

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 minimum 2½ 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 credits as ⅜ cup) Mexicali corn (¼ cup) Total: 1½ 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: 1⅜ cups	5 ⅙ 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	1⅙ 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

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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.