

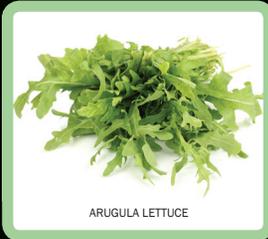


VARY YOUR VEGGIES



SMART SCHOOL MEALS PROVIDE ONE SERVING FROM EACH VEGETABLE CATEGORY PER WEEK.

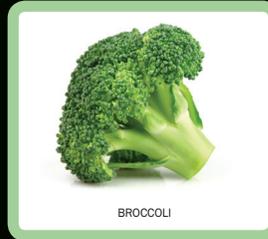
DARK GREEN



ARUGULA LETTUCE



BOK CHOY (CHINESE CABBAGE)



BROCCOLI



BUTTERHEAD LETTUCE



ENDIVE



KALE



PARSLEY



SPINACH

RED/ORANGE



CARROTS



PEPPERS



PUMPKIN



SQUASH

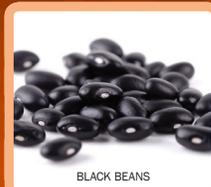


SWEET POTATOES



TOMATOES

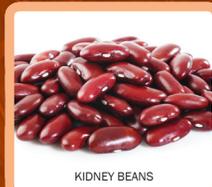
BEANS/PEAS



BLACK BEANS



CHICKPEAS



KIDNEY BEANS



LENTILS



SPLIT PEAS

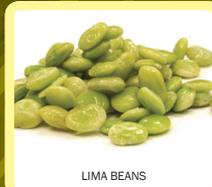
STARCHY



CORN



GREEN PEAS



LIMA BEANS



PLANTAINS



POTATOES

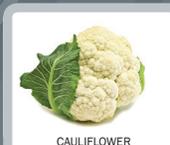
OTHER



ASPARAGUS



AVOCADO



CAULIFLOWER



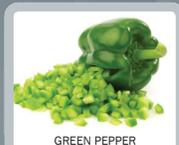
CELERY



CUCUMBER



GREEN BEANS



GREEN PEPPER



MUSHROOMS



ONIONS



RADISH



RED CABBAGE



ZUCCHINI