

VEGETABLE SUBGROUPS

The National School Lunch Program meal patterns for grades K-12 require weekly servings of 5 vegetable subgroups. The chart below identifies items in each subgroup. Raw leafy greens credit as half the volume served, and tomato paste/puree credits based on volume if reconstituted. Vegetable juice must be pasteurized 100% full-strength juice that cannot exceed half the weekly vegetables served. Check the USDA's [Food Buying Guide](#) for crediting information.

DARK GREEN

fresh, frozen, canned

- Boston Bibb lettuce
- Broccoli
- Cilantro
- Collard greens
- Dark green leafy lettuce
- Kale
- Mustard greens
- Romaine lettuce
- Spinach

RED/ORANGE

fresh, frozen, canned

- Butternut squash
- Carrots
- Cherry tomatoes
- Orange bell peppers
- Pumpkin
- Red bell peppers
- Salsa
- Spaghetti sauce
- Sweet potatoes
- Tomatoes
- Tomato sauce

LEGUMES

Dry (cooked), frozen, canned

- Black (turtle) beans
- Edamame
- Garbanzo beans (chickpeas)
- Great Northern beans
- Kidney beans
- Lentils
- Lima beans
- Navy beans
- Pinto beans
- Red beans
- Refried beans
- Soybeans (mature, dry)

STARCHY

fresh, frozen, canned

- Black-eyed peas
- Corn
- Green peas
- Hominy
- Jicama
- Lima beans (green, not dry)
- Plantains
- Potatoes (white, russet, red)
- Succotash (corn and lima beans)

OTHER

fresh, frozen, canned

- Anaheim peppers (green chilies)
- Asparagus
- Avocado
- Bean sprouts (cooked only)
- Beets
- Brussels sprouts
- Cabbage
- Cactus (nopalitos)
- Cauliflower
- Celery
- Chayote (mirliton)
- Cucumbers
- Eggplant
- Green/yellow beans
- Green bell peppers
- Iceberg lettuce
- Jalapeno peppers
- Mixed greens lettuce
- Mixed vegetables
- Mushrooms
- Okra
- Olives
- Onions
- Pepperoncini
- Pickles
- Radishes
- Salad mix (with carrots, red cabbage)
- Sauerkraut
- Snap/snow peas
- Spaghetti squash
- Tomatillos
- Yellow bell peppers
- Yellow peppers
- Yellow squash
- Zucchini

