

VEGETABLE SUBGROUPS

IN THE NATIONAL SCHOOL LUNCH PROGRAM

The National School Lunch Program (NSLP) requires weekly servings from the five vegetable subgroups. Below are the five subgroups and examples of vegetables from each. For more information about each vegetable and crediting, visit the [USDA Food Buying Guide](#).

Dark Green

- Beet greens
- Bok choy
- Broccoli
- Broccolini
- Chicory
- Cilantro
- Collard greens
- Endive (escarole)
- Grape leaves
- Kale
- Loose lettuce (butter, bibb, Boston, argula, spring mix)
- Mustard greens
- Parsley
- Spinach
- Swiss chard
- Romaine lettuce
- Turnip greens
- Watercress

Red/Orange

- Acorn squash
- Bell peppers (orange, red)
- Butternut squash
- Carrots
- Cherry peppers
- Hubbard squash
- Pimientos (pimientos)
- Pumpkin
- Salsa
- Spaghetti squash
- Sweet potatoes
- Tomatoes
- Tomato products (puree, paste, sauce)

Starchy

- Black-eyed peas, fresh**
- Cassava (yuca)
- Corn
- Field peas, fresh**
- Green peas
- Hominy, canned
- Jicama (yam bean)
- Lima beans, green**
- Parsnips
- Pigeon peas**
- Plantains
- Poi
- Potatoes
- Taro (malanga)
- Water chestnuts
- Yautia (tannier)

**not dry

Beans and Peas (Legumes)

- Baked beans
- Black beans
- Black-eyed peas*
- Edamame (soy beans)
- Garbanzo beans (chickpeas)
- Great northern beans
- Kidney beans
- Lentils
- Lima beans
- Mung beans
- Navy beans (pea bean)
- Pink beans
- Pinto beans
- Red beans
- Refried beans
- Soy beans*

*mature, dry

Other

- Artichokes
- Asparagus
- Avocado
- Bamboo shoots
- Bean sprouts [cooked for food safety]
- Beets
- Bell peppers (green, yellow)
- Breadfruit
- Brussels sprouts
- Cabbage (green, red, celery, napa)
- Cactus (nopales)
- Carrots, rainbow (purple, yellow)
- Cauliflower
- Celery
- Chayote (mirliton)
- Cucumbers
- Eggplant
- Green beans
- Green chilies (Anaheim, jalapeño)
- Green onions
- Iceberg lettuce
- Kohlrabi
- Mushrooms
- Okra
- Olives
- Onions (white, yellow, red)
- Pepperoncini
- Pickles (cucumber)
- Radishes
- Rutabagas
- Sauerkraut
- Seaweed
- Snow peas
- Sugar snap peas
- Tomatillo
- Turnips
- Wax beans
- Yellow summer squash
- Zucchini squash