

USDA Vegetable SUBGROUPS*

DARK GREEN VEGETABLES	RED AND ORANGE VEGETABLES	OTHER VEGETABLES
Bok Choy Broccoli Broccoli Rabe Collard Greens Dark Green or Red Leafy Lettuce Escarole Lettuce Kale Mesclun Mustard Greens Romaine Lettuce Spinach Turnip Greens Watercress	Acorn Squash Butternut Squash Carrots Hubbard Squash Orange Peppers Pumpkin Red Peppers Sweet Potatoes Tomatoes Tomato Juice Yellow Yams	Artichokes Asparagus Avocado Bean Sprouts Beets Brussels Sprouts Cabbage Cauliflower Celery Cucumbers Eggplant Green Beans Green Peppers Iceberg (Head) Lettuce Mushrooms Okra Onions Parsnips Purple (Bell) Peppers Radish Snap Beans Summer Squash Turnips Wax Beans Yellow Peppers Zucchini
BEANS, PEAS, AND LENTILS	STARCHY VEGETABLES	
Black Beans Black-Eyed Peas (Mature, Dry) Edamame Garbanzo Beans (Chickpeas) Kidney Beans Lentils Navy Beans Pinto Beans Soy Beans Split Peas White Beans	Cassava Corn Corn Hominy Green Bananas Green Peas Jicama Lima Beans Plantains Potatoes Taro Water Chestnuts White Yams Fresh Cowpeas, Field Peas, or Black-Eyed Peas (Not Dry)	

*Popular Florida grown items are **bolded**.

Additional Resources:

Menu Planner for School Meals

Child Nutrition Standardized Recipes

Fruit and Vegetable Quick Reference Crediting Guide