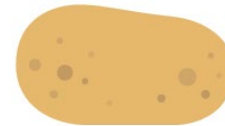




NATIONAL SCHOOL LUNCH PROGRAM



VEGETABLE COMPONENT



NSLP Vegetable Component *Overview*

Food Component	K-5	6-8	9-12
Vegetables	3.75 c (0.75)	3.75 c (0.75)	5 c (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Legumes	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5

Vegetables are a required meal pattern component for the NSLP. The serving sizes listed above are required at a minimum. These serving sizes may be exceeded as long as calories, sodium, and saturated fat meet the average weekly requirements set by USDA.



NSLP Vegetable Component Overview

Food Component	K-5	6-8	9-12
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Legumes	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5

Vegetables are a required meal pattern component for the NSLP. The serving sizes listed above are required at a minimum. These serving sizes may be exceeded as long as calories, sodium, and saturated fat meet the average weekly requirements set by USDA.



NSLP Vegetable Component

Vegetable Subgroups

Food Component	K-5	6-8	9-12
Vegetables	3.75 c (0.75)	3.75 c (0.75)	5 c (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Legumes	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5



The five vegetable subgroups are required to be offered in the serving sizes listed, at a minimum, each week in the National School Lunch Program.



NSLP Vegetable Component

Vegetable Subgroups

<p>Beans and Peas*</p> <ul style="list-style-type: none"> ▪ black beans ▪ black-eyed peas (mature, dry) ▪ garbanzo beans (chickpeas) ▪ great northern ▪ kidney beans ▪ lentils ▪ mung beans ▪ navy beans ▪ pink beans ▪ pinto beans ▪ red beans ▪ soy beans ▪ split peas ▪ white beans 	<p>Red & Orange Vegetables</p> <ul style="list-style-type: none"> ▪ acorn squash ▪ butternut squash ▪ carrots ▪ hubbard squash ▪ pimentos (cherry pepper) ▪ pumpkin ▪ red peppers ▪ sweet potatoes ▪ tomatoes ▪ tomato juice 	<p>Other Vegetables</p> <ul style="list-style-type: none"> ▪ artichokes ▪ asparagus ▪ avocado ▪ bamboo shoots ▪ bean sprouts ▪ beets ▪ breadfruit ▪ brussels sprouts ▪ cabbage ▪ cactus (nopales) ▪ cauliflower ▪ celery ▪ chayote (mirliton) ▪ cucumbers or pickles ▪ eggplant ▪ green beans ▪ green peppers ▪ iceberg (head) lettuce ▪ kohlrabi ▪ mushrooms ▪ okra ▪ olives ▪ onions ▪ pepperoncini ▪ radishes ▪ turnips ▪ wax beans ▪ zucchini
<p>Dark Green Vegetables</p> <ul style="list-style-type: none"> ▪ beet greens ▪ bok choy ▪ broccoli ▪ chicory ▪ collard greens ▪ dark green leafy lettuce ▪ endive or escarole ▪ grape leaves ▪ kale ▪ mesclun ▪ mustard greens ▪ parsley ▪ romaine lettuce ▪ spinach ▪ turnip greens ▪ watercress 	<p>Starchy Vegetables</p> <ul style="list-style-type: none"> ▪ cassava ▪ corn ▪ fresh cowpeas, field peas, or black-eyed peas (not dry) ▪ green bananas ▪ green peas ▪ green lima beans ▪ jicama ▪ malanga or yautia (tannia, tannier) ▪ parsnips ▪ plantains ▪ poi (undiluted) ▪ potatoes ▪ taro ▪ water chestnuts 	

<https://www.isbe.net/Documents/vegetable-subgroups.pdf>



NSLP Vegetable Component *Other Subgroup*

Food Component	K-5	6-8	9-12
Vegetables	3.75 c (0.75)	3.75 c (0.75)	5 c (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Legumes	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5

The Other vegetables subgroup includes vegetables that do not meet the classification standards to fall into the dark green, red/orange, legumes, or starchy subgroups. However, the weekly requirement for the Other vegetable subgroup can be met with additional amounts of dark green, red/orange, and legumes.



NSLP Vegetable Component

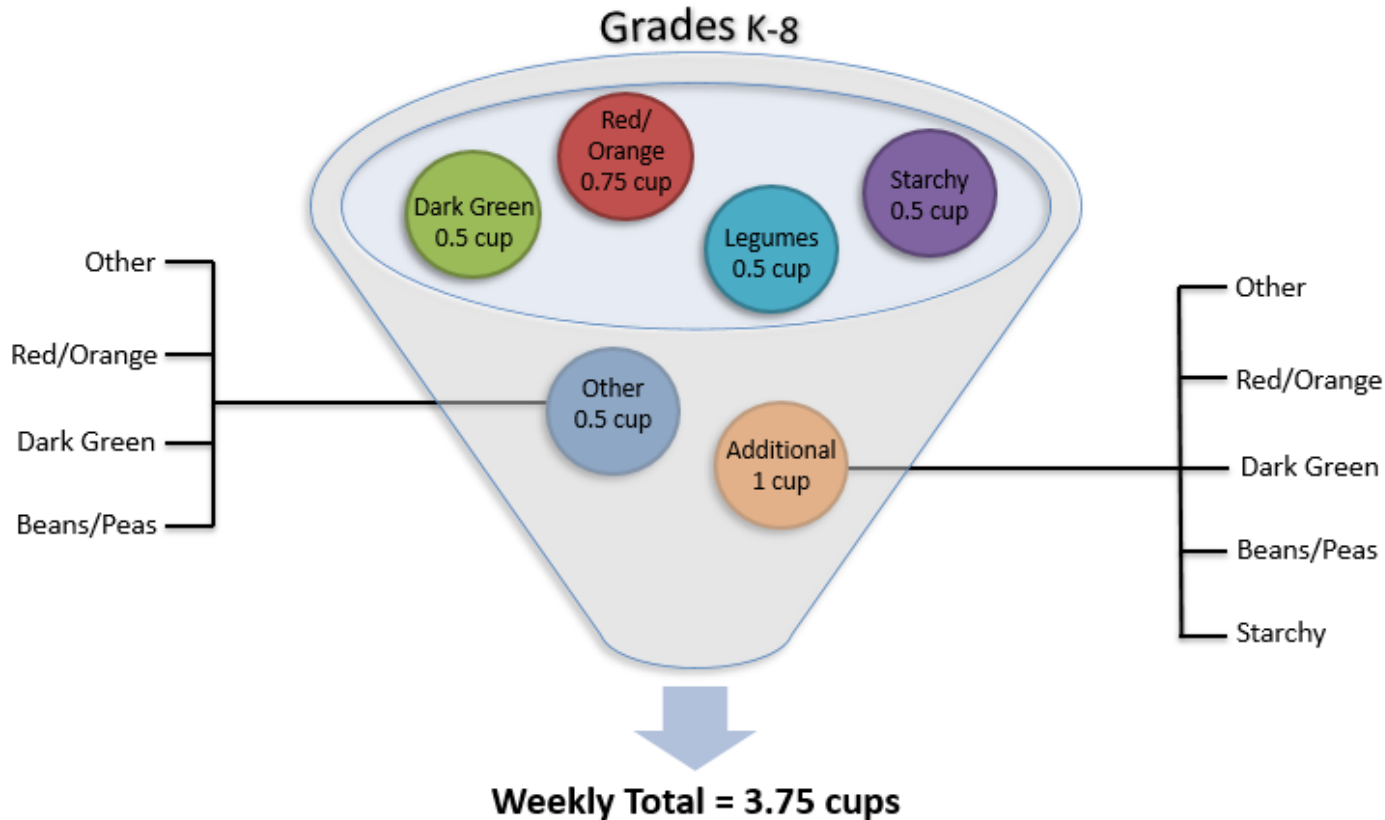
Additional Vegetables

Food Component	K-5	6-8	9-12
Vegetables	3.75 c (0.75)	3.75 c (0.75)	5 c (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Legumes	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5

Additional vegetables are those that are needed to meet the total weekly vegetable requirements of 3.75 cups for grades K-5 and 6-8, and 5 cups for grades 9-12. Any vegetable subgroup can be offered to meet the total weekly vegetable requirement.



NSLP Vegetable Component Grades K-8 Overview

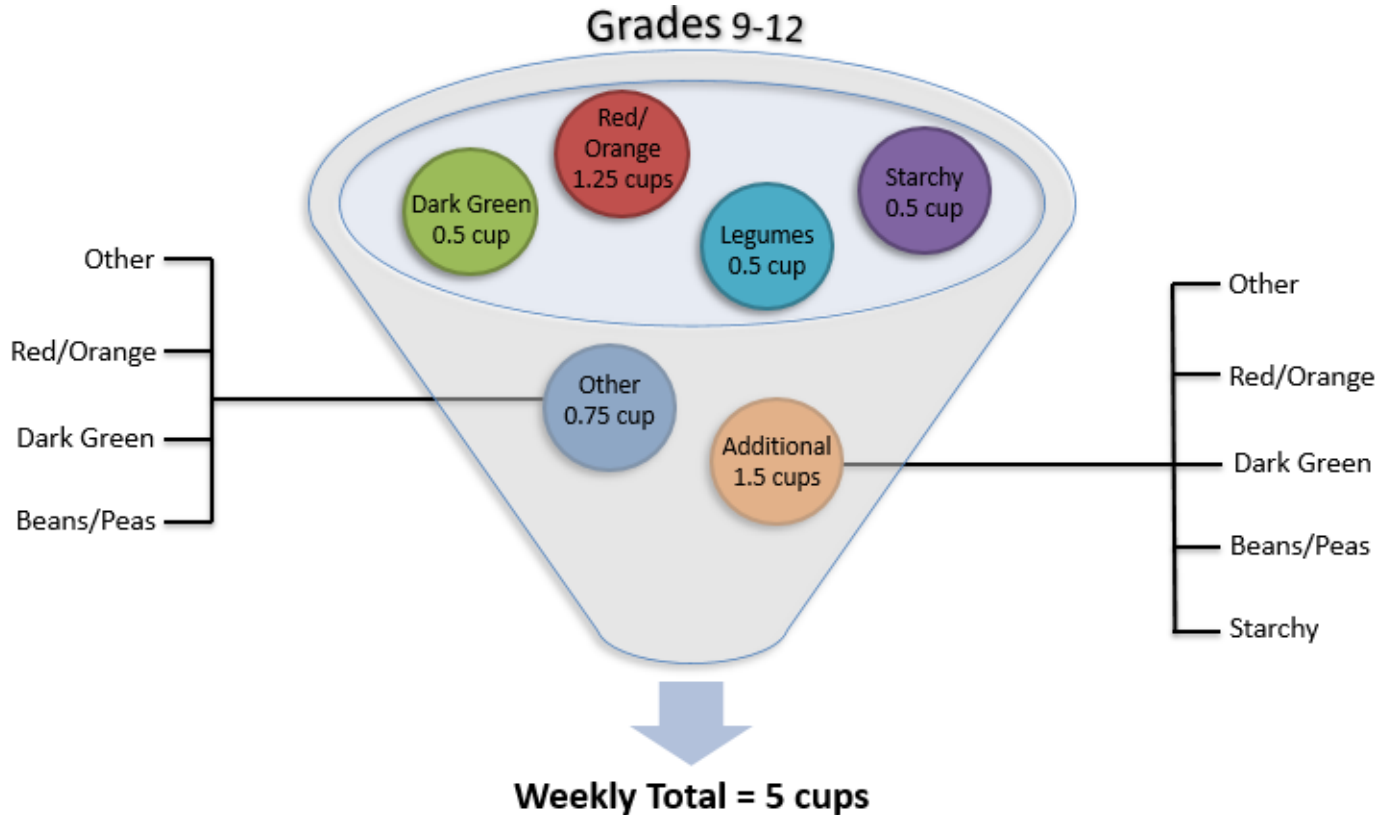


$$0.5 \text{ cup } DG + 0.75 \text{ cup } RO + 0.5 \text{ cup } BP + 0.5 \text{ cup } S + 0.5 \text{ cup } O = \underline{2.75 \text{ cups subgroups}}$$

$$2.75 \text{ cups subgroups} + 1 \text{ cup additional} = \underline{3.75 \text{ cups total}}$$



NSLP Vegetable Component Grades 9-12 Overview



$$0.5 \text{ cup } DG + 1.25 \text{ cup } RO + 0.5 \text{ cup } BP + 0.5 \text{ cup } S + 0.75 \text{ cup } O = \underline{3.5 \text{ cups subgroups}}$$

$$3.5 \text{ cups subgroups} + 1.5 \text{ cups additional} = \underline{5 \text{ cups total}}$$



NSLP Fruit Component

Types of Vegetables

Fresh

Frozen

Canned

Dried

100%
Fruit Juice



NSLP Vegetable Component

Crediting

General

- Vegetables credit towards the meal pattern based on the volume served
 - Example: 1 cup of broccoli credits as 1 cup of vegetables (dark green)
 - Example: ½ cup of 100% tomato juice credits as ½ cup of vegetables (red/orange)
- Refer to USDA's Food Buying Guide for examples of how to credit certain vegetables
 - Three 4-inch x ½-inch strips of fresh carrots without tops credits as ¼ cup of vegetables (red/orange)
- 1/8 cup of any vegetable is the minimum serving size that may be creditable



NSLP Vegetable Component

Crediting

Exceptions

- Raw, leafy greens credit as half the volume served
 - Example: $\frac{1}{2}$ cup of romaine lettuce contributes $\frac{1}{4}$ cup of dark green vegetables
 - Note: The minimum creditable serving size for raw, leafy greens is $\frac{1}{4}$ cup, because it counts as $\frac{1}{8}$ cup of vegetables
 - Note: Cooked leafy greens such as sautéed spinach are credited by volume as served
- No more than half of the total weekly vegetables offered may be 100% vegetable juice
 - Example: If $3 \frac{3}{4}$ cups of vegetables are offered throughout the week for the K-5 grade group, no more than $1 \frac{7}{8}$ cups may be juice



NSLP Vegetable Component *Crediting*

Beans & Peas (Legumes)

- Beans and peas (legumes) may count toward the vegetable or meat/meat alternate component, but not both in the same meal simultaneously
 - Legumes are measured in cups when crediting towards the vegetable component
 - Legumes are measured in ounce equivalents (oz eq) when crediting towards the meat/meat alternate component

Monday

Chicken Quesadilla on a Whole Grain Tortilla
 Spicy Black Beans (1 cup)
 Pineapple Chunks
 Choice of Milk

Example

- 1 cup Spicy Black Beans would credit as 1 cup of vegetables (legumes)
- Cannot credit as ½ cup of vegetables and 2 oz eq of meat alternate
- **Note: In this example, beans would have to credit as a vegetable because no other vegetable is offered on this day**



NSLP Vegetable Component

Crediting

Mixed Vegetable Dishes

- Mixed vegetable dishes may credit differently depending on what information is known by the menu planner
 - If the amount of each vegetable present in the mixed dish is known, then each vegetable may credit towards its respective subgroup
 - A Child Nutrition (CN) label or Product Formulation Statement (PFS) signed by the manufacturer are acceptable documentation
 - Note: the minimum amount of vegetable that can credit is 1/8 cup
 - If the amount of vegetable present in the mixed dish is not known, the vegetable dish can count towards the additional vegetables needed to meet the weekly total requirement (3 $\frac{3}{4}$ cups for grades K-8; 5 cups for grades 9-12)



NSLP Vegetable Component

Crediting

Multiple Serving Lines

- All students must have access to the required quantities of the 5 vegetable subgroups each week on each serving line
- The daily and weekly requirements must be in place for each serving line
 - Example: If a school has a hot lunch line, deli line, and grill line, all lines must meet the minimum daily serving size requirement ($\frac{3}{4}$ cup for grades K-8; 1 cup for grades 9-12) and all 5 vegetable subgroups must be available on each serving line over the course of the week
- It is not acceptable to post signs directing students to select the vegetable subgroup choice from a different serving line



NSLP Vegetable Component

Crediting

One Serving Line With Multiple Meal Options

- Each meal choice on the serving line must offer students access to the same daily vegetable subgroups or offer the subgroup again later in the week
 - Example: If a K-8 school offers a hot lunch option and a cold lunch option on the same serving line:
 - Both meals can include a vegetable from the same vegetable subgroup on the same day. For example, $\frac{3}{4}$ cup steamed carrot coins with the hot lunch and $\frac{3}{4}$ cup raw carrot sticks with the cold lunch on Monday both meet the minimum weekly requirement for the *Red/Orange* subgroup for grades K-8
 - Different vegetable subgroups can be offered with each meal, but both the hot and cold lunch option must offer all of the vegetable subgroups during the week. For example, a *Starchy* vegetable is offered with the hot lunch and a *Dark Green* vegetable is offered with the cold lunch on Monday. The hot lunch must include a *Dark Green* vegetable on another day of the week and the cold lunch must include a *Starchy* vegetable on another day of the week



NSLP Vegetable Component

Crediting

Salad Bars

- Schools can use a daily salad bar to meet the weekly vegetable subgroup requirements if the salad bar is available to all students each day and offers all required subgroups every day or over the week
- Minimum portion sizes must be consistent with the meal pattern for the age/grade group
- Staff must ensure students actually take the minimum required portion size for a reimbursable meal
- Pre-portioning items, appropriate size serving utensils, and placing signs as a visual aid can help ensure proper portion sizes
- The point of sale (POS) should be stationed after the salad bar to ensure each student's selections meet the required portions for a reimbursable meal



NSLP Vegetable Component

Crediting

Products that do not contribute toward meal pattern requirements

- Snack-type foods made from vegetables, such as potato chips
- Pickle relish, jam, or jelly
- Tomato catsup and chili sauce (tomato paste in chili is creditable)
- Home-canned products (for food safety reasons)
- Dehydrated vegetables used for seasoning



NSLP Vegetable Component

Menu Example

Grades K-8 Vegetable Subgroups

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets Whole Grain Roll Corn (¾ cup) Diced Peaches Choice of Milk	Beef Burrito Salsa (¼ cup) Refried Beans (½ cup) Pineapple Tidbits Choice of Milk	Ham & Cheese Sub Cucumber Slices (¼ cup) Carrot Sticks (½ cup) Mandarin Oranges Choice of Milk	Pulled Pork on a Bun Steamed Broccoli (½ cup) Steamed Cauliflower (¼ cup) Diced Pears Choice of Milk	Pepperoni Pizza Apple Slices Green Beans (¾ cup) w/ Ranch Choice of Milk



NSLP Vegetable Component

Menu Example

Grades K-8 Vegetable Subgroups

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets Whole Grain Roll Corn (¾ cup) Diced Peaches Choice of Milk	Beef Burrito Diced tomato (¼ cup) Refried Beans (½ cup) Pineapple Tidbits Choice of Milk	Ham & Cheese Sub Cucumber Slices (¼ cup) Carrot Sticks (½ cup) Mandarin Oranges Choice of Milk	Pulled Pork on a Bun Steamed Broccoli (½ cup) Steamed Cauliflower (¼ cup) Diced Pears Choice of Milk	Pepperoni Pizza Apple Slices Green Beans (¾ cup) Choice of Milk
Vegetables: ¾ cup Starchy	Vegetables: ¼ cup Red/Orange ½ cup Legumes	Vegetables: ½ cup Red/Orange ¼ cup Other	Vegetables: ½ cup Dark Green ¼ cup Other	Vegetables: ¾ cup Other
Daily Total: ¾ cup	Daily Total: ¾ cup	Daily Total: ¾ cup	Daily Total: ¾ cup	Daily Total: ¾ cup



NSLP Vegetable Component

Menu Example

Grades K-8 Vegetable Subgroups

Monday	Tuesday	Wednesday	Thursday	Friday
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Vegetables: ¾ cup <i>Starchy</i>	Vegetables: ¼ cup <i>Red/Orange</i> ½ cup <i>Legumes</i>	Vegetables: ½ cup <i>Red/Orange</i> ¼ cup <i>Other</i>	Vegetables: ½ cup <i>Dark Green</i> ¼ cup <i>Other</i>	Vegetables: ¾ cup <i>Other</i>
Daily Total: ¾ cup	Daily Total: ¾ cup	Daily Total: ¾ cup	Daily Total: ¾ cup	Daily Total: ¾ cup

¾ cup (Monday) + ¾ cup (Tuesday) + ¾ cup (Wednesday) + ¾ cup (Thursday) + ¾ cup (Friday) = **3.75 cups weekly**



NSLP Vegetable Component

Menu Example

Grades K-8 Vegetable Subgroups

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets Whole Grain Roll Corn (¾ cup) Diced Peaches Choice of Milk	Beef Burrito Diced tomato (¼ cup) Refried Beans (½ cup) Pineapple Tidbits Choice of Milk	Ham & Cheese Sub Cucumber Slices (¼ cup) Carrot Sticks (½ cup) Mandarin Oranges Choice of Milk	Pulled Pork on a Bun Steamed Broccoli (½ cup) Steamed Cauliflower (¼ cup) Diced Pears Choice of Milk	Pepperoni Pizza Apple Slices Green Beans (¾ cup) Choice of Milk
Vegetables: ¾ cup <i>Starchy</i>	Vegetables: ¼ cup <i>Red/Orange</i> ½ cup <i>Legumes</i>	Vegetables: ½ cup <i>Red/Orange</i> ¼ cup <i>Other</i>	Vegetables: ½ cup <i>Dark Green</i> ¼ cup <i>Other</i>	Vegetables: ¾ cup <i>Other</i>
Total: ¾ cup	Total: ¾ cup	Total: ¾ cup	Total: ¾ cup	Total: ¾ cup
Subgroup	Amount & Day Served		Weekly Total	Weekly Requirement
Starchy	¾ cup (Monday)		¾ cup	½ cup
Red/Orange	¼ cup (Tuesday) + ½ cup (Wednesday)		¾ cup	¾ cup
Legumes	½ cup (Tuesday)		½ cup	½ cup
Dark Green	½ cup (Thursday)		½ cup	½ cup
Other	¼ cup (Wednesday) + ¼ cup (Thursday) + ¾ cup (Friday)		1 ¼ cup	½ cup



NSLP Vegetable Component

Menu Example

Grades K-8 Vegetable Subgroups

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Vegetables: ¾ cup Starchy	Vegetables: ¼ cup Red/Orange ½ cup Legumes	Vegetables: ½ cup Red/Orange ¼ cup Other	Vegetables: ½ cup Dark Green ¼ cup Other	Vegetables: ¾ cup Other
Total: ¾ cup	Total: ¾ cup	Total: ¾ cup	Total: ¾ cup	Total: ¾ cup
Subgroup	Amount & Day Served		Weekly Total	Weekly Requirement
Starchy	¾ cup (Monday)		¾ cup	½ cup ✓
Red/Orange	¼ cup (Tuesday) + ½ cup (Wednesday)		¾ cup	¾ cup
Legumes	½ cup (Tuesday)		½ cup	½ cup
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NSLP Vegetable Component

Menu Example

Grades K-8 Vegetable Subgroups

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Vegetables: ¾ cup <i>Starchy</i> Total: ¾ cup	Vegetables: ¼ cup Red/Orange ½ cup <i>Legumes</i> Total: ¾ cup	Vegetables: ½ cup Red/Orange ¼ cup <i>Other</i> Total: ¾ cup	Vegetables: ½ cup <i>Dark Green</i> ¼ cup <i>Other</i> Total: ¾ cup	Vegetables: ¾ cup <i>Other</i> Total: ¾ cup
Subgroup	Amount & Day Served		Weekly Total	Weekly Requirement
Starchy Red/Orange Legumes Dark Green Other	¾ cup (Monday) ¼ cup (Tuesday) + ½ cup (Wednesday) ½ cup (Tuesday) ½ cup (Thursday) ¼ cup (Wednesday) + ¼ cup (Thursday) + ¾ cup (Friday)		¾ cup ¾ cup ½ cup ½ cup 1 ¼ cup	½ cup ✓ ¾ cup ✓ ½ cup ½ cup ½ cup



NSLP Vegetable Component

Menu Example

Grades K-8 Vegetable Subgroups

Monday	Tuesday	Wednesday	Thursday	Friday
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Total: ¾ cup	Total: ¾ cup	Total: ¾ cup	Total: ¾ cup	Total: ¾ cup
Subgroup	Amount & Day Served		Weekly Total	Weekly Requirement
Starchy	¾ cup (Monday)		¾ cup	½ cup ✓
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NSLP Vegetable Component

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Total: ¾ cup	Total: ¾ cup	Total: ¾ cup	Total: ¾ cup	Total: ¾ cup
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Red/Orange	¼ cup (Tuesday) + ½ cup (Wednesday)		¾ cup	¾ cup ✓
Legumes	½ cup (Tuesday)		½ cup	½ cup ✓
Dark Green	½ cup (Thursday)		½ cup	½ cup ✓
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NSLP Vegetable Component

Menu Example

Grades K-8 Vegetable Subgroups

Monday	Tuesday	Wednesday	Thursday	Friday
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Total: ¾ cup	Total: ¾ cup	Total: ¾ cup	Total: ¾ cup	Total: ¾ cup
Subgroup	Amount & Day Served		Weekly Total	Weekly Requirement
Starchy	¾ cup (Monday)		¾ cup	½ cup ✓
Red/Orange	¼ cup (Tuesday) + ½ cup (Wednesday)		¾ cup	¾ cup ✓
Legumes	½ cup (Tuesday)		½ cup	½ cup ✓
Dark Green	½ cup (Thursday)		½ cup	½ cup ✓
Other	¼ cup (Wednesday) + ¼ cup (Thursday) + ¾ cup (Friday)		1 ¼ cup	½ cup ✓



NSLP Vegetable Component

Menu Example

Grades K-8 Vegetable Subgroups

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Vegetables: ¾ cup <i>Starchy</i>	Vegetables: ¼ cup <i>Red/Orange</i> ½ cup <i>Legumes</i>	Vegetables: ½ cup <i>Red/Orange</i> ¼ cup <i>Other</i>	Vegetables: ½ cup <i>Dark Green</i> ¼ cup <i>Other</i>	Vegetables: ¾ cup <i>Other</i>
Total: ¾ cup	Total: ¾ cup	Total: ¾ cup	Total: ¾ cup	Total: ¾ cup
Subgroup	Amount & Day Served		Weekly Total	Weekly Requirement
Starchy	¾ cup (Monday)		¾ cup	½ cup ✓
Red/Orange	¼ cup (Tuesday) + ½ cup (Wednesday)		¾ cup	¾ cup ✓
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Dark Green	½ cup (Thursday)		½ cup	½ cup ✓
Other	¼ cup (Wednesday) + ¼ cup (Thursday) + ¾ cup (Friday)		1 ¼ cup	½ cup ✓



NSLP Vegetable Component

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Vegetables: ¾ cup <i>Starchy</i> Total: ¾ cup	Vegetables: ¼ cup <i>Red/Orange</i> ½ cup <i>Legumes</i> Total: ¾ cup	Vegetables: ½ cup <i>Red/Orange</i> ¼ cup <i>Other</i> Total: ¾ cup	Vegetables: ½ cup <i>Dark Green</i> ¼ cup <i>Other</i> Total: ¾ cup	Vegetables: ¾ cup <i>Other</i> Total: ¾ cup
Subgroup	Amount & Day Served		Weekly Total	Weekly Requirement
Starchy	¾ cup (Monday)		½ cup	½ cup ✓
Red/Orange	¼ cup (Tuesday) + ½ cup (Wednesday)		¾ cup	¾ cup ✓
Legumes	½ cup (Tuesday)		½ cup	½ cup ✓
Dark Green	½ cup (Thursday)		½ cup	½ cup ✓
Other	¼ cup (Wednesday) + ¼ cup (Thursday) + ¾ cup (Friday)		½ cup	½ cup ✓
Additional	¼ cup <i>Starchy</i> + ¾ cup <i>Other</i>		1 cup	1 cup