

GET IN THE VEGGIE SUBGROUP

GROOVE



From broccoli to beans, carrots to corn, every vegetable has a place on the school meal tray! Knowing which subgroup each vegetable belongs to makes menu planning easier and helps your SFA meet USDA meal pattern requirements.



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

Artichoke
Asparagus
Avocado
Baby Corn
Beets
Brussel Sprouts
Cauliflower
Celery
Cucumbers
Eggplant
Green Beans
Green Bell Peppers



Green Chilis
Iceberg Lettuce
Jicama
Mushrooms
Okra
Onions (White, yellow, red)



Snow peas
Turnips
Wax Beans
Yellow Bell Peppers
Yellow Summer Squash
Zucchini

