Vegetable Subgroup

Dark Green

Bok Choy
Broccoli
Chard
Collard Greens
Dark Green Leaf Lettuce
Kale
Mesclun
Mustard Greens
Romaine Lettuce
Spinach
Turnip Greens
Vegetable Subgroup

Red / Orange

Acorn Squash
Butternut Squash
Carrots
Hubbard Squash
Pumpkin
Red Peppers
Sweet Potatoes
Tomatoes
Tomato Juice
Vegetable Subgroup

Legumes

Black Beans
Black-eyed Peas mature
Edamame
Garbanzo Beans
Kidney Beans
Lentils
Navy Beans
Pinto Beans
Soy Beans
Split Peas
White Beans
Vegetable Subgroup

Starchy

Cassava
Corn
Black eyed peas (not dry)
Green Bananas
Green Peas
Green Lima Beans
Jicama
Plantains
Potatoes
Taro
Water Chestnuts
Vegetable Subgroup

Other

Artichokes  Green Beans
Asparagus  Green Bell Peppers
Avocado  Iceberg Lettuce
Bean Sprouts  Mushrooms
Beets  Okra
Brussels Sprouts  Onions
Cabbage  Parsnips
Cauliflower  Turnips
Celery  Wax Beans
Cucumbers  Zucchini
Eggplant

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Child Nutrition Services

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