

## Fruit and Vegetable Menu Worksheet

Criteria	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits (3 different/week)					
Vegetables (5 different/week)					
Dark Green/ Orange F/V (3 or more/week)					
Fresh/Raw Fruit or Veg (3 per week or daily)					
Vitamin C (Daily)					

**Bronze/Silver Criteria:** 3 different fruits per week, 5 different vegetables per week, dark green/orange vegetables or fruit 3 times per week, fresh fruits or raw vegetables 3 times per week, and a good source of vitamin C daily

**Gold Criteria:** 3 different fruits per week, 5 different vegetables per week, dark green/orange vegetables or fruit 3 times per week, fresh fruits or raw vegetables daily, and a good source of vitamin C daily