

# Vegetable Subgroups for NSLP

Fresh, frozen, or canned

DARK GREEN	RED/ORANGE	LEGUMES
<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>• 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>• Bell peppers (red, orange)</li> <li>• Carrots, orange</li> <li>• Cherry peppers</li> <li>• Orange peppers</li> <li>• Pimientos</li> <li>• Pumpkin</li> <li>• Red chili peppers</li> <li>• Red peppers</li> <li>• Salsa (100% vegetables)</li> <li>• Spaghetti squash</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>• Edamame</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, dry)</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 (mature, dry)</li> <li>• Split peas</li> <li>• White beans</li> </ul> <p><b>*Does not include immature (fresh) beans or peas</b></p>
STARCHY	OTHER	
<ul style="list-style-type: none"> <li>• Black-eyed peas, fresh (not dry)</li> <li>• Corn</li> <li>• Cassava (yuca)</li> <li>• Cowpeas, fresh (not dry)</li> <li>• Field peas, fresh (not dry)</li> <li>• Green bananas</li> <li>• Green peas</li> <li>• Hominy, whole (canned, drained)</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 (malanga)</li> <li>• Water chestnuts</li> <li>• Yautia (tannier)</li> </ul>	<ul style="list-style-type: none"> <li>• Artichokes</li> <li>• Asparagus</li> <li>• Avocado</li> <li>• Bamboo shoots</li> <li>• Bean sprouts, cooked only (for food safety)</li> <li>• Beans, green/yellow</li> <li>• Beets</li> <li>• Breadfruit</li> <li>• Brussel sprouts</li> <li>• Cabbage (green, red, napa)</li> <li>• Cactus (nopales)</li> <li>• Cauliflower</li> <li>• Carrots, rainbow</li> <li>• Celery</li> <li>• Chayote (mirliton)</li> <li>• Chives</li> <li>• Cucumbers</li> <li>• Daikon</li> <li>• Eggplant</li> <li>• Garlic</li> <li>• Iceberg lettuce</li> <li>• Mixed greens lettuce</li> <li>• Mixed vegetables</li> <li>• Mushrooms</li> <li>• Okra</li> <li>• Olives</li> <li>• Onion</li> <li>• Pepperoncini</li> <li>• Peppers (green, sweet bell, green chilies, jalapeno, purple, yellow)</li> <li>• Pickles</li> <li>• Radishes</li> <li>• Sauerkraut</li> <li>• Snap/Snow peas</li> <li>• Spaghetti squash</li> <li>• Tomatillos</li> <li>• Zucchini</li> </ul>	



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