

VEGETABLE SUBGROUPS

Dark Green

Beet Greens	Kale
Bok Choy	Mesclun
Broccoli	Mustard Greens
Cabbage (Chinese, Celery)	Romaine Lettuce
Chicory	Spinach
Collard Greens	Swiss Chard
Dark Green Leafy Lettuce	Turnip Greens

Red/Orange

Acorn Squash	Red/Orange Peppers
Butternut Squash	Salsa
Carrots	Sweet potatoes
Cherry Peppers	Tomatoes
Hubbard Squash	Tomato Juice
Pimentos	
Pumpkin	

Legumes

Black Beans	Navy Beans
Black-eyed Peas (dry)	Northern Beans
Chickpeas	Pinto Beans
Edamame	Small Red Beans
Kidney Beans	Soy Beans
Lentils	Split Peas
Mung Beans	White Beans

Starchy

Cassava	Jicama
Corn	Pigeon Peas
Fresh Cowpeas	Plantains
Field Peas	Potatoes
Black-eyed Peas (not dry)	Poi
Green Bananas	Taro
Green Lima Beans	Water Chestnuts

Child & Adult
Nutrition
Services

605-773-3413

DOE.SchoolLunch@state.sd.us

Other

Artichokes	Cauliflower	Mushrooms
Asparagus	Celery	Okra
Avocado	Cucumbers	Onions
Bean Sprouts	Eggplant	Parsnips
Beets	Green Beans	Turnips
Brussel Sprouts	Green Peppers	Wax Beans
Cabbage	Iceberg Lettuce	Zucchini