

## What's for Lunch

### ANSWER KEY Worksheet 2 – Vegetable Subgroups

Your produce delivery was missing the vegetables for today's lunch. For each vegetable below, identify the vegetable subgroup and list two vegetables from the same subgroup that you can substitute so the menu complies with the weekly subgroup requirements.

Menu Item	Vegetable Subgroup	Vegetable Substitutions	
1. Romaine lettuce	Dark green	arugula beet greens bok choy broccoli broccoli rabe (rapini) broccolini butterhead lettuce (Boston, bibb) chicory Chinese cabbage celery cabbage cilantro collard greens endive	escarole fiddle heads grape leaves kale mesclun mustard greens parsley spinach Swiss chard red leaf lettuce romaine lettuce turnip greens watercress
2. Sweet potato fries	red/orange	acorn squash butternut squash carrots cherry peppers Hubbard squash orange peppers pimientos pumpkin	red chili peppers red peppers salsa (all vegetables) sweet potatoes/yams tomatoes tomato juice winter squash
3. Green beans	other	artichokes asparagus avocado bamboo shoots bean sprouts, cooked only (for food safety), e.g., alfalfa, mung beans, green and yellow beets breadfruit Brussels sprouts cabbage, green and red cactus (nopales) cauliflower celeriac celery chayote (mirliton) chives cucumbers daikon (oriental radish)	eggplant fennel garlic green chili peppers green onions (scallions) green peppers horseradish iceberg lettuce kohlrabi leeks mushrooms okra olives onions (white, yellow, red) peas in pod, e.g., snap peas, snow peas pepperoncini purple peppers pickles (cucumber) radishes rhubarb rutabagas shallots sauerkraut seaweed snap peas snow peas spaghetti squash tomatillo turnips wax beans yellow peppers yellow summer squash zucchini squash

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Menu Item	Vegetable Subgroup	Vegetable Substitutions	
4. Red potatoes	starchy	black-eyed peas, fresh (not dry) corn cassava cowpeas, fresh (not dry) field peas, fresh (not dry) green bananas green peas jicama	lima beans, green (not dry) parsnips pigeon peas, fresh (not dry) plantains potatoes poi taro water chestnuts yautia (tannier)
5. Kidney beans	legumes	black beans black-eyed peas (mature, dry) cowpeas edamame fava beans garbanzo beans (chickpeas) Great Northern beans kidney beans lentils	lima beans, (mature, dry) mung beans navy beans pink beans pinto beans red beans refried beans soy beans (mature, dry) split peas white beans
6. Red peppers	red/orange	acorn squash butternut squash carrots cherry peppers Hubbard squash orange peppers pimientos pumpkin	red chili peppers red peppers salsa (all vegetables) sweet potatoes/yams tomatoes tomato juice winter squash
7. Corn	starchy	black-eyed peas, fresh (not dry) corn cassava cowpeas, fresh (not dry) field peas, fresh (not dry) green bananas green peas jicama	lima beans, green (not dry) parsnips pigeon peas, fresh (not dry) plantains potatoes poi taro water chestnuts yautia (tannier)

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8. Zucchini squash	other	artichokes asparagus avocado bamboo shoots bean sprouts, cooked only (for food safety), e.g., alfalfa, mung beans, green and yellow beets breadfruit Brussels sprouts cabbage, green and red cactus (nopales) cauliflower celeriac celery chayote (mirliton) chives cucumbers daikon (oriental radish)	eggplant fennel garlic green chili peppers green onions (scallions) green peppers horseradish iceberg lettuce kohlrabi leeks mushrooms okra olives onions (white, yellow, red) peas in pod, e.g., snap peas, snow peas pepperoncini	purple peppers pickles (cucumber) radishes rhubarb rutabagas shallots sauerkraut seaweed snap peas snow peas spaghetti squash tomatillo turnips wax beans yellow peppers yellow summer squash zucchini squash
9. Edamame	legumes	black beans black-eyed peas (mature, dry) cowpeas edamame fava beans garbanzo beans (chickpeas) Great Northern beans kidney beans lentils	lima beans, (mature, dry) mung beans navy beans pink beans pinto beans red beans refried beans soy beans (mature, dry) split peas white beans	
10. Iceberg lettuce	other	artichokes asparagus avocado bamboo shoots bean sprouts, cooked only (for food safety), e.g., alfalfa, mung beans, green and yellow beets breadfruit Brussels sprouts cabbage, green and red cactus (nopales) cauliflower celeriac celery chayote (mirliton) chives cucumbers daikon (oriental radish)	eggplant fennel garlic green chili peppers green onions (scallions) green peppers horseradish iceberg lettuce kohlrabi leeks mushrooms okra olives onions (white, yellow, red) peas in pod, e.g., snap peas, snow peas pepperoncini	purple peppers pickles (cucumber) radishes rhubarb rutabagas shallots sauerkraut seaweed snap peas snow peas spaghetti squash tomatillo turnips wax beans yellow peppers yellow summer squash zucchini squash

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Menu Item	Vegetable Subgroup	Vegetable Substitutions	
11. Spinach	Dark green	arugula beet greens bok choy broccoli broccoli rabe (rapini) broccolini butterhead lettuce (Boston, bibb) chicory Chinese cabbage celery cabbage cilantro collard greens endive	escarole fiddle heads grape leaves kale mesclun mustard greens parsley spinach Swiss chard red leaf lettuce romaine lettuce turnip greens watercress
12. Chickpeas	legumes	black beans black-eyed peas (mature, dry) cowpeas edamame fava beans garbanzo beans (chickpeas) Great Northern beans kidney beans lentils	lima beans, (mature, dry) mung beans navy beans pink beans pinto beans red beans refried beans soy beans (mature, dry) split peas white beans



The Connecticut State Department of Education's (CSDE) *What's for Lunch* workshop training materials are available on the CSDE's [Meal Pattern Training Materials](#) Web page. This worksheet is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/wfl/wflws2A](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/wfl/wflws2A).