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 – 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: Vegetable Subgroups 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
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**Institute of Child Nutrition**

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

**Background information:** 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 (beans/peas), starchy vegetables, and other vegetables.

**Why it is important:** It is important to identify vegetables within their subgroup in order to meet weekly requirements for a reimbursable school meal as well as to promote the overall health of the students that eat school meals.

**Lesson Overview**

**Questions for 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 (beans/peas), starchy vegetables, and other vegetables.
• What are the minimum weekly vegetable subgroup requirements?

Answer:

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Dark Green</th>
<th>Red/Orange</th>
<th>Legumes (Beans/Peas)</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 cups</td>
<td>½ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
</tbody>
</table>

Activity: Vegetable Subgroups

Activity materials included in this document:
• K-5 Weekly Lunch Menu
• Menu: Vegetable Subgroups
• Menu: Vegetable Subgroups Answer Key

Materials provided by school nutrition operator:
• ICN Meal Plan Mini Posters Vegetable Subgroup (located at https://theicn.org/icn-resources). Select Meal Pattern Mini-Posters and choose the mini-poster from the listing.
• Copy of handout(s)
• Pens/pencils

Activity Instructions:
• Print the handout(s) and worksheet(s).
• Post the ICN Meal Plan Mini Posters Vegetable Subgroup mini-poster.
• Using the information from the mini-poster, identify vegetable subgroups for each day of the week within the K-5 Weekly Lunch Menu.
# 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</td>
<td>Chicken Wrap</td>
<td>Spaghetti with Meat Sauce Garlic Bread</td>
<td>Taco Salad (Tortilla Chips)</td>
<td>Tilapia with Fruit Salsa Whole Wheat Roll</td>
</tr>
<tr>
<td>or</td>
<td>or</td>
<td>or</td>
<td>or</td>
<td>or</td>
</tr>
<tr>
<td>Peanut Butter and Jelly Sandwich</td>
<td>Fish Taco</td>
<td>Spaghetti with Tofu and Marinara Sauce</td>
<td>Yogurt and Blueberry Oat Muffin Plate</td>
<td>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>Sautéed Zucchini</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>
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<td>Milk Choice 1% fat or fat-free (flavored or unflavored)</td>
</tr>
</tbody>
</table>

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

Menu: Vegetable Subgroups

**Instructions:** Using the ICN Meal Plan Mini Posters 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>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Legumes (Beans/Peas)</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>
**Menu: Vegetable Subgroups Answer Key**

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

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<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 (Beans/Peas)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Refried Beans</td>
</tr>
<tr>
<td>Starchy Vegetables</td>
<td>Roasted Red Potatoes</td>
<td></td>
<td></td>
<td></td>
<td>Mashed Potatoes</td>
</tr>
<tr>
<td>Other Vegetables</td>
<td>Sautéed Zucchini</td>
<td></td>
<td>Green Beans</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
References


