

Dark Green

Mixed Lettuce w/Romaine, Bibb, Mesclun and Spinach

Protein

Protein

Other

Other

Red/Orange

Beans/Peas
Legumes

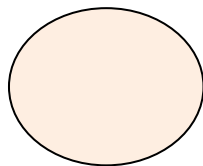
Red/Orange

Starchy

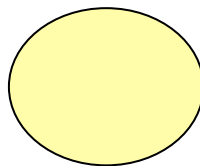
Grain

Starchy

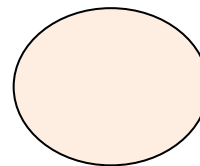
Chipotle



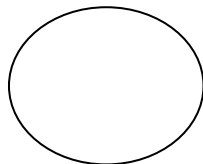
Italian



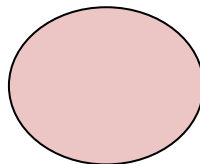
Chipotle



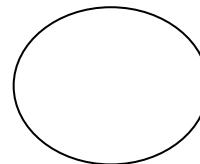
Ranch



French



Ranch



Specialty Produce/Salad

Fruit Selection Canned/Fresh

Salad Bar Diagram Using All Vegetable Subgroups Daily

Dark Green

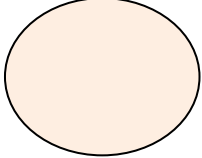
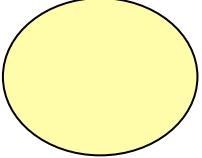
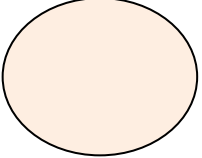
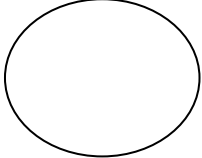
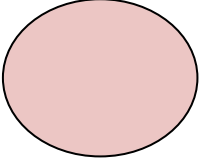
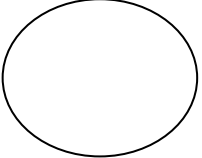
Mixed Lettuce w/Romaine, Bibb, Musclin and Spinach

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<p>Chipotle</p> 	<p>Italian</p> 	<p>Chipotle</p> 
<p>Ranch</p> 	<p>French</p> 	<p>Ranch</p> 

Salad Bar Diagram Planner

Vegetable Subgroups:

Dark Green:	Red and Orange:	Beans & Peas:	Starchy:
Broccoli Kale Dark Leafy Lettuce Swiss Chard Salad Greens Musclin Mix Arugula Spinach Bok Choy Mustard Greens Turnip Greens	Acorn Squash Butternut Squash Hubbard Squash Spaghetti Squash Pumpkin Red peppers Sweet Potatoes Tomatoes Carrots	Black Beans Black eyed peas (mature and dry) Garbanzo Beans Kidney Beans Lentils Navy Beans Pinto Beans Split Peas White Beans	Corn Fresh black eyed peas Edamame Beans Green Peas Green Lima Beans Plantains Potatoes Water Chestnuts

Other:

Dark Green, Red & Orange and/or Beans & Peas sub groups can be used to fulfill the "other" category. *Starchy vegetables cannot be used as "other" vegetables.*

Artichokes	Eggplant	Onions
Asparagus	Green Beans	Parsnips
Bean Sprouts	Green Pepper	Radish
Beets	Jicama	Turnip
Brussels Sprouts	Kohlrabi	Wax Beans
Cabbage	Leeks	Yellow Squash
Cauliflower	Lettuce (Iceberg)	Zucchini
Celery	Mushrooms	
Cucumber	Okra	

