

Vegetable Subgroups Practice: Level 1

Instructions: Use the grain ounce equivalent measuring chart to help you answer the following questions. Once completed, flip the page over to see the answer sheet! For grain ounce equivalent questions, please contact Nutrition@TexasAgriculture.gov

1. If ALL of your romaine lettuce went bad, what other **dark green vegetables** can be substituted to meet the weekly requirement for 9th-12th graders?
2. You planned to serve local cucumber and celery sticks to K-5th grade, but your shipment was delayed. What **Other vegetables** can you use to substitute?



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COMMISSIONER SID MILLER

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Vegetable Subgroups

Answers: Level 1

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1. If ALL of your romaine lettuce went bad, what other **dark green vegetables** can be substituted to meet the weekly requirement for 9th-12th graders?
 - Boy Choy, Broccoli, Collard Greens, Kale, Mustard Greens, Spinach, Turnip Greens, Watercress
2. You planned to serve local cucumber and celery sticks to K-5th grade, but your shipment was delayed. What **Other vegetables** can you use to substitute?
 - Artichokes, Asparagus, Avocado, Bean Sprouts, Beets, Brussels Sprouts, Cabbage, Cauliflower, Celery, Cucumbers, Eggplant, Green Beans, Green Peppers, Iceberg Lettuce, Mushrooms, Okra, Onions, Parsnips, Turnips, Wax Beans, and Zucchini



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Vegetable Subgroups Practice: Level 2

Instructions: Use the grain ounce equivalent measuring chart to help you answer the following questions. Once completed, flip the page over to see the answer sheet! For grain ounce equivalent questions, please contact Nutrition@TexasAgriculture.gov

3. You want to serve **romaine lettuce** as part of a salad to 2nd graders. What is the minimum weekly amount of **dark greens** required to be served for this grade?
4. You want to serve only **kale and sweet potatoes** to 10th graders during lunch on Tuesday. What is the minimum amount of total vegetables required **daily** for this grade?
5. You want to serve **garbanzo beans** to 5th graders at lunch. What is the minimum weekly amount of **legumes** required for this grade?



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Vegetable Subgroups

Answers: Level 2

3. You want to serve **romaine lettuce** as part of a salad to 2nd graders. What is the minimum weekly amount of **dark greens** required to be served for this grade?
 - Grades K-5: 1/2 Cup (1 cup of leafy greens counts as 1/2 cup of vegetables)
4. You want to serve only **kale and sweet potatoes** to 10th graders during lunch on Tuesday. What is the minimum amount of total vegetables required **daily** for this grade?
 - Grades 9-12: 1 cup of vegetables daily. You will need to serve 1/2 cup of Kale and 1/2 cup of sweet potatoes to meet the requirement.
5. You want to serve **garbanzo beans** to 5th graders at lunch. What is the minimum weekly amount of **legumes** required for this grade?
 - 1/2 cup of legumes



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Vegetable Subgroups

Practice: Level 3

Instructions: Use the grain ounce equivalent measuring chart to help you answer the following questions. Once completed, flip the page over to see the answer sheet! For grain ounce equivalent questions, please contact Nutrition@TexasAgriculture.gov

7. You served 4 cups of vegetables so far this week for grades 9-12. Would you meet the **total weekly requirements** if you served $\frac{1}{4}$ cup of carrots and $\frac{1}{2}$ cup of black beans?

8. You served $2\frac{3}{4}$ cups of vegetables so far this week for K-8. Would you meet the **total weekly requirements** if you served $\frac{3}{4}$ cup of cucumbers and $\frac{1}{2}$ cup of corn?



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Vegetable Subgroups

Answer: Level 3

Instructions: Use the grain ounce equivalent measuring chart to help you answer the following questions. Once completed, flip the page over to see the answer sheet! For grain ounce equivalent questions, please contact Nutrition@TexasAgriculture.gov

7. You served 4 cups of vegetables so far this week for grades 9-12. Would you meet the **total weekly requirements** if you served $\frac{1}{4}$ cup of carrots and $\frac{1}{2}$ cup of black beans?
- No, you served $\frac{3}{4}$ cups of vegetables. You would need to serve at least 1 cup of vegetables to meet the weekly requirements.
7. You served $2\frac{3}{4}$ cups of vegetables so far this week for K-8. Would you meet the **total weekly requirements** if you served $\frac{3}{4}$ cup of cucumbers and $\frac{1}{2}$ cup of corn?
- Yes, $1\frac{1}{4}$ cup of vegetables were served. $\frac{1}{4}$ cup of vegetables are allowed to be added.



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Practice: Bonus

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8. Does this menu below meet the weekly vegetable subgroup requirements for K-8?

K-8 Lunch				
Monday	Tuesday	Wednesday	Thursday	Friday
Corn (¾ C)	Diced Tomatoes (¼ C) Refried Beans (½ C)	Cucumber Slices (¼ C) Carrot Sticks (½ C)	Steamed Broccoli (½ C) Steamed Cauliflower (¼ C)	Green Beans (¾ C)



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Vegetable Subgroups

Answers: Bonus

8. Does this menu below meet the weekly vegetable subgroup requirements for K-8?
- Yes

K-8 Lunch				
Monday	Tuesday	Wednesday	Thursday	Friday
Corn (3/4 C)	Diced Tomatoes (1/4 C) Refried Beans (1/2 C)	Cucumber Slices (1/4 C) Carrot Sticks (1/2 C)	Steamed Broccoli (1/2 C) Steamed Cauliflower (1/4 C)	Green Beans (3/4 C)

Subgroup	Amount & Day Served	Weekly Total	Weekly Requirement
Starchy	3/4 C (Monday)	1/2 C	1/2 C
Red/Orange	1/4 C (Tuesday) + 1/2 C (Wednesday)	3/4 C	3/4 C
Legumes	1/2 C (Tuesday)	1/2 C	1/2 C
Dark Green	1/2 C (Thursday)	1/2 C	1/2 C
Other	1/4 C (Wednesday) + 1/4 C (Thursday) + 3/4 C (Friday)	1/2 C	1/2 C
Additional	1/4 C Starchy + 3/4 C Other	1 C	1 C



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Meal Pattern & Production Records Sessions

Fundamentals of CACFP Childcare Center Monitoring

Wednesday May 15th from 9:45am – 10:45am

Classroom 104 M1

Food Production Record to Promote Forecasting and Planning

Wednesday May 15th from 2:45 to 3:45pm

Zlotnik Ballroom – Rowling Hall



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