

Michigan Department of Education  
 School Nutrition Program  
 Weekly minimum vegetable requirements - Lunch  
 Daily Vegetable Requirement: K-8 = ¾ cup 9-12 = 1 cup

Dark Green Vegetables		Beans & Peas/Legumes	
<b>Weekly req: K-5 = ½ c 6-8 = ½ c 9-12 = ½ c</b>		<b>Weekly req: K-5 = ½ c 6-8 = ½ c 9-12 = ½ c</b>	
• Bok choy (Chinese cabbage)	• Mesclun	• Baked beans in sauce	• Lima beans (dry)
• Broccoli	• Parsley	• Bean soup	• Mung beans
• Butterhead lettuce (Boston, bibb)	• Romaine lettuce	• Black beans (turtle)	• Navy beans
• Chicory	• Spinach	• Black-eyed peas (dry)	• Pink, red beans
• Dark green leafy lettuce	• Swiss chard	• Edamame (fresh)	• Pinto beans
• Endive, escarole	• Turnip, mustard, beet, collard greens	• Garbanzo beans (chick peas)	• Refried beans
• Grape leaves	• Watercress	• Great northern beans	• Soy beans
• Kale	•	• Kidney beans	• Split peas
	•	• Lentils	• White beans
Red/Orange Vegetables		Starchy Vegetables	
<b>Weekly req: K-5 = ¾ c 6-8 = ¾ c 9-12 = 1 ¼ c</b>		<b>Weekly req: K-5 = ½ c 6-8 = ½ c 9-12 = ½ c</b>	
• Acorn squash	• Spaghetti sauce	• Cassava/Yucca	• Parsnips
• Butternut squash	• Sweet potatoes	• Corn	• Plantains
• Carrots	• Tomatoes	• Fresh cowpeas, field peas or black-eyed peas (not dried)	• Potatoes (including dehydrated)
• Hubbard squash	• Tomato juice	• Green peas	• Succotash (corn and lima beans)
• Pumpkin	• Tomato paste, puree, sauce	• Green lima beans (fresh, canned or frozen)	• Taro
• Red, orange and cherry peppers	• Tomato soup	• Jicama	• Water chestnuts
• Salsa	• Yams		
•	•		
•	•		
Other Vegetables			
<b>Weekly req: K-5 = ½ c 6-8 = ½ c 9-12 = ¾ c</b>			
• Artichokes	• Kohlrabi		
• Asparagus	• Mixed vegetables (only certain blends. Check FBG)		
• Avocado	• Mushrooms		
• Bamboo shoots	• Okra		
• Bean sprouts	• Onions		
• Beets	• Pickles, olives, pepperocini		
• Brussels sprouts	• Radicchio		
• Cabbage (green/red), Napa, celery, savoy	• Radishes		
• Cauliflower	• Rutabagas		
• Celery	• Sauerkraut		
• Chinese snow peas	• Sugar snap peas		
• Cucumbers	• Summer squash (Yellow)		
• Eggplant	• Tomatillos		
• Green beans, flat Italian green beans	• Turnips		
• Green/yellow peppers/green chilies	• Wax beans		
• Iceberg lettuce	• Zucchini		
ADDITIONAL VEGETABLES TO MEET WEEKLY REQUIRED TOTAL (check FBG: includes soups and vegetable blends)			
<b>Weekly req: K-5 = 1 c 6-8 = 1 c 9-12 = 1 ½ c</b>			

Weekly lunch meal pattern: (minimum requirements)

Milk – all grades 5 cups

K-5 M/MA – 8 oz. equivalents (1), Grain – 8 oz. equivalents (1), Veggies 3 ¾ c (3/4), Fruits 2 ½ c (1/2)

6-8 M/MA – 9 oz. equivalents (1), Grain – 8 oz. equivalents (1), Veggies 3 ¾ c (3/4), Fruits 2 ½ c (1/2)

9-12 M/MA – 10 oz. equivalents (2), Grain – 10 oz. equivalents (2), Veggies 5 c (1), Fruits 5 c (1)

Non-creditable vegetables:

- BBQ sauce
- Ketchup & condiments
- Home canned vegetables
- Corn chips, potato chips, potato sticks
- Veggie sticks
- Raw sprouts