

# WWPS NUTRITION SERVICES HEALTHY KIDS READY TO LEARN NEW MEAL CHANGES ARE HERE AND WE ARE EXCITED!

School meal programs impact millions of children every day. Students that are well fed learn better. We have an important job

The new requirements:

- ◆ Increase the availability of fruits, vegetables, whole grains & fat-free or low-fat fluid milk
- ◆ Reduce the levels of sodium, saturated fat and trans fat
- ◆ Meet the nutrition needs of school children within their calorie requirements
- ◆ **Each student will take a fruit or vegetable serving at lunch**

## Vegetable Sub Groups

Help Provide Needed Vitamins and Minerals Weekly  
**We will have choices from each group weekly.**

### Vegetables

<h4>Dark Green</h4> <ul style="list-style-type: none"> <li>◆ Bok Choy</li> <li>◆ Broccoli</li> <li>◆ Chard</li> <li>◆ Collard Greens</li> <li>◆ Dark Green Leaf Lettuce</li> <li>◆ Kale</li> <li>◆ Mesclun</li> <li>◆ Mustard Greens</li> <li>◆ Romaine Lettuce</li> <li>◆ Spinach</li> <li>◆ Turnip Greens</li> <li>◆ Watercress</li> </ul>	<h4>Red / Orange</h4> <ul style="list-style-type: none"> <li>◆ Acorn Squash</li> <li>◆ Butternut Squash</li> <li>◆ Carrots</li> <li>◆ Hubbard Squash</li> <li>◆ Pumpkin</li> <li>◆ Red Peppers</li> <li>◆ Sweet Potatoes</li> <li>◆ Tomatoes</li> <li>◆ Tomato Juice</li> </ul>
<h4>Legumes</h4> <ul style="list-style-type: none"> <li>◆ Black Beans</li> <li>◆ Black-eyed Peas (mature)</li> <li>◆ Edamame</li> <li>◆ Garbanzo Beans (chickpeas)</li> <li>◆ Kidney Beans</li> <li>◆ Lentils</li> <li>◆ Navy Beans</li> <li>◆ Pinto Beans</li> <li>◆ Soy Beans</li> <li>◆ Split Peas</li> <li>◆ White Beans</li> </ul>	<h4>Starchy</h4> <ul style="list-style-type: none"> <li>◆ Cassava</li> <li>◆ Corn</li> <li>◆ Black-eyed peas (not dry)</li> <li>◆ Green Bananas</li> <li>◆ Green Peas</li> <li>◆ Green Lima Beans</li> <li>◆ Jicama</li> <li>◆ Plantains</li> <li>◆ Potatoes</li> <li>◆ Taro</li> <li>◆ Water Chestnuts</li> </ul>
<h4>Other</h4> <ul style="list-style-type: none"> <li>◆ Artichokes</li> <li>◆ Asparagus</li> <li>◆ Avocado</li> <li>◆ Bean Sprouts</li> <li>◆ Beets</li> <li>◆ Brussels Sprouts</li> <li>◆ Cabbage</li> <li>◆ Cauliflower</li> <li>◆ Celery</li> <li>◆ Cucumbers</li> <li>◆ Eggplant</li> <li>◆ Green Beans</li> <li>◆ Green Bell Peppers</li> <li>◆ Iceberg (Head) Lettuce</li> <li>◆ Mushrooms</li> <li>◆ Okra</li> <li>◆ Onions</li> <li>◆ Parsnips</li> <li>◆ Turnips</li> <li>◆ Wax Beans</li> <li>◆ Zucchini</li> </ul>	

**OSPI  
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