

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, bibb, boston, arugula, spring mix, etc.)
Mustard greens
Parsley
Spinach
Swiss chard
Romaine lettuce
Turnip greens
Watercress

Other Fresh, frozen, and canned
Artichokes
Asparagus
Avocado
Bamboo shoots
Bean sprouts [cooked for food safety] (e.g., mung)
Beets
Bell peppers (green, yellow)
Breadfruit
Brussels sprouts
Cabbage (green, red, celery, napa)
Cactus (nopales)
Carrots, rainbow (e.g., purple, yellow)
Cauliflower
Celery
Chayote (mirliton)
Cucumbers
Eggplant
Green beans
Green chilies (anaheim, jalepeño)
Green onions
Iceberg lettuce
Kohlrabi
Mushrooms
Okra
Olives
Onions (white, yellow, red)
Pepperoncini
Pickles (cucumber)
Radishes
Rutabagas
Sauerkraut
Seaweed
Snow peas
Sugar snap peas
Tomatillo
Turnips
Wax beans
Yellow summer squash
Zucchini squash

Red/Orange Fresh, frozen, and canned
Acorn squash
Bell peppers (orange, red)
Butternut squash
Carrots
Cherry peppers
Hubbard squash
Pimientos (pimientos)
Pumpkin
Salsa
Spaghetti squash
Sweet potatoes
Tomatoes
Tomato products (e.g., puree, paste, sauce)

Beans and Peas (Legumes) Canned, frozen, or cooked from dry <i>*mature, dry</i>
Baked beans
Black beans
*Black-eyed peas
Edamame (soy beans)
Garbanzo beans (chickpeas)
Great northern beans
Kidney beans
Lentils
*Lima beans
Mung beans
Navy beans (pea bean)
Pink beans
Pinto beans
Red beans
Refried beans
*Soy beans

Starchy Fresh, frozen, and canned <i>**not dry</i>
**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
Yautia (tannier)

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

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