

Daily/Weekly Vegetable Requirement

Instructions: Using a week of your menu, classify the different vegetables offered throughout the week by the required subgroups. Record the name of the vegetable and the amount **planned to credit** each subgroup accordingly in the *Vegetables (cups) - Weekly* chart. Note: Use the *Food Buying Guide* to help classify what subgroup the vegetable item falls under.

Vegetables (cups) - Weekly chart

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Weekly Total
<i>Dark Green</i>								
<i>Red/Orange</i>								
<i>Beans/Peas</i>								
<i>Starchy</i>								
<i>Other</i>								
<i>Additional</i>								
	<i>Daily Total:</i>	<i>Weekly Total:</i>						