



Vegetable Type	1/2 Cup Portion*	Carbs (g) **
Romaine Lettuce/ Spinach	95 g= 1/2 cup	5 g
Broccoli, Fresh	1.2 oz	2 g
Broccoli; Frozen, Cooked	92 g= 1/2 cup	5 g
Carrots, Canned	127 g= 1/2 cup	10 g
Carrots, Frozen	73 g= 1/2 cup	6 g
Corn; Canned and Frozen	125 g= 1/2 cup 82 g= 1/2 cup	17 g 16 g
Mixed Vegetables; Fro- zen, Cooked	91 g= 1/2 cup	12 g
Baby Carrots	2.5 oz bag= 1/2 cup	1 g
Peas, Frozen, Cooked	80 g= 1/2 cup	11 g
Sweet Potato, Crinkle Cut Fries	69 g= 1/2 cup	19 g
Tomatoes, Cherry	2.7 oz bag= 1/2 cup	3 g
Edamame, Shelled, No Pods	3.1 oz	9 g
Pinto Beans, Canned	128 g= 1/2 cup	22 g
Black Beans, Canned	125 g= 1/2 cup	18 g
Refried Beans, canned	130 g= 1/2 cup	25 g
Garbanzo Beans, Canned	130 g= 1/2 cup	21 g
Celery Sticks	2.3 oz or 6 sticks (1/2 inch by 4 inch)	2 g
Cucumber, Sticks With Peel	2.7 oz or 6 sticks (3/4 inch by 3 inch)	2 g
Celery Sticks & Cucum- ber Coins	2.3 oz= 1/2 cup	2 g
Sweet Peas, In Pod, Chilled	31.5 g= 1/2 cup	2 g
Potato Wedges	84 g= 1/2 cup	20 g
Salsa	128 g= 1/2 cup	8 g
Vegetarian Beans, Canned	130 g= 1/2 cup	29 g
Green Beans; Canned And Frozen	125g = 1/2 cup 68g= 1/2 cup	4 g 4 g
Jicama	65 g= 1/2 cup	7 g

## Vegetable Half-Cup Portion Size Requirements & Carb



**Lunch, Grades K-8**  
Minimum 3/4 cup offered,  
usually as two 1/2 cup portions

**Lunch, Grades 9-12**  
Minimum 1 cup offered, usually as in  
two 1/2 cup portions

Proud to Serve only 100% pure  
natural Vegetable Juice with no  
added sugars.

No more than half the volume of vegeta-  
bles offered may be in the form of juice

**Reminder:**  
To qualify as a vegetable, the first juice  
ingredient in the list must be a vegetable

\*1/2 Cup Serving Sizes are mini-  
mum amounts derived from the  
USDA Food Buying Guide\*  
\*\*Carb Count values are from the  
USDA National Nutrient Data-  
base\*\*

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