Fruit and Vegetable List

Consider serving the following items in the Fresh Fruit and Vegetable Program (FFVP). This list is not all-inclusive. Note: Cooked vegetables may be served one time per week and must involve a nutrition education lesson.

Vegetables

Asparagus  
Beets  
Broccoflower  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cucumbers  
Green beans - fresh  
Green peppers  
Jicama  
Kohlrabi  
Leafy greens  
Parsnips  
Radishes  
Red peppers  
Rutabaga  
Snow peas  
Sugar snap peas  
Sweet potatoes  
Tomatoes  
Turnips  
Winter squash  
Yellow peppers  
Zucchini

Fruit

Apples  
Apricots  
Asian pear  
Bananas  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Grapefruit  
Grapes  
Honeydew  
Kiwi fruit  
Kumquats  
Lemon  
Limes  
Mangoes  
Nectarines  
Oranges  
Papaya  
Peaches  
Pears  
Persimmon  
Pineapple  
Plums  
Pluots  
Pomegranate  
Pummelo  
Raspberries  
Starfruit  
Strawberries  
Tangerines  
Watermelon