

HealthierUS School Challenge 2012

Vegetable Subgroup Requirement Charts



HealthierUS School Challenge Vegetable Criteria with Full-Week (3, 4, and 5 day) Examples

For all award levels, schools must meet meal pattern requirements for the Dark Green, Red/ Orange, and Dry Beans and Peas subgroups. For Bronze and Silver level awards, schools must offer **one** additional serving (at least $\frac{1}{2}$ cup) each week from any of three vegetable sub-groups: Dark Green, Red/ Orange, and Dry Beans and Peas. For Gold or Gold Award of Distinction, schools must offer **two** additional servings each week (at least $\frac{1}{2}$ cup each) from any of three vegetable sub-groups: dark green, red and orange, and/or dry beans and peas. This equates to an additional 1 cup per week.

Schools may offer these additional amounts as $\frac{1}{2}$ cup and 1 cup servings, respectively, or they may spread the amount out over the course of the week; offering at least $\frac{1}{8}$ of a cup of the vegetable at a time to credit (schools must meet meal pattern requirements for daily vegetable amounts). Schools may meet the HUSSC criteria within the current meal pattern requirements by offering additional Dark Green, Red/ Orange, and Dry Beans and Peas subgroup offerings as some of the “additional vegetables” needed to meet weekly total meal pattern requirements. They may also offer/serve Dark Green, Red/ Orange, and Dry Beans and Peas subgroup vegetables in place of vegetables from the “Other vegetables” subgroup.

The following charts can assist you in meeting the HUSSC Vegetable Subgroup Requirements for various award levels for schools with regular schedules of 5 days and for schools with full weeks of less than 5 days. These charts are available online:

<http://www.teamnutrition.usda.gov/HealthierUS/application.html>.

HUSSC Vegetable Subgroup Requirements: Bronze and Silver

5 day week	Grades K-5 Weekly 3.75 (cups)	Grades 6-8 Weekly 3.75 (cups)	Grades 9-12 Weekly 5 (cups)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Dark Green, Red/Orange, or Beans/Peas to meet HUSSC Criteria	0.5	0.5	0.5
Additional amount to Reach Total Vegetable* Meal Pattern Requirement	0.5	0.5	1

*This table shows how schools can meet HUSSC criteria by making some of their “Additional Vegetables” category vegetable offerings dark green, red/orange, and beans/peas (legumes) vegetables. NSLP meal pattern regulations also allow the “Other vegetables” requirement to be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).



HUSSC Vegetable Subgroup Requirements: Bronze and Silver
Short Week Calculations (for schools that regularly operate a 4 day week)

4 day week	Grades K-5 Weekly 3 (cups)	Grades 6-8 Weekly 3 (cups)	Grades 9-12 Weekly 4 (cups)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other*	0.25	0.25	0.75
Additional Dark Green, Red/Orange, or Beans/Peas to meet HUSSC Criteria	0.5	0.5	0.5
Additional amount to Reach Total Vegetable Meal Pattern Requirement	0	0	0

*NSLP meal pattern regulations allow the “Other vegetables” requirement to be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii). Schools with “full weeks” cycles that are only 4 days can meet the HUSSC criteria in this manner.



HUSSC Vegetable Subgroup Requirements: Bronze and Silver

Short Week Calculations (for schools that regularly operate a 3 day week)

3 day week	Grades K-5 Weekly 2.25 (cups)	Grades 6-8 Weekly 2.25 (cups)	Grades 9-12 Weekly 3 (cups)
Dark Green	0.5	0.5	0.5
Red/Orange	0.5	0.5	1
Beans/Peas	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other*	0	0	0
Additional Dark Green, Red/Orange, or Beans/Peas to meet HUSSC Criteria	0.25	0.25	0.5
Additional amount to Reach Total Vegetable Meal Pattern Requirement	0	0	0

*NSLP meal pattern regulations allow the “Other vegetables” requirement to be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii). Schools with full weeks that are only 3 days can meet the HUSSC criteria in this manner. The amount of additional Dark Green, Red/Orange, or Beans/Peas required for HUSSC is decreased for grades K-8 to fit within the meal pattern requirements.



HUSSC Vegetable Subgroup Requirements: Gold and Gold Award of Distinction

5 day week	Grades K-5 Weekly 3.75 (cups)	Grades 6-8 Weekly 3.75 (cups)	Grades 9-12 Weekly 5 (cups)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Dark Green, Red/Orange, or Beans/Peas to meet HUSSC Criteria	1	1	1
Additional amount to Reach Total Vegetable* Meal Pattern Requirement	0	0	.5

*This table shows how schools can meet HUSSC criteria by making some of their “Additional Vegetables” category vegetable offerings dark green, red/orange, and beans/peas (legumes) vegetables. NSLP meal pattern regulations also allow the “Other vegetables” requirement to be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).



HUSSC Vegetable Subgroup Requirements: Gold and Gold Award of Distinction
Short Week Calculations (for schools that regularly operate a 4 day week)

4 day week	Grades K-5 Weekly 3 (cups)	Grades 6-8 Weekly 3 (cups)	Grades 9-12 Weekly 4 (cups)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other*	0	0	0.25
Additional Dark Green, Red/Orange, or Beans/Peas to meet HUSSC Criteria	0.75	0.75	1
Additional amount to Reach Total Vegetable Meal Pattern Requirement	0	0	0

*NSLP meal pattern regulations allow the “Other vegetables” requirement to be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii). Schools with “full weeks” cycles that are only 4 days can meet the HUSSC criteria in this manner.



HUSSC Vegetable Subgroup Requirements: Gold and Gold Award of Distinction
Short Week Calculations (for schools that regularly operate a 3 day week)

3 day week	Grades K-5 Weekly 2.25 (cups)	Grades 6-8 Weekly 2.25 (cups)	Grades 9-12 Weekly 3 (cups)
Dark Green	0.5	0.5	0.5
Red/Orange	0.5	0.5	1
Beans/Peas	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other*	0	0	0
Additional Dark Green, Red/Orange, or Beans/Peas to meet HUSSC Criteria	0.25	0.25	0.5
Additional amount to Reach Total Vegetable Meal Pattern Requirement	0	0	0

*NSLP meal pattern regulations allow the “Other vegetables” requirement to be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii). Schools with full weeks that are only 3 days can meet the HUSSC criteria in this manner. The amount of additional Dark Green, Red/Orange, or Beans/Peas required for HUSSC is decreased for grades K-8 to fit within the meal pattern requirements.

