

Example of K-8 Salad Bar Vegetable Subgroups

M	T	W	Th	F
Starchy ¼ cup	½ cup Dark Greens= ¼ cup	½ cup Dark Greens= ¼ cup	½ Dark Greens= ¼ cup	Other ¼ cup
Red/Orange ¼ cup	Any/Choice ¼ cup	Other ¼ cup	Red/Orange ¼ cup	Any/Choice ¼ cup
Red/Orange ¼ cup	Beans ¼ cup	Any/Choice ¼ cup	Starchy ¼ cup	Beans ¼ cup