

Fruit & Veggie Bar

Dark Green		Red/Orange		Beans/Peas		Starchy		Other	
Monday		Tuesday		Wednesday		Thursday		Friday	
Broccoli - 1/2 Cup	3G	Carrots	6G	Black Beans	18G	Corn	21G	Celery	3G
Romaine - 1 Cup	1G	Red Peppers	5G	Garbanzo Beans	13G	Potatoes	21G	Cucumbers	1G
Spinach - 1 Cup	1G	Cherry Tomatoes	7G	Kidney Beans	23G	Peas	12G	Pickles	0G
Kale - 1 Cup	7 G	Yellow Peppers	3G	Pinto Beans	17G			Green Peppers	4G
		Green Peppers	3G	Baked Beans	55G			White Onions	3G
		Red Peppers	5G					Beets	4G

Fruits May be Served as Needed - Must Serve at Least 1/2 Cup Daily

Fresh Fruits		Dry/Dried Fruits		Frozen Fruits		Canned Fruit			
Orange	18G	Applesauce Cups	15G	Strawberries	22G		Pineapple	18G	
Apple	18G			Peaches	19G	610372	Peaches	12G	Juice
Banana	27 G			Blueberries	10G	268870	Pears	20G	
Peaches	12G			Applesauce	14G	612448	Oranges	14G	Juice
Pears	16G			Orange Juice	14G				
Watermelon	6G								
Cantaloupe	16G								
Grapes	15G								
Pineapple	18G								
Strawberries	10G								

Nutritional information is provided as a courtesy, Quest nor Minooka School District 201 cannot guarantee accuracy.