

Elementary/ Middle School Vegetable Menu

	Vegetable	Serving Size	Contribution	Type of Vegetable (Dark Green ½c, Red/Orange ¾c, Beans/Peas/Legumes ½c, Starchy ½ c, Other ½c, Additional 1 c)	Type of Vegetable Contribution
Monday	Sweet Potato Fries	½ Cup	½ Cup	Red/Orange	½ c R/O
	Salad Bar	½ Cup Lettuce/Spinach OR ¼ Cup other veggie	¼ Cup	Dark Green Red/Orange Beans/Peas/Legumes Starchy	¼ c Additional
Tuesday	Salad Bar	½ Cup Lettuce/Spinach PLUS ¼ Cup other Garbanzo/Kidney Beans!	½ Cups	Dark Green Red/Orange Beans/Peas/Legumes Starchy	¼ c Additional ¼ c B/P/L
Wednesday	Herbed Vegetables	½ Cup	½ Cup	Dark Green	½ c DG
	Salad Bar	½ Cup Lettuce/Spinach OR ¼ Cup other veggie	¼ Cup	Dark Green Red/Orange Beans/Peas/Legumes Starchy	¼ c Additional
Thursday	Fiesta Corn	½ Cup	½ Cup	Starchy	½ c S
	Salad Bar	½ Cup Lettuce/Spinach OR ¼ Cup other veggie Carrots!	¼ Cup	Dark Green Red/Orange Beans/Peas/Legumes Starchy	1/8 c R/O 1/8 c Additional
	Pinto Beans	¼ Cup	¼ Cup	Beans/Peas/Legumes	¼ c B/P/L
Friday	Roasted Zucchini	½ Cup	½ Cup	Other	½ c Other
	Salad Bar	½ Cup Lettuce/Spinach OR ¼ Cup other veggie	¼ Cup	Dark Green Red/Orange Beans/Peas/Legumes Starchy	¼ c Additional
	Marinara Sauce	2 oz	1/8 Cup	Red/Orange	1/8 c R/O
Totals			3 7/8 Cups	½ c DG, ¾ c R/O, ½ c B/P/L, ½ c S, ½ c Other, 1 1/8 Additional	Meets All Requirements