

Vegetable Subgroup Ideas for Grab and Go SSO Meals

The table below includes ideas to help meet the weekly vegetable subgroups requirements when planning the Seamless Summer Option menu.

Click on the hyperlinked vegetables to find recipes using these foods in creative, K-12 friendly ways!

	Fresh (Raw)	Frozen	Canned	Mashed/ Pureed
Dark Green	<ul style="list-style-type: none"> • Arugula • Collard Greens • Kale • Spinach • Romaine Lettuce • Spring Mix 	<ul style="list-style-type: none"> • Broccoli • Kale • Collard Greens • Spinach 	<ul style="list-style-type: none"> • Collard Greens 	-----
Red/Orange	<ul style="list-style-type: none"> • Baby Carrots • Tomatoes • Red Bell Peppers • Sweet Potatoes 	<ul style="list-style-type: none"> • Red Bell Peppers • Carrots 	<ul style="list-style-type: none"> • Butternut Squash • Marinara/ Tomato Sauce • Tomato Paste • Salsa • Pumpkin 	<ul style="list-style-type: none"> • Sweet Potato (mashed)
Beans/Peas (Legumes)	<ul style="list-style-type: none"> • Edamame (Soybeans) 	<ul style="list-style-type: none"> • Edamame (Soybeans) 	<ul style="list-style-type: none"> • Baked Beans • Black Beans • Chickpeas (Garbanzo Beans) • Kidney Beans • Pinto Beans • Red Beans • Refried Beans • White Beans 	<ul style="list-style-type: none"> • Hummus
Starchy	<ul style="list-style-type: none"> • Plantain • Green Bananas • Parsnips 	<ul style="list-style-type: none"> • Green Peas • Corn • Lima Beans • White Potatoes (French fries, Hash browns, Shredded, or Wedge) 	<ul style="list-style-type: none"> • Green Peas • Whole Hominy (not milled) • Water Chestnuts • White Potatoes 	<ul style="list-style-type: none"> • Mashed Potatoes
Other	<ul style="list-style-type: none"> • Asparagus • Brussels Sprouts • Cabbage • Cauliflower • Celery • Cucumber • Eggplant • Green Bell Peppers • Mushrooms • Iceberg Lettuce • Jicama • Okra • Onions • Yellow Bell Peppers • Yellow Summer Squash • Zucchini 	<ul style="list-style-type: none"> • Cauliflower • Green Beans • Okra • Onions • Snow Peas • Turnips 	<ul style="list-style-type: none"> • Artichokes • Baby Corn • Beets • Cabbage • Green Chilis • Green Beans • Mushrooms • Okra • Olives • Sauerkraut • Hearts of Palm 	<ul style="list-style-type: none"> • Avocado (Guacamole)

*Refer to the appropriate meal pattern to ensure the daily and weekly required amounts are met






**For bulk food distribution boxes, please ensure that only minimal preparation is required and that vegetables are not provided as ingredients for recipes that require chopping, mixing, baking, etc.



Meeting the weekly vegetable subgroups expose children to new tastes and textures and provide a variety of nutrients for balanced nutrition!



Questions to consider when selecting and packaging vegetables in Grab and Go lunches:

-  Will the school foodservice staff be able to properly follow food safety and CDC guidelines to keep the food and individuals safe?
-  Does the school and children's households have adequate refrigeration to store fresh and frozen vegetables?
-  What is the availability of vegetables from distributors, vendors, and USDA Foods? Type? Amount? Seasonal? Buy American? New Jersey Fresh?
-  How many days' worth of meals will be distributed? Will the vegetables stay fresh packaged for those days?
-  What are the children's taste preferences? Will the vegetables selected be eaten or be wasted?

References:

Culinary Nutrition Associations Healthy Schools Recipes
<https://healthyschoolrecipes.com/>

Forward Food K-12 Recipes <http://www.forwardfood.org/category/recipes/k-12-recipes/>

Jersey Fresh <https://findjerseyfresh.com/recipes/>

NJDA SNP School Lunch Meal Pattern Vegetable Sub-Groups Form #138

School Meals Featuring California Foods
https://www.ecoliteracy.org/sites/default/files/uploads/shared_files/CEL_School_Meals_Featuring%20CA_Food.pdf

TEAM Nutrition Recipes <https://www.fns.usda.gov/tn/team-nutrition-recipes>

USDA Food Buying Guide for Child Nutrition Programs:
<https://foodbuyingguide.fns.usda.gov/Home/Home>

USDA Food Buying Guide FBG Calculator:
<https://foodbuyingguide.fns.usda.gov/ShoppingList/Edit>

USDA Recipes for Healthy Kids: Cookbook for Schools:
<https://fns-prod.azureedge.net/sites/default/files/resource-files/ConfettiSoup.pdf>