

# Vegetables Component

## Minimum Requirements for Schools

### LUNCH

Grades	Daily	Weekly
K–5	¾ cup	3 ¾ cups
6–8	¾ cup	3 ¾ cups
9–12	1 cup	5 cups

Grades	Dark Green	Red/Orange	Beans, Peas, and Lentils	Starchy	Other	Additional vegetables to meet weekly requirements
K–5	½ cup	¾ cup	½ cup	½ cup	½ cup	1 cup
6–8	½ cup	¾ cup	½ cup	½ cup	½ cup	1 cup
9–12	½ cup	1 ¼ cups	½ cup	½ cup	¾ cup	1 ½ cups

- The minimum creditable serving is 1/8 cup; larger amounts may be served.
- Types of vegetables include fresh, frozen, or canned vegetables and dry beans, peas, and lentils.
- 1 cup of leafy greens counts as 1/2 cup of vegetables.
- Pasteurized, full-strength vegetable juice may be offered to meet no more than one-half of the vegetable component.
- The “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans, peas, and lentils vegetable subgroups.
- Cooked dry beans, peas, and lentils may be counted as a vegetable or a meat alternate, but not as both in the same dish. When offered as a meat alternate, beans, peas, and lentils may count toward the weekly beans, peas, and lentils vegetable subgroup requirement, but may not count toward the daily or weekly vegetable component requirement.
- Vegetables may be offered in place of all or part of the required fruits at breakfast. For School Year 2024–25, Congress has provided schools the option to offer any vegetables in place of fruits at breakfast (no subgroup requirements).



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