Vegetables Component

Minimum Requirements for Schools

**LUNCH**

<table>
<thead>
<tr>
<th>Grades</th>
<th>Daily</th>
<th>Weekly</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>¾ cup</td>
<td>3 ¾ cups</td>
</tr>
<tr>
<td>6-8</td>
<td>¼ cup</td>
<td>3 ¼ cups</td>
</tr>
<tr>
<td>9-12</td>
<td>1 cup</td>
<td>5 cups</td>
</tr>
</tbody>
</table>

- Minimum creditable serving is ⅛ cup.
- 1 cup of leafy greens counts as ½ cup of vegetables.
- Credit beans/peas (legumes) as EITHER vegetables or meats/meat alternates, not both.
- The other vegetables requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups.
- Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
- Larger amounts of these vegetables may be served.
- No more than half of the fruit or vegetable offerings may be in the form of juice.
- All juice must be 100% full-strength.

Note: At breakfast, vegetables may be substituted for fruits, but the first 2 cups per week of any such substitution must be from the dark green, red/orange, beans/peas (legumes), or other vegetables subgroups.