

# Vegetable Sub Groups for School Nutrition Programs

Fresh, Frozen, Canned, Full Strength Juice

Dark Green	Orange/Red	Beans/Peas	Starchy	Other
Bok Choy Broccoli Collard Greens Dark Green Leafy Lettuce Kale Mesclun Mustard Greens Romaine Lettuce Spinach Turnip Greens Watercress	Acorn Squash Butternut Squash Carrots Hubbard Squash Pumpkin Red Peppers Sweet Potato Tomatoes Tomato Juice	Black Beans Black-eyed Peas Chickpeas Garbanzo Beans Kidney Beans Lentils Navy Beans Pinto Beans Soy Beans Split Peas White Beans	Cassava Corn Cowpeas-Fresh Green Bananas Green Peas Green Lima Beans Plantains Potatoes Taro Water Chestnuts	Artichokes Asparagus Avocado Bean Sprouts Beets Brussels Sprouts Cabbage Cauliflower Celery Cucumbers Eggplant Green Beans Green Peppers Iceberg Lettuce Mushrooms Okra Onions Parsnips Turnips Wax Beans Zucchini

