**Menu Planning Worksheet: Lunch K-8 (Week 2)**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- |
| **Meat/meat alternate:**1 ounce equivalent (oz eq) daily minimum≥ 9 ounce equivalents (oz eq) weekly | **White Chicken Chili**Chicken= 2.0 oz eq | **Cheesy Chicken Quesadilla**Chicken & Cheese= 2.0 oz eq | **Smothered Chicken**Chicken= 2.0 oz eq | **Sweet Potato Lasagna Rolls**Turkey= 2.25 oz eq | **Sloppy Joe****on Roll**Beef crumbles= 2.0 oz eq | 10.25 oz eq |
| **Fruit:**½ cup daily minimum2½ cups weekly | Blueberries(½ cup)Total: ½ cup | Grapes(½ cup)Total: ½ cup | Fresh plum(½ cup)Total: ½ cup | Fresh Kiwi x2(⅔ cup)Total: ⅔ cup | Watermelon(½ cup)Total: ½ cup | 2 ⅔ cups |
| **Vegetable:**¾ cup daily minimum 3¾ cups weekly | Chili vegetables (⅜ cup)**Honey Dilled Carrots**(½ cup)Total: ⅞ cup | **Romaine Salad**(1 cup = ½ cup)**Southwest Salsa**(½ cup creditsas ⅜ cup)**Mexicali corn**(¼ cup)Total: 1⅛ cups | Entrée Veggies(¼ cup)**Garlic Mashed Potatoes**(½ cup)Broccoli(¼ cup)Total: 1 cup | Veg from roll-ups(½ cup)Asparagus(½ cup)Total: 1 cup | Sloppy Joe(¼ cup)**Baked Beans**(½ cup)**Rainbow Carrot Crunch** (½ cup credits as ⅜ cup)Total: 1⅛ cups | 5 ⅛ cups |
| * Dark Green

½ cup weekly |  | ¼ cup | ¼ cup |  |  | ½ cup |
| * Red/Orange

¾ cup weekly  | ½ cup | ⅛ cup | ⅛ cup | ⅜ cup | ⅜ cup | 1½ cups |
| * Beans/Peas/Legumes

½ cup weekly | ¼ cup | ⅛ cup |  |  | ½ cup | ⅞ cup |
| * Starchy

½ cup weekly |  | ⅛ cup | ½ cup |  |  | ⅝ cup |
| * Other

½ cup weekly |  | ½ cup |  |  |  | ½ cup |
| * Additional Vegetable to reach total

1 cup weekly | ⅛ cup |  | ⅛ cup | ⅝ cup | ¼ cup | 1⅛ cups |
| **Grains (whole grain-rich):**1 oz eq daily minimum≥ 8 oz eq weekly | **Cornbread Square**= 1.0 oz eq | Tortilla(from quesadilla)= 2.0 oz eq | Biscuit (56 g)= 2.0 oz eq | Lasagna noodle & **Whole Grain Dinner Roll**= 2.0 oz eq | Roll(from sloppy joe)= 2.0 oz eq | 9.0 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.