













What's for Lunch? Worksheet 2 – Vegetable Subgroup Substitutions

Your produce delivery was missing the vegetables for today's lunch. For each vegetable below, identify the vegetable subgroup and list two vegetables from the same subgroup that you can substitute so the menu complies with the weekly subgroup requirements.

Menu Item		Vegetable Subgroup	Vegetable Substitutions
1. Romaine lettuce			1. 2.
2. Sweet potato fries			1. 2.
3. Green beans			1. 2.
4. Red potatoes			1. 2.
5. Kidney beans			1. 2.
6. Red peppers			1. 2.
7. Corn			1. 2.
8. Zucchini squash			1. 2.
9. Edamame			1. 2.
10. Iceberg lettuce			1. 2.
11. Spinach			1. 2.
12. Chickpeas			1. 2.



The Connecticut State Department of Education's (CSDE) **What's for Lunch** workshop training materials are available on the CSDE's [Meal Pattern Training Materials](#) Web page. This worksheet is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/wfl/wflws2.