

Fruit and Vegetable Bar Planner

School / Site Name:

Menu Week:

Component	Daily / Weekly Requirement	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Vegetable	K-8: ¾ c Daily / 3 ¾ c Wkly						
Dark Green <i>Raw leafy greens credit for half the volume served</i>	K-12: ½ cup Weekly						
Red / Orange	K-8: ¾ cup Weekly 9-12: 1¼ cup Weekly						
Legumes	K-12: ½ cup Weekly						
Starchy	K-12: ½ cup Weekly						
Other	K-8: ½ c Wkly / 9-12: ¾ c Wkly						
Fruit	K-8: ½ c Daily / 9-12: 1 c Daily						
	Weekly: K-8: 2 ½ cups / 9-12: 5 cups						
Other							