

Do I Have Enough Vegetables/Fruits?

BREAKFAST: Either Fruit or Vegetable must be served

Number of children ages 1-2 _____ x .25 cups = _____ cups

Number of children ages 3-18 _____ x .5 cups = _____ cups

Total fruit/vegetable required for breakfast _____ cups

LUNCH: At least one vegetable AND either a fruit or vegetable for a total of 2

Number of children ages 1-2 _____ x .125 cups = _____ cups

Number of children ages 3-5 _____ x .25 cups = _____ cups

FRUIT - Number of children ages 6-18 _____ x .25 cups = _____ cups

VEGETABLES - Number of children ages 6-18 _____ x .5 cups = _____ cups

Total vegetable required for lunch _____ cups

Total other vegetable/fruit required for lunch _____ cups

SNACK: Not required but an option

Number of children ages 1-5 _____ x .5 cups = _____ cups

Number of children ages 6-18 _____ x .75 cups = _____ cups

Total fruit/vegetable required for snack _____ cups