



School Lunch Meal Pattern Vegetables Sub-Groups Fact Sheet

- 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.



Dark Green

Bok Choy
Broccoli
Collard Greens
Dark Green Leafy Lettuce
Kale
Mesclun
Mustard Green
Romaine
Spinach
Turnip Greens
Watercress



Starchy Vegetables

Cassava
Corn
Fresh Cow Peas, Field Peas or
Black eyed Peas (*Not Dry*)
Green Banana
Green Peas
Green Lima Beans
Plantains
Taro
Water Chestnuts
White Potatoes



Red/Orange

Acorn Squash
Butternut Squash
Carrots
Hubbard Squash
Pumpkin
Red Peppers
Sweet Potatoes
Tomato
Tomato Juice



Other Vegetables

Artichokes	Green Beans
Asparagus	Green Peppers
Avocado	Iceberg Lettuce
Bean Sprouts	Mushrooms
Beets	Okra
Brussels sprouts	Onions
Cabbage	Parsnips
Cauliflower	Turnips
Celery	Wax Beans
Cucumbers	Zucchini
Egg plant	

Beans/Peas (Legumes)



Black Beans	Navy Beans
Black-eyed Peas (mature, dry)	Pinto Beans
Garbanzo Beans (chickpeas)	Soy Beans
Kidney Beans	Split Peas
Lentils	White Beans