



FRESH PRODUCE PURCHASING AND PREP GUIDE FOR CHILD CARE PROGRAMS SERVING 3-5 YEAR OLDS*

BREAKFAST 1 serving of fruit/vegetable = 1/2 cup		Amount to prepare			Amount to purchase		
Food Item**	Preparation	for 5 servings	for 25 servings	for 50 servings	for 5 servings	for 25 servings	for 50 servings
Apples ^{NC}	Unpeeled, cored, sliced	2 ½ cups	12 ½ cups	25 cups	¾ pound	3 ½ pounds	7 pounds
Apricots	Seeded, unpeeled, halves	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¾ pounds	9 ½ pounds
Bananas	Whole or sliced 1 banana = ½ cup	2 ½ cups	12 ½ cups	25 cups	1 ½ pounds	7 pounds	14 pounds
Blackberries ^{NC}	Whole	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¾ pounds	8 ½ pounds
Blueberries ^{NC}	Whole	2 ½ cups	12 ½ cups	25 cups	1 pound (1 ½ pints)	4 ¾ pounds (5 ¾ pints)	8 ½ pounds (11 ½ pints)
Cantaloupe ^{NC} whole	Cubed or diced	2 ½ cups	12 ½ cups	25 cups	1 ¾ pounds	8 ¾ pounds (~5 melons)	17 ½ pounds (~9 melons)
Clementines	Whole, peeled	2 ½ cups	12 ½ cups	25 cups	1 ¼ pounds	5 ¾ pounds	11 ¼ pounds
Grapes seedless	Halves	2 ½ cups	12 ½ cups	25 cups	1 ¼ pounds	5 ½ pounds	11 pounds
Honeydew Melon ^{NC} whole	Cubes	2 ½ cups	12 ½ cups	25 cups	2 ¼ pounds	10 ¼ pounds	20 ½ pounds
Kiwi	Peeled, sliced	2 ½ cups	12 ½ cups	25 cups	1 ¼ pounds	5 ¾ pounds	11 ¼ pounds
Nectarines ^{NC} all sizes	Unpeeled, diced	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¾ pounds	9 ½ pounds
Oranges all sizes	Sections, membrane removed	2 ½ cups	12 ½ cups	25 cups	3 pounds	14 ½ pounds	28 ¾ pounds
Peaches ^{NC}	Sliced	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¾ pounds	9 ½ pounds
Pears ^{NC} all sizes	Pared, sliced	2 ½ cups	12 ½ cups	25 cups	1 ½ pounds	6 ½ pounds	12 ¾ pounds
Persimmons ^{NC} Japanese, Fuyu	Unpeeled, wedges	2 ½ cups	12 ½ cups	25 cups	¾ pound	3 ¼ pounds	6 ½ pounds
Pineapple whole	Cubed	2 ½ cups	12 ½ cups	25 cups	1 ¾ pounds	8 pounds	15 ¾ pounds
Plums ^{NC} purple, red, or black	Quartered	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¾ pounds	9 ½ pounds
Raspberries ^{NC}	Whole	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¾ pounds	8 ½ pounds
Strawberries ^{NC}	Sliced	2 ½ cups	12 ½ cups	25 cups	1 pound (1 ½ pints)	5 pounds (6 ¾ pints)	9 ¾ pounds (13 pints)
Tangerines	Whole, peeled (about ½ cup)	2 ½ cups	12 ½ cups	25 cups	1 pound	5 pounds	10 pounds
Watermelon ^{NC}	Diced, no rind	2 ½ cups	12 ½ cups	25 cups	1 ¾ pounds	8 ¾ pounds (½ large)	16 ½ pounds (1 large)

NC = Grown in North Carolina

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

* 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.

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



FRESH PRODUCE PURCHASING & PREP GUIDE FOR CHILD CARE PROGRAMS SERVING 3-5 YEAR OLDS*

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

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NC FARM to
PRESCHOOL
NETWORK

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.

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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		Amount to prepare			Amount to purchase		
Food Item **	Preparation	for 5 servings	for 25 servings	for 50 servings	for 5 servings	for 25 servings	for 50 servings
Kale ^{NC} trimmed, without stem	Raw, chopped	2 ½ cups	12 ½ cups	25 cups	¼ pound	1 ¼ pounds	2 ¼ pounds
Kiwi	Peeled, sliced	1 ¼ cups	6 ¼ cups	12 ½ cups	¾ pound	3 pounds	5 ¾ pounds
Lettuce ^{NC} dark green leafy	Raw, pieces	2 ½ cups	12 ½ cups	25 cups	½ pound	2 ½ pounds	4 ¾ pounds
Onions ^{NC} whole, all sizes	Cooked, pieces	1 ¼ cups	6 ¼ cups	12 ½ cups	¾ pound	3 ¼ pounds	6 ½ pounds
Oranges all sizes	Sections, membrane removed	1 ¼ cups	6 ¼ cups	12 ½ cups	1 ½ pounds	7 ¼ pounds	14 ½ pounds
Peaches ^{NC}	Sliced	1 ¼ cups	6 ¼ cups	12 ½ cups	½ pound	2 ½ pounds	4 ¾ pounds
Pears ^{NC} all sizes	Pared, sliced	1 ¼ cups	6 ¼ cups	12 ½ cups	¾ pound	3 ¼ pounds	6 ½ pounds
Peppers, Bell ^{NC} green, yellow, orange, or red, medium or large, whole	Raw, strips	1 ¼ cups	6 ¼ cups	12 ½ cups	½ pound	1 ¾ pounds	3 ½ pounds
Pineapple whole	Cubed	1 ¼ cups	6 ¼ cups	12 ½ cups	1 pound	4 pounds	8 pounds
Plums ^{NC} purple, red, or black	Quartered	1 ¼ cups	6 ¼ cups	12 ½ cups	½ pound	2 ½ pounds	4 ¾ pounds
Potatoes ^{NC} whole, white or russet, all sizes	Cooked, pared, diced	1 ¼ cups	6 ¼ cups	12 ½ cups	¾ pound	3 pounds	5 ¾ pounds
Romaine ^{NC} untrimmed	Raw, pieces	2 ½ cups	12 ½ cups	25 cups	½ pound	1 ¾ pounds	3 ¾ pounds
Snow Peas ^{NC}	Raw	1 ¼ cups	6 ¼ cups	12 ½ cups	½ pound	2 ¼ pounds	4 ½ pounds
Spinach ^{NC}	Served cooked	1 ¼ cups	6 ¼ cups	12 ½ cups	¾ pound	3 ½ pounds	6 ¾ pounds
Spinach ^{NC}	Served raw	2 ½ cups	12 ½ cups	25 cups	½ pound	1 ¾ pounds	3 ½ pounds
Strawberries ^{NC}	Sliced	1 ¼ cups	6 ¼ cups	12 ½ cups	½ pound (¾ pint)	2 ½ pounds (3 ½ pints)	5 pounds (6 ¾ pints)
Sweet Potatoes ^{NC}	Cooked, mashed	1 ¼ cups	6 ¼ cups	12 ½ cups	1 pound	4 ¾ pounds	9 ¼ pounds
Sweet Potatoes ^{NC}	Baked	1 ¼ cups	6 ¼ cups	12 ½ cups	1 pound	4 pounds	7 ¾ pounds
Tomatoes ^{NC} whole, all sizes	Diced	1 ¼ cups	6 ¼ cups	12 ½ cups	¾ pound	3 ½ pounds	6 ¾ pounds
Watermelon ^{NC} whole	Diced, no rind	1 ¼ cups	6 ¼ cups	12 ½ cups	1 pound	4 ¼ pounds (¼ large)	8 ¼ pounds (½ large)
Yellow Squash ^{NC}	Sliced, cooked, drained	1 ¼ cups	6 ¼ cups	12 ½ cups	¾ pound	3 pounds	6 pounds
Zucchini ^{NC}	Raw, sticks	1 ¼ cups	6 ¼ cups	12 ½ cups	½ pound	2 ¼ pounds	4 ¼ pounds
Zucchini ^{NC}	Sliced, cooked, drained	1 ¼ cups	6 ¼ cups	12 ½ cups	½ pound	2 ½ pounds	5 pounds

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

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FRESH PRODUCE PURCHASING & PREP GUIDE FOR CHILD CARE PROGRAMS SERVING 3-5 YEAR OLDS*

SNACK 1 serving of fruit/vegetable = 1/2 cup		Amount to prepare			Amount to purchase		
Food Item **	Preparation	for 5 servings	for 25 servings	for 50 servings	for 5 servings	for 25 servings	for 50 servings
Apples ^{NC}	Unpeeled, cored, sliced	2 ½ cups	12 ½ cups	25 cups	¾ pound	3 ½ pounds	7 pounds
Avocados	Peeled, sliced	2 ½ cups	12 ½ cups	25 cups	2 pounds	9 ¼ pounds	18 ¼ pounds
Bananas	Whole or sliced 1 banana = ½ cup	2 ½ cups	12 ½ cups	25 cups	1 ½ pounds	7 pounds	14 pounds
Blackberries ^{NC}	Whole	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¼ pounds	8 ½ pounds
Blueberries ^{NC}	Whole	2 ½ cups	12 ½ cups	25 cups	1 pound (1 ½ pints)	4 ¼ pounds (5 ¾ pints)	8 ½ pounds (11 ½ pints)
Broccoli florets trimmed, ready-to-use	Raw	2 ½ cups	12 ½ cups	25 cups	½ pound	1 ¾ pounds	3 ½ pounds
Cantaloupe ^{NC}	Cubed or diced	2 ½ cups	12 ½ cups	25 cups	1 ¾ pounds	8 ¾ pounds (~5 melons)	17 ½ pounds (~9 melons)
Carrots baby, ready-to-use	Raw	2 ½ cups	12 ½ cups	25 cups	1 pound	4 pounds	8 pounds
Carrots ^{NC} without tops	Raw, sticks	2 ½ cups	12 ½ cups	25 cups	1 pound	5 pounds	9 ¾ pounds
Cauliflower florets, ready-to-use	Raw, florets	2 ½ cups	12 ½ cups	25 cups	¾ pound	2 ¾ pounds	5 ½ pounds
Celery trimmed	Raw, sticks or strips	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¼ pounds	8 ¾ pounds
Cherry Tomatoes ^{NC}	Halves	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¾ pounds	9 ¼ pounds
Clementines	Whole, peeled	2 ½ cups	12 ½ cups	25 cups	1 ¼ pounds	5 ¾ pounds	11 ¼ pounds
Corn on the cob ^{NC}	Cooked	2 ½ cups	12 ½ cups	25 cups	3 pounds	15 pounds	30 pounds
Cucumbers ^{NC} whole	Unpared sticks	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¼ pounds	8 ½ pounds
Grapes seedless	Halves	2 ½ cups	12 ½ cups	25 cups	1 ¼ pounds	5 ½ pounds	11 pounds
Green Beans ^{NC} whole, untrimmed	Whole, cooked	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¾ pounds	9 ¼ pounds
Honeydew Melon ^{NC} whole	Cubes	2 ½ cups	12 ½ cups	25 cups	2 ¼ pounds	10 ¼ pounds	20 ½ pounds
Kale ^{NC} trimmed, without stem	Raw, chopped	5 cups	25 cups	50 cups	½ pound	2 ¼ pounds	4 ¾ pounds
Lettuce ^{NC} dark green leafy, untrimmed	Raw, pieces	5 cups	25 cups	50 cups	1 pound	4 ¾ pounds	9 ¼ pounds
Nectarines ^{NC} all sizes	Unpeeled, diced	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¾ pounds	9 ½ pounds
Oranges all sizes	Sections, membrane removed	2 ½ cups	12 ½ cups	25 cups	3 pounds	14 ½ pounds	28 ¾ pounds
Peaches ^{NC}	Sliced	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¾ pounds	9 ½ pounds
Pears ^{NC} all sizes	Pared, sliced	2 ½ cups	12 ½ cups	25 cups	1 ½ pounds	6 ½ pounds	12 ¾ pounds
Peppers, Bell ^{NC} green, yellow, orange, or red, medium or large, whole	Raw, strips	2 ½ cups	12 ½ cups	25 cups	¾ pound	3 ½ pounds	7 pounds
Pineapple whole	Cubed	2 ½ cups	12 ½ cups	25 cups	1 ¾ pounds	8 pounds	15 ¾ pounds
Plums ^{NC} purple, red, or black	Quartered	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¾ pounds	9 ½ pounds
Raspberries ^{NC}	Whole	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¼ pounds	8 ½ pounds
Snow Peas ^{NC}	Raw	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ½ pounds	9 pounds
Strawberries ^{NC}	Sliced	2 ½ cups	12 ½ cups	25 cups	1 pound (1 ½ pints)	5 pounds (6 ¾ pints)	9 ¾ pounds (13 pints)
Sweet Potatoes ^{NC}	Baked	2 ½ cups	12 ½ cups	25 cups	1 ¾ pounds	7 ¾ pounds	15 ¼ pounds
Tangerines	Whole, peeled (about ½ cup)	2 ½ cups	12 ½ cups	25 cups	1 pound	5 pounds	10 pounds
Watermelon ^{NC} whole	Diced, no rind	2 ½ cups	12 ½ cups	25 cups	1 ¾ pounds	8 ¾ pounds (½ large)	16 ½ pounds (1 large)
Zucchini ^{NC}	Raw, sticks	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¼ pounds	8 ½ pounds

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