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).

### Dark Green
- 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

### Other
- Fresh, frozen, and canned
  - 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 (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
  - 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
  - **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).

Wisconsin Department of Public Instruction, School Nutrition Team
https://dpi.wi.gov/school-nutrition
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