



Manager's Corner

Legumes in School Meals

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The University of Mississippi

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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

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: Legumes 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 legumes.

Background information: For reimbursable school meals, legumes may be credited as a meat/meat alternate or as a vegetable component. However, one serving of the same type of bean or peas cannot count toward both food 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 legume subgroup. Beans and peas (legumes) 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 to be legumes?**

Answer: Food sources for legumes 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, legumes may be credited as a meat/meat alternate or as a vegetable component. However, one serving of the same type of bean or peas cannot count toward both food components in the same meal.

- **What nutrients do legumes contain?**

Answer: Legumes are a great source of protein. Legumes provide a significant amount of fiber, iron, zinc, folate, and potassium.

- **What are the health benefits for individuals consuming legumes?**

Answer: Health benefits for legumes 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 legumes?**

Answer: Some menu suggestions for legumes 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: Legume Identification in School Meals

Activity materials included in this document:

- **Legume Identification in School Meals**
- **Legume Identification in School Meals Answer Key**

Materials provided by the school nutrition operation:

- Copies of handouts
- Writing utensils
- ICN Meal Plan Mini Posters Legume (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 **Legume Identification in School Meals** using the information from the ICN Meal Plan Mini Posters Legume mini-poster. At the conclusion of the activity, review the **Legume Identification in School Meals Answer Key**.

Legume Identification in School Meals

Instructions: Review the list of beans and peas, and indicate if the items are legumes.

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

Legume Identification in School Meals, continued

<p>Beans, wax (canned)</p> <p>Legumes <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Beans, lima (dry baby, whole, includes USDA Foods; dry, canned, Green, whole, includes USDA Foods or dry, fordhook, whole)</p> <p>Legumes <input type="checkbox"/> Yes <input type="checkbox"/> 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>Legumes <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Beans, green (canned, cut, includes USDA Foods)</p> <p>Legumes <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Bean products (dehydrated, refried beans; dry beans, canned, includes USDA Foods)</p> <p>Legumes <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	

Legume Identification in School Meals Answer Key

Instructions: Review the list of beans and peas, and indicate if the items are legumes.

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

Legume Identification in School Meals, continued

Answer Key

<p>Beans, wax (canned)</p> <p>Legumes <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p>	<p>Beans, lima (dry baby, whole, includes USDA Foods; dry, canned, Green, whole, includes USDA Foods or dry, fordhook, whole)</p> <p>Legumes <input checked="" type="checkbox"/> Yes <input type="checkbox"/> 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>Legumes <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Beans, green (canned, cut, includes USDA Foods)</p> <p>Legumes <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p>	<p>Bean products (dehydrated, refried beans; dry beans, canned, includes USDA Foods)</p> <p>Legumes <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p>	

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