

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

## VEGETABLE SUBGROUPS <sup>1</sup>

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. These subgroups are based on the recommendations of the 2010 *Dietary Guidelines for Americans*. <sup>2</sup> The chart below identifies some commonly eaten vegetables in each subgroup.

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"> <li>■ arugula</li> <li>■ beet greens</li> <li>■ bok choy</li> <li>■ broccoli</li> <li>■ broccoli rabe (rapini)</li> <li>■ broccolini</li> <li>■ butterhead lettuce (Boston, bibb)</li> <li>■ cabbage, Chinese or celery</li> <li>■ chicory</li> <li>■ cilantro</li> <li>■ collard greens</li> <li>■ endive</li> <li>■ escarole</li> <li>■ fiddle heads</li> <li>■ grape leaves</li> <li>■ kale</li> <li>■ mesclun</li> <li>■ mustard greens</li> <li>■ parsley</li> <li>■ spinach</li> <li>■ Swiss chard</li> <li>■ red leaf lettuce</li> <li>■ romaine lettuce</li> <li>■ turnip greens</li> <li>■ watercress</li> </ul>	<ul style="list-style-type: none"> <li>■ carrots</li> <li>■ chili peppers (red)</li> <li>■ orange peppers</li> <li>■ pimientos</li> <li>■ pumpkin</li> <li>■ red peppers</li> <li>■ salsa (all vegetables)</li> <li>■ sweet potatoes/yams</li> <li>■ tomatoes</li> <li>■ tomato juice</li> <li>■ winter squash (acorn, butternut, Hubbard)</li> </ul>	<ul style="list-style-type: none"> <li>■ black beans</li> <li>■ black-eyed peas (mature, dry)</li> <li>■ cowpeas</li> <li>■ fava beans</li> <li>■ garbanzo beans (chickpeas)</li> <li>■ Great Northern beans</li> <li>■ kidney beans</li> <li>■ lentils</li> <li>■ lima beans, mature</li> <li>■ mung beans</li> <li>■ navy beans</li> <li>■ pink beans</li> <li>■ pinto beans</li> <li>■ red beans</li> <li>■ refried beans</li> <li>■ soy beans/edamame</li> <li>■ split peas</li> <li>■ white beans</li> </ul> <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"> <li>■ black-eyed peas, fresh (not dry)</li> <li>■ corn</li> <li>■ cassava</li> <li>■ cowpeas, fresh (not dry)</li> <li>■ field peas, fresh (not dry)</li> <li>■ green banana</li> <li>■ green peas</li> <li>■ jicama</li> <li>■ lima beans, green (not dry)</li> <li>■ parsnips</li> <li>■ pigeon peas, fresh (not dry)</li> <li>■ plantains</li> <li>■ potatoes</li> <li>■ poi</li> <li>■ taro</li> <li>■ water chestnuts</li> </ul>	<ul style="list-style-type: none"> <li>■ artichokes</li> <li>■ asparagus</li> <li>■ avocado</li> <li>■ bamboo shoots</li> <li>■ bean sprouts (alfalfa, mung)</li> <li>■ beans, green and yellow</li> <li>■ beets</li> <li>■ Brussels sprouts</li> <li>■ cabbage, green and red</li> <li>■ cactus (nopales)</li> <li>■ cauliflower</li> <li>■ celeriac</li> <li>■ celery</li> <li>■ chayote (mirliton)</li> <li>■ chives</li> <li>■ cucumbers</li> <li>■ daikon (oriental radish)</li> <li>■ eggplant</li> <li>■ fennel</li> <li>■ garlic</li> <li>■ horseradish</li> <li>■ iceberg lettuce</li> <li>■ kohlrabi</li> <li>■ leeks</li> <li>■ mushrooms</li> <li>■ okra</li> <li>■ olives</li> <li>■ onions</li> <li>■ peas in pod, e.g., snap peas, snow peas</li> <li>■ pepperoncini</li> <li>■ peppers (green sweet bell, green chilies, purple, yellow)</li> <li>■ pickles (cucumber)</li> <li>■ radishes</li> <li>■ rhubarb</li> <li>■ shallots</li> <li>■ sauerkraut</li> <li>■ snap peas</li> <li>■ snow peas</li> <li>■ spaghetti squash</li> <li>■ tomatillo</li> <li>■ turnips</li> <li>■ wax beans</li> <li>■ yellow summer squash</li> <li>■ zucchini squash</li> </ul>		

<sup>1</sup> 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.

<sup>2</sup> For more information, see the Dietary Guidelines at <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf> and the vegetables group in Choose My Plate at <http://www.choosemyplate.gov/food-groups/vegetables.html>.

For more information, see the Connecticut State Department of Education's (CSDE) Meal Patterns Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770> or contact the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457 (see <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333776>).

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