**Menu Planning Worksheet: Lunch 9-12 (Week 3)**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- |
| **Meat/meat alternate:**2 ounce equivalent (oz eq) daily≥ 10 ounce equivalents (oz eq) weekly | **North African Gumbo**Garbanzo beans & cheese stick= 2.5 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 | 10.5 oz eq |
| **Fruit:**1 cup daily5 cups weekly | Green grapes(½ cup)Pears canned(½ cup)Total: 1 cup | Banana(½ cup)Applesauce(½ cup)Total: 1 cup | Pomegranate seeds (½ cup) Mandarin oranges canned(½ cup)Total: 1 cup | Blackberries(½ cup)Fruit cocktail canned(½ cup)Total: 1 cup | Fresh apricot x 2(½ cup)Strawberry cup(½ cup) USDATotal: 1 cup | 5 cups  |
| **Vegetable:**1 cup daily5 cups weekly  | Veg from gumbo(⅜ cup)**Roasted Cauliflower**(½ cup)Green Beans(½ cup)Total: 1⅜ cups | Veg from tacos(½ cup)**Corn/Edamame Salad** (½ cup credits as ⅜ cup)Sweet potato tots (½ cup)Total: 1⅜ cups | 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(½ cup)Total: 1 cup | 6¼ cups |
| * Dark Green

½ cup weekly | ⅛ cup |  |  |  | ½ cup | ⅝ cup |
| * Red/Orange

1¼ cup weekly  | ¼ cup | ½ cup | ⅛ cup | ¾ cup |  | 1⅝ cups |
| * Beans/Peas/Legumes

½ cup weekly |  | ⅛ cup |  | ½ cup |  | ⅝ cup |
| * Starchy

½ cup weekly |  | ⅛ cup | ½ cup |  |  | ⅝ cup |
| * Other

¾ cup weekly |  | ½ cup |  |  | ½ cup | 1 cup |
| * Additional Vegetable to reach total

1½ cups weekly | 1 cup | ⅛ cup | ⅝ cup |  |  | 1¾ cups |
| **Grains (whole grain-rich):**2 oz eq daily≥ 10 oz eq weekly | Brown rice(1 cup)= 2.0 oz eq | TortillasBreading on fish= 3.0 oz eq | Noodles (salad), Breadstick & **Oatmeal Cranberry Cookie**= 2.75 oz eq | Tortilla chips (from nachos)= 2.0 oz eq | Pita(from sandwich)= 2.0 oz eq | 11.75 oz eq |
| **Milk:**1 cup daily & 5 cups weeklyAt least two varieties required | Half-pint milk choice | Half-pint milk choice | Half-pint milkchoice | Half pint milk choice | Half-pint milk choice | 5 cups |

Items in **bold** have a recipe.