

Food Components and Vegetable Subgroups Using USDA Foods for Massachusetts

USDA Foods include a variety of convenient products that school districts may select to match their needs and meet the current meal pattern for the National School Lunch Program (NSLP) and School Breakfast Program (SBP). The foods listed below are commonly used in menu planning. USDA Foods that are currently available in Massachusetts are represented in bold italics with an asterisk.

MEAT/ MEAT ALTERNATE	GRAINS	FRUITS
<ul style="list-style-type: none"> ▪ <i>Beef (ground, patty, taco filling-lower sodium)*</i> ▪ <i>Cheese (reduced fat cheddar, American skim, light or part skim mozzarella)*</i> ▪ <i>Chicken (oven roasted, diced, cut up, fajita strips)*</i> ▪ <i>Egg products-liquid eggs, bulk eggs)*</i> ▪ <i>Lean meat, pork, poultry and fish products)*</i> ▪ <i>Pork (roast leg, pork ham-lower sodium)*</i> ▪ Tuna(light) ▪ <i>Turkey (roast, breast deli-lower sodium, taco filling)*</i> 	<ul style="list-style-type: none"> ▪ Breads (slice whole wheat, french, Italian) ▪ Buns (hamburger, hot dog) ▪ Crackers (graham, saltines) ▪ <i>Flour (all purpose, whole wheat)*</i> ▪ Pita bread(whole wheat, whole grain) ▪ Pizza crust (whole wheat, whole grain) ▪ Pretzels ▪ Macaroni (regular, plain elbow) ▪ <i>Rice (enriched white or brown long grain rice)*</i> ▪ Rolled oats ▪ Rolls (whole wheat, whole grain) ▪ Stuffing ▪ Taco shells(whole wheat or whole corn) ▪ <i>Tortillas (whole wheat*, whole corn)</i> ▪ <i>Whole grain pancakes*</i> ▪ <i>Whole grain pastas (spaghetti, rotini, macaroni)*</i> 	<ul style="list-style-type: none"> ▪ <i>Applesauce unsweetened*- (Canned*and Shelf Stable Cups*)</i> ▪ Canned fruits (<i>apple slices unsweetened, cranberry sauce sweetened)*</i> ▪ Canned fruits in extra light sucrose (<i>mixed fruit, pears, peaches)*</i> ▪ Dried fruits (<i>raisins*</i>, cherries, plums, apricots and fig pieces in fruit nut mix, <i>Fruit Mix No Nuts*)</i> ▪ <i>Frozen fruit cups (strawberry, peaches)*</i> ▪ <i>Frozen fruits (unsweetened blueberries, whole strawberries, apple slices)*</i> <i>(sweetened strawberry slices)*</i> ▪ 100 % juice (<i>orange*</i>, grape, apple)

VEGETABLE SUBGROUPS

DARK GREEN	RED/ORANGE	STARCHY	BEANS AND PEAS (LEGUMES) <small>Canned or cooked from dry</small>	OTHER
<ul style="list-style-type: none"> ▪ arugula ▪ beet greens ▪ bok choy ▪ <i>broccoli*</i> ▪ broccoli rabe ▪ broccolini ▪ collard greens ▪ dark green leafy lettuce ▪ kale ▪ mesclun ▪ mustard greens ▪ romaine lettuce ▪ <i>spinach*</i> ▪ swiss chard ▪ turnip greens ▪ watercress 	<ul style="list-style-type: none"> ▪ acorn squash ▪ butternut squash ▪ <i>carrots*</i> ▪ hubbard squash ▪ pumpkin ▪ red peppers ▪ <i>sweet potatoes*</i> ▪ tomato juice ▪ <i>tomatoes (diced, spaghetti sauce, paste, salsa)*</i> ▪ winter squash 	<ul style="list-style-type: none"> ▪ black-eyed peas, fresh (not dry) ▪ cassava ▪ <i>corn*</i> ▪ cowpeas, fresh (not dry) ▪ green banana ▪ green lima beans ▪ <i>green peas*</i> ▪ jicama ▪ plantains ▪ taro ▪ water chestnuts ▪ white potatoes (<i>wedge, round, oven fries)*</i> ▪ yams 	<ul style="list-style-type: none"> ▪ <i>black beans*</i> ▪ <i>garbanzo beans (chickpeas)*</i> ▪ <i>Great Northern beans*</i> ▪ <i>kidney beans*</i> ▪ lentils ▪ <i>navy beans*</i> ▪ <i>pinto beans*</i> ▪ soy beans ▪ split peas ▪ white beans 	<ul style="list-style-type: none"> ▪ artichokes ▪ asparagus ▪ avocado ▪ bean sprouts ▪ beets ▪ brussels sprouts ▪ cabbage ▪ cauliflower ▪ celery ▪ cucumbers ▪ eggplant ▪ <i>green beans*</i> ▪ green ▪ peppers ▪ iceberg lettuce ▪ leeks ▪ mushrooms ▪ okra ▪ olives ▪ onions ▪ radishes ▪ turnips ▪ wax beans ▪ zucchini