**Menu Planning Worksheet: Lunch 9-12 (Week 5)**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- |
| **Meat/meat alternate:**  2 ounce equivalent (oz eq) daily minimum  ≥ 10 ounce equivalents (oz eq) weekly | **Sweet Potato & Black Bean Stew**  Black beans  = 2.0 oz eq | **Fiesta Chicken Ranch Fajitas w/ Ranch Pasta Salad**  Fajita chicken & cheese from salad  = 2.25 oz eq | **Beef Stir Fry w/ Sweet & Sour Broccoli Salad**  Beef & edamame  = 2.0 oz eq | **Homestyle Meat Spaghetti Sauce**  Beef crumbles  = 2.0 oz eq | **Philly Chicken Sub**  Chicken & cheese  = 2.0 oz eq | 10.25 oz eq |
| **Fruit:**  1 cup daily minimum  5 cups weekly | Cantaloupe  (½ cup)  Applesauce  (½ cup)  Total: 1 cup | Fresh plum  (½ cup)  Mandarin oranges  (½ cup) canned  Total: 1 cup | Fruit from salad  (⅛ cup)  Banana  (½ cup)  Pears canned  (½ cup)  Total: 1⅛ cups | Red grapes  (½ cup)  Craisins  (¼ cup= ½ cup)  Total: 1 cup | Mango chunks  (½ cup)  Fruit cocktail  (½ cup)  Total: 1 cup | 5⅛ cups |
| **Vegetable:**  1 cup daily minimum  5 cups weekly | Veg from stew  (⅜ cup)  Sweet potato fries (½ cup)  Avocado slices  (¼ cup)  Total: 1⅛ cups | Veg from Fajita  (½ cup)  **Ranch Pasta Salad**  (⅔ cup=½ cup)  Lentils  (½ cup)  Total: 1½ cups | Veg from stir fry  (⅜ cup)  **SS Broccoli Salad** (½ cup = ¼ cup)  Zucchini  (½ cup)  Total: 1⅛ cups | Veg from sauce  (⅛ cup)  California Blend  (½ cup)  Green peas  (½ cup)  Total: 1⅛ cups | Sandwich veggies  (¼ cup)  **Western Beans**  (½ cup)  **Italian Baby Potatoes**  (½ cup)  Total: 1¼ cups | 6⅛ cups |
| * Dark Green   ½ cup weekly |  | ¼ cup | ⅜ cup |  |  | ⅝ cup |
| * Red/Orange   1¼ cup weekly | ¾ cup | ⅛ cup | ⅛ cup | ⅛ cup | ⅛ cup | 1¼ cups |
| * Beans/Peas/Legumes   ½ cup weekly |  | ½ cup |  |  | ⅛ cup | ⅝ cup |
| * Starchy   ½ cup weekly |  |  |  | ½ cup | ½ cup | 1 cup |
| * Other   ¾ cup weekly | ¼ cup | ⅛ cup | ½ cup | ½ cup | ¼ cup | 1⅝ cups |
| * Additional Vegetable to reach total   1½ cup weekly | ⅛ cup | ½ cup | ⅛ cup |  | ¼ cup | 1 cup |
| **Grains (whole grain-rich):**  2 oz q daily minimum  ≥ 10 oz eq weekly | **Cornbread Squares** (2)  = 2.0 oz eq | Pasta (salad)  Tortilla (fajita)  = 2.5 oz eq | Brown rice  (1 cup)  = 2.0 oz eq | Pasta (spaghetti) Garlic bread (1oz)  = 2.5 oz eq | Hoagie roll & Chicken breading  = 2.5 oz eq | 11.5 oz eq |
| **Milk:**  1 cup daily & 5 cups weekly  At least two varieties required | Half-pint milk choice | Half-pint milk choice | Half-pint milk choice | Half-pint milk choice | Half-pint milk choice | 5 cups |

Items in **bold** have a recipe.