

Vegetable Subgroup Worksheet (K-5)

VEGETABLES: Offer at least 3/4 cup total daily, for a total of at least 3 3/4 cup weekly

DARK GREEN (1/2 cup per week)	FOOD ITEM	PORTION SIZE	WEEKLY Minimum
M	_____	_____	1/2 c
T	_____	_____	
W	_____	_____	
TH	_____	_____	
F	_____	_____	
RED/ORANGE (3/4 cup per week)	FOOD ITEM	PORTION SIZE	WEEKLY Minimum
M	_____	_____	3/4 c
T	_____	_____	
W	_____	_____	
TH	_____	_____	
F	_____	_____	
BEANS/PEAS (1/2 cup per week)	FOOD ITEM	PORTION SIZE	WEEKLY Minimum
M	_____	_____	1/2 C
T	_____	_____	
W	_____	_____	
TH	_____	_____	
F	_____	_____	
STARCHY (1/2 cup per week)	FOOD ITEM	PORTION SIZE	WEEKLY Minimum
M	_____	_____	1/2 C
T	_____	_____	
W	_____	_____	
TH	_____	_____	
F	_____	_____	
OTHER (1/2 cup per week)	FOOD ITEM	PORTION SIZE	WEEKLY Minimum
M	_____	_____	1/2 C
T	_____	_____	
W	_____	_____	
TH	_____	_____	
F	_____	_____	
Additional Veg to Reach Weekly Total	FOOD ITEM	PORTION SIZE	WEEKLY Minimum
M	_____	_____	1 C
T	_____	_____	
W	_____	_____	
TH	_____	_____	
F	_____	_____	