

Menu Planning Worksheet: Lunch 9-12 (Week 2)

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Meat/meat alternate: 2 ounce equivalent (oz eq) daily minimum ≥ 10 ounce equivalents (oz eq) weekly	White Chicken Chili Chicken = 2.0 oz eq	Cheesy Chicken Quesadillas 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: 1 cup daily minimum 5 cups weekly	Blueberries (½ cup) Applesauce (½ cup) Total: 1 cup	Grapes (½ cup) Canned Peaches (½ cup) Total: 1 cup	Fresh plum (½ cup) Canned Pineapple (½ cup) Total: 1 cup	Fresh Kiwi x2 (⅔ cup) Canned Pears (½ cup) Total: 1⅓ cups	Watermelon (½ cup) Fruit cocktail (½ cup) Total: 1 cup	5⅓ cups
Vegetable: 1 cup daily minimum 5 cups weekly	Chili vegetables (⅔ cup) Honey Dilled Carrots (½ cup) Cauliflower (raw) (½ cup) Total: 1⅜ cups	Romaine Salad (1 cup = ½ cup) Southwest Salsa (½ cup credits as ⅔ 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) Eggplant (½ cup) Total: 1½ cups	Sloppy Joe (¼ cup) Baked Beans (½ cup) Rainbow Carrot Crunch (½ cup credits as ⅔ cup) Total: 1⅛ cups	6⅛ cups
• Dark Green ½ cup weekly		¼ cup	¼ cup			½ cup
• Red/Orange 1¼ 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 ¾ cup weekly	½ cup	⅜ cup		½ cup		1⅜ cups
• Additional Vegetable to reach total 1½ cup weekly	⅛ cup	⅛ cup	⅛ cup	⅝ cup	¼ cup	1¼ cups

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grains (whole grain-rich): 2 oz eq daily minimum ≥ 10 oz eq weekly	Cornbread Square (x 2 pieces) = 2.0 oz eq	Tortilla (from quesadilla) = 2.0 oz eq	Biscuit (x2) = 2.0 oz eq	Lasagna noodle & Whole Grain Dinner Roll = 2.0 oz eq	Roll (Sloppy Joe) & Royal Chocolate Brownie = 2.5 oz eq	10.5 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.