

# Manager's Corner

## Beans, Peas, and Lentils 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.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

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Suggested Reference Citation:

Institute of Child Nutrition. (2025). *Manager's corners: Beans, Peas, and Lentils in school meals*. University, MS: Author.

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March 24, 2025

## Table of Contents

|   |   |
|---|---|
| Professional Standards .....  | 1 |
| Introduction .....  | 1 |
| Lesson Overview .....   | 2 |
| Questions for Staff .....   | 2 |
| Activity: Beans, Peas, and Lentils Identification in School Meals ..... | 3 |
| References.....   | 9 |



## Professional Standards

### GENERAL NUTRITION – 1300

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

1310 – Dietary Guidelines for Americans, MyPlate, and School Nutrition relate the Dietary Guidelines and USDA's food guidance system (such as MyPlate) concepts to the goals of school nutrition programs.

1320 – General Nutrition

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

## Introduction

*Manager's Corner: Beans, Peas, and Lentils in School Meals* is designed to empower managers to use in training their staff. Each lesson is roughly 15 minutes. This lesson plan contains:

- Learning objective
- Statement explaining the importance of the topic
- List of materials
- Instructions on how to present the information
- Questions to ask staff
- An activity to strengthen or refresh the knowledge of the staff

## Lesson Overview

### Instructions for lesson:

- Review the lesson objective and background information.
- Review why it is important.
- Ask staff the questions.
- Facilitate the activity outlined.
- Provide time for staff to ask questions.

**Objective:** Identify food sources, nutrient considerations, health benefits, and menu suggestions for beans, peas, and lentils.

**Background information:** For reimbursable school meals, beans, peas, and lentils may be credited as a meats alternate or as a vegetable component. However, one serving of the same type of beans, peas, or lentils cannot count toward both meal components in the same meal.

**Why it is important:** It is important to identify food sources, nutrient considerations, health benefits, and menu suggestions in order to understand the necessity of the beans, peas, and lentils subgroup. Beans, peas, and lentils are excellent sources of protein and provide a significant amount of fiber, iron, zinc, folate, and potassium.

## Questions for Staff

- **What food sources are considered beans, peas, and lentils?**

**Answer:** Food sources for beans, peas, and lentils include: kidney beans, pinto beans, black beans, lima beans, garbanzo beans (chickpeas), white beans (Great Northern beans), mung beans, navy beans, pink beans, red beans, soybeans, edamame (green soybeans), lentils, and split peas. For reimbursable school meals, beans, peas, and lentils may be credited as a meats/meat alternate or as a vegetable component. However, one serving of the same type of beans, peas, or lentils cannot count for both meal components in the same meal.

- **What nutrients do beans, peas, and lentils contain?**

**Answer:** Beans, peas, and lentils are a great source of protein. Beans, peas, and lentils provide a significant amount of fiber, iron, zinc, folate, and potassium.

- **What are the health benefits for individuals consuming beans, peas, and lentils?**

**Answer:** Health benefits for beans, peas, and lentils include:

- Lower intake of calories due to a low-calorie food source
- Reduced risk of heart disease which includes heart attack and stroke
- Protection against certain cancers
- Reduced risk of heart disease, obesity, and type 2 diabetes due to a high fiber diet
- Lowered blood pressure, reduced risk of kidney stones, and decrease in bone loss due to rich potassium source

- **What are some menu suggestions for beans, peas, and lentils?**

**Answer:** Some menu suggestions for beans, peas, and lentils include hummus, chili, black bean wrap, bean dip, baked beans, corn and black bean salad, refried beans, a variety of bean and pea soups, and cooked beans or peas as a side dish.

**Please note:** The answers provided are only examples and are not an inclusive list of possible responses.

## Activity: Beans, Peas, and Lentils Identification in School Meals

**Activity materials included in this document:**

- **Beans, Peas, and Lentils Identification in School Meals**
- **Beans, Peas, and Lentils Identification in School Meals Answer Key**

**Materials provided by the school nutrition operation:**

- Copies of handouts
- Writing utensils
- ICN Meal Plan Mini Posters Beans, Peas, and Lentils (located at <https://theicn.org/icn-resources/>). Select Meal Pattern Mini-Posters and choose the mini-poster from the listing.

**Activity Instructions:**

- Print the handouts and worksheets.
- Post mini-poster.
- Distribute handouts and writing utensils.
- Ask staff to complete the **Beans, Peas, and Lentils Identification in School Meals** using the information from the ICN Meal Plan Mini Posters Beans, Peas, and Lentils mini-poster. At the conclusion of the activity, review the **Beans, Peas, and Lentils Identification in School Meals Answer Key**.





## Beans, Peas, and Lentils Identification in School Meals

**Instructions:** Review the list and indicate if the item is a bean, pea, or lentil.

|   |  |  |
|---|--|--|
| Beans, garbanzo or chickpeas (dry, canned, whole, includes USDA Foods or dry, whole)<br><br>____ Yes ____ No                  | Beans, black, turtle beans (dry, canned, whole, includes USDA Foods and dry, whole)<br><br>____ Yes ____ No        | Beans, black-eyed (or peas) (dry, canned, whole, includes USDA Foods or dry, whole, includes USDA Foods)<br><br>____ Yes ____ No |
| Peas, field (canned with snaps)<br><br>____ Yes ____ No   | Bean sprouts (canned; fresh, mung or fresh, soybean)<br><br>____ Yes ____ No                                       | Beans, navy or pea, dry, whole, includes USDA Foods<br><br>____ Yes ____ No  |
| Beans, great northern (dry, canned, whole, includes USDA Foods or dry, whole, includes USDA Foods)<br><br>____ Yes ____ No    | Beans, kidney (dry, canned, whole, includes USDA Foods or dry, whole, includes USDA Foods)<br><br>____ Yes ____ No | Beans, pinto (dehydrated; dry, canned, whole, includes USDA Foods or dry, whole, includes USDA Foods)<br><br>____ Yes ____ No    |
| Bean soup (dry beans, canned, condensed, (1 part soup to 1 part water) or dry beans ready to serve)<br><br>____ Yes ____ No   | Peas, green (canned, includes USDA Foods or fresh, shelled; frozen, includes USDA Foods)<br><br>____ Yes ____ No   | Beans, pink (dry, canned, whole, includes USDA Foods or dry, whole, includes USDA Foods)<br><br>____ Yes ____ No                 |
| Beans, red (small, dry, canned, whole, includes USDA Foods or small, dry, whole, includes USDA Foods)<br><br>____ Yes ____ No | Peas, sugar snap (frozen, whole)<br><br>____ Yes ____ No   | Beans, soy (edamame; dry, canned, shelled or dry, shelled)<br><br>____ Yes ____ No   |
| Lentils, dry<br><br>____ Yes ____ No  | Peas, pigeon, green (frozen, immature)<br><br>____ Yes ____ No   | Peas (dry, split or dry, whole)<br><br>____ Yes ____ No  |

## Beans, Peas, and Lentils Identification in School Meals, continued

|  |   |  |
|--|---|--|
| <p>Beans, wax (canned)</p> <p>____ Yes ____ No</p>                             | <p>Beans, lima (dry baby, whole, includes USDA Foods; dry, canned, Green, whole, includes USDA Foods or dry, fordhook, whole)</p> <p>____ Yes ____ No</p> | <p>Pea soup (dry peas, canned, condensed (1 part soup to 1 part water)), includes cream of pea soup or dry peas, canned, ready-to-serve)</p> <p>____ Yes ____ No</p> |
| <p>Beans, green (canned, cut, includes USDA Foods)</p> <p>____ Yes ____ No</p> | <p>Bean products (dehydrated, refried beans; dry beans, canned, includes USDA Foods)</p> <p>____ Yes ____ No</p>  |  |

## Beans, Peas, and Lentils Identification in School Meals Answer Key

**Instructions:** Review the list and indicate if the item is a bean, pea, or lentil.

|  |   |   |
|--|---|---|
| Beans, garbanzo or chickpeas (dry, canned, whole, includes USDA Foods or dry, whole)<br><br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No                  | Beans, black, turtle beans (dry, canned, whole, includes USDA Foods and dry, whole)<br><br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No        | Beans, black-eyed (or peas) (dry, canned, whole, includes USDA Foods or dry, whole, includes USDA Foods)<br><br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Peas, field (canned with snaps)<br><br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No   | Bean sprouts (canned; fresh, mung or fresh, soybean)<br><br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No                                       | Beans, navy or pea, dry, whole, includes USDA Foods<br><br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No  |
| Beans, great northern (dry, canned, whole, includes USDA Foods or dry, whole, includes USDA Foods)<br><br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No    | Beans, kidney (dry, canned, whole, includes USDA Foods or dry, whole, includes USDA Foods)<br><br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Beans, pinto (dehydrated; dry, canned, whole, includes USDA Foods or dry, whole, includes USDA Foods)<br><br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No    |
| Bean soup (dry beans, canned, condensed, (1 part soup to 1 part water) or dry beans ready to serve)<br><br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No   | Peas, green (canned, includes USDA Foods or fresh, shelled; frozen, includes USDA Foods)<br><br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No   | Beans, pink (dry, canned, whole, includes USDA Foods or dry, whole, includes USDA Foods)<br><br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No                 |
| Beans, red (small, dry, canned, whole, includes USDA Foods or small, dry, whole, includes USDA Foods)<br><br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Peas, sugar snap (frozen, whole)<br><br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No   | Beans, soy (edamame; dry, canned, shelled or dry, shelled)<br><br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No   |
| Lentils, dry<br><br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No  | Peas, pigeon, green (frozen, immature)<br><br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No   | Peas (dry, split or dry, whole)<br><br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No  |

## Beans, Peas, and Lentils Identification in School Meals, continued Answer Key

|  |   |  |
|--|---|--|
| <p>Beans, wax (canned)</p> <p>____ Yes <u> X </u> No</p>                             | <p>Beans, lima (dry baby, whole, includes USDA Foods; dry, canned, Green, whole, includes USDA Foods or dry, fordhook, whole)</p> <p><u> X </u> Yes ____ No</p> | <p>Pea soup (dry peas, canned, condensed (1 part soup to 1 part water)), includes cream of pea soup or dry peas, canned, ready-to-serve)</p> <p><u> X </u> Yes ____ No</p> |
| <p>Beans, green (canned, cut, includes USDA Foods)</p> <p>____ Yes <u> X </u> No</p> | <p>Bean products (dehydrated, refried beans; dry beans, canned, includes USDA Foods)</p> <p><u> X </u> Yes ____ No</p>  |  |

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