

VEGETABLE SUBGROUPS

in the National School Lunch Program

The U.S. Department of Agriculture's (USDA) meal patterns for grades K-12 in the National School Lunch Program (NSLP) require weekly servings of five vegetable subgroups. These subgroups are based on the recommendations of the *Dietary Guidelines for Americans* and the [vegetables group](#) in Choose MyPlate. The chart below identifies some commonly eaten vegetables in each subgroup.

All vegetables credit based on volume, except raw leafy greens count as half the volume served, and tomato paste and puree credit based on the volume as if reconstituted. For more information, see the USDA's *Food Buying Guide for Child Nutrition Programs*. Vegetable juice must be pasteurized 100 percent full-strength juice and cannot exceed more than half of the weekly vegetables served.

DARK GREEN Fresh, frozen, and canned	RED/ORANGE Fresh, frozen, and canned	BEANS AND PEAS (LEGUMES)* Canned, frozen, or cooked from dry	
<ul style="list-style-type: none"> ■ Arugula ■ Beet greens ■ Bok choy ■ Broccoli ■ Broccoli rabe (rapini) ■ Broccolini ■ Butterhead lettuce (boston, bibb) ■ Chicory ■ Cilantro ■ Collard greens ■ Endive ■ Escarole ■ Grape leaves ■ Kale ■ Luau leaves ■ Mesclun ■ Mustard greens ■ Parsley ■ Spinach ■ Swiss chard ■ Red leaf lettuce ■ Romaine lettuce ■ Turnip greens ■ Watercress 	<ul style="list-style-type: none"> ■ Acorn squash ■ Butternut squash ■ Carrots (orange only) ■ Cherry peppers ■ Hubbard squash ■ Orange peppers ■ Pimientos ■ Pumpkin ■ Red chili peppers ■ Red peppers ■ Salsa (all vegetables) ■ Spaghetti squash ■ Sweet potatoes/yams ■ Tomatoes ■ Tomato juice ■ Winter squash 	<ul style="list-style-type: none"> ■ Black beans ■ Black-eyed peas (mature, dry) ■ Cowpeas ■ Edamame ■ Fava beans ■ Garbanzo beans (chickpeas) ■ Great northern beans ■ Kidney beans ■ Lentils ■ Lima beans, (mature, dry) ■ Mung beans ■ Navy beans ■ Pink beans ■ Pinto beans ■ Red beans ■ Refried beans ■ Soy beans (mature, dry) ■ Split peas ■ White beans <p>* Does not include green peas, green lima beans, and green (string) beans</p>	
STARCHY Fresh, frozen, and canned	OTHER Fresh, frozen, and canned		
<ul style="list-style-type: none"> ■ Black-eyed peas, fresh (not dry) ■ Corn ■ Cassava ■ Green bananas ■ Green peas ■ Jicama ■ Lima beans, green (not dry) ■ Okinawan sweet potato ■ Parsnips ■ Pigeon peas, fresh (not dry) ■ Plantains ■ Potatoes ■ Poi ■ Taro ■ Water chestnuts 	<ul style="list-style-type: none"> ■ Artichokes ■ Asparagus ■ Avocado ■ Bamboo shoots ■ Bean sprouts, cooked only (for food safety), e.g., alfalfa, mung ■ Beans, green ■ Beets ■ Breadfruit (ulu) ■ Brussels sprouts ■ Cabbage (green, red, celery, napa) ■ Cactus (nopales) ■ Cauliflower ■ Carrots, rainbow (e.g., pink, purple, red, white, and yellow) ■ Celery ■ Cucumbers ■ Chives ■ Daikon (oriental radish) ■ Eggplant ■ Fennel ■ Garlic ■ Green chili peppers ■ Green onions (scallions) ■ Green peppers ■ Iceberg lettuce ■ Leeks ■ Mushrooms ■ Okra ■ Olives ■ Onions (white, yellow, red) ■ Peas in pod, e.g., snap peas ■ Pepperoncini ■ Pickles (cucumber) ■ Radishes ■ Rhubarb ■ Rutabagas ■ Shallots ■ Seaweed (wakame) ■ Snap peas ■ Tomatillo ■ Turnips ■ Wax beans ■ White sweet potato ■ Yellow peppers ■ Yellow summer squash ■ Zucchini Squash 		