



FRESH PRODUCE PURCHASING AND PREP GUIDE FOR CHILD CARE PROGRAMS SERVING 6-18 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 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)
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 ¾ 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 ¼ 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 6-18 year olds and represent minimum serving sizes to meet the USDA Child Meal Patterns.

Amounts are rounded up to the nearest 0.25 pound.

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



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

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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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[USDA Child Meal Pattern](#)

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LUNCH/SUPPER									
Food Item	Preparation	Amount to prepare				Amount to purchase			
		Vegetable 1 serving = ½ cup		Fruit or 2 nd Vegetable 1 serving = ¼ cup		Vegetable 1 serving = ½ cup		Fruit or 2 nd Vegetable 1 serving = ¼ cup	
		5 servings	25 servings	5 servings	25 servings	5 servings	25 servings	5 servings	25 servings
Kale ^{NC} trimmed, without stem	Raw, chopped	5 cups	25 cups	2 ½ cups	12 ½ cups	½ pound	2 ¼ pounds	¼ pound	1 ¼ pounds
Kiwi	Peeled, sliced			1 ¼ cups	6 ¼ cups			¾ pound	3 pounds
Lettuce ^{NC} dark green leafy, untrimmed	Raw, pieces	5 cups	25 cups	2 ½ cups	12 ½ cups	1 pound	4 ¾ pounds	½ pound	2 ½ pounds
Onions ^{NC} whole, all sizes	Cooked, pieces	2 ½ cups	12 ½ cups	1 ¼ cups	6 ¼ cups	1 ½ pounds	6 ½ pounds	¾ pound	3 ¼ pounds
Oranges all sizes	Sections, membrane removed			1 ¼ cups	6 ¼ cups			1 ½ pounds	7 ¼ pounds
Peaches ^{NC}	Sliced			1 ¼ cups	6 ¼ cups			½ pound	2 ½ pounds
Pears ^{NC} all sizes	Pared, sliced			1 ¼ cups	6 ¼ cups			¾ pound	3 ¼ pounds
Peppers, Bell ^{NC} green, yellow, orange, or red, medium or large, whole	Raw, strips	2 ½ cups	12 ½ cups	1 ¼ cups	6 ¼ cups	¾ pound	3 ½ pounds	½ pound	1 ¾ pounds
Pineapple whole	Cubed			1 ¼ cups	6 ¼ cups			1 pound	4 pounds
Plums ^{NC} purple, red, or black	Quartered			1 ¼ cups	6 ¼ cups			½ pound	2 ½ pounds
Potatoes ^{NC} whole, white or russet, all sizes	Cooked, pared, diced	2 ½ cups	12 ½ cups	1 ¼ cups	6 ¼ cups	1 ¼ pounds	5 ¾ pounds	¾ pound	3 pounds
Romaine ^{NC} untrimmed	Raw, pieces	5 cups	25 cups	2 ½ cups	12 ½ cups	¾ pound	3 ¾ pounds	½ pound	1 ¾ pounds
Snow Peas ^{NC}	Raw	2 ½ cups	12 ½ cups	1 ¼ cups	6 ¼ cups	1 pound	4 ½ pounds	½ pound	2 ¼ pounds
Spinach ^{NC}	Served cooked	2 ½ cups	12 ½ cups	1 ¼ cups	6 ¼ cups	1 ½ pounds	6 ¾ pounds	¾ pound	3 ½ pounds
Spinach ^{NC}	Served raw	5 cups	25 cups	2 ½ cups	12 ½ cups	¾ pound	3 ½ pounds	½ pound	1 ¾ pounds
Strawberries ^{NC}	Sliced			1 ¼ cups	6 ¼ cups			½ pound (¾ pint)	2 ½ pounds (3 ½ pints)
Sweet Potatoes ^{NC}	Cooked, mashed	2 ½ cups	12 ½ cups	1 ¼ cups	6 ¼ cups	2 pounds	9 ¼ pounds	1 pound	4 ¾ pounds
Sweet Potatoes ^{NC}	Baked	2 ½ cups	12 ½ cups	1 ¼ cups	6 ¼ cups	1 ¾ pounds	7 ¾ pounds	1 pound	4 pounds
Tomatoes ^{NC} whole, all sizes	Diced	2 ½ cups	12 ½ cups	1 ¼ cups	6 ¼ cups	1 ½ pounds	6 ¾ pounds	¾ pound	3 ½ pounds
Watermelon ^{NC} whole	Diced, no rind			1 ¼ cups	6 ¼ cups			1 pound	4 ¼ pounds (¼ large)
Yellow Squash ^{NC}	Sliced, cooked, drained	2 ½ cups	12 ½ cups	1 ¼ cups	6 ¼ cups	1 ¼ pounds	6 pounds	¾ pound	3 pounds
Zucchini ^{NC}	Raw, sticks	2 ½ cups	12 ½ cups	1 ¼ cups	6 ¼ cups	1 pound	4 ¾ pounds	½ pound	2 ¼ pounds
Zucchini ^{NC}	Sliced, cooked, drained	2 ½ cups	12 ½ cups	1 ¼ cups	6 ¼ cups	1 pound	5 pounds	½ pound	2 ½ 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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SNACK 1 serving of fruit/vegetable = 3/4 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	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ¼ pounds	5 ¼ pounds	10 ½ pounds
Avocados	Peeled, sliced	3 ¾ cups	18 ¾ cups	37 ½ cups	2 ¾ pounds	13 ¾ pounds	27 ¼ pounds
Bananas	Whole or sliced 1 banana = ½ cup	3 ¾ cups	18 ¾ cups	37 ½ cups	2 ¼ pounds	10 ½ pounds	21 pounds
Blackberries ^{NC}	Whole	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	6 ½ pounds	12 ¾ pounds
Blueberries ^{NC}	Whole	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds (2 pints)	6 ½ pounds (8 ¾ pints)	12 ¾ pounds (17 pints)
Broccoli trimmed, ready-to-use	Raw florets	3 ¾ cups	18 ¾ cups	37 ½ cups	¾ pound	2 ¾ pounds	5 ¼ pounds
Cantaloupe ^{NC} whole	Cubed or diced	3 ¾ cups	18 ¾ cups	37 ½ cups	2 ¾ pounds	13 ¾ pounds (~7 melons)	26 ¾ pounds (~13 melons)
Carrots baby, ready-to-use	Raw	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ¼ pounds	6 pounds	11 ¾ pounds
Carrots ^{NC} without tops	Raw, sticks	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	7 ½ pounds	14 ¾ pounds
Cauliflower florets, ready-to-use	Raw, florets	3 ¾ cups	18 ¾ cups	37 ½ cups	1 pound	4 ¼ pounds	8 ¾ pounds
Celery trimmed	Raw sticks or strips	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ¼ pounds	6 ¼ pounds	12 ½ pounds
Cherry Tomatoes ^{NC}	Halves	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	7 pounds	13 ¾ pounds
Clementines	Whole, peeled	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ¾ pounds	8 ½ pounds	16 ¾ pounds
Corn on the cob ^{NC}	Cooked	3 ¾ cups	18 ¾ cups	37 ½ cups	4 ½ pounds	22 ½ pounds	45 pounds
Cucumbers ^{NC} whole	Unpared sticks	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	6 ½ pounds	12 ¾ pounds
Grapes seedless	Halves	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ¾ pounds	8 ¾ pounds	16 ¼ pounds
Green Beans ^{NC} whole, untrimmed	Whole, cooked	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	7 pounds	13 ¾ pounds
Honeydew Melon ^{NC} whole	Cubes	3 ¾ cups	18 ¾ cups	37 ½ cups	3 ¾ pounds	15 ½ pounds	30 ¾ pounds
Kale ^{NC} trimmed, without stem	Raw, chopped	7 ½ cups	37 ½ cups	75 cups	¾ pound	3 ¾ pounds	6 ¼ pounds
Lettuce ^{NC} dark green leafy, untrimmed	Raw, pieces	7 ½ cups	37 ½ cups	75 cups	1 ½ pounds	7 pounds	14 pounds
Nectarines ^{NC} all sizes	Unpeeled, diced	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	7 ¼ pounds	14 ¼ pounds
Oranges all sizes	Sections, membrane removed	3 ¾ cups	18 ¾ cups	37 ½ cups	4 ½ pounds	21 ½ pounds	43 pounds
Peaches ^{NC}	Sliced	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	7 ¼ pounds	14 ¼ pounds
Pears ^{NC} all sizes	Pared, sliced	3 ¾ cups	18 ¾ cups	37 ½ cups	2 pounds	9 ½ pounds	19 pounds
Peppers, Bell ^{NC} green, yellow, orange, or red, medium or large, whole	Raw, strips	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ¼ pounds	5 ¼ pounds	10 ¼ pounds
Pineapple whole	Cubed	3 ¾ cups	18 ¾ cups	37 ½ cups	2 ½ pounds	11 ¾ pounds	23 ½ pounds
Plums ^{NC} purple, red, or black	Quartered	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	7 ¼ pounds	14 ¼ pounds
Raspberries ^{NC}	Whole	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ¼ pounds	6 ¼ pounds	12 ½ pounds
Snow Peas ^{NC}	Raw	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	6 ¾ pounds	13 ¾ pounds
Strawberries ^{NC}	Sliced	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds (2 pints)	7 ¼ pounds (9 ¾ pints)	14 ½ pounds (19 ½ pints)
Sweet Potatoes ^{NC}	Baked	3 ¾ cups	18 ¾ cups	37 ½ cups	2 ½ pounds	11 ½ pounds	22 ¾ pounds
Tangerines	Whole, peeled (about ½ cup)	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	7 ½ pounds	15 pounds
Watermelon ^{NC} whole	Diced, no rind	3 ¾ cups	18 ¾ cups	37 ½ cups	2 ½ pounds	12 ½ pounds (1 large)	24 ¾ pounds (1 ½ large)
Zucchini ^{NC}	Raw, sticks	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	6 ½ pounds	12 ¾ pounds

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