Yellow Diced</i>	Pound	99.20	1/4 cup rehydrated, cooked vegetable	1.1	1 lb dry = about 9-1/4 cups dehydrated pepper
	Pound	38.60	1/4 cup dehydrated vegetable	2.6	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PEPPERS, GREEN CHILIES					
Peppers, Green Chilies, fresh <i>Anaheim Whole with stem</i>	Pound	11.40	1/4 cup chopped, seeded raw vegetable	8.8	1 lb AP = 0.80 lb (about 2-3/4 cups) ready-to- serve, raw, stemmed, seeded, chopped chili peppers
Peppers, Green, Chilies, fresh <i>Jalapeño Whole with stem</i>	Pound	15.60	1/4 cup raw vegetable (about 2 peppers)	6.5	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to- serve raw whole peppers
Peppers, Green Chilies, canned <i>Chopped</i>	No. 10 can (103 oz)	51.40	1/4 cup heated vegetable	2.0	1 No. 10 can = about 12-7/8 cups drained peppers
	No. 10 can (99 oz)	47.10	1/4 cup unheated vegetable	2.2	1 No. 10 can = about 11-3/4 cups peppers
	Pound	7.98	1/4 cup heated vegetable	12.6	
Peppers, Green, Chilies, canned <i>Jalapeño Slices</i>	No. 10 can (106 oz)	46.20	1/4 cup drained vegetable slices	2.0	1 No. 10 can = about 64.4 oz (11-1/2 cups) drained peppers
Peppers, Green, Chilies, canned <i>Jalapeño Whole</i>	No. 10 can (96 oz)	35.00	1/4 cup drained, whole vegetable	2.9	1 No. 10 can = about 60 oz (8- 3/4 cups) drained peppers

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
PICKLES					
Pickles, canned Chips	Quart (20 oz drained weight)	13.90	1/4 cup drained vegetable	7.2	1 quart container = 3- 1/2 cups drained or 52 pickle chips
	Gallon (87 oz drained weight)	60.30	1/4 cup drained vegetable	1.7	
	Pound (drained weight)	11.10	1/4 cup drained vegetable	9.1	
Pickles, canned Spears Medium size 4.75 x .75 x 1.5-inches	24 oz jar (about 15.4 oz drained weight)	8.80	1/4 cup drained vegetable (about 1- 1/4 spears)	11.4	24 oz container = about 2-1/4 cups chopped, drained or 11 whole pickle spears
Pickles, canned Whole	Gallon (about 87 oz drained)	55.20	1/4 cup whole vegetable (about: 3-3/4 gherkins-small, 1-1/4 gherkins-large, 1 small pickle, 1/2 medium pickle, 1/3 large pickle, 1/4 extra large pickle)	1.9	Length of pickles: gherkins = 2 to 2-3/4 inch, small = 2- 3/4 to 3-1/2 inch, medium = 3-1/2 to 4 inch, large = 4 to 4- 3/4 inch, extra- large = 4-3/4 to 5-1/4 inch
	Gallon (about 87 oz drained)	84.40	1/8 cup length-wise sliced vegetable	1.2	
	Gallon (about 87 oz drained)	108.00	1/8 cup chopped vegetable	1.0	

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
RADISHES					
Radishes, Fresh <i>Without tops</i>	Pound	12.80	1/4 cup whole vegetable, about 7 small radishes	7.9	1 lb without tops = 0.94 lb ready-to-serve raw radishes
	Pound	15.30	1/4 cup raw, sliced vegetable	6.6	
RUTABAGAS					
Rutabagas, fresh <i>Whole</i>	Pound	8.30	1/4 cup pared, cubed, cooked vegetable	12.1	1 lb AP = 0.85 lb ready-to-cook rutabaga
	Pound	5.70	1/4 cup pared, cooked, drained, mashed vegetable	17.6	
SAUERKRAUT					
Sauerkraut, canned	No. 10 can (99 oz)	36.50	1/4 cup heated, drained vegetable	2.8	1 No. 10 can = about 11-7/8 cups drained, unheated vegetable
	No. 2-1/2 can (27 oz)	15.00	1/4 cup heated, drained vegetable	6.7	1 No. 2-1/2 can = about 23.0 oz (4-1/2 cups) drained, unheated vegetable
	No. 300 can (14-1/2 oz)	4.93	1/4 cup heated, drained vegetable	20.3	
SEAWEED					
Seaweed, dehydrated <i>Wakame</i>	Pound	91.00	1/4 cup trimmed, rehydrated vegetable	1.1	1 lb dry = 4.3 lb (about 22-2/3 cups) rehydrated ready-to-serve or -cook seaweed

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
SQUASH, SUMMER					
Squash, Summer, fresh <i>Yellow</i>	Pound	7.30	1/4 cup cubed, cooked, drained vegetable	13.7	1 lb AP = 0.95 lb ready-to-cook squash
	Pound	6.30	1/4 cup cooked, drained mashed vegetable	15.9	
	Pound	15.50	1/4 cup raw, sliced vegetable	6.5	1 lb AP = 0.98 lb (about 3-7/8 cups) ready-to- serve or -cook squash
Squash, Summer, fresh <i>Yellow</i>	Pound	8.42	1/4 cup sliced, cooked, drained vegetable	11.9	1 lb AP = 0.83 lb (about 2 cups) cooked, sliced squash
Squash, Summer, fresh <i>Zucchini Whole</i>	Pound	11.90	1/4 cup raw vegetable sticks (about 3 sticks, 1/2- inch by 3-inch sticks)	8.5	1 lb AP = 0.95 lb (about 2-7/8 cups) ready-to- serve or -cook raw (1/2-inch by 3-inch) squash sticks
	Pound	12.70	1/4 cup raw, cubed vegetable	7.9	1 lb AP = 0.95 lb (about 3-1/8 cups) ready-to- cook or serve raw 3/4-inch cubed zucchini
	Pound	7.60	1/4 cup cubed, cooked, drained vegetable	13.2	1 lb AP = 0.86 lb cooked, 3/4-inch zucchini cubes
	Pound	13.10	1/4 cup raw, sliced vegetable	7.7	1 lb AP = 0.96 lb (about 3-1/4 cups) ready-to- cook or -serve raw, 1/4-inch zucchini slices

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
SQUASH, SUMMER (continued)					
Squash, Summer, fresh <i>Zucchini Whole</i>	Pound	10.20	1/4 cup sliced, cooked, drained vegetable	9.9	
Squash, Summer, canned <i>Sliced</i>	No. 10 can (105 oz)	26.50	1/4 cup heated, drained vegetable	3.	1 No. 10 can = about 61.0 oz (8-3/8 cups) drained, unheated squash
	Pound	4.03	1/4 cup heated, drained vegetable	24.9	1 lb AP = about 9.2 oz (1-1/2 cups) drained squash
Squash, Summer, frozen <i>Yellow Sliced</i>	Pound	7.90	1/4 cup cooked, drained vegetable	12.7	
Squash, Summer, frozen <i>Zucchini Sliced</i>	Pound	7.00	1/4 cup cooked, drained vegetable	14.3	
TOMATILLOS					
Tomatillos, fresh <i>Whole with stem</i>	Pound	11.90	1/4 cup raw, diced vegetable	8.5	1 lb AP = 0.98 lb (2-7/8 cups) ready-to-serve stemmed, 1/2- inch diced tomatillos
	Pound	6.38	1/4 cup cooked, diced vegetable	15.7	1 lb AP = 0.82 lb (about 1-1/2 cups) diced, cooked tomatillos

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
TURNIPS					
Turnips, fresh <i>Whole</i>	Pound	10.80	1/4 cup raw, pared vegetable sticks (about 7 sticks, 1/2- inch by 2-inch sticks)	9.3	1 lb AP = 0.83 lb (about 2-2/3 cups) ready-to- serve raw, pared turnip sticks
Turnips, fresh <i>Without tops</i>	Pound	11.20	1/4 cup raw, pared, cubed or diced vegetable	9.0	1 lb AP = 0.79 lb ready-to-cook or serve raw pared turnip
	Pound	8.70	1/4 cup pared, cubed, cooked, drained vegetable	11.5	1 lb AP = 0.78 lb (about 2-1/8 cups) pared, cubed, cooked turnip
	Pound	5.60	1/4 cup cooked, drained, pared, mashed vegetable	17.9	
VEGETABLES, MIXED²					
Vegetables, Mixed, frozen <i>Broccoli and Cauliflower blend</i>	Pound	11.90	1/4 cup thawed vegetable (unheated for salads)	8.5	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to- serve thawed mixed vegetables
	Pound	10.70	1/4 cup cooked, drained vegetable	9.4	1 lb AP = 0.95 lb (about 2-2/3 cups) cooked, drained mixed vegetables

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

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1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
VEGETABLES, MIXED² (continued)					
Vegetables, Mixed, frozen <i>California blend (broccoli, carrots, cauliflower)</i>	Pound	11.90	1/4 cup thawed vegetable (unheated for salads)	8.5	1 lb AP = 0.98 lb (about 2-7/8 cups) ready-to- serve thawed, mixed vegetables
	Pound	10.60	1/4 cup cooked, drained vegetable	9.5	1 lb AP = 0.94 lb (about 2-2/3 cups) cooked, drained mixed vegetables
Vegetables, Mixed, frozen <i>Peppers and Onions</i>	Pound	7.71	1/4 cup cooked, drained vegetable	13.0	1 lb AP = 0.86 lb (about 1-7/8 cups) cooked, drained mixed vegetables

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