### BREAKFAST

1 serving of fruit/vegetable = 1/2 cup

<table>
<thead>
<tr>
<th>Food Item**</th>
<th>Preparation</th>
<th>Amount to prepare for 5 servings</th>
<th>Amount to prepare for 25 servings</th>
<th>Amount to prepare for 50 servings</th>
<th>Amount to purchase for 5 servings</th>
<th>Amount to purchase for 25 servings</th>
<th>Amount to purchase for 50 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples NC</td>
<td>Unpeeled, cored, sliced</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>¾ pound</td>
<td>4 ¼ pounds</td>
<td>9 ½ pounds</td>
</tr>
<tr>
<td>Apricots</td>
<td>Seedled, unpeeled, halves</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 pound</td>
<td>4 ¼ pounds</td>
<td>9 ½ pounds</td>
</tr>
<tr>
<td>Bananas</td>
<td>Whole or sliced 1 banana = ½ cup</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 ½ pounds</td>
<td>7 pounds</td>
<td>14 pounds</td>
</tr>
<tr>
<td>Blackberries NC</td>
<td>Whole</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 pound</td>
<td>4 ¼ pounds</td>
<td>8 ½ pounds</td>
</tr>
<tr>
<td>Blueberries NC</td>
<td>Whole</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 pound</td>
<td>4 ¼ pounds</td>
<td>8 ½ pounds</td>
</tr>
<tr>
<td>Cantaloupe NC whole</td>
<td>Cubed or diced</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 ½ pounds</td>
<td>7 pounds</td>
<td>14 pounds</td>
</tr>
<tr>
<td>Clementines whole</td>
<td>Whole, peeled</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 ½ pounds</td>
<td>7 pounds</td>
<td>14 pounds</td>
</tr>
<tr>
<td>Grapes seedless</td>
<td>Halves</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 ½ pounds</td>
<td>5 ½ pounds</td>
<td>11 ¾ pounds</td>
</tr>
<tr>
<td>Honeydew Melon NC whole</td>
<td>Cubes</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>2 ½ pounds</td>
<td>10 ¾ pounds</td>
<td>20 ½ pounds</td>
</tr>
<tr>
<td>Kiwi</td>
<td>Peeled, sliced</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 ½ pounds</td>
<td>5 ¾ pounds</td>
<td>11 ¼ pounds</td>
</tr>
<tr>
<td>Nectarines NC all sizes</td>
<td>Unpeeled, diced</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 pound</td>
<td>4 ¼ pounds</td>
<td>9 ½ pounds</td>
</tr>
<tr>
<td>Oranges all sizes</td>
<td>Sections, membrane removed</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>3 pounds</td>
<td>14 ½ pounds</td>
<td>28 ¼ pounds</td>
</tr>
<tr>
<td>Peaches NC</td>
<td>Sliced</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 pound</td>
<td>4 ¼ pounds</td>
<td>9 ½ pounds</td>
</tr>
<tr>
<td>Pears NC all sizes</td>
<td>Pared, sliced</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 ½ pounds</td>
<td>6 ¾ pounds</td>
<td>12 ¾ pounds</td>
</tr>
<tr>
<td>Persimmons NC Japanese, Fuyu</td>
<td>Unpeeled, wedges</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>¾ pound</td>
<td>3 ¾ pounds</td>
<td>6 ½ pounds</td>
</tr>
<tr>
<td>Pineapple whole</td>
<td>Cubed</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 ½ pounds</td>
<td>8 pounds</td>
<td>15 ¾ pounds</td>
</tr>
<tr>
<td>Plums NC purple, red, or black</td>
<td>Quartered</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 pound</td>
<td>4 ¾ pounds</td>
<td>9 ½ pounds</td>
</tr>
<tr>
<td>Raspberries NC</td>
<td>Whole</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 pound</td>
<td>4 ¼ pounds</td>
<td>8 ½ pounds</td>
</tr>
<tr>
<td>Strawberries NC</td>
<td>Sliced</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 pound</td>
<td>5 pounds</td>
<td>9 ¾ pounds</td>
</tr>
<tr>
<td>Tangerines NC</td>
<td>Whole, peeled (about ½ cup)</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 pound</td>
<td>5 pounds</td>
<td>10 pounds</td>
</tr>
<tr>
<td>Watermelon NC</td>
<td>Diced, no rind</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
<td>25 cups</td>
<td>1 ¾ pounds</td>
<td>8 ¼ pounds</td>
<td>16 ½ pounds</td>
</tr>
</tbody>
</table>

NC = Grown in North Carolina

For seasonal produce, see [What’s in Season? North Carolina Fruit and Vegetable Availability](https://www.ncfarmtochildcare.org/what-s-in-season/)

* Amounts are calculated for 3-5 year olds and represent minimum serving sizes to meet the USDA Child Meal Patterns.

** Please use caution when serving items which could be potential choking hazards.

Amounts are rounded up to the nearest 0.25 pound.


USDA Child Meal Pattern

NC Farm to Preschool Network – Fresh Produce Purchasing & Prep Guide for Programs Serving 3-5 year olds (2/2021)
### LUNCH/SUPPER

1/4 cup serving of vegetable + 1/4 cup serving of fruit or 2nd vegetable

<table>
<thead>
<tr>
<th>Food Item**</th>
<th>Preparation</th>
<th>Amount to prepare for 5 servings</th>
<th>Amount to prepare for 25 servings</th>
<th>Amount to prepare for 50 servings</th>
<th>Amount to purchase for 5 servings</th>
<th>Amount to purchase for 25 servings</th>
<th>Amount to purchase for 50 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Apples</strong>&lt;sub&gt;NC&lt;/sub&gt;</td>
<td>Unpeeled, cored, sliced</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>½ pound</td>
<td>1 ¼ pounds</td>
<td>3 ½ pounds</td>
</tr>
<tr>
<td><strong>Avocados</strong></td>
<td>Peeled, sliced</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>1 pound</td>
<td>4 ¼ pounds</td>
<td>9 ¼ pounds</td>
</tr>
<tr>
<td><strong>Bananas</strong></td>
<td>Whole or sliced 1 banana = ½ cup</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>¾ pound</td>
<td>3 ½ pounds</td>
<td>7 pounds</td>
</tr>
<tr>
<td><strong>Beets</strong>&lt;sup&gt;NC&lt;/sup&gt; without tops</td>
<td>Sliced, cooked</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>¾ pound</td>
<td>3 ¾ pounds</td>
<td>6 ¾ pounds</td>
</tr>
<tr>
<td><strong>Blueberries</strong>&lt;sup&gt;NC&lt;/sup&gt;</td>
<td>Whole</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>¾ pound (½ pint)</td>
<td>2 ¼ pounds (3 pints)</td>
<td>4 ¼ pounds (5 ½ pints)</td>
</tr>
<tr>
<td><strong>Broccoli</strong>&lt;sup&gt;NC&lt;/sup&gt; florets</td>
<td>Cooked</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>½ pound</td>
<td>2 pounds</td>
<td>4 ½ pounds</td>
</tr>
<tr>
<td><strong>Broccoli</strong>&lt;sup&gt;NC&lt;/sup&gt; florets trimmed, ready-to-use</td>
<td>Raw</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>¼ pound</td>
<td>1 pound</td>
<td>1 ¼ pounds</td>
</tr>
<tr>
<td><strong>Butternut Squash</strong>&lt;sup&gt;NC&lt;/sup&gt;</td>
<td>Cooked, drained, pared, cubed</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>¾ pound</td>
<td>3 ½ pounds</td>
<td>6 ¾ pounds</td>
</tr>
<tr>
<td><strong>Cabbage</strong>&lt;sup&gt;NC&lt;/sup&gt; green, untrimmed, whole</td>
<td>Raw, chopped</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>½ pound</td>
<td>1 ½ pounds</td>
<td>3 pounds</td>
</tr>
<tr>
<td><strong>Cantaloupe</strong>&lt;sup&gt;NC&lt;/sup&gt; whole</td>
<td>Cubed or diced</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>1 pound</td>
<td>4 ¼ pounds (~3 melons)</td>
<td>8 ¼ pounds (~5 melons)</td>
</tr>
<tr>
<td><strong>Carrots</strong>&lt;sup&gt;NC&lt;/sup&gt; without tops</td>
<td>Cooked, drained, sliced</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>½ pound</td>
<td>3 ¾ pounds</td>
<td>6 ¾ pounds</td>
</tr>
<tr>
<td><strong>Carrots</strong>&lt;sup&gt;NC&lt;/sup&gt; baby, ready-to-use</td>
<td>Raw</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>½ pound</td>
<td>2 pounds</td>
<td>4 pounds</td>
</tr>
<tr>
<td><strong>Cauliflower</strong>&lt;sup&gt;NC&lt;/sup&gt; whole, trimmed</td>
<td>Cooked, drained, florets</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>¾ pound</td>
<td>3 pounds</td>
<td>5 ¼ pounds</td>
</tr>
<tr>
<td><strong>Cauliflower</strong>&lt;sup&gt;NC&lt;/sup&gt; florets, ready-to-use</td>
<td>Raw, florets</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>½ pound</td>
<td>1 ½ pounds</td>
<td>2 ½ pounds</td>
</tr>
<tr>
<td><strong>Celery</strong> trimmed</td>
<td>Raw, sticks or strips</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>½ pound</td>
<td>2 ½ pounds</td>
<td>4 ½ pounds</td>
</tr>
<tr>
<td><strong>Cherry Tomatoes</strong>&lt;sup&gt;NC&lt;/sup&gt;</td>
<td>Halves</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>½ pound</td>
<td>2 ½ pounds</td>
<td>4 ½ pounds</td>
</tr>
<tr>
<td><strong>Clementines</strong></td>
<td>Whole, peeled</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>¾ pound</td>
<td>3 pounds</td>
<td>5 ¼ pounds</td>
</tr>
<tr>
<td><strong>Collard Greens</strong>&lt;sup&gt;NC&lt;/sup&gt; untrimmed</td>
<td>Cooked, drained, leaves</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>1 pound</td>
<td>4 ¼ pounds</td>
<td>8 ¼ pounds</td>
</tr>
<tr>
<td><strong>Corn on the cob</strong>&lt;sup&gt;NC&lt;/sup&gt;</td>
<td>Cooked</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>1 ½ pounds</td>
<td>7 ½ pounds</td>
<td>15 pounds</td>
</tr>
<tr>
<td><strong>Cucumbers</strong>&lt;sup&gt;NC&lt;/sup&gt;</td>
<td>Unpared, sticks</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>½ pound</td>
<td>2 ¼ pounds</td>
<td>4 ¼ pounds</td>
</tr>
<tr>
<td><strong>Grapes</strong> seedless</td>
<td>Halves</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>¾ pound</td>
<td>2 ¼ pounds</td>
<td>5 ½ pounds</td>
</tr>
<tr>
<td><strong>Green Beans</strong>&lt;sup&gt;NC&lt;/sup&gt; whole, untrimmed</td>
<td>Whole, cooked</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>½ pound</td>
<td>2 ½ pounds</td>
<td>4 ¼ pounds</td>
</tr>
<tr>
<td><strong>Honeydew Melon</strong>&lt;sup&gt;NC&lt;/sup&gt; whole</td>
<td>Cubes</td>
<td>1 ¼ cups</td>
<td>6 ¼ cups</td>
<td>12 ½ cups</td>
<td>1 ¼ pounds</td>
<td>5 ¾ pounds</td>
<td>10 ¼ pounds</td>
</tr>
</tbody>
</table>

**NC** = Grown in North Carolina  
For seasonal produce, see [What's in Season? North Carolina Fruit and Vegetable Availability](#).

**Please use caution when serving items which could be potential choking hazards.**

Amounts are rounded up to the nearest 0.25 pound.

One cup of raw (uncooked) leafy greens (kale, lettuce, romaine, spinach) counts as ½ cup of vegetables.

**Source:** Food Buying Guide for Child Nutrition Programs

USDA Child Meal Pattern

NC Farm to Preschool Network – Fresh Produce Purchasing & Prep Guide for Programs Serving 3-5 year olds (2/2021)
## FRESH PRODUCE PURCHASING & PREP GUIDE FOR CHILD CARE PROGRAMS SERVING 3-5 YEAR OLDS*

### LUNCH/SUPPER continued

1/4 cup serving of vegetable + 1/4 cup serving of fruit or 2nd vegetable

<table>
<thead>
<tr>
<th>Food Item**</th>
<th>Preparation</th>
<th>Amount to prepare</th>
<th>Amount to purchase</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food Item</strong></td>
<td><strong>Preparation</strong></td>
<td>for 5 servings</td>
<td>for 25 servings</td>
</tr>
<tr>
<td>Kale NC</td>
<td>trimmed, without stem</td>
<td>Raw, chopped</td>
<td>2 ⅛ cups</td>
</tr>
<tr>
<td>Kiwi</td>
<td></td>
<td>Peeled, sliced</td>
<td>1 ⅛ cups</td>
</tr>
<tr>
<td>Lettuce NC</td>
<td>dark green leafy</td>
<td>Raw, pieces</td>
<td>2 ⅛ cups</td>
</tr>
<tr>
<td>Onions NC</td>
<td>whole, all sizes</td>
<td>Cooked, pieces</td>
<td>1 ⅛ cups</td>
</tr>
<tr>
<td>Oranges all sizes</td>
<td>Sections, membrane removed</td>
<td>1 ⅛ cups</td>
<td>6 ⅛ cups</td>
</tr>
<tr>
<td>Peaches NC</td>
<td>Sliced</td>
<td>1 ⅛ cups</td>
<td>6 ⅛ cups</td>
</tr>
<tr>
<td>Pears NC</td>
<td>all sizes</td>
<td>Pared, sliced</td>
<td>1 ⅛ cups</td>
</tr>
<tr>
<td>Peppers, Bell NC</td>
<td>green, yellow, orange, or red, medium or large, whole</td>
<td>Raw, strips</td>
<td>1 ⅛ cups</td>
</tr>
<tr>
<td>Pineapple whole</td>
<td>Cubed</td>
<td>1 ⅛ cups</td>
<td>6 ⅛ cups</td>
</tr>
<tr>
<td>Pineapple NC</td>
<td>Served, pieces</td>
<td>1 ⅛ cups</td>
<td>6 ⅛ cups</td>
</tr>
<tr>
<td>Plums NC</td>
<td>purple, red, or black</td>
<td>Quartered</td>
<td>1 ⅛ cups</td>
</tr>
<tr>
<td>Potatoes NC</td>
<td>whole, white or russet, all sizes</td>
<td>Cooked, pared, diced</td>
<td>1 ⅛ cups</td>
</tr>
<tr>
<td>Romaine NC</td>
<td>untrimmed</td>
<td>Raw, pieces</td>
<td>2 ⅞ cups</td>
</tr>
<tr>
<td>Snow Peas NC</td>
<td>Raw</td>
<td>1 ⅛ cups</td>
<td>6 ⅛ cups</td>
</tr>
<tr>
<td>Spinach NC</td>
<td>Served cooked</td>
<td>1 ⅛ cups</td>
<td>6 ⅛ cups</td>
</tr>
<tr>
<td>Spinach NC</td>
<td>Served raw</td>
<td>2 ⅞ cups</td>
<td>12 ⅞ cups</td>
</tr>
<tr>
<td>Strawberries NC</td>
<td>Sliced</td>
<td>1 ⅛ cups</td>
<td>6 ⅛ cups</td>
</tr>
<tr>
<td>Sweet Potatoes NC</td>
<td>Cooked, mashed</td>
<td>1 ⅛ cups</td>
<td>6 ⅛ cups</td>
</tr>
<tr>
<td>Sweet Potatoes NC</td>
<td>Baked</td>
<td>1 ⅛ cups</td>
<td>6 ⅛ cups</td>
</tr>
<tr>
<td>Tomatoes NC</td>
<td>whole, all sizes</td>
<td>Diced</td>
<td>1 ⅛ cups</td>
</tr>
<tr>
<td>Watermelon NC</td>
<td>whole</td>
<td>Diced, no rind</td>
<td>1 ⅛ cups</td>
</tr>
<tr>
<td>Yellow Squash NC</td>
<td>Sliced, cooked, drained</td>
<td>1 ⅛ cups</td>
<td>6 ⅛ cups</td>
</tr>
<tr>
<td>Zucchini NC</td>
<td>Raw, sticks</td>
<td>1 ⅛ cups</td>
<td>6 ⅛ cups</td>
</tr>
<tr>
<td>Zucchini NC</td>
<td>Sliced, cooked, drained</td>
<td>1 ⅛ cups</td>
<td>6 ⅛ cups</td>
</tr>
</tbody>
</table>

---

NC = Grown in North Carolina

For seasonal produce, see [What’s in Season? North Carolina Fruit and Vegetable Availability](#).

**NC Farm to Preschool Network**

**Amounts are calculated for 3-5 year olds and represent minimum serving sizes to meet the USDA Child Meal Patterns.**

**Please use caution when serving items which could be potential choking hazards.**

Amounts are rounded up to the nearest 0.25 pound.

One cup of raw (uncooked) leafy greens (kale, lettuce, romaine, spinach) counts as ½ cup of vegetables.

Source: [Food Buying Guide for Child Nutrition Programs](#)

USDA Child Meal Pattern

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NC Farm to Preschool Network – Fresh Produce Purchasing & Prep Guide for Programs Serving 3-5 year olds (2/2021)
### FRESH PRODUCE PURCHASING & PREP GUIDE
**FOR CHILD CARE PROGRAMS SERVING 3-5 YEAR OLDS**

### SNACK

1 serving of fruit/vegetable = 1/2 cup

<table>
<thead>
<tr>
<th>Food Item**</th>
<th>Preparation</th>
<th>Amount to prepare</th>
<th>Amount to purchase</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>for 5 servings</td>
<td>for 25 servings</td>
<td>for 50 servings</td>
</tr>
<tr>
<td><strong>Amount to purchase</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apples NC</td>
<td>Unpeeled, cored, sliced</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Avocados</td>
<td>Peeled, sliced</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Bananas</td>
<td>Whole or sliced 1 banana = ½ cup</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Blackberries NC</td>
<td>Whole</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Blueberries NC</td>
<td>Whole</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Broccoli florets trimmed, ready-to-use</td>
<td>Raw</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Cantaloupe NC</td>
<td>Cubed or diced</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Carrots baby, ready-to-use</td>
<td>Raw</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Carrots NC without tops</td>
<td>Raw, sticks</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Cauliflower florets, ready-to-use</td>
<td>Raw, florets</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Celery trimmed</td>
<td>Raw, sticks or strips</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Cherry Tomatoes NC</td>
<td>Halves</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Clementines</td>
<td>Whole, peeled</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Corn on the cob NC</td>
<td>Cooked</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Cucumbers NC whole</td>
<td>Un pared sticks</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Grapes seedless</td>
<td>Halves</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Green Beans NC whole, untrimmed</td>
<td>Whole, cooked</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Honeydew Melon NC whole</td>
<td>Cubes</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Kale NC trimmed, without stem</td>
<td>Raw, chopped</td>
<td>5 cups</td>
<td>25 cups</td>
</tr>
<tr>
<td>Lettuce NC dark green leafy, untrimmed</td>
<td>Raw, pieces</td>
<td>5 cups</td>
<td>25 cups</td>
</tr>
<tr>
<td>Nectarines NC all sizes</td>
<td>Unpeeled, diced</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Oranges all sizes</td>
<td>Sections, membrane removed</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Peaches NC</td>
<td>Sliced</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Pears NC all sizes</td>
<td>Pared, sliced</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Peppers, Bell NC green, yellow, orange, or red, medium or large, whole</td>
<td>Raw, strips</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Pineapple whole</td>
<td>Cubed</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Plums NC purple, red, or black</td>
<td>Quartered</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Raspberries NC</td>
<td>Whole</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Snow Peas NC</td>
<td>Raw</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Strawberries NC</td>
<td>Sliced</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Sweet Potatoes NC</td>
<td>Baked</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Tangerines</td>
<td>Whole, peeled (about ¼ cup)</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Watermelon NC whole</td>
<td>Diced, no rind</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Zucchini NC</td>
<td>Raw, sticks</td>
<td>2 ½ cups</td>
<td>12 ½ cups</td>
</tr>
</tbody>
</table>

NC = Grown in North Carolina

For seasonal produce, see [What’s in Season? North Carolina Fruit and Vegetable Availability.](#)

**Please use caution when serving items which could be potential choking hazards.**

Amounts are rounded up to the nearest 0.25 pound.

One cup of raw (uncooked) leafy greens (kale, lettuce) counts as ½ cup of vegetables.
