**Menu Planning Worksheet: Lunch 9-12 – 7-Day Week**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Total** |
| **Meat/meat alternate:**2 ounce equivalent daily≥ 14 ounce equivalents weekly | Min: Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: |
| **Fruit:**1 cup daily7 cups weekly |  |  |  |  |  |  |  |  |
| **Vegetable:**1 cup daily 7 cups weekly |  |  |  |  |  |  |  |  |
| * Dark/Green

½ cup weekly |  |  |  |  |  |  |  |  |
| * Red/Orange

1 1/4 cup weekly  |  |  |  |  |  |  |  |  |
| * Beans/Peas (Legumes)

½ cup weekly |  |  |  |  |  |  |  |  |
| * Starchy

½ cup weekly |  |  |  |  |  |  |  |  |
| * Other

¾ cup weekly |  |  |  |  |  |  |  |  |
| * Additional Vegetable to reach total

3 ½ cups weekly |  |  |  |  |  |  |  |  |
| **Grains:**2 ounce equivalent daily≥ 14 ounce equivalents weekly | Min: Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: |
| **Milk:**1 cup daily7 cups weeklyAt least two varieties required |  |  |  |  |  |  |  |  |