

National School Lunch Program (NSLP) and School Breakfast Program (SBP) Vegetable Subgroup Requirements

Vegetables can be fresh, frozen, or canned. All vegetables credit based on volume, except raw, leafy greens (such as spinach and lettuce) credit as half the volume served, and tomato paste and puree credit based on the volume as if reconstituted. Pasteurized, full-strength (100%) vegetable juice may be offered to meet up to ½ of the vegetable component over the week. Consult the [Food Buying Guide](#) for more information.

Beans and Peas (Legumes)*- ½ cup weekly

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| <ul style="list-style-type: none"> • Black beans • Black-eyed peas (mature, dry) • Cowpeas • Fava beans • Garbanzo beans (chickpeas) • Great Northern beans • Kidney beans • Lentils • Lima beans, mature | <ul style="list-style-type: none"> • Mung beans • Navy beans • Pink beans • Pinto beans • Red beans • Refried beans • Soybeans/edamame • Split peas • White beans |
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* Does not include green peas, green lima beans, wax beans, & green string beans

Starchy- ½ cup weekly

- Black-eyed peas, fresh (not dry)
- Corn
- Cassava
- Cowpeas, fresh (not dry)
- Green banana
- Green peas
- Jicama
- Lima beans, green (not dry)
- Parsnips
- Pigeon peas, fresh (not dry)
- Plantains
- Potatoes
- Poi
- Taro
- Water chestnuts

Dark Green- ½ cup weekly

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| <ul style="list-style-type: none"> • Arugula • Beet greens • Bok choy • Broccoli • Broccoli Rabe (rapini) • Broccolini • Butterhead lettuce (Boston, bibb) • Cabbage, Chinese or celery • Cilantro • Collard greens • Endive • Escarole | <ul style="list-style-type: none"> • Fiddle heads • Grape leaves • Kale • Mesclun • Mustard greens • Parsley • Spinach • Swiss chard • Red leaf lettuce • Romaine lettuce • Turnip greens • Watercress |
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Red/Orange- ¾ cup weekly Grades K-5 & 6-8, 1 ¼ weekly Grades 9-12

- Carrots
- Chili peppers (red)
- Orange peppers
- Pimientos
- Pumpkin
- Red peppers
- Salsa (all vegetables)
- Sweet potatoes/yams
- Tomato juice
- Winter squash (acorn, butternut, Hubbard)

Other- ½ cup weekly Grades K-5 & 6-8, ¾ cup weekly Grades 9-12

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| <ul style="list-style-type: none"> • Artichokes • Asparagus • Avocado • Bamboo shoots • Bean sprouts (alfalfa, mung) • Beans, green and yellow • Beets • Brussel Sprouts • Cabbage, green and red • Cactus (nopales) • Cauliflower • Celeriac • Celery • Chayote (mirliton) • Chives | <ul style="list-style-type: none"> • Cucumbers • Daikon • Eggplant • Fennel • Garlic • Horseradish • Iceberg lettuce • Kohlrabi • Leeks • Mushrooms • Okra • Olives • Onions • Peas in a pod, e.g., snap peas, snow peas • Pickles (cucumber) | <ul style="list-style-type: none"> • Radishes • Rhubarb • Pepperoncini • Peppers (green sweet bell, green chilies, purple, yellow) • Shallots • Sauerkraut • Snap peas • Snow peas • Spaghetti squash • Tomatillo • Turnips • Wax beans • Yellow summer squash • Zucchini squash |
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