

Dark Green*

0.5 cup weekly for all grade groups

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|-----------------|--------------------|-----------------|
| Bok Choy | Green Leaf Lettuce | Romaine Lettuce |
| Broccoli | Kale | Spinach |
| Chinese Cabbage | Mesclun | Turnip Greens |
| Collard Greens | Mustard Greens | Watercress |
| Endive | | |

Other

K-5 and 6-8: 0.5 cup weekly 9-12: 0.75 cup weekly

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|------------------|-----------------|----------------------|
| Artichokes | Cucumbers | Onions |
| Asparagus | Eggplant | Radishes |
| Avocado | Green Beans | Parsnips |
| Beets | Green Peppers | Summer Squash |
| Brussels Sprouts | Iceberg Lettuce | Snow/Sugar Snap Peas |
| Cabbage | Kohlrabi | Turnips |
| Cauliflower | Mushrooms | Wax Beans |
| Celery | Okra | Zucchini |

The weekly portion size requirement for Other vegetables must come from Other, Dark Green, Red/ Orange or Beans/Peas.

Additional

K-5 and 6-8: 1 cup weekly 9-12: 1.5 cups weekly
Any vegetable may be served

Beans/Peas

0.5 cup weekly for all grade groups

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|------------------|---------------------|
| Black Beans | Pinto Beans |
| Black Eyed Peas | Pink Beans |
| Chickpeas | Refried Beans |
| Garbanzo Beans | Red Beans |
| Kidney Beans | Soy Beans (edamame) |
| Lentils | Split Peas |
| Lima Beans (dry) | White Beans |
| Navy Beans | |

Starchy

0.5 cup weekly for all grade groups

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|---------------|---------------------------|
| Cassava | Lima Beans (canned/fresh) |
| Corn | Plantains |
| Fresh Cowpeas | Potatoes |
| Green Bananas | Taro |
| Green Peas | Water Chestnuts |
| Jicama | |

Daily Amount Based on Average Five-Day Week	K-5	6-8	9-12
	Min-Max calories	550-650	600-700
Sodium (mg)*	1,230	1,360	1,420
Saturated fat (% of total calories)	<10	<10	<10
Trans fat	Nutrition label or manufacturer specifications must = 0g per serving		

* 1 cup of uncooked leafy greens = 0.5 cup of vegetable. *Sodium Target 1: met by July 1, 2014

See the revised Fruits and Vegetables section of the USDA Food Buying Guide for complete information.