**Menu Planning Worksheet: Lunch K-8 (Week 1)**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- |
| **Meat/meat alternate:**1 ounce equivalent (oz eq) daily minimum≥ 9 ounce equivalents(oz eq) weekly | **Tuscan Grilled Cheese Sandwich**Cheese slices= 2.0 oz eq. | **Soft Shell Tacos****(1 taco)**Meat & cheese (taco)= 1.25 oz eq. | **Turkey Meatballs in Asian Sauce**Meatballs (5)= 2.0 oz eq. | **Greek Chicken Salad**Chicken patty & feta cheese= 2.5 oz eq. | **Chicken****Mac-n-Cheese**Fajita chicken & cheese= 2.0 oz eq. | 9.75 oz eq. |
| **Fruit:**½ cup daily minimum2½ cups weekly | Orange(½ cup)Pears canned(½ cup)Total: 1 cup | Whole Apple(1 cup)Total: 1 cup | Pineapple canned(½ cup)Total: ½ cup | Banana(½ cup)Total: ½ cup | Watermelon(½ cup)Total: ½ cup | 3½ cups |
| **Vegetable:**¾ cup daily minimum 3¾ cups weekly | Spinach, tomatoes from sandwich(¼ cup)**Minestrone Soup**(1 cup creditsas ⅝ cup)Steamed corn(½ cup)Total: 1⅜ cups | Taco toppings(¼ cup)**Southwest Salsa**(½ cup creditsas ⅜ cup)Black beans(¼ cup)Total: ⅞ cup | **Asian Vegetables**(½ cup)Carrot sticks(½ cup)Total: 1 cup | Salad ingredients(1⅜ cup)**Happy Hummus**(¼ cup)Broccoli(½ cup)Total: 2⅛ cups | California Blend(½ cup)Celery sticks(¼ cup)Total: ¾ cup | 6⅛ cups |
| * Dark Green

½ cup weekly | ⅛ cup |  |  | 1½ cups |  | 1⅝ cups |
| * Red/Orange

¾ cup weekly  | ½ cup | ⅛ cup | ½ cup | ⅛ cup |  | 1¼ cups |
| * Beans/Peas/Legumes

½ cup weekly | ⅛ cup | ⅜ cup |  | ¼ cup |  | ¾ cup |
| * Starchy

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

½ cup weekly | ⅛ cup | ⅛ cup | ½ cup | ¼ cup | ¾ cup | 1¾ cups |
| * Additional Vegetable to reach total

1 cup weekly |  | ¼ cup |  |  |  | ¼ cup |
| **Grains (whole grain-rich):**1 oz eq daily minimum≥ 8 oz eq weekly | 2 slices bread (from sandwich)= 2.0 oz eq. | Tortillas(from taco)= 1.0 oz eq. | Brown rice(½ cup) &**Sugar Cookie**= 2.0 oz eq. | Chicken patty breading(from salad) & Pita bread (1 small)= 2.0 oz eq. | Pasta (from mac n’ cheese) & **Whole Grain Dinner Roll**= 2.25 oz eq. | 9.25 oz eq.  |
| **Milk:**1 cup daily & 5 cups weeklyAt 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.