School:		VEG	VEGETABLE SUBGROUPS: Each subgroup must be served once weekly, check off once you have served:								
Week of:			☐ <u>Dark Leafy Greens</u> : Romaine, Spinach, Broccoli. Kale					☐ Red/Orange: Carrots, Tomatoes, Bell Peppers			
Week of.		□ <u>B</u>	eans/Legumes	: Kidney, Garba	nzo, Black Beans	s (not Green Bea	ns or Peas)	☐ <u>Starchy</u> : Co	orn, Jicama, Peas	s, Edamame	
DAY OF THE WEEK →	MONDAY:		TUESDAY:		WEDNESDAY:		THURSDAY:		FRIDAY:		
ITEM	Prepped Amount	Leftover	Prepped Amount	Leftover	Prepped Amount	Leftover	Prepped Amount	Leftover	Prepped Amount	Leftover	
Apple, slices											
Banana, halves											
Beans, specify:											
Carrots, baby											
Cauliflower Florets											
Celery Sticks											
Cherry Tomatoes											
Corn											
Cucumbers											
Dried Fruit Mix											
Fruit, Canned:											
Fruit, fresh, other:											
Grapes											
Jicama											
Melon, chunks (all varieties)											
Orange, wedges											
Pears, whole											
Romaine Lettuce											
Spinach											
Veg, other:											
Zucchini sticks											