

Vegetable Subgroups in the National School Lunch Program

The National School Lunch Program (NSLP) requires weekly servings from the five vegetable subgroups. Below are the five vegetable subgroups and examples of vegetables from each. For more information about each vegetable and crediting, visit the [USDA Food Buying Guide \(https://foodbuyingguide.fns.usda.gov\)](https://foodbuyingguide.fns.usda.gov).

Dark Green

Fresh, frozen, and canned

Beet greens
Bok choy
Broccoli
Broccolini
Chicory
Cilantro
Collard greens
Endive (escarole)
Grape leaves
Kale
Loose lettuce (e.g., butterhead, , arugula, spring mix, etc.)
Mustard greens
Parsley
Spinach
Swiss chard
Romaine lettuce
Turnip greens
Watercress

Red/Orange

Fresh, frozen, and canned

Acorn squash
Bell peppers (orange, red)
Butternut squash
Carrots
Cherry peppers
Hubbard squash
Pimientos (pimentos)
Pumpkin
Salsa
Spaghetti squash
Sweet potatoes
Tomatoes
Tomato products (e.g., puree, paste, sauce)

Beans and Peas/Legumes

Canned, frozen, or cooked from dry *mature, dry

Baked beans
Black beans
*Black-eyed peas
Edamame (soybeans)
Garbanzo beans (chickpeas)
Great northern beans
Kidney beans
Lentils
*Lima beans
Navy beans (pea bean)
Pink beans
Pinto beans
Red beans
Refried beans
*Soybeans

Starchy

Fresh, frozen, and canned

**not dry

**Black-eyed peas, fresh
Cassava (yuca)
Corn
**Field peas, fresh
Green peas
Hominy, canned
Jicama (yam bean)
**Lima beans, green
Parsnips
**Pigeon peas
Plantains
Poi
Potatoes
Taro (malanga)
Water chestnuts

Other

Fresh, frozen, and canned

Artichokes	Iceberg lettuce
Asparagus	Kohlrabi
Avocado	Mushrooms
Bamboo shoots	Okra
Bean sprouts (cooked for safety)	Olives
Beets	Onions (white, yellow, red)
Bell peppers (green, yellow)	Pepperoncini
Breadfruit	Pickles (cucumber)
Brussels sprouts	Radishes
Cabbage (green, red, celery, napa)	Rutabagas
Cactus (nopales)	Sauerkraut
Cauliflower	Seaweed
Celery	Snow peas
Chayote (mirliton)	Sugar snap peas
Cucumbers	Tomatillo
Eggplant	Turnips
Green beans	Wax beans
Green chilies (anaheim, jalapeno)	Yellow summer squash
Green onions	Zucchini squash

Any combination of: Dark Green + Red/Orange + Beans and Peas (Legumes) + Other = Other Vegetables
Dark Green + Red/Orange + Beans and Peas (Legumes) + Other + Starchy = Additional Vegetables

Pasta products made of vegetable flour(s) may credit toward the appropriate vegetable subgroups(s).

Montana Office of Public Instruction, School Nutrition Programs

<https://opi.mt.gov/school-nutrition>

(adapted from the [Wisconsin Department of Public Instruction form](https://www.wisconsin.gov))



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