



WISCONSIN SCHOOL NUTRITION IN A NUTSHELL

The Vegetable Component

Common vegetables by subgroup

This list is not exhaustive. Review the [Vegetable Subgroups](#) handout for more information.

Dark Green

- Arugula
- Broccoli
- Cabbage (Chinese or celery)
- Kale
- Parsley
- Spinach
- Swiss chard
- Red leaf lettuce
- Romaine lettuce

Red/Orange

- Carrots
- Peppers (red, orange, red chili)
- Pumpkin
- Salsa
- Sweet potatoes
- Tomatoes
- Squash (acorn, Hubbard, butternut)

Starchy

- Corn
- Jicama
- Peas
- Potatoes

Beans/Peas (Legumes)

- Baked beans
- Black beans
- Chickpeas
- Kidney beans
- Lima beans
- Pinto beans
- Red beans
- Refried beans

Other

- Asparagus
- Avocado
- Beets
- Brussels sprouts
- Cabbage (green or red)
- Celery
- Cauliflower
- Cucumbers (includes pickles)
- Pre-made coleslaw
- Eggplant
- Green beans
- Iceberg lettuce
- Mushrooms
- Olives
- Onions
- Pepper (green, purple, yellow)
- Radishes
- Snap peas
- Snow peas
- Squash (spaghetti, summer, zucchini)
- Wax bean

Crediting vegetables

- Measured in cups
- Round down to the nearest $\frac{1}{8}$ cup
- Credits cup-for-cup (e.g., $\frac{1}{2}$ cup corn credits as $\frac{1}{2}$ cup starchy vegetable)
 - Exceptions:
 - Raw, leafy salad greens credit as half the volume served
 - 1 Tbsp tomato paste credits as $\frac{1}{4}$ cup red/orange vegetable
 - 2 Tbsp tomato puree credits as $\frac{1}{4}$ cup red/orange vegetable

Component	Measured by	Units of measurement	Conversions	Tools used
Vegetable	VOLUME How much space does it take up?	Fluid ounces (fl oz) Teaspoon (t or tsp) Tablespoon (T or Tbsp) Cups (c) Pint (pt) Quart (qt) Gallon (gal)	8 fl oz = 1 c 3 tsp = 1 Tbsp 16 Tbsp = 1 c 2 c = 1 pt 2 pt = 1 qt 4 qt = 1 gal	Spoodles Measuring cups Measuring spoons Scoops Dishers Ladles

Forms of vegetables

Vegetables may be canned, fresh, frozen, or 100% juice.

Non-creditable vegetables

The following do not credit toward the vegetable component in NSLP or SBP: snack-type vegetable products (e.g., potato chips), relish, jam, jelly, ketchup, barbeque sauce, hot sauce, chili sauce, home canned products, and some dehydrated vegetables used for seasoning.

Vegetables Juice

No more than 50% of vegetables may be served in the form of juice (including purees for smoothies) over the course of one week. Meals are assessed independently (i.e., breakfast is assessed independently from lunch). Juice must be pasteurized, 100% full strength.

Crediting beans/peas (legumes) as Meat/Meat Alternate (M/MA)

A $\frac{1}{4}$ cup of beans/peas (legumes) can either credit as $\frac{1}{4}$ cup vegetable **OR** 1 ounce equivalent M/MA, but not both.

Crediting mixed vegetables

- A combination of dark green, red/orange, beans/peas (legumes) and/or other vegetables may credit towards the “other” vegetable subgroup.
- A combination of dark green, red/orange, beans/peas (legumes) and/or other that **INCLUDES** starchy vegetables may only credit towards “additional” vegetables.

Additional vegetables

There is no “additional” vegetable subgroup. *Additional* vegetables are simply vegetables that must be served in *addition* to the required amount of each subgroup. When these *additional* vegetables are added to the menu, they ensure that the daily and weekly minimums are met. Additional vegetables can come from any of the five vegetable subgroups.

In the first menu example below the minimum amount of each of the five vegetable subgroups is offered daily, yet daily and weekly quantities are not met. The second example menu shows that offering the minimum amount of each of the five vegetable subgroups plus *additional* vegetables (in the third row) meets daily and weekly requirements.

Example menu without additional vegetables – Grades K-8

Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL
½ cup broccoli (DG)	¾ cup carrots (R/O)	½ cup baked beans (BP/L)	½ cup corn (Starchy)	½ cup cucumber (Other)	2¾ cups
✓Meets weekly DG requirement ✗ Does not meet ¾ cup daily minimum.	✓Meets weekly R/O requirement ✓Meets ¾ cup daily minimum.	✓Meets weekly BP/L requirement ✗ Does not meet ¾ cup daily minimum.	✓Meets weekly Starchy requirement ✗ Does not meet ¾ cup daily minimum.	✓Meets weekly Other requirement ✗ Does not meet ¾ cup daily minimum.	✓Meets weekly subgroup requirement ✗ Does not meet 3¾ cup weekly minimum.

Example menu with additional vegetables – Grades K-8

Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL
½ cup broccoli (DG)	¾ cup carrots (R/O)	½ cup baked beans (BP/L)	½ cup corn (Starchy)	½ cup cucumber (Other)	3 ¾ cups
¼ cup squash		¼ cup jicama	¼ cup salsa	¼ snap peas	
✓Meets weekly DG requirement ✓Meets ¾ cup daily minimum.	✓Meets weekly R/O requirement ✓Meets ¾ cup daily minimum.	✓Meets weekly BP/L requirement ✓Meets ¾ cup daily minimum.	✓Meets weekly Starchy req. ✓Meets ¾ cup daily minimum.	✓Meets weekly Other req. ✓Meets ¾ cup daily minimum.	✓Meets weekly subgroup req. ✓Meets 3¾ cup weekly minimum.

Lunch Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Vegetables (cups)	Weekly: 3¾ cups Daily: ¾ cup			Weekly: 5 cups Daily: 1 cup
Dark green		½ cup		½ cup
Red/Orange		¾ cup		1¼ cup
Beans, peas, legumes		½ cup		½ cup
Starchy		½ cup		½ cup
Other		½ cup		¾ cup
Additional Vegetables to Reach Total		1 cup		1 ½ cups

Breakfast Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fruits (cups)	Weekly: 5 cups Daily: 1 cup				
Vegetables (cups)	0 cups required daily There is no separate requirement to serve vegetables in the SBP. Schools may substitute vegetables for fruit.				

Portioning Vegetables

Vegetable	Size	Serving size required to credit as ½ cup	Vegetable Subgroup
Raw leafy greens		1 cup	Dark green
Cooked leafy greens		½ cup	Dark green
Carrots	4 x ½ inch strips	6 strips	Red/orange
Celery	4 x ½ inch strips	6 strips	Other
Corn	Medium ear	1 each	Starchy
Cucumber	3 x ¾ inch strips	6 each	Other
Mushrooms	Sliced	14 slices	Other
Potato	1 x ¾ inch frozen rounds	8 pieces	Starchy
	1 ¼ x ⅙ inch frozen circles	10 pieces	
	120 count (6 ounces by weight)	1 each	
	100 count (8 ounces by weight)	⅔ each	
	80 count (10 ounces by weight)	½ each	
Radishes	Fresh, without tops, small	14 each	Other
Tomato	Paste	2 Tbsp	Red/orange
	Puree	4 Tbsp	
	Cherry, whole, with stem	6 each	
	Small or medium, ⅛ inch thick slices	10 slices	
	Large, ⅛ inch thick slices	8 slices	
Turnips	2 x ½ inch sticks	14 sticks	Other
Zucchini (summer squash)	3 x ½ inch raw sticks	6 each	Other