

Vegetable Type	1/2 Cup Portion Ready to Eat	Carbs (g)
Avocados, Diced	5.5 oz	6
Beans, Black, Canned*	4.4 oz	18
Beans, Garbanzo, Canned*	4.6 oz	21
Beans, Pinto, Canned*	4.5 oz	22
Beans, Refried, Canned*	4.6 oz	25
Beans, Vegetarian, Canned*	4.6 oz	29
Beans, Green, Canned*	4.4 oz	4
Frozen, Cooked*	2.4 oz	4
Broccoli Florets, Fresh	1.2 oz	2
Broccoli; Frozen, Cooked*	3.3 oz	5
Carrots, Baby, Fresh	2.5 oz	6
Carrots, Sliced Canned*	4.5 oz	10
Frozen, Cooked*	2.6 oz	6
Celery Sticks	2.3 oz or 6 sticks (1/2 inch by 4 inch)	1
Corn; Canned*	4.4 oz	17
Frozen, Cooked*	2.9 oz	16
Corn Cobette, Frozen	3.8 oz (credits 1/4 cup)	8
Cucumber Coins, With Peel	2.2 oz or 6 sticks (3/4 inch by 3 inch)	2
Edamame, Shelled, No Pods	3 oz	9
Jicama, Sticks, Peeled, Fresh	2.4 oz	5
Mixed Vegetables, Frozen, Cooked*	3.2 oz	12
Pepper/Onion Blend, Frozen, Cooked*	2.5 oz	6
Peas, Frozen, Cooked*	2.9 oz	11
Potato Wedges*	3 oz	17
Romaine Lettuce, Chopped RTE	2.5 oz = 1 cup (credits 1/2 cup)	2
Salad Mix (Iceberg, Romaine, Red Cabbage)	= 1 cup (credits 1/2 cup)	4
Salsa, Canned*	4.52 oz	8
Spaghetti Sauce*	4.4 oz	10
Sweet Potato Crinkle Cut Fries *	2.5 oz	19
Tomatoes, Cherry	2.7 oz	3

Vegetable Half-Cup Portion Sizes & Carb Counts



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 two 1/2 cup portions

Proud to Serve only 100% pure
natural vegetable juice with no
added sugars.

No more than half the vegetables
offered is in the form of juice

1/2 Cup Serving Sizes are minimum
amounts derived from the USDA Food
Buying Guide & Fact Sheets

1 cup raw leafy greens, such as
lettuce, spinach, & kale, contributes
1/2 cup eq vegetable

*Asterisk includes USDA
Commodity Vegetables

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