



Vegetables Component

Minimum Requirements for Schools

LUNCH

Grades	Daily	Weekly
K-5	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups
6-8	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups
9-12	1 cup	5 cups

						Additional vegetables to meet weekly requirements
Grades	Dark Green	Red/Orange	Legumes	Starchy	Other	
K-5	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
6-8	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
9-12	$\frac{1}{2}$ cup	1 $\frac{1}{4}$ cups	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups

- Minimum creditable serving is $\frac{1}{8}$ cup.
- 1 cup of leafy greens counts as $\frac{1}{2}$ 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.

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