

<i>Dark Green</i>	<i>Red/Orange</i>	<i>Beans/Peas</i>	<i>Starchy</i>	<i>Other</i>	<i>Additional</i>
Bok choy Broccoli D.G. leafy lettuce “Greens” <ul style="list-style-type: none"> • Collard • Kale • Mustard • Turnip Romaine lettuce Spinach Cilantro Parsley	Acorn squash Butternut squash Carrots Carrot Juice Pumpkin Red peppers Sweet potatoes Tomatoes Tomato juice Vegetable Blends	Black beans Black-eyed peas (mature, dry) Garbanzo beans (chickpeas) Kidney beans Lentils Lima Beans (Butter?) (mature) Navy beans Pinto beans Soy beans Split peas White beans	Cassava Corn (white, yellow) Fresh cowpeas, Field peas, Black-eyed peas (not dry) Green peas Green lima beans Hominy Potatoes Water chestnuts	Artichokes Asparagus Avocado Bean sprouts Beets Brussels sprouts Cabbage Cauliflower Celery Cucumbers Eggplant Green beans Green peppers Iceberg lettuce Mushrooms Okra Onions Parsnips Snow peas Sugar snap peas Turnips Wax beans Zucchini	ANY vegetable subgroup may be offered to meet the total weekly vegetable requirement. <u>Week’s (Day’s)</u> <u>Total of Vegetables =</u> <u>K-5:</u> 3 ¾ (¾) <u>6-8:</u> 3 ¾ (¾) <u>9-12:</u> 5 (1)
<i>Age-Grade Group Weekly Amounts</i>	<i>Age-Grade Group Weekly Amounts</i>	<i>Age-Grade Group Weekly Amounts.</i>	<i>Age-Grade Group Weekly Amounts</i>	<i>Age-Grade Group Weekly Amounts</i>	<i>Age-Grade Group Weekly Amounts</i>
<u>K-5:</u> ½ <u>6-8:</u> ½ <u>9-12:</u> ½	<u>K-5:</u> ¾ <u>6-8:</u> ¾ <u>9-12:</u> 1 ¼	<u>K-5:</u> ½ <u>6-8:</u> ½ <u>9-12:</u> ½	<u>K-5:</u> ½ <u>6-8:</u> ½ <u>9-12:</u> ½	<u>K-5:</u> ½ <u>6-8:</u> ½ <u>9-12:</u> ¾	<u>K-5:</u> 1 <u>6-8:</u> 1 <u>9-12:</u> 1 ½