

Vegetables



Each colored vegetable has different types of nutrients. To stay healthy, eat as many different colors as you can!

Where can you find vegetables on your menu?

- Fresh Local Cucumber Slices
- Fresh Local Pepper Slices
- Italian Roasted Broccoli
- Garlic Roasted Green Beans
- Corn Salad
- Baked Sweet Potato Wedges
- Fresh Baby Carrots
- BBQ Baked Beans
- Baked Potato Wedges

Vegetable Activity



Scan the QR code with your phone's camera to learn more!

Eat the Rainbow!

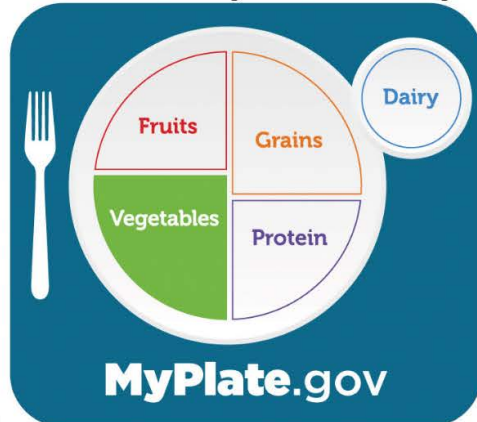
Dark green veggies are loaded with vitamin K, Calcium, and Potassium.

Orange/red veggies contain Beta Carotene which gives them their bright coloring. They also contain vitamin A which helps with your eyesight.

Beans/Legumes are a great source of protein, iron, and fiber!

Starchy Veggies are a great source of carbohydrates and B vitamins.

#YourTrayYourWay



MyPlate.gov



DCPS Eats!

District of Columbia Public Schools
Food and Nutrition Services

