

## Cold Bag Lunch Vegetable Subgroup Ideas

For SFAs who are looking to provide cold bag lunch meals that comply with the vegetable subgroup requirements. This is not an all-inclusive list but can help provide you with ideas. Sample menu on the next page.

Dark Green	Red/Orange	Beans/Legumes	Starchy	Other
Broccoli, raw, cut pieces	Bell pepper, red, sliced Carrots, raw, sticks Marinara cups Salsa cups Sweet potato, raw, sticks Tomatoes, cherry 100% vegetable juice blends*	Beans, canned or cooked, cooled Bean soup, canned, condensed (1 part soup to 1 part water) Bean soup, canned, ready-to-serve Edamame, cold Garbanzo beans, roasted, cooled Hummus cups	Corn, canned Jicama sticks, raw Green peas, cold	3 bean salad Beets, canned Cauliflower, raw, cut pieces Celery, raw, sticks Corn and bean salad, cold Green beans, canned Green beans, blanched, cooled Hominy and bean salad, cold Kohlrabi, raw, sliced Olive cups Snap peas, raw 100% vegetable juice blends**

\*To credit as a red/orange vegetable the juice must contain only red/orange vegetables. For example the ingredient list might say: sweet potato/pumpkin/carrot.

\*\*If the juice contains a mixture of vegetables from multiple subgroups it is considered "other" or "additional" vegetables, depending on the needs of the menu planner.

Any combination of:

Dark Green + Red/Orange + Beans and Peas (Legumes) + Other = credits as Other

Dark Green + Red/Orange + Beans and Peas (Legumes) + Other + Starchy = credits as Additional

## SSO Bag Lunch Sample Menus - Lunch and Breakfast

Refer to the [lunch](#) and [breakfast](#) meal pattern tables for the required minimum amounts of each component that must be offered depending on the age/grade group served.

Note: An open or restricted open site may have difficulty following the age/grade group requirements of the meal pattern due to a variety of age/grade groups that may attend. In this scenario, the site may use the meal pattern for a single age/grade group meeting the minimum meal pattern requirements for the most common age/grade group eating at the site.

### Lunch Sample Menu

	Meat/Meat alternate and Grain	Vegetable	Fruit	Milk
<b>Monday</b>	Cheese sandwich or PBJ	Baby carrots	apple	Milk
<b>Tuesday</b>	Deli turkey sandwich *Mayonnaise	Broccoli flower	orange	Milk
<b>Wednesday</b>	Cold chicken breast sandwich on bun *BBQ sauce	Baked beans	grapes	Milk
<b>Thursday</b>	Deli meat, cheese and WG crackers	Cucumber slices	banana	Milk
<b>Friday</b>	Yogurt parfait with granola and fruit	Jicama sticks	Applesauce cup	Milk

\*condiment suggestion

### Breakfast Sample Menu

	Grain	Fruit	Milk
<b>Monday</b>	Cereal	Dried fruit pkg and Applesauce cup	Milk
<b>Tuesday</b>	Poptart	Apple and banana	Milk
<b>Wednesday</b>	WG crackers	Orange and strawberry cup	Milk
<b>Thursday</b>	Cereal bar	Grapes and 100% fruit juice	Milk
<b>Friday</b>	cereal	Apple and dried fruit pkg	Milk

## Shelf-Stable Vegetable Subgroup Ideas

For SFAs who need to provide shelf-stable meals for food safety concerns or lack of available product may consider these options to comply with the vegetable subgroup requirements. This is not an all-inclusive list but can help provide you with ideas.

Dark Green	Red/Orange	Beans/Legumes	Starchy	Other
Broccoli, freeze-dried	Carrots, canned	Beans, canned	Corn, canned	Bell peppers, dehydrated
Collard greens, canned	Carrots, freeze-dried	Bean soup, canned, condensed (1 part soup to 1 part water)	Hominy, canned	Beets, canned
Spinach, canned	Marinara cups	Bean soup, canned, ready-to-serve	Peas, canned	Green beans, canned
	Pumpkin, canned	Garbanzo beans, roasted	Potatoes, canned	Mushrooms, canned
	Salsa cups	Lentils, dried	Potatoes, dehydrated	Olive cups
	Sweet potato, canned	Refried beans, canned	Water chestnuts, canned	Sauerkraut, canned
	Sweet potato, dehydrated	Split peas, dried		100% vegetable juice blends**
	Tomato, canned	Shelf-stable hummus cups		
	Tomato sauce, canned			
	100% vegetable juice blends*			

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\*\*If the juice contains a mixture of vegetables from multiple subgroups it is considered "other" or "additional" vegetables, depending on the needs of the menu planner.

Any combination of:

Dark Green + Red/Orange + Beans and Peas (Legumes) + Other = credits as Other

Dark Green + Red/Orange + Beans and Peas (Legumes) + Other + Starchy = credits as Additional

## Shelf-Stable Ideas for all Components

SFAs who need to provide shelf-stable meals for food safety concerns or lack of available product may consider these options:

Fruit	Vegetable	Meat/Meat Alternate	Grain	Milk
<p>Fruit cup</p> <p>100% fruit juice</p> <p>Applesauce cups</p> <p>Dried fruit</p> <ul style="list-style-type: none"> <li>• Raisins</li> <li>• Craisins</li> <li>• Apple slices or rings</li> <li>• Apricot halves</li> <li>• Banana slices</li> <li>• Coconut shreds or flakes</li> <li>• Dates</li> <li>• Figs</li> <li>• Peach halves</li> <li>• Pear halves</li> <li>• Plums (prunes)</li> <li>• Strawberries</li> </ul>	<p>Dehydrated beans</p> <p>Olive cups</p> <p>Salsa cups</p> <p>Condensed canned soup (<i>i.e. bean, minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such as meat or poultry</i>)</p> <p>Marinara cups</p> <p>100% vegetable juice</p>	<p>Shelf-stable hummus</p> <p>Nuts</p> <p>Seeds (<i>i.e. sunflower seeds</i>)</p> <p>Nut/seed butter</p> <p>Cheese cup with CN label or PFS</p> <p>Dehydrated beans</p> <p>Dehydrated meat/jerky, beef stick with CN label or PFS</p> <p>Fish pouch pack</p>	<p>Whole grain or savory crackers</p> <p>Cereal bowl or bar</p> <p>Whole corn or enriched tortilla chips</p> <p>Croutons</p> <p>Popcorn</p> <p>Rice cakes</p> <p>Tortilla shell</p>	<p>Shelf-stable milk</p>