School Lunch Meal Pattern Vegetable Sub-Groups

- Vegetables are organized into 5 subgroups, based on their nutrient content.
- Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group.
- Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.
- Pasta products made of vegetable flour(s) may credit toward the appropriate vegetable subgroup.

**Dark Green**
- Bok Choy
- Broccoli
- Collard Greens
- Loose lettuce (Dark Green Leafy Lettuce, Butterhead, Bibb, Boston, Arugula, Spring Mix)
- Grape Leaves
- Kale
- Endive (Escarole)
- Mustard Greens
- Romaine Lettuce
- Spinach
- Turnip Greens
- Watercress

**Red/Orange**
- Acorn Squash
- Butternut Squash
- Carrots
- Hubbard Squash
- Orange Bell Peppers
- Pimientos (Pimentos)
- Pumpkin
- Red Bell Peppers
- Sweet Potatoes
- Tomatoes
- Tomato products (puree, paste, sauce)

**Starchy**
- Black-eyed Peas (fresh, not dry)
- Cassava
- Corn (mature, yellow or white, whole kernel or cob)
- Green Banana
- Green Peas
- Hominy (whole, canned)
- Lima Beans, green
- Plantains
- Taro
- Water Chestnuts
- White Potatoes

**Beans/Peas (Legumes)**
- Baked Beans
- Black Beans
- Black-eyed Peas (mature, dry)
- Edamame (Soy beans)
- Garbanzo Beans (Chickpeas)
- Kidney Beans
- Lentils
- Mung Beans
- Navy Beans
- Pinto Beans
- Red Beans
- Refried Beans
- Split Peas
- White Beans

**Other**
- Artichokes
- Asparagus
- Avocado
- Baby Corn
- Beets
- Brussels Sprouts
- Cabbage (Green or Red)
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green Beans
- Green Bell Peppers
- Green Chilis
- Iceberg Lettuce
- Jicama
- Mushrooms
- Okra
- Onions (White, Yellow, Red)
- Olives
- Parsnips
- Pepperoncini
- Radishes
- Snow Peas
- Turnips
- Wax Beans
- Yellow Bell Peppers
- Yellow Summer Squash
- Zucchini

*Note: Raw, leafy greens credit at half the volume served. For example, a 1/2 cup of romaine lettuce contributes 1/4 cup toward the dark green vegetable subgroup.*