

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

Fruit

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