

Vegetables In A Nutshell



Common vegetables by subgroup

Dark Green

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

Starchy

Corn
Jicama
Peas
Potatoes

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 beans

Red/orange

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

Beans/Peas (Legumes)

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

Not an exhaustive list. See <https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/vegetable-subgroups.pdf>

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)
 - raw, leafy salad greens credit at 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

Weight and volume are not equal or interchangeable

This institution is an equal opportunity provider.

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 as 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)

¼ cup of B/P (L) can either credit as ¼ cup vegetable OR 1 ounce equivalent M/MA, but not both.

Crediting mixed vegetables

Combination of any dark green, red/orange, beans/peas (legumes) and other can credit as “other.”

Combination of any dark green, red/orange, beans/peas (legumes) other, and starchy can credit as “additional.”

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

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)	2 ¾ cups
✓ Meets weekly DG requirement ✗ Does not meet ¾ cup daily minimum	✓ Meets weekly R/O req. ✓ Meets ¾ cup daily minimum	✓ Meets weekly BP/L req. ✗ Does not meet ¾ cup daily minimum	✓ Meets weekly starchy req. ✗ Does not meet ¾ cup daily minimum	✓ Meets weekly other req. ✗ Does not meet ¾ cup daily minimum	✓ Meets weekly subgroup reqs. ✗ Does not meet 3 ¾ cup weekly minimum

Example menu with additional vegetables

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 cup snap peas	
✓ Meets weekly DG requirement ✓ Meets ¾ cup daily minimum	✓ Meets weekly R/O req. ✓ Meets ¾ cup daily minimum	✓ Meets weekly BP/L req. ✓ 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 reqs. ✓ Meets 3 ¾ cup weekly minimum

Lunch Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Vegetables (cups)	Weekly: 3 ¼ cups Daily: ¾ cup			Weekly: 5 cups Daily: 1 cup
Dark green	½ cup			½ cup
Red/Orange	¾ cup			1 ¼ 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 9/16 inch frozen circles	10 pieces	
	120 count (6 ounces by weight)	1 each	
	100 count (8 ounces by weight)	¾ 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, ½ inch thick slices	10 slices	
	Large, ½ 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