

Name: _____ Date: _____

The school lunch menu for the week has just been posted. But it's missing a vegetable subgroup! You now know how important it is to make sure you and your friends eat vegetables from all of the subgroups each week. Can you help complete and improve the menu?

Using the list of vegetables in each subgroup, write the name of the subgroup each vegetable belongs to on the space provided. Study the menu, and answer the following questions:

- How often is each vegetable subgroup on the menu?

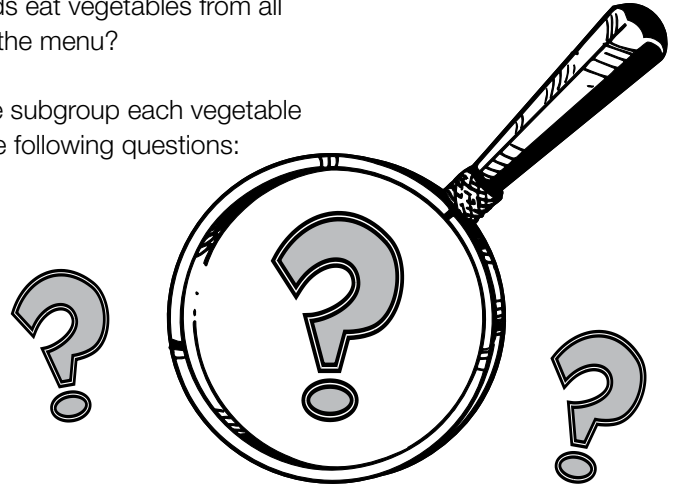
Dark Green: _____

Red and Orange: _____

Beans and Peas: _____

Starchy: _____

Other: _____



- Which subgroup is missing? _____

- What change could you make so that kids could get all the subgroups during the week? _____

Tip! Remember, most people don't eat enough red, orange, and dark-green vegetables, and beans and peas — so try to include these in meals and snacks as often as you can.



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WEEK 1 – SCHOOL LUNCH MENU

MONDAY:

Roast Pork
Steamed Brown Rice
Glazed Sweet Potatoes
(Name of Subgroup: _____)

_____)
Fresh Grapes
Fat-free Milk

TUESDAY:

Ground Beef & Macaroni
Whole-Wheat Roll
Steamed Fresh Zucchini
(Name of Subgroup: _____)

_____)
Banana
Apple Crisp
Fat-free Milk

WEDNESDAY:

Chicken Salad
Whole-Wheat Bread
Cauliflower
(Name of Subgroup: _____)

_____)
Corn
(Name of Subgroup: _____)
_____)
Fresh Strawberries
Fat-free Milk

THURSDAY:

Baked Cajun Fish
Cornbread
Baked Beans
(Name of Subgroup: _____)

_____)
Iceberg Lettuce Salad
(Name of Subgroup: _____)
_____)
Italian Dressing
Apricot Halves
Fat-free Milk

FRIDAY:

Cheese and Tomato Pizza
with Whole-Grain Crust
(Name of Subgroup: _____)

_____)
Green Peas
(Name of Subgroup: _____)
_____)
Baby Carrots with Low-fat Dip
(Name of Subgroup: _____)
_____)
Peach Slices
Fat-free Milk



VEGETABLE SUBGROUP GUIDE (not a full list):

Dark-Green Vegetables:

bok choy
broccoli
collard, turnip, or mustard greens
dark-green leaf lettuce
kale
romaine lettuce
spinach

Red & Orange Vegetables:

acorn squash
butternut squash
carrots
red and orange bell peppers
sweet potatoes
tomatoes

Beans & Peas:

black beans
black-eyed peas (mature, dry)
chickpeas (garbanzo beans)
kidney beans
lentils
navy beans
pinto beans
split peas

Starchy Vegetables:

corn
green peas
plantains
potatoes
water chestnuts

Other:

asparagus
avocado
beets
Brussels sprouts
cabbage
celery
cucumbers
green beans
green bell peppers
iceberg (head) lettuce
zucchini

DO FRUITS HAVE SUBGROUPS?

Fruits do not have subgroups, but it's important to eat different kinds of fruits during the week. Melons, citrus fruits, berries, apples, peaches, and bananas are just a few of the many delicious choices.