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| Food Item | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total |
| Dark Green (DG)  ½ cup/week  (combined with Iceberg lettuce) | Spinach, ¼ cup = ⅛ cup\*  Ready to Use (RTU)  4 lbs. | Romaine, RTU, chopped, ¼ cup = ⅛ cup\*  2.1 lbs. | Bok choy, ¼ cup = ⅛ cup\* raw, shredded whole  3.5 lbs. | Swiss chard, trimmed, chopped ¼ cup = ⅛ cup\*  4 ¾ lbs. | Romaine, RTU, chopped, ¼ cup= ⅛ cup\*  2.1 lbs. | ⅝ cup  ⅛ cup to AV |
| Red/Orange  (RO)  ¾ c/week K-5, 6-8  1¼ c for 9-12 | Cherry tomatoes  (2 = ⅛ c)  5 ½ lbs. | Carrots, baby, RTU  ⅛ cup  4 lbs. | Cherry tomatoes  (2 = ⅛ c)  5 ½ lbs. | Red peppers  diced raw  ⅛ cup  5 ¼ lbs. | Carrots, baby, RTU  ¼ cup  8 lbs. | ¾ cup  Add’l for 9-12 under AV |
| Dry Beans/Peas  (BP)  ½ cup/week | Garbanzo Beans  ⅛ cup  1 ¼ #10, drained | Kidney Beans, ⅛ cup  1 ¼ #10,drained | Black beans,⅛ cup  2 #10, drained | White beans, ⅛ cup  2 #10, drained |  | ½ cup |
| Starchy  (S)  ½ cup/week | Peas, frozen, not cooked, ⅛ cup  10 lbs. | Water Chestnuts ⅛ cup drained 7 ½ lbs. | Corn, frozen, not cooked, ⅛ cup  4 ¾ lbs. | Peas, frozen, not cooked, ⅛ cup  10 lbs. | Corn, frozen, not cooked, ⅛ cup  4 ¾ lbs. | ⅝ cup  ⅛ cup to AV |
| Other  (O)  ½ c/week K-5, 6-8  ¾ cup for 9-12 | Iceberg Lettuce, chopped RTU, ½ cup = ¼ cup\*  7 lbs. | Iceberg Lettuce, chopped RTU, ½ cup = ¼ cup\*  7 lbs. | Iceberg Lettuce, chopped RTU, ½ cup = ¼ cup\*  7 lbs. | Iceberg Lettuce, chopped RTU, ½ cup = ¼ cup\*  7 lbs. | Iceberg Lettuce, chopped RTU, ½ cup = ¼ cup\*  7 lbs. | 1 ¼ cups  ¾ cup to AV for K-5, 6-8  ½ cup to AV for 9-12 |
| Additional Veg’s for Grades 9-12 only  Requirement:  1 cup for K-5, 6-8  1 ½ cup for 9-12 | Cucumber, ¼ cup un-pared, diced 9 ¼ lbs. | Red peppers, ¼ cup diced raw 10 ½ lbs. (RO) | Zucchini, ¼ cup raw cubed  8 lbs. | Carrots, baby, RTU, ¼ cup  8 lbs. (RO) | Beets, can, sliced, ¼ cup, drained   1. #10 | K-5, 6-8: 1 cup from DG, S and O = 1 cup AV  9-12: ¾ cup plus  1 ¼ cup r 9-12 less for ½ c RO = 1 ½ cup AV |
| Daily Total  All Veg’s  K-5, 6-8 = ¾ cup  Grades 9-12= 1 cup | ¾ cup K-5, 6-8  1 cup with Cucumbers (O) | ¾ cup K-5, 6-8  1 cup with Red peppers (RO) | ¾ cup K-5, 6-8  1 cup with Zucchini (O) | ¾ cup K-5, 6-8  1 cup with Carrots (RO) | ¾ cup K-5, 6-8  1 cup with Beets (O) | 3 ¾ cup K-5, 6-8  5 cups for 9-12 |

\*Creditable volume for Leafy salad greens = ½ of serving volume.

1. The student may take some of every item if offered on a salad bar.
2. On a salad bar, the items are bulk, so the cashier or monitor must be trained to recognize a serving.
3. On a salad bar, for ½ cup vegetable, K-5 and 6-8 must take the salad greens (3/8 cup) plus one other vegetable (1/8 cup). Grades 9-12 may take the salad greens (1/2 cup) only or a combination of the other vegetables to equal ½ cup.
4. On a salad bar, it is recommended that two or more ½ cup servings of fruits be added.

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| Food Item | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total |
| Dark Green (DG)  ½ cup/week | Broccoli Florets, ¼ cup  Ready to Use (RTU)  3.5 lbs. |  |  | Broccoli Florets, ¼ cup  Ready to Use (RTU)  3.5 lbs. |  | ½ cup |
| Red/Orange  (RO)  ¾ c/week K-5, 6-8  1¼ c for 9-12 |  | Carrots, baby, RTU  1/4 cup  7.8 lbs. | Red peppers,  strips, raw, ¼ cup  6.9 lbs. |  | Cherry tomatoes  (3 = ¼ c)  8.5lbs. | ¾ cup  Add’l for 9-12 under AV |
| Dry Beans/Peas  (BP)  ½ cup/week | Garbanzo Beans  ⅛ cup  1 ¼ #10, drained | Kidney Beans, ⅛ cup  1 ¼ #10,drained | Black beans,⅛ cup  2 #10, drained | White beans, ⅛ cup  2 #10, drained |  | ½ cup |
| Starchy  (S)  ½ cup/week | Potatoes in Potato Salad, sliced Russet  ¼ cup, 10.2 lbs. | . | Potatoes in Potato Salad, sliced Russet  ¼ cup, 10.2 lbs |  |  | ½ cup |
| Other  (O)  ½ c/week K-5, 6-8  ¾ cup for 9-12 | Zucchini, ¼ cup raw sticks, 3/1/2” x 3”  8 lbs. | Celery, sticks, RTU, ¼ c, about 3 sticks  7.2 lbs. | Jicama Sticks, RTU, ¼ cup, 7.5 lbs. | Cucumber, ¼ cup un-pared, sliced 8.1 lbs. | Green Peppers, strips, raw, ¼ cup, 6.9 lbs | 1 ¼ cups  ¾ cup to AV for K-5, 6-8  ½ cup to AV for 9-12 |
| Additional Veg’s  1 cup for K-5, 6-8  1 ½ cup for 9-12 | Cucumber, ¼ cup un-pared, sliced 8.1 lbs.  Grades 9-12 only | Red peppers, ¼ cup strips, raw 6.9 lbs. (RO) | Zucchini, ¼ cup raw sticks, 3/1/2” x 3”  8 lbs.  Grades 9-12 only | Carrots, baby, RTU, ¼ cup  8 lbs. (RO) | Celery, sticks, RTU, ¼ cup, about 3 sticks 7.2 lbs. | K-5, 6-8: ¾ cup from DG, S and O    9-12: ¾ cup plus  1 ¼ cup r 9-12 less for ½ c RO = 1 ½ cup AV |
| Daily Total  All Veg’s  K-5, 6-8 = ¾ cup  Grades 9-12= 1 cup | ⅞ cup K-5, 6-8  1⅛ cup with Cucumbers (O) 9-12 | ⅞ cup K-5, 6-8  1⅛ cup 9-12 | ⅞ cup K-5, 6-8  1⅛ cup with Zucchini 9-12 | ⅞ cup K-5, 6-8  1⅛ cup 9-12 | ¾ cup K-5, 6-8  1 cup 9-12 | 4 ¼ cup K-5, 6-8  5 ½ cups for 9-12 |

1. The student may take some of every item.
2. The items are bulk, so the cashier or monitor must be trained to recognize a serving.
3. To reduce cost, one of the ¼ cup servings could be reduced to 1/8 cup on Monday – Thursday, but that would make it more difficult to attain a ½ cup serving of vegetable.
4. Recommended: add two or more ½ cup servings of fruits.