**Common Garden Bar Measures:** *(Information from the Food Buying Guide)*

*The minimum creditable serving size for any meal component is* ***1/8 cup****.*

**NSLP MEAL PATTERN: Vegetables with Sub Groups**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Grade/  Group | **Daily:** | Weekly: | **Weekly Requirement for each Sub Group** | | | | | |
| Dark Green | **Red/**  **Orange** | Beans/  Legume | Starchy | Other | **Add’l** |
| K-5 | **3/4 cup** | 3-3/4 c | 1/2c | **3/4c** | 1/2c | 1/2c | 1/2c | **1 c** |
| 6-8 | **3/4 cup** | 3-3/4 c | 1/2c | **3/4c** | 1/2c | 1/2c | 1/2c | **1 c** |
| 9-12 | **1 cup** | 5 cups | 1/2c | **1-1/4c** | 1/2c | 1/2c | **3/4c** | **1-1/2c** |

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| --- | --- | --- | --- |
| **Dark Green** |  | **Starchy** |  |
| Romaine Lettuce, chopped | Credits as half the volume:  1 lb= 20 (1/4 cup) srvg | Jicama, Sticks | 6 sticks (1/2”x4”)= ½ c. serving  1 lb. = 11.9 (1/4 cup) serving |
| Spinach | Credits as half the volume:  1 lb=25.6 (1/4 cup) srvg | Green Peas | 3 heaped Tbls= ½ c. serving  1 lb. = 9.59 (1/4 cup) srvg |
| Broccoli, florets | 4-5 florets =½ c. serving  1 lb. = 28.8 (1/4 cup) srvg | Corn kernels | 6” cob of corn = ½ c. serving  1 lb. = 10.7 (1/4 cup) srvg |
| **Red/Orange** |  | Potato, 120 ct | 1 whole potato = ½ c serving |
| Tomatoes, sliced  Tomatoes, diced | 10 – 1/8” slices = ½ c. serving  1 lb. = 8.74 (1/4 cup) srvg | **Other** |  |
| Tomatoes, cherry | 6 tomatoes=½ c. serving  1 lb. = 12.1 (1/4 cup) srvg | Iceberg lettuce (w/ shrd.carrot/cabbage) | Credits as half the volume:  1 lb= 20 (1/4 cup) srvg |
| Carrot, baby | 9 baby carrot, 2”= ½ c. serving  1 lb. = 12.9 (1/4 cup) srvg | Celery, sticks | 6 sticks (½”x3”)= ½ c. serving  1 lb. = 14 (1/4 cup) srvg |
| Carrots, shredded | 1 lb. = 19.9 (1/4 cup) srvg | Cabbage, shredded | 1 lb = 27.03 (1/4 cup) srvg |
| Red bell pepper, strips | 7 pepper stcks(½”x3”)=½ c. srvg  1 lb. = 14.7 (1/4 cup) srvg | Cauliflower, pieces | 1 lb. = 18.3 (1/4 cup) srvg |
| **Legumes** |  | Cucumber slices | 9 cucumber coins, ¼”=½c srvg  1 lb. = 10.5 (1/4 cup) srvg |
| Edamame, shelled | 1 lb. = 10.7 (1/4 cup) srvg | Green pepper, strips | 7 pepper sticks(½”x3”)=½ c. srvg  1 lb. = 14.7 (1/4 cup) srvg |
| Garbanzo beans | No. 10 can = 42 (1/4 cup) srvg | Mushroom slices | 14 slices, ¼” = ½ c. serving  1 lb. = 18 (1/4 cup) srvg |
| Black beans | No. 10 can = 27.8 (1/4 cup) srvg | Olives, Large ripe | 16 black olives=½ c. serving |
| Kidney beans | No. 10 can = 43.4 (1/4 cup) srvg | Pickle Chips | 7 pickle chips = ½ c. serving  2-3 med spears=½ c. serving |
| **Whole Fruit** |  | **Canned Fruit** |  |
| Apples, 125-138 ct | 1 lb. = 14.8 (1/4 cup) srvg | Applesauce | No. 10 can = 47.6 (1/4 cup) srvg |
| Bananas, 150 ct | 1 banana = ½ cup | Mandarin Oranges | No. 10 can = 39.75(1/4 cup) srvg |
| Blueberries, thawed | 1 lb. = 11.9 (1/4 cup) srvg | Mixed fruit/Fruit cocktail | No. 10 can = 46.9 (1/4 cup) srvg |
| Cuties/Clemetines | 2 Cuties/clemetine = ½ c. srvg | Peaches, diced | No. 10 can = 48.6 (1/4 cup) srvg |
| Grapes | 14 seedless grapes = ½ c. srvg  12 seeded grapes=½ c. srvg  1 lb. = 10.2 (1/4 cup) srvg | Pears, diced | No. 10 can = 47.6 (1/4 cup) srvg |
| Kiwi, 108 ct | 2 whole kiwi = ½ cup serving | Pineapple, tidbits | No. 10 can = 50.1 (1/4 cup) srvg |