

Menu Planning Worksheet: Lunch 9-12 (Week 4)

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Meat/meat alternate: 2 ounce equivalent (oz eq) daily ≥ 10 ounce equivalents (oz eq) weekly	Italian Pizza Sandwich Ground turkey & cheese = 2.0 oz eq	Bahn Mi Sandwich Chicken & ham = 2.0 oz eq	Harvest Pot Pie Beef crumbles = 2.0 oz eq	Beef Chili Beef crumbles = 2.0 oz eq	Crunchy Hawaiian Chicken Wrap Chicken = 2.0 oz eq	10.0 oz eq
Fruit: 1 cup daily 5 cups weekly	Fresh apple (1 cup) Canned peaches (½ cup) Total: 1½ cups	Fresh peach (½ cup) Applesauce (½ cup) Total: 1 cup	Dried cherries (¼ cup = ½ cup) Fruit cocktail (½ cup) Total: 1 cup	Fruit from salad (⅛ cup) Raspberries (½ cup) Pears canned (½ cup) Total: 1⅛ cups	Orange (½ cup) Pineapple canned (½ cup) Total: 1 cup	5⅝ cups
Vegetable: 1 cup daily 5 cups weekly	Veg from sandwich (¼ cup) Broccoli Cheddar Soup (1 cup = ½ cup) Honey Dilled Carrots (½ cup) Total: 1¼ cups	Veg from sandwich (¼ cup) 3 Bean Salad (½ cup) French fries (½ cup) Total: 1¼ cups	Veg from pie (¾ cup) Black beans (½ cup) Total: 1¼ cups	Veg from chili (⅔ cup) Super Salad (1 cup = ½ cup) Sweet Cinnamon Squash (½ cup) Total: 1⅜ cups	Veg from wrap (½ cup) Beets (½ cup) Sugar snap peas (½ cup) Total: 1½ cups	6⅝ cups
<ul style="list-style-type: none"> Dark Green ½ cup weekly 	¾ cup				¼ cup	⅝ cup
<ul style="list-style-type: none"> Red/Orange 1¼ cup weekly 	⅝ cup			¾ cup	⅛ cup	1½ cups
<ul style="list-style-type: none"> Beans/Peas/Legumes ½ cup weekly 		¼ cup	½ cup			¾ cup
<ul style="list-style-type: none"> Starchy ½ cup weekly 	⅛ cup	⅝ cup	¾ cup			1½ cups
<ul style="list-style-type: none"> Other ¾ cup weekly 		¼ cup		¼ cup	1 cup	1½ cups
<ul style="list-style-type: none"> Additional Vegetable to reach total 1½ cups weekly 	⅛ cup	⅛ cup		⅔ cup	⅛ cup	¾ cup

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Grains (whole grain-rich): 2 oz eq daily ≥ 10 oz eq weekly	Hamburger bun (from sandwich) = 2.0 oz eq	Hoagie roll (from sandwich) = 2.0 oz eq	Whole Grain Dinner Roll (x2) Royal Chocolate Brownie = 2.5 oz eq	Cornbread Square (x 2) = 2.0 oz eq	Tortilla (from wrap) = 2.0 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.