Wednesday’s Wisdom and Vegetable Subgroups

The “Other” Vegetable Subgroup (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) requirements may be met with and additional amounts from the dark green, red/orange and beans/peas (legumes) vegetable subgroups.

Any vegetable subgroup may be offered to meet the total weekly additional vegetable requirements.

All vegetables are credited based on volume EXCEPT raw leafy greens which count as half the volume served.

[EX] 1 cup of raw leafy greens = ½ cup of vegetables

Tomato paste and puree are credited based on the volume as if reconstituted (refer to the Food Buying Guide for Child Nutrition Programs for further guidance.)

Vegetable juice must be pasteurized, 100% full-strength juice and cannot count for more than half of the weekly vegetables component.

Serving whole vegetables instead of juice is recommended.