

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

**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.*



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)

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

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

Other

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