

Menu Planning Worksheet: Lunch K-8 (Week 1)

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Meat/meat alternate: 1 ounce equivalent daily minimum ≥ 9 ounce equivalents 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: 1¾ 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 (1¾ cup) Happy Hummus (¼ cup) Broccoli (½ cup) Total: 2½ cups	California Blend (½ cup) Celery sticks (¼ cup) Total: ¾ cup	6⅞ cups
• Dark Green ½ cup weekly	⅓ 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	⅓ cup	⅜ cup		¼ cup		¾ cup
• Starchy ½ cup weekly	½ cup					½ cup
• Other ½ cup weekly	⅓ cup	⅛ cup	½ cup	¼ cup	¾ cup	1¾ cups
• Additional Vegetable to reach total 1 cup weekly		¼ cup				¼ cup

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Grains (whole grain-rich): 1 ounce equivalent daily minimum ≥ 8 ounce equivalents 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.