

Sample 2 Week Vegetable Cycle Menu

Plan designed to meet all Weekly Vegetable Subgroups

Fresh - Veggie Dipper Cycle					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cucumber Slices w/Dip		Zucchini/Squash Slices w/Dip		Carrots w/Dip
Week 2	Broccoli w/Dip		Celery/Tomato w/Dip		Carrots w/Dip
Fresh - Salad Cycle					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		Garden Salad		Spinach Salad	
Week 2		Garden Salad		Caesar Salad	

Above Daily Fresh Offering with Hot Item Below:

Cooked/Hot - Vegetable Cycle					
	Monday (Starchy)	Tuesday (Red/Orange)	Wednesday (Bean/Pea)	Thursday (Other)	Friday (Dark Green)
Week 1	Sweet Peas	Sweet Potato Puffs	Black Beans	Green Beans	Turnip Greens
Week 2	Potato Product	Glazed Carrots	Pinto Beans	Zucchini/Yellow Squash Mix	Steamed Broccoli
Week 1	Sweet Corn	Sweet Potato Fries	Black Beans	Green Beans	Mixed Greens
Week 2	Potato Product	Glazed Carrots	Baked Beans	Stir Fry Blend	Steamed Broccoli

➤ Offer a Cooked/Hot **and** a Fresh Vegetable component daily with:

- o Fresh Veggie Dippers offered Monday, Wednesday, Friday
- o Fresh Lettuce Salads offered Tuesday and Thursday.
 - Fresh salads include spinach and/or romaine-based lettuces for garden/Caesar salads.
 - Garden salads may include other vegetables as planned by the menu planner.
 - Offer choices of lower fat salad dressings packets.

Reminder: One-half of the volume measure from raw, leafy vegetables credit for the served portion size (e.g., 1 cup lettuce mix credits for ½ cup, 2 cups as 1 cup, etc.).