

Menu Planning Worksheet: Lunch 9-12 (Week 5)

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Meat/meat alternate: 2 ounce equivalent (oz eq) daily minimum ≥ 10 ounce equivalents (oz eq) weekly	Sweet Potato & Black Bean Stew Black beans = 2.0 oz eq	Fiesta Chicken Ranch Fajitas w/ Ranch Pasta Salad Fajita chicken & cheese from salad = 2.25 oz eq	Beef Stir Fry w/ Sweet & Sour Broccoli Salad Beef & edamame = 2.0 oz eq	Homestyle Meat Spaghetti Sauce Beef crumbles = 2.0 oz eq	Philly Chicken Sub Chicken & cheese = 2.0 oz eq	10.25 oz eq
Fruit: 1 cup daily minimum 5 cups weekly	Cantaloupe (½ cup) Applesauce (½ cup) Total: 1 cup	Fresh plum (½ cup) Mandarin oranges (½ cup) canned Total: 1 cup	Fruit from salad (⅛ cup) Banana (½ cup) Pears canned (½ cup) Total: 1⅛ cups	Red grapes (½ cup) Craisins (¼ cup = ½ cup) Total: 1 cup	Mango chunks (½ cup) Fruit cocktail (½ cup) Total: 1 cup	5⅛ cups
Vegetable: 1 cup daily minimum 5 cups weekly	Veg from stew (⅔ cup) Sweet potato fries (½ cup) Avocado slices (¼ cup) Total: 1⅛ cups	Veg from Fajita (½ cup) Ranch Pasta Salad (⅔ cup = ½ cup) Lentils (½ cup) Total: 1½ cups	Veg from stir fry (⅔ cup) SS Broccoli Salad (½ cup = ¼ cup) Zucchini (½ cup) Total: 1⅛ cups	Veg from sauce (⅛ cup) California Blend (½ cup) Green peas (½ cup) Total: 1⅛ cups	Sandwich veggies (¼ cup) Western Beans (½ cup) Italian Baby Potatoes (½ cup) Total: 1¼ cups	6⅛ cups
• Dark Green ½ cup weekly		¼ cup	⅜ cup			⅝ cup
• Red/Orange 1¼ cup weekly	¾ cup	⅛ cup	⅛ cup	⅛ cup	⅛ cup	1¼ cups
• Beans/Peas/Legumes ½ cup weekly		½ cup			⅛ cup	⅝ cup
• Starchy ½ cup weekly				½ cup	½ cup	1 cup
• Other ¾ cup weekly	¼ cup	⅛ cup	½ cup	½ cup	¼ cup	1⅝ cups
• Additional Vegetable to reach total 1½ cup weekly	⅛ cup	½ cup	⅛ cup		¼ cup	1 cup

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Grains (whole grain-rich): 2 oz q daily minimum ≥ 10 oz eq weekly	Cornbread Squares (2) = 2.0 oz eq	Pasta (salad) Tortilla (fajita) = 2.5 oz eq	Brown rice (1 cup) = 2.0 oz eq	Pasta (spaghetti) Garlic bread (1oz) = 2.5 oz eq	Hoagie roll & Chicken breadding = 2.5 oz eq	11.5 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.