Types of Veggies in your Vegetable Patch/School Lunch

Vegetables are organized into subgroups, based on their nutrient content.

### Dark Green
- Beet greens
- Bok choy
- Broccoli
- Collard greens
- Dark green leafy lettuce
- Endive
- Escarole
- Kale
- Mesclun
- Mustard greens
- Romaine lettuce
- Spinach
- Swiss chard
- Turnip greens
- Watercress

### Orange
- Acorn squash
- Butternut squash
- Carrots
- Hubbard squash
- Pumpkin
- Sweet potatoes

### Starchy vegetables
- Corn
- Green peas
- Lima beans
- Potatoes

### Legumes
- Black beans
- Black-eyed peas, mature
- Garbanzo beans (chickpeas)
- Great Northern beans
- Kidney beans
- Lentils
- Lima beans, mature
- Navy (Pea) beans
- Pink beans
- Pinto beans
- Pork and beans (made from dry pinto)
- Red beans
- Soybeans, mature
- Split peas
- White beans

### Other vegetables
- Artichokes
- Asparagus
- Bean sprouts
- Beets
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green beans
- Green or red peppers
- Iceberg lettuce
- Mushrooms
- Okra
- Onions
- Parsnips
- Tomatoes
- Tomato juice
- Vegetable juice
- Turnips
- Wax beans
- Zucchini

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