



Daily/Weekly Vegetable Requirement

ARIZONA DEPARTMENT OF EDUCATION

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. Compare the corresponding meal pattern chart to ensure minimum daily and weekly requirements are being met.

Note: Use the Food Buying Guide to help classify what subgroup the vegetable falls under.

Vegetables (cups) - Weekly chart

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