**Menu Planning Worksheet: Lunch 9-12 (Week 4)**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- |
| **Meat/meat alternate:**  2 ounce equivalent (oz eq) daily  ≥ 10 ounce equivalents (oz eq) weekly | **Italian Pizza Sandwich**  Ground turkey & cheese  = 2.0 oz eq | **Bahn Mi Sandwich**  Chicken & ham  = 2.0 oz eq | **Harvest Pot Pie**  Beef crumbles  = 2.0 oz eq | **Beef Chili**  Beef crumbles  = 2.0 oz eq | **Crunchy Hawaiian Chicken Wrap**  Chicken  = 2.0 oz eq | 10.0 oz eq |
| **Fruit:**  1 cup daily  5 cups weekly | Fresh apple  (1 cup)  Canned peaches  (½ cup)  Total: 1½ cups | Fresh peach  (½ cup)  Applesauce  (½ cup)  Total: 1 cup | Dried cherries  (¼ cup = ½ cup)  Fruit cocktail  (½ cup)  Total: 1 cup | Fruit from salad  (⅛ cup)  Raspberries  (½ cup)  Pears canned  (½ cup)  Total: 1⅛ cups | Orange  (½ cup)  Pineapple canned  (½ cup)  Total: 1 cup | 5⅝ cups |
| **Vegetable:**  1 cup daily  5 cups weekly | Veg from sandwich  (¼ cup)  **Broccoli Cheddar Soup** (1 cup = ½ cup)  **Honey Dilled Carrots**  (½ cup)  Total: 1¼ cups | Veg from sandwich  (¼ cup)  **3 Bean Salad**  (½ cup)  French fries  (½ cup)  Total: 1¼ cups | Veg from pie  (¾ cup)  Black beans  (½ cup)  Total: 1¼ cups | Veg from chili  (⅜ cup)  **Super Salad**  (1 cup = ½ cup)  **Sweet Cinnamon Squash**  (½ cup)  Total: 1⅜ cups | Veg from wrap  (½ cup)  Beets  (½ cup)  Sugar snap peas  (½ cup)  Total: 1½ cups | 6⅝ cups |
| * Dark Green   ½ cup weekly | ⅜ cup |  |  |  | ¼ cup | ⅝ cup |
| * Red/Orange   1¼ cup weekly | ⅝ cup |  |  | ¾ cup | ⅛ cup | 1½ cups |
| * Beans/Peas/Legumes   ½ cup weekly |  | ¼ cup | ½ cup |  |  | ¾ cup |
| * Starchy   ½ cup weekly | ⅛ cup | ⅝ cup | ¾ cup |  |  | 1½ cups |
| * Other   ¾ cup weekly |  | ¼ cup |  | ¼ cup | 1 cup | 1½ cups |
| * Additional Vegetable to reach total   1½ cups weekly | ⅛ cup | ⅛ cup |  | ⅜ cup | ⅛ cup | ¾ cup |
| **Grains (whole grain-rich):**  2 oz eq daily  ≥ 10 oz eq weekly | Hamburger bun (from sandwich)  = 2.0 oz eq | Hoagie roll  (from sandwich)  = 2.0 oz eq | **Whole Grain Dinner Roll** (x2) **Royal Chocolate Brownie**  = 2.5 oz eq | **Cornbread Square** (x 2)  = 2.0 oz eq | Tortilla  (from wrap)  = 2.0 oz eq | 10.5 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.