

National School Lunch Program (NSLP) and School Breakfast Program (SBP)

VEGETABLE SUBGROUPS

The U.S. Department of Agriculture's (USDA) meal patterns for the NSLP and SBP include five subgroups of vegetables that count toward the daily and weekly vegetable requirements

Dark Green Fresh, frozen and canned	Red/Orange Fresh, frozen and canned	Other Fresh, frozen and canned		Starchy Fresh, frozen and canned	Beans, Peas, Lentils Canned, frozen or cooked from dry
<input type="checkbox"/> Arugula <input type="checkbox"/> Beet greens <input type="checkbox"/> Bok choy <input type="checkbox"/> Broccoli <input type="checkbox"/> Broccoli rabe <input type="checkbox"/> Broccolini <input type="checkbox"/> Butterhead lettuce (Boston, bibb) <input type="checkbox"/> Dark green leafy lettuce <input type="checkbox"/> Chicory <input type="checkbox"/> Collard greens <input type="checkbox"/> Endive <input type="checkbox"/> Escarole <input type="checkbox"/> Kale <input type="checkbox"/> Mesclun <input type="checkbox"/> Mustard greens <input type="checkbox"/> Spinach <input type="checkbox"/> Swiss chard <input type="checkbox"/> Red leaf lettuce <input type="checkbox"/> Romaine lettuce <input type="checkbox"/> Turnip greens <input type="checkbox"/> Watercress	<input type="checkbox"/> Acorn squash <input type="checkbox"/> Butternut squash <input type="checkbox"/> Carrots <input type="checkbox"/> Chili peppers (red) <input type="checkbox"/> Hubbard squash <input type="checkbox"/> Orange peppers <input type="checkbox"/> Pumpkin <input type="checkbox"/> Red peppers <input type="checkbox"/> Sweet potatoes/yam <input type="checkbox"/> Tomatoes <input type="checkbox"/> Tomato juice <input type="checkbox"/> Winter squash	<input type="checkbox"/> Artichokes <input type="checkbox"/> Asparagus <input type="checkbox"/> Avocado <input type="checkbox"/> Bamboo shoots <input type="checkbox"/> Bean sprouts (alfalfa, mung) <input type="checkbox"/> Beets <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Cabbage, green and red <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celeriac <input type="checkbox"/> Celery <input type="checkbox"/> Chives <input type="checkbox"/> Cucumbers <input type="checkbox"/> Daikon (oriental radish) <input type="checkbox"/> Eggplant <input type="checkbox"/> Fennel <input type="checkbox"/> Green beans <input type="checkbox"/> Garlic <input type="checkbox"/> Green peppers <input type="checkbox"/> Horseradish <input type="checkbox"/> Iceberg lettuce <input type="checkbox"/> Jicama	<input type="checkbox"/> Kohlrabi <input type="checkbox"/> Leeks <input type="checkbox"/> Mushrooms <input type="checkbox"/> Olives <input type="checkbox"/> Okra <input type="checkbox"/> Onions <input type="checkbox"/> Parsnips <input type="checkbox"/> Peas in pod <input type="checkbox"/> Peppers (green sweet bell, green chili) <input type="checkbox"/> Pickles <input type="checkbox"/> Radishes <input type="checkbox"/> Rhubarb <input type="checkbox"/> Shallots <input type="checkbox"/> Snow peas <input type="checkbox"/> Spaghetti squash <input type="checkbox"/> Tomatillo <input type="checkbox"/> Turnips <input type="checkbox"/> Wax beans <input type="checkbox"/> Yellow beans <input type="checkbox"/> Yellow peppers <input type="checkbox"/> Yellow summer squash <input type="checkbox"/> Zucchini squash	<input type="checkbox"/> Black-eyed peas, fresh (not dry) <input type="checkbox"/> Corn <input type="checkbox"/> Cassava <input type="checkbox"/> Cowpeas, fresh (not dry) <input type="checkbox"/> Field peas, fresh (not dry) <input type="checkbox"/> Green banana <input type="checkbox"/> Green peas <input type="checkbox"/> Lima beans, green (not dry) <input type="checkbox"/> Pigeon peas, fresh (not dry) <input type="checkbox"/> Plantains <input type="checkbox"/> Potatoes <input type="checkbox"/> Taro <input type="checkbox"/> Water chestnuts	<input type="checkbox"/> Black beans <input type="checkbox"/> Black-eyed peas (mature, dry) <input type="checkbox"/> Cowpeas <input type="checkbox"/> Fava beans <input type="checkbox"/> Garbanzo beans (chickpeas) <input type="checkbox"/> Kidney beans <input type="checkbox"/> Lentils <input type="checkbox"/> Lima beans, mature <input type="checkbox"/> Mung beans <input type="checkbox"/> Navy beans <input type="checkbox"/> Pink beans <input type="checkbox"/> Pinto beans <input type="checkbox"/> Soy beans/edamame <input type="checkbox"/> Split peas <input type="checkbox"/> White beans *does not include green peas, green lima beans and green (string) beans

*All vegetables are credited based on volume except raw leafy greens count as half the volume served and tomato paste and puree are credited based on the volume as if reconstituted (see the USDA's *Food Buying Guide*). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot count for more than half of the weekly vegetables component.

*These subgroups are based on the recommendations of the 2010 *Dietary Guidelines for Americans*. For more information, see the Dietary Guidelines at <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010pdf> and the vegetables group in Choose My Plate at <http://www.choosemyplate.gov/food-groups/vegetables.html>