

VEGETABLE SUBGROUPS

Schools must offer vegetables daily as part of the lunch menu. Fresh, frozen or canned vegetables and dry beans and peas (legumes) may be offered to meet this requirement. All vegetables are credited based on their volume as served, except that 1 cup of leafy greens counts as ½ cup of vegetable and tomato paste and puree are credited based on calculated volume of the whole food equivalency. Pasteurized full strength vegetable juice may be used to meet no more than one-half of the vegetable component. Cooked dry beans or peas (legumes) may be counted as either a vegetable or meat component but not as both in the same meal. Vegetable offerings at lunch over the course of the week must include the following vegetable subgroups. The chart contains examples of vegetables contained within the subgroup; however, the listing is not intended to contain all vegetables that may be used to meet the requirements. Refer to the USDA Food Buying Guide for Child Nutrition Programs for more information.

<p>Dark Green Vegetables</p> <ul style="list-style-type: none"> • Bok choy • Broccoli • Collard greens • Dark green leafy lettuce • Kale • Mesclum • Mustard greens 	<ul style="list-style-type: none"> • Romaine lettuce • Spinach • Turnip greens • Watercress 	<p>Red/Orange Vegetables</p> <ul style="list-style-type: none"> • Acorn squash • Butternut squash • Carrots • Hubbard squash • Pumpkin 	<ul style="list-style-type: none"> • Red peppers • Sweet potatoes • Tomatoes • Tomato juice 
<p>Legumes/Beans and Peas</p> <ul style="list-style-type: none"> • Black beans • Black-eyed peas (mature, dry) • Garbanzo beans (chickpeas) • Kidney beans 	<ul style="list-style-type: none"> • Lentils • Navy beans • Soy beans • White beans 	<p>Starchy Vegetables</p> <ul style="list-style-type: none"> • Cassava • Corn • Fresh cowpeas, field peas, or black-eyed peas (not dry) • Green peas 	<ul style="list-style-type: none"> • Green lima beans • Plantains • Potatoes • Taro • Water chestnut 
<p>Other Vegetables</p> <ul style="list-style-type: none"> • Artichokes • Asparagus • Avocado • Bean sprouts • Brussels sprouts 	<ul style="list-style-type: none"> • Cabbage • Cauliflower • Celery • Cucumbers • Eggplant • Green beans 	<ul style="list-style-type: none"> • Green peppers • Iceberg (head)lettuce • Mushrooms • Okra • Onions 	<ul style="list-style-type: none"> • Parsnips • Turnips • Wax beans • Zucchini 