

OSPI Child Nutrition Services Reference Sheet

Substituting Vegetables for Grains in Tribal Communities

The [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans Final Rule](#) amended regulations to allow program operators in areas that primarily serve American Indian and Alaska Native children to substitute vegetables to meet the grains or breads component. These updates apply to the National School Lunch and Breakfast Programs (NSLP/SBP), Child and Adult Care Food Program (CACFP), and Summer Food Service Program (SFSP).

Requirements

- Eligible entities may substitute ½ cup of vegetables from any subgroup for 1 ounce equivalent of grains.
 - Exception: One cup of raw leafy greens must be substituted for 1 ounce equivalent or serving of grains.
- Vegetables substituted for the grains or breads component can be used to meet the whole-grain rich requirements in the NSLP/SBP and CACFP.
- Vegetables substituted for the grains or breads component cannot contribute to the vegetable component or vegetable subgroup requirements.
 - Eligible entities are required to offer another vegetable to meet the daily and/or weekly vegetable component and subgroup requirements, as applicable.

Eligibility and Documentation

- Eligible entities are required to maintain documentation of eligibility to use this menu planning option.
- The [Substituting Vegetables for Grains in Tribal Communities Documentation form](#) should be completed by all entities who intend to use this meal pattern flexibility.
 - Proof of eligibility must be **updated every 5 years**. This excludes Local Education Agencies (LEAs) that are tribally operated or operated by the Bureau of Indian Education (BIE).
- The table below outlines eligible entities and the acceptable documentation required to implement the flexibility for each program. For the purpose of this menu planning option, 'serving primarily American Indian or Alaska Native' applies to programs where American Indian or Alaska Native participants represent the largest demographic of enrolled participants.



Program	Eligible Entities	Acceptable Documentation
NSLP 7 CFR 210.10(c)(3) & SBP 7 CFR 220.8(c)(3)	SFAs and schools that are tribally operated, or operated by the Bureau of Indian Education (BIA). SFAs that serve primarily American Indian or Alaska Native children.	Certifying statement indicating that the LEA is tribally operated or operated by the BIA. Aggregate data reporting student demographics, such as participant self-reporting, school data, or census data.
SFSP 7 CFR 225.16(f)(3)	Sponsors and sites in any State that serve primarily American Indian or Alaska Native children.	Certifying Statement: LEAs that are tribally operated or operated by the BIA, or Community Sponsors with enrolled sites, may provide a certifying statement indicating the site(s) primarily serve American Indian or Alaska Native participants. School or Census Data: For non-enrolled sites, the Sponsor, institution, or facility determines that American Indian or Alaska Native participants represent the largest demographic group served based on school or census data.
CACFP 7 CFR 226.20(f)	Institutions or facilities in any State that serve primarily American Indian or Alaska Native participants.	Certifying Statement: LEAs that are tribally operated or operated by the BIA, or Community Sponsors with enrolled sites, may provide a certifying statement indicating the site(s) primarily serve American Indian or Alaska Native participants. School or Census Data: For non-enrolled sites, the Sponsor, institution, or facility determines that American Indian or Alaska Native participants represent the largest demographic group served based on school or census data.

Acronyms

- BIA – Bureau of Indian Affairs
- BIE – Bureau of Indian Education
- CACFP – Child and Adult Care Food Program
- CFR – Code of Federal Regulations
- LEA – Local Education Agency
- NSLP – National School Lunch Program
- SBP – School Breakfast Program
- SFSP – Summer Food Service Program

References

- [SP 03-2025, CACFP 03-2025, SFSP 01-2025](#): Substituting Vegetables for Grains in American Samoa, Guam, Hawaii, Puerto Rico, the US Virgin Islands, and Tribal Communities
- [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans Final Rule](#)
- [7 CFR 210.10\(c\)\(3\)](#)
- [7 CFR 220.8\(c\)\(3\)](#)
- [7 CFR 225.16\(f\)\(3\)](#)
- [7 CFR 226.20\(f\)](#)

Resources

- [Substituting Vegetables for Grains in Tribal Communities Documentation form](#)
- [Census Data: Community Demographics](#)
- [School Data: Enrollment by Student Demographics](#)