

**VEGETABLES AT LUNCH**

- The amount of vegetables required to be offered depends on the grade group.
- All vegetables are credited based on volume except:
  - Raw leafy greens count as half the volume served
  - Concentrated items such as tomato paste and puree are credited based on the volume as if reconstituted (see the USDA's *Food Buying Guide*).
- Vegetable juice must be 100% full-strength and no more than half of the vegetable offerings may be in the form of juice, based on the minimum portion size.

**VEGETABLES AT BREAKFAST**

- There is no requirement to serve vegetables as part of the School Breakfast Program.
- Vegetables may be substituted for fruit at breakfast
  - 2 cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or 'Other vegetables' sub-groups. As long as this requirement is met, starchy vegetables may be served as well.
  - Vegetable juice must be 100% full-strength and no more than half of the fruit/vegetable offerings, based on minimum portion size may be in the form of juice.

**LUNCH VEGETABLE REQUIREMENTS**

	Based on a 5-day week (4 & 7 day weeks vary from this table)		
	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (Minimum Per Day)		
Total Vegetables (cups)	3 ¾ ( ¾ )	3 ¾ ( ¾ )	5 ( 1 )
Dark Green <sup>a</sup>	½	½	½
Red/Orange <sup>a</sup>	¾	¾	1 ¼
Beans/Peas (Legumes) <sup>a</sup>	½	½	½
Starchy <sup>a</sup>	½	½	½
Other <sup>a,b</sup>	½	½	¾
Additional Vegetables to Reach Weekly Total <sup>c</sup>	1	1	1 ½

<sup>a</sup> Larger amounts of these vegetables may be served.

<sup>b</sup> This category consists of specific 'Other Vegetables' as defined in NSLP Regulations.

<sup>c</sup> Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

**FOODS IN THE VEGETABLE GROUP**

- Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans/peas (legumes), and other vegetables.

**RESOURCES**

Individual training and additional resources for Vegetables can be found on the ODE School Nutrition training webpage.

## 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*. The chart below identifies some commonly eaten vegetables in each subgroup<sup>2</sup>.

DARK GREEN fresh, frozen, canned, dried		RED/ORANGE fresh, frozen, canned, dried		BEANS & PEAS (legumes)* canned, frozen or cooked from dry	
arugula	mesclun	carrots	tomatoes	black beans	navy beans
bok choy	mustard greens	chili peppers (red)	tomato juice	black-eyed peas (mature, dry)	pink beans
beet greens	parsley	orange peppers	winter squash	fava beans	pinto beans
broccoli	spinach	pimientos	acorn	garbanzo beans	red beans
cilantro	Swiss chard	red peppers	butternut	(chickpeas)	refried beans
collard greens	romaine lettuce	salsa (all vegetable)	Hubbard	Great Northern beans	soy beans/edamame
endive	red leaf lettuce	sweet potatoes/yams		kidney beans	split peas
escarole	turnip greens			lentils	white beans
kale	watercress			lima beans, mature	*Does not include green peas, lima beans and green (string) beans
STARCHY fresh, frozen, canned, dried		OTHER fresh, frozen, canned, dried			
black-eyed peas, fresh (not dried)	artichokes	eggplant	pickles (cucumber)		
corn	asparagus	fennel	radishes		
cassava	avocado	garlic	rhubarb		
cowpeas, fresh (not dried)	bamboo shoots	horseradish	shallot		
field peas, fresh (not dried)	bean sprouts (alfalfa, mung)	iceberg lettuce	sauerkraut		
green bananas	beans, green & yellow	kohlrabi	snap peas		
green peas	beets	leeks	spaghetti squash		
jicama	Brussel sprouts	mushrooms	tomatillo		
lima beans, green (not dried)	cabbage, green & red	okra	turnips		
parsnips	cactus (nopales)	olives	wax beans		
plantains	cauliflower	onions	yellow summer squash		
potatoes	celery	peas in a pod, e.g., snap & snow	zucchini		
poi	chives	pepperoncini			
taro	cucumber	peppers (green, sweet, bell, green purple, yellow, & chilies)			
water chestnuts	daikon (oriental radish)				

<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>.