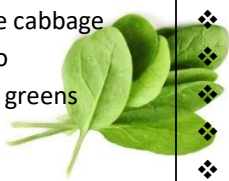



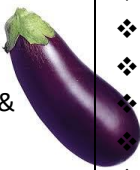
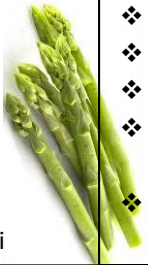


Vegetable Subgroups

The meal pattern requirements for National School Lunch and School Breakfast Programs include a requirement for a variety of vegetables from the following five subgroups over the week. Below are samples of common vegetables from each of the subgroups, this list is not all-inclusive. For more information on the required amounts of vegetables and other meal pattern requirements please visit the website <http://www.isbe.net/nutrition/htmls/nslp-hhfka-fbmp-ns.htm>.

| Dark Green | | Red/Orange | Beans & Peas | |
|---|---|--|--|---|
| <ul style="list-style-type: none"> ❖ Arugula ❖ Beet greens ❖ Bok choy ❖ Broccoli ❖ Broccoli rabe ❖ Broccolini ❖ Butterhead lettuce (boston, bibb) ❖ Chicory ❖ Chinese cabbage ❖ Cilantro ❖ Collard greens  | <ul style="list-style-type: none"> ❖ Endive ❖ Escarole ❖ Fiddle heads ❖ Grape leaves ❖ Kale ❖ Meslun ❖ Mustard greens ❖ Parsley ❖ Spinach ❖ Swiss chard ❖ Red leaf lettuce ❖ Romaine lettuce ❖ Turnip greens ❖ watercress | <ul style="list-style-type: none"> ❖ Carrots ❖ Chili peppers (red) ❖ Orange peppers ❖ Pimientos ❖ Pumpkin ❖ Red peppers ❖ Salsa ❖ Sweet potatoes/yams ❖ Tomatoes ❖ Tomato juice ❖ Winter squash (acorn, butternut, hubbard)  | <ul style="list-style-type: none"> ❖ Black beans ❖ Black-eyed peas (mature, dry) ❖ Cowpeas (dry) ❖ Fava beans ❖ Garbanzo beans (chickpeas) ❖ Great northern beans ❖ Kidney beans ❖ Lentils ❖ Lima beans (mature) ❖ Baked beans  | <ul style="list-style-type: none"> ❖ Navy beans ❖ Pink beans ❖ Pinto beans ❖ Red beans ❖ Refried beans ❖ Soy beans/ edamame ❖ Split peas ❖ White beans <p>* does not include green peas, green lima beans & green string beans</p> |
| Starchy | | Other | | |
| <ul style="list-style-type: none"> ❖ Black-eyed peas (fresh) ❖ Corn ❖ Cassava ❖ Cowpeas (fresh) ❖ Field peas (fresh) ❖ Green bananas ❖ Green peas ❖ Jicama  | <ul style="list-style-type: none"> ❖ Lima beans (green) ❖ Parsnips ❖ Pigeon peas (fresh) ❖ Plantains ❖ Potatoes ❖ Poi ❖ Taro ❖ Water chestnuts | <ul style="list-style-type: none"> ❖ Artichokes ❖ Asparagus ❖ Avocado ❖ Bamboo shoots ❖ Bean sprouts (cooked only) ❖ Beans (green & yellow) ❖ Beets ❖ Brussels sprouts ❖ Cabbage (green & red) ❖ Cactus ❖ Cauliflower ❖ Celeriac ❖ Celery  | <ul style="list-style-type: none"> ❖ Chayote ❖ Chives ❖ cucumbers ❖ Daikon ❖ Eggplant ❖ Fennel ❖ Garlic ❖ Horseradish ❖ Iceberg lettuce ❖ kohlrabi ❖ leeks ❖ mushrooms ❖ okra ❖ olives ❖ Onions ❖ Pepperoncini  | <ul style="list-style-type: none"> ❖ Peppers (green, purple, yellow) ❖ Radishes ❖ Rhubarb ❖ Shallots ❖ Sauerkraut ❖ Snap peas ❖ Snow peas ❖ Spaghetti squash ❖ Tomatillos ❖ Turnips ❖ Wax beans ❖ Yellow summer squash ❖ Zucchini squash |