Manager’s Corner

Vegetable Subgroups in School Meals

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PURPOSE
Improve the operation of child nutrition programs through research, education and training, and information dissemination.

VISION
Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

MISSION
Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

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Professional Standards

GENERAL NUTRITION – 1300

Employee will be able to understand the Dietary Guidelines for Americans, USDA’s food guidance system concepts and general nutrition principles.

1310 – Relate the Dietary Guidelines and USDA’s food guidance system (such as MyPlate) concepts to the goals of school nutrition programs.

1320 – Understand general nutrition concepts that relate to school meals, such as whole grains, sodium, etc.

Introduction

Manager’s Corner: Vegetable Subgroups in School Meals is designed for managers to use in training their staff. Each lesson is roughly 15 minutes. Manager’s Corner: Vegetable Subgroups in School Meals provides a method for empowering managers to train their staff. This lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- activity to strengthen or refresh the knowledge of the school nutrition staff.
Lesson Overview—Questions

**Objective:** Identify vegetable subgroups and weekly requirements for a reimbursable school meal.

**Why it is important?** It is important to correctly identify vegetables within their subgroup in order to meet weekly requirements for a reimbursable school meal.

**Materials:**

- **Materials included in this document:**
  - K-5 Weekly Lunch Menu
  - Menu: Vegetable Subgroup Identification in School Meals Worksheet
  - Menu: Vegetable Subgroup Identification in School Meals Worksheet Answer Key

**Instruction:**

Ask participating staff to answer the questions included in this training. Facilitate the activity. Reiterate the importance of meeting these requirements not only to meet USDA standards but to promote overall health of the students that eat school meals.

**Questions to Staff**

- **What are the required vegetable subgroups for a reimbursable school lunch meal?**
  
  **Answer:** The meal patterns for the National School Lunch Program and School Breakfast Program include five subgroups of vegetables which count toward minimum requirements: dark green vegetables, red/orange vegetables, legumes, starchy vegetables, and other vegetables.

- **When are vegetable subgroups required to be served?**
  
  **Answer:** Vegetable subgroups are required to be served at lunch. Breakfast does not require a vegetable subgroup to be served.
• **What are the minimum weekly vegetable subgroup requirements?**

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Dark Green</th>
<th>Red/Orange</th>
<th>Legumes (Beans/Pea)</th>
<th>Starchy</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>6-8</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>9-12</td>
<td>½ cup</td>
<td>1 ¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
</tbody>
</table>
## K-5 Weekly Lunch Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger on a bun or Peanut Butter and Jelly Sandwich</td>
<td>Chicken Wrap Spanish Brown Rice or Fish Taco Spanish Brown Rice</td>
<td>Spaghetti with Meat Sauce Garlic Bread or Spaghetti with Tofu and Marinara Sauce</td>
<td>Taco Salad (Tortilla Chips) or Yogurt and Blueberry Oat Muffin Plate</td>
<td>Tilapia with fruit salsa Whole Wheat Roll or Turkey and Cheese Sub Sandwich</td>
</tr>
<tr>
<td>Roasted Red Potatoes</td>
<td>Romaine Lettuce</td>
<td>Garden Salad</td>
<td>Red Bell Pepper Strips</td>
<td>Mashed Potatoes</td>
</tr>
<tr>
<td>Broccoli with Cheese</td>
<td>Tomato Slices</td>
<td>Green Beans</td>
<td>Refried Beans</td>
<td>Fresh Baby Carrots</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Romaine Lettuce</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Apple Slices</td>
<td>Tropical Fruit</td>
<td>Fresh Berries</td>
<td>Fresh Watermelon</td>
<td>Fresh Grapes</td>
</tr>
<tr>
<td>Milk Choice 1% fat or Fat-free (flavored or unflavored)</td>
<td>Milk Choice 1% fat or Fat-free (flavored or unflavored)</td>
<td>Milk Choice 1% fat or Fat-free (flavored or unflavored)</td>
<td>Milk Choice 1% fat or Fat-free (flavored or unflavored)</td>
<td>Milk Choice 1% fat or Fat-free (flavored or unflavored)</td>
</tr>
</tbody>
</table>

**Note:** All salads are made with Romaine lettuce.

Instructions: Using the Vegetable Subgroups mini-poster as an aid, identify vegetable subgroups for each day of the week within the K-5 Weekly Lunch Menu.

<table>
<thead>
<tr>
<th>Vegetable Subgroups</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dark Green Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Red/Orange Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Legumes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Starchy Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Instructions:
Using the **Vegetable Subgroups** mini-poster as an aid, identify vegetable subgroups for each day of the week within the **K-5 Weekly Lunch Menu**.

<table>
<thead>
<tr>
<th>Vegetable Subgroups</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dark Green Vegetables</td>
<td>Broccoli</td>
<td>Romaine Lettuce</td>
<td>Garden Salad</td>
<td>Taco Salad and Romaine Lettuce</td>
<td></td>
</tr>
<tr>
<td>Red/Orange Vegetables</td>
<td>Tomato Slices</td>
<td>Spaghetti Sauce</td>
<td>Red Bell Pepper Strips</td>
<td>Fresh Baby Carrots</td>
<td></td>
</tr>
<tr>
<td>Legumes</td>
<td></td>
<td></td>
<td></td>
<td>Refried Beans</td>
<td></td>
</tr>
<tr>
<td>Starchy Vegetables</td>
<td>Roasted Red Potatoes</td>
<td></td>
<td></td>
<td>Mashed Potatoes</td>
<td></td>
</tr>
<tr>
<td>Other Vegetables</td>
<td>Sautéed Zucchini</td>
<td>Green Beans</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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References

