**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 minimum  2½ 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 credits  as ⅝ cup)  Steamed corn  (½ cup)  Total: 1⅜ cups | Taco toppings  (¼ cup)  **Southwest Salsa**  (½ cup credits  as 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 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.