

VEGETABLE SUBGROUPS

The U.S. Department of Agriculture’s (USDA) meal pattern for the National School Lunch Program (NSLP) includes five vegetable subgroups that count toward the daily and weekly vegetable requirements. These subgroups are based on the recommendations of the *Dietary Guidelines for Americans* and the [vegetables group](#) in Choose MyPlate. The chart below identifies some commonly eaten vegetables in each subgroup.

All vegetables credit based on volume except raw leafy greens count as half the volume served, and tomato paste and puree credit based on the volume as if reconstituted. For more information, see the USDA’s *Food Buying Guide for School Meal Programs*. Vegetable juice must be pasteurized 100 percent full-strength juice and cannot exceed than half of the weekly vegetables.

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"> ■ arugula ■ beet greens ■ bok choy ■ broccoli ■ broccoli rabe (rapini) ■ broccolini ■ butterhead lettuce (Boston, bibb) ■ chicory ■ cilantro ■ collard greens ■ endive ■ escarole 	<ul style="list-style-type: none"> ■ fiddle heads ■ grape leaves ■ kale ■ mesclun ■ mustard greens ■ parsley ■ spinach ■ Swiss chard ■ red leaf lettuce ■ romaine lettuce ■ turnip greens ■ watercress 	<ul style="list-style-type: none"> ■ acorn squash ■ butternut squash ■ carrots ■ cherry peppers ■ Hubbard squash ■ orange peppers ■ pimientos ■ pumpkin ■ red chili peppers ■ red peppers ■ salsa (all vegetables) ■ sweet potatoes/yams ■ tomatoes ■ tomato juice ■ winter squash 	<ul style="list-style-type: none"> ■ black beans ■ black-eyed peas (mature, dry) ■ cowpeas ■ edamame ■ fava beans ■ garbanzo beans (chickpeas) ■ Great Northern beans ■ kidney beans ■ lentils ■ lima beans, (mature, dry) 	<ul style="list-style-type: none"> ■ mung beans ■ navy beans ■ pink beans ■ pinto beans ■ red beans ■ refried beans ■ soy beans (mature, dry) ■ split peas ■ white beans

* Does not include green peas, green lima beans and green (string) beans

STARCHY fresh, frozen and canned	OTHER fresh, frozen and canned		
<ul style="list-style-type: none"> ■ black-eyed peas, fresh (not dry) ■ corn ■ cassava ■ cowpeas, fresh (not dry) ■ field peas, fresh (not dry) ■ green bananas ■ green peas ■ jicama ■ lima beans, green (not dry) ■ parsnips ■ pigeon peas, fresh (not dry) ■ plantains ■ potatoes ■ poi ■ taro ■ water chestnuts ■ yautia (tannier) 	<ul style="list-style-type: none"> ■ artichokes ■ asparagus ■ avocado ■ bamboo shoots ■ bean sprouts, cooked only (for food safety), e.g., alfalfa, mung ■ beans, green and yellow ■ beets ■ breadfruit ■ Brussels sprouts ■ cabbage (green, red, celery, Napa) ■ cactus (nopales) ■ cauliflower ■ celeriac ■ celery ■ chayote (mirliton) ■ chives ■ cucumbers 	<ul style="list-style-type: none"> ■ daikon (oriental radish) ■ eggplant ■ fennel ■ garlic ■ green chili peppers ■ green onions (scallions) ■ green peppers ■ horseradish ■ iceberg lettuce ■ kohlrabi ■ leeks ■ mushrooms ■ okra ■ olives ■ onions (white, yellow, red) ■ peas in pod, e.g., snap peas, snow peas ■ pepperoncini ■ pickles (cucumber) 	<ul style="list-style-type: none"> ■ purple peppers ■ radishes ■ rhubarb ■ rutabagas ■ shallots ■ sauerkraut ■ seaweed ■ snap peas ■ snow peas ■ spaghetti squash ■ tomatillo ■ turnips ■ wax beans ■ yellow peppers ■ yellow summer squash ■ zucchini squash

RESOURCES

Child Nutrition (CN) Labeling Program:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/cnlabel.pdf

Crediting Foods (CSDE Web Page):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796

Food Buying Guide for School Meal Programs:

www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

Meal Patterns (CSDE Web Page):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770

Menu Planning (CSDE Web Page):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333780

Menu Planning Guide for School Meals:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320

Product Formulation Statements:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/pfs.pdf

USDA Product Formulation Statement (PFS) for Documenting Vegetables and Fruits:

www.fns.usda.gov/sites/default/files/PFSfv.pdf

USDA Sample Product Formulation Statement for Vegetables:

www.fns.usda.gov/sites/default/files/PFSsamplevegetables.pdf



For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#) and [Meal Patterns](#) and [Crediting Foods](#) Web pages or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/vegsubgroup.pdf.

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- (1) *mail:* U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) *fax:* (202) 690-7442; or
- (3) *email:* program.intake@usda.gov.

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