

Menu Goal 3: Dark Green / Orange Fruits and Vegetables

Challenge Requirements

Dark Green or orange vegetables or fruits must be offered 3 or more times per week.

Description

Foods must be found on the Dark Green / Orange Fruit and Vegetable list on page 37 to count for this requirement.

Fruit /Vegetable juice may only be counted 2 times a week.



Goldie's Tips

Healthy Choice Bars where students can pick from a variety of fruits and vegetables are very helpful in meeting all of the Challenge fruit and vegetable requirements.



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Monday	Tuesday	Wednesday	Thursday	Friday
				

Gooding Gold Award Menu Example on Next Page....

Gooding Gold Award Menu Example: dark green and orange fruits and vegetables offered 3 times a week

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16 HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Bun French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Gooding Elementary Healthy Choice Bar

Dark Green / Orange Fruit and Vegetables

(Foods must be on this list to meet this Dark Green/Orange requirement)

Examples of Dark Green / Orange Vegetables

- Acorn Squash
- Beet and Mustard Greens
- Bok Choy
- Broccoli
- Butternut Squash
- Carrots
- Collard Greens
- Dark Green Leaf Lettuces or Salad Greens, e.g. Mesclun
- Hubbard Squash
- Kale
- Pumpkin
- Romaine Lettuce
- Spinach
- Sweet Potatoes or Yams (Orange)
- Turnip Greens
- Watercress

Examples of Orange Fruits

- Apricots
- Cantaloupe
- Guava
- Mandarin Oranges
- Mango
- Nectarines
- Orange
- Papaya
- Peaches
- Tangerines

