

New Meal Pattern Requirements for the National School Lunch Program (NSLP) Vegetable Subgroups - Lunch Menu Worksheet: Does your lunch menu meet the new requirements for the vegetable subgroups, in addition to the daily and weekly totals of the vegetables?

Amounts required for age/grade group: Grades K-5 and 6-8: $\frac{3}{4}$ cup daily and $3\frac{3}{4}$ cups weekly; grades 9-12: 1 cup daily and 5 cups weekly

Name of school:		Grade levels:			Menu ~ month and year:		
Amounts required for age/grade group:							
Vegetable subgroups	Dark green vegetables	Red/orange vegetables	Beans/peas (legumes)	Starchy vegetables	Other vegetables	Additional vegetables to reach totals:	
Required weekly serving sizes of vegetable subgroups for lunch	All grade levels: $\frac{1}{2}$ cup	Grades K-5 and 6-8: $\frac{3}{4}$ cup Grades 9-12: $1\frac{1}{4}$ cups	All grade levels: $\frac{1}{2}$ cup	All grade levels: $\frac{1}{2}$ cup	Grades K-5 and 6-8: $\frac{1}{2}$ cup Grades 9-12: $\frac{3}{4}$ cup	Grades K-5 and 6-8: 1 cup per week Grades 9-12: $1\frac{1}{2}$ cups per week	
Directions: List the dates corresponding to each week. Next, document vegetable subgroups by recording the date, serving size and vegetable served to meet the requirements under each vegetable subgroup. Finally, check [<input type="checkbox"/>] if the weekly vegetable subgroups are met in addition to adding up the daily and weekly vegetable totals. <i>If not, what changes will be made on the menu to meet the requirements?</i>						Daily amounts	Weekly amounts
<i>Week 1:</i>							
<i>Week 2 :</i>							
<i>Week 3:</i>							
<i>Week 4:</i>							
<i>Week 5:</i>							

EXAMPLE: Vegetable Subgroups - Lunch Menu Worksheet

Name of school: ABC Middle School

Grade levels: 6-8

Menu ~ month and year: August 2012

Amounts required for age/grade group: 6-8: $\frac{3}{4}$ cup daily and $3\frac{3}{4}$ cups weekly

Vegetable subgroups	Dark green vegetables	Red/orange vegetables	Beans/peas (legumes)	Starchy vegetables	Other vegetables	Additional vegetables to reach totals:	
Required weekly serving sizes of vegetable subgroups for lunch	All grade levels: $\frac{1}{2}$ cup	Grades K-5 and 6-8: $\frac{3}{4}$ cup Grades 9-12: $1\frac{1}{4}$ cups	All grade levels: $\frac{1}{2}$ cup	All grade levels: $\frac{1}{2}$ cup	Grades K-5 and 6-8: $\frac{1}{2}$ cup Grades 9-12: $\frac{3}{4}$ cup	Grades K-5 and 6-8: 1 cup per week Grades 9-12: $1\frac{1}{2}$ cups per week	
Directions: List the dates corresponding to each week. Next, document vegetable subgroups by recording the date, serving size and vegetable served to meet the requirements under each vegetable subgroup. Finally, check [<input checked="" type="checkbox"/>] if the weekly vegetable subgroups are met in addition to adding up the daily and weekly vegetable totals. <i>If not, what changes will be made on the menu to meet the requirements?</i>						Daily amounts	Weekly amounts
Week 2: August 6-10	8/6: $\frac{1}{2}$ cup broccoli <input checked="" type="checkbox"/>	8/7: $\frac{1}{4}$ cup sweet potatoes 8/9: $\frac{1}{4}$ cup carrots 8/9: $\frac{1}{4}$ cup tomatoes = $\frac{3}{4}$ cup <input checked="" type="checkbox"/>	8/8: $\frac{1}{4}$ cup baked beans 8/10: $\frac{1}{4}$ cup black beans = $\frac{1}{2}$ cup <input checked="" type="checkbox"/>	8/6: $\frac{1}{2}$ cup: corn <input checked="" type="checkbox"/>	8/7: $\frac{1}{4}$ cup green beans 8/9: $\frac{1}{4}$ cup cucumbers 8/10: $\frac{1}{2}$ cup wax beans = 1 cup <input checked="" type="checkbox"/>	8/6: 1 cup <input checked="" type="checkbox"/> 8/7: $\frac{1}{2}$ cup - low 8/8: $\frac{1}{4}$ cup - low 8/9: $\frac{3}{4}$ cup <input checked="" type="checkbox"/> 8/10: $\frac{3}{4}$ cup <input checked="" type="checkbox"/>	$3\frac{1}{4}$ cups = low

Dark Green Vegetables: $\frac{1}{2}$ cup all grade levels

1 cup of raw leafy greens, romaine lettuce or spinach = $\frac{1}{2}$ cup

arugula, beet greens, bok choy, broccoli, broccoli rabe (rapini), broccolini, butterhead lettuce (Boston bibb), dark green leafy lettuce, chicory, collard greens, endive, escarole, kale, mesclun, mustard greens, red leaf lettuce, romaine lettuce, spinach, Swiss chard, turnip greens, watercress

Red/Orange Vegetables: $\frac{3}{4}$ cup for grades K-5 and 6-8; $1\frac{1}{4}$ cups grades 9-12

acorn squash, butternut squash, carrots, chili peppers (red), hubbard squash, orange peppers, pumpkin, red peppers, sweet potatoes/yams, tomatoes, tomato juice, winter squash

Beans/Peas (legumes): $\frac{1}{2}$ cup all grade levels

black beans, black-eyed peas (mature, dry), fava beans, garbanzo beans (chickpeas), kidney beans, lentils, lima beans (mature), mung beans, navy beans, pink beans, pinto beans, soy beans/edamame, split peas, white beans

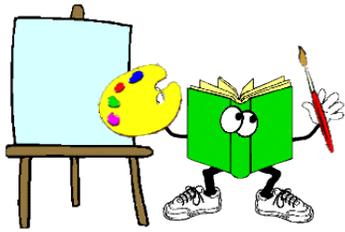
Note: Does NOT include: green peas, green lima beans or green beans

Starchy Vegetables: $\frac{1}{2}$ cup all grade levels

Cassava, corn, field peas, or black-eyed peas (fresh-not dry), green bananas, green peas, green lima beans, plantains, potatoes, taro, water chestnuts

Other Vegetables: $\frac{1}{2}$ cup for grades K-5 and 6-8; $\frac{3}{4}$ cup grades 9-12

Artichokes, asparagus, avocado, bamboo shoots, bean sprouts, beets, Brussels sprouts, cabbage (green and red), cauliflower, celeriac, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, jicama, kohlrabi, leeks, mushrooms, okra, onions, parsnips, peas in a pod, pickles, radishes, snow peas, spaghetti squash, turnips, wax beans, yellow peppers, yellow summer squash, zucchini squash. **The "other" vegetables requirement may be met with any additional amounts from the dark green, red/orange and beans/peas (legumes) vegetable subgroups.**



Add color to your menu with the vegetable subgroups!

Tips for success

- ✓ Remember, vegetables are organized into 5 subgroups, based on their nutrient content.
- ✓ Vegetables may be raw or cooked; fresh, frozen, canned (watch the sodium level), dried/dehydrated or 100 % vegetable juice (watch the sodium level).
- ✓ Save the documentation validating vegetable subgroups: Attach the completed *Vegetable Subgroups- Lunch Menu Worksheet* to the corresponding menu and production records at the end of each month. **The tracking and validation of this information will become part of a NSLP administrative review.*
- ✓ Offer variety: Plan the menu with different subgroup vegetables weekly; avoid using the same vegetable subgroups week to week; otherwise, how will children learn about trying new foods?
- ✓ Taste testing. A week before a “new” vegetable is offered on the menu, have a taste testing opportunity.
- ✓ Foreign vs. familiar. Blend familiar vegetables with the “newer” unfamiliar vegetables.
- ✓ Smaller serving sizes for less familiar vegetables. Serving sizes of “new” vegetables may be better received by students if the quantity is smaller as it is being introduced on the menu. [EXAMPLE] If offering a food item from the *beans/peas (legumes)* vegetable subgroup – offer ¼ cup vs. ½ cup to start. However, this means during the course of the week, another food item from this vegetable subgroup must be added to the menu in order to meet the weekly serving size for this vegetable subgroup for the age/grade group.
- ✓ Market menu items. Think creatively about how food items are put together on the menu; think outside the box.
- ✓ Be patient. It takes time for children to “warm up” to a new food item . . . keep trying and stay positive!