

Menu Planning Worksheet: Lunch K-8 (Week 3)

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Meat/meat alternate: 1 ounce equivalent (oz eq) daily minimum ≥ 9 ounce equivalents (oz eq) weekly	North African Gumbo Garbanzo beans = 1.5 oz eq	Crispy Fish Tacos (2) Fish = 2.0 oz eq	Asian Noodle Chicken Salad Chicken & Edamame = 2.0 oz eq	Beefy Nachos Beef & cheese = 2.0 oz eq	Broccoli, Ham & Cheese Pita Ham & cheese = 2.0 oz eq	9.5 oz eq
Fruit: ½ cup daily minimum 2½ cups weekly	Green grapes (½ cup) Total: ½ cup	Applesauce (½ cup) Total: ½ cup	Mandarin oranges (½ cup) canned Total: ½ cup	Blackberries (½ cup) Total: ½ cup	Strawberry cup (½ cup) USDA Total: ½ cup	2½ cups
Vegetable: ¾ cup daily minimum 3¾ cups weekly	Veg from gumbo (¾ cup) Roasted Cauliflower (½ cup) Total: 7⁄8 cup	Veg from tacos (½ cup) Corn/Edamame Salad (½ cup = ¾ cup) Total: 7⁄8 cup	Veg from salad (¼ cup) Asian Vegetables (½ cup) Jicama Strips (½ cup) Total: 1¼ cups	Veg from nachos (¼ cup) Cherry tomatoes (½ cup) Black beans (½ cup) Total: 1¼ cups	Veg from pita (½ cup) Brussel Sprouts, fresh (½ cup) Total: 1 cup	5¼ cups
<ul style="list-style-type: none"> Dark Green ½ cup weekly 	1⁄8 cup				½ cup	5⁄8 cup
<ul style="list-style-type: none"> Red/Orange ¾ cup weekly 	¼ cup		1⁄8 cup	¾ cup		1½ cups
<ul style="list-style-type: none"> Beans/Peas/Legumes ½ cup weekly 		1⁄8 cup		½ cup		5⁄8 cup
<ul style="list-style-type: none"> Starchy ½ cup weekly 		1⁄8 cup	½ cup			5⁄8 cup
<ul style="list-style-type: none"> Other ½ cup weekly 		½ cup			½ cup	1 cup
<ul style="list-style-type: none"> Additional Vegetable to reach total 1 cup weekly 	½ cup	1⁄8 cup	5⁄8 cup			1¼ cups
Grains (whole grain-rich): 1 oz eq daily minimum ≥ 8 oz eq weekly	Brown rice (½ cup) = 1.0 oz eq	Tortillas & Breading on fish = 3.0 oz eq	Noodles (salad) & Oatmeal Cranberry Cookie = 1.75 oz eq	Tortilla chips (from nachos) = 2.0 oz eq	Pita (from sandwich) = 2.0 oz eq	9.75 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.