



Vegetables Daily and Weekly Requirements Worksheet

Select Age/grade Group: K-5 K-8 6-8 9-12

MINIMUM Servings Required	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL SERVINGS for the Week
_____ cups daily _____ cups weekly	Daily total: _____	Daily total: _____	Daily total: _____	Daily total: _____	Daily total: _____	_____ cup(s) weekly
Dark green _____ cup weekly	Daily total: _____	Daily total: _____	Daily total: _____	Daily total: _____	Daily total: _____	Dark green _____ cup(s) total
Red/orange _____ cup weekly	Daily total: _____	Daily total: _____	Daily total: _____	Daily total: _____	Daily total: _____	Red/orange _____ cup(s) total
Beans & peas (legumes) _____ cup weekly	Daily total: _____	Daily total: _____	Daily total: _____	Daily total: _____	Daily total: _____	Beans & peas (legumes) _____ cup(s) total
Starchy _____ cup weekly	Daily total: _____	Daily total: _____	Daily total: _____	Daily total: _____	Daily total: _____	Starchy _____ cup(s) total
Other _____ cup weekly	Daily total: _____	Daily total: _____	Daily total: _____	Daily total: _____	Daily total: _____	Other _____ cup(s) total
Additional vegetables _____ cup(s) weekly	Daily total: _____	Daily total: _____	Daily total: _____	Daily total: _____	Daily total: _____	Additional vegetables _____ cup(s) total