School Lunch Meal Pattern Vegetables Sub-Groups

Fact Sheet

➤ Vegetables are organized into 5 subgroups, based on their nutrient content.
➤ 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.

**Dark Green**
- Bok Choy
- Broccoli
- Collard Greens
- Dark Green Leafy Lettuce
- Kale
- Mesclun

**Starchy Vegetables**
- Cassava
- Corn
- Fresh Cow Peas, Field Peas or Black eyed Peas \(\textit{Not Dry}\)
- Green Banana
- Green Peas
- Green Lima Beans
- Plantains
- Taro
- Water Chestnuts
- White Potatoes

**Mustard Green**
- Romaine
- Spinach
- Turnip Greens
- Watercress

**Other Vegetables**
- Artichokes
- Green Beans
- Asparagus
- Green Peppers
- Avocado
- Iceberg Lettuce
- Bean Sprouts
- Mushrooms
- Beets
- Okra
- Brussels sprouts
- Onions
- Cabbage
- Parsnips
- Cauliflower
- Turnips
- Celery
- Wax Beans
- Spinach
- Zucchini
- Taro
- Water Chestnuts
- White Potatoes

**Red/Orange**
- Acorn Squash
- Butternut Squash
- Carrots
- Hubbard Squash
- Pumpkin
- Red Peppers
- Sweet Potatoes
- Tomato
- Tomato Juice

**Beans/Peas (Legumes)**
- Black Beans
- Black-eyed Peas (mature, dry)
- Garbanzo Beans (chickpeas)
- Kidney Beans
- Lentils
- Navy Beans
- Pinto Beans
- Soy Beans
- Split Peas
- White Beans