

# Manager's Corner

## Vegetable Subgroups in School Meals

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# Institute of Child Nutrition

## The University of Mississippi

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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

## 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 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.

## 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:**

<b>Minimum Weekly Vegetable Subgroup Requirements for School Meals</b>					
<b>Grade Level</b>	<b>Dark Green</b>	<b>Red/Orange</b>	<b>Legumes (Beans/Peas)</b>	<b>Starchy</b>	<b>Other</b>
K-5	½ cup	¾ cup	½ cup	½ cup	½ cup
6-8	½ cup	¾ cup	½ cup	½ cup	½ cup
9-12	½ cup	1 ¼ cups	½ cup	½ cup	¾ cup

## 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

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

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

**Source:** Kansas Department of Education. (2016). Healthier Kansas menus. Retrieved [https://www.kn-eat.org/SNP/SNP\\_Menus/SNP\\_Resources\\_Healthier\\_Kansas\\_Menus.htm](https://www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus.htm)



## 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**.

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<b>Vegetable Subgroups</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Dark Green Vegetables					
Red/Orange Vegetables					
Legumes (Beans/Peas)					
Starchy Vegetables					
Other Vegetables					

## 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**.

Vegetable Subgroups	Monday	Tuesday	Wednesday	Thursday	Friday
Dark Green Vegetables	Broccoli	Romaine Lettuce	Garden Salad	Taco Salad and Romaine Lettuce	
Red/Orange Vegetables		Tomato Slices	Spaghetti Sauce	Red Bell Pepper Strips	Fresh Baby Carrots
Legumes (Beans/Peas)				Refried Beans	
Starchy Vegetables	Roasted Red Potatoes				Mashed Potatoes
Other Vegetables		Sautéed Zucchini	Green Beans		

## References

Institute of Child Nutrition. (2019). *Reimbursable school meals*. University, MS: Author.

Kansas Department of Education. (2016). *Healthier Kansas menus*. Retrieved [https://www.kn-eat.org/SNP/SNP\\_Menu/SNP\\_Resources\\_Healthier\\_Kansas\\_Menus.htm](https://www.kn-eat.org/SNP/SNP_Menu/SNP_Resources_Healthier_Kansas_Menus.htm)

United States Department of Agriculture. (2015). *Professional standards for school nutrition professionals*. Retrieved from <https://www.fns.usda.gov/school-meals/professional-standards>



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