

National School Lunch Program

Vegetable Subgroups



COLORADO
Department of Education

Dark Green Vegetables	Beans and Peas (Legumes)
Bok choy	Black Beans
Broccoli	Garbanzo Beans (Chickpeas)
Collard Greens	Kidney Beans
Dark Green Leafy Lettuce	Lentils
Kale	Navy Beans
Mesclun	Pinto Beans
Mustard greens	Soy Beans
Romaine Lettuce	Split Peas
Spinach	White Beans
Turnip Greens	
Red/Orange Vegetables	Starchy Vegetables
Acorn Squash	Cassava
Butternut Squash	Corn
Carrots	Fresh cowpeas, field peas, or black-eyed peas (not dry)
Hubbard Squash	Green Peas
Pumpkin	Green Lima Beans
Red Peppers	Plantains
Sweet Potatoes	Potatoes
Tomatoes	Taro
Tomato Juice	Water Chestnuts
Other Vegetables**	
Artichokes	Green Beans
Asparagus	Green Peppers
Avocado	Iceberg Lettuce
Bean Sprouts	Mushrooms
Beets	Okra
Brussels Sprouts	Onions
Cabbage	Parsnips
Cauliflower	Turnips
Celery	Wax Beans
Cucumbers	Zucchini
Eggplant	** Other Vegetables may include all vegetable subgroups, except Starchy vegetables.
Additional Vegetables: Includes all vegetable subgroups dark green, beans/peas (legumes), red/orange, starchy, and other vegetables)	

This institution is an equal opportunity provider