SALAD BAR OPTION						
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	
Requirements	Romaine Mix	Romaine Mix	Romaine Mix	Romaine Mix	Romaine Mix	**Weekly Total MET Yes/No**
	2 oz Ham or Turkey	2 oz Ham or Turkey	2 oz Ham or Turkey	2 oz Ham or Turkey	2 oz Ham or Turkey	
	2 oz Roll or crackers	2 oz Roll or crackers	2 oz Roll or crackers	2 oz Roll or crackers	2 oz Roll or crackers	
	Red/Orange Veg	Red/Orange Veg	Red/Orange Veg	Red/Orange Veg	Red/Orange Veg	
	Beans	Beans	Beans	Beans	Beans	
	Starchy Veg	Starchy Veg	Starchy Veg	Starchy Veg	Starchy Veg	
	Other Veg	Other Veg	Other Veg	Other Veg	Other Veg	
	Fruit Choice	Fruit Choice	Fruit Choice	Fruit Choice	Fruit Choice	
	Milk	Milk	Milk	Milk	Milk	
The salad bar will contain at least one of each vegetable sub-group each day.	**Dark Green Options:**	**Red/Orange Options:**	**Bean/Legume Options:**	**Starchy Options:**	**Other Veggies:**	
	Romaine Mix	Shredded Carrots	Kidney or black beans	Green peas	Shredded Beets	
	Chopped Broccoli	Cherry Tomatoes	Garbonzo beans	Pea pods	Chopped Cauliflower	
	Spinach leaves	Diced Tomatoes	Black Bean Salsa	Corn salsa	Celery sticks	
	Chopped Kale	Red Pepper Strips	Hummus		Cucumbers	
		Shredded Sw. Potato	Edamame		Green Pepper Strips	
		Baby Carrots			Zucchini sticks/slices	
					Radishes	

GRADES K-5

Mt/MA (1 oz eq per day)	Ham or Turkey		Ham or Turkey		Ham or Turkey		Ham or Turkey		Ham or Turkey			
(8-10 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	10	Yes
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)												
Dark Green	M. Greens (1/2 c)		M. Greens (1/2 c)		M. Greens (1/2 c)		M. Greens (1/2 c)		M. Greens (1/2 c)			
(1/2 Cup per week)	0.25	**Cup**	0.25	**Cup**	0.25	**Cup**	0.25	**Cup**	0.25	**Cup**	1.25	Yes
Red/Orange	Orange Veg		Orange Veg		Orange Veg		Orange Veg		Orange Veg			
(3/4 Cup per week)	0.25	**Cup**	0.13	**Cup**	0.25	**Cup**	0.13	**Cup**	0.25	**Cup**	1.01	Yes
Beans/Peas (Legumes)	Bean Veg		Bean Veg		Bean Veg		Bean Veg		Bean Veg			
(1/2 Cup per week)	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.65	Yes
Starchy	Starchy Veg		Starchy Veg		Starchy Veg		Starchy Veg		Starchy Veg			
(1/2 Cup per week)	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.65	Yes
Other	Other Veg		Other Veg		Other Veg		Other Veg		Other Veg			
(1/2 per week)	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.65	Yes
Daily total	0.89	**Yes**	0.77	**Yes**	0.89	**Yes**	0.77	**Yes**	0.89	**Yes**	4.21	
Additional Vegetable to reach Goal (1 Cup per week)												Yes
Grains (1 oz eq day)	WW Roll or crackers		WW Roll or crackers		WW Roll or crackers		WW Roll or crackers		WW Roll or crackers			
(8-9 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	10	No
Fruits (1/2 Cup per day) (2	Fruit Choice		Fruit Choice		Fruit Choice		Fruit Choice		Fruit Choice			
1/2 cups per week)	0.5	**Cup**	0.5	**Cup**	0.5	**Cup**	0.5	**Cup**	0.5	**Cup**	2.5	Yes
Fluid Milk (1 Cup per day)	Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %			
(5 a week)	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	5	Yes

GRADES 6-8

Mt/MA (1 oz eq per day)	Ham or Turkey		Ham or Turkey		Ham or Turkey		Ham or Turkey		Ham or Turkey			
(9-10 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	10	Yes
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)												
Dark Green	M. Greens (1/2 c)		M. Greens (1/2 c)		M. Greens (1/2 c)		M. Greens (1/2 c)		M. Greens (1/2 c)			
(1/2 Cup per week)	0.25	**Cup**	0.25	**Cup**	0.25	**Cup**	0.25	**Cup**	0.25	**Cup**	1.25	Yes
Red/Orange	Orange Veg		Orange Veg		Orange Veg		Orange Veg		Orange Veg			
(3/4 Cup per week)	0.25	**Cup**	0.13	**Cup**	0.25	**Cup**	0.13	**Cup**	0.25	**Cup**	1.01	Yes
Beans/Peas (Legumes)	Bean Veg		Bean Veg		Bean Veg		Bean Veg		Bean Veg			
(1/2 Cup per week)	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.65	Yes
Starchy	Starcy Veg		Starcy Veg		Starcy Veg		Starcy Veg		Starcy Veg			
(1/2 Cup per week)	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.65	Yes
Other	Other Veg		Other Veg		Other Veg		Other Veg		Other Veg			
(1/2 cup per week)	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.65	Yes
Daily total	0.89	**Yes**	0.77	**Yes**	0.89	**Yes**	0.77	**Yes**	0.89	**Yes**	4.21	
Additional Vegetable to reach Goal (1 Cup per week)												Yes
Grains(1 oz eq day)	WW Rollor Crackers		WW Rollor Crackers		WW Rollor Crackers		WW Rollor Crackers		WW Rollor Crackers			
(8-10 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	10	Yes
Fruits (1/2 Cup per day)	Fruit Choice		Fruit Choice		Fruit Choice		Fruit Choice		Fruit Choice			
(2 1/2 cups per week)	0.5	**Cup**	0.5	**Cup**	0.5	**Cup**	0.5	**Cup**	0.5	**Cup**	2.5	Yes
Fluid Milk (1 Cup per day)	Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %			
(5 a week)	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	5	Yes

GRADES 9-12

Mt/MA (2 oz eq per day)	Ham or Turkey		Ham or Turkey		Ham or Turkey		Ham or Turkey		Ham or Turkey			
(10-12 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	10	Yes
Vegetables (1 Cup per day) (5 Cups per week)												
Dark Green	M. Greens (1/2 c)		M. Greens (1/2 c)		M. Greens (1/2 c)		M. Greens (1/2 c)		M. Greens (1/2 c)			
(1/2 Cup per week)	0.25	**Cup**	0.25	**Cup**	0.25	**Cup**	0.25	**Cup**	0.25	**Cup**	1.25	Yes
Red/Orange	Orange Veg		Orange Veg		Orange Veg		Orange Veg		Orange Veg			
(1 1/4 Cup per wk)	0.25	**Cup**	0.25	**Cup**	0.25	**Cup**	0.25	**Cup**	0.25	**Cup**	1.25	Yes
Beans/Peas (Legumes)	Bean Veg		Bean Veg		Bean Veg		Bean Veg		Bean Veg			
(1/2 Cup per week)	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.65	Yes
Starchy	Starchy Veg		Starchy Veg		Starchy Veg		Starchy Veg		Starchy Veg			
(1/2 Cup per week)	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.13	**Cup**	0.65	Yes
Other	Other Veg		Other Veg		Other Veg		Other Veg		Other Veg			
(3/4 per week)	0.25	**Cup**	0.25	**Cup**	0.25	**Cup**	0.25	**Cup**	0.25	**Cup**	1.25	Yes
Daily total	1.01	**Yes**	1.01	**Yes**	1.01	**Yes**	1.01	**Yes**	1.01	**Yes**	5.05	
Additional Vegetable to reach Goal (1 1/2 Cup per week)												Yes
Grains(2 oz eq day)	WW Roll or crackers		WW Roll or crackers		WW Roll or crackers		WW Roll or crackers		WW Roll or crackers			
(10-12 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	10	Yes
Fruits (1 Cup per day) (5cups	Fruit Choice		Fruit Choice		Fruit Choice		Fruit Choice		Fruit Choice			
per week)	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	5	Yes
Fluid Milk (1 Cup per day)	Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %			
(5 a week)	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	5	Yes