**Menu Planning Worksheet: Lunch 9-12 (Week 5)**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- |
| **Meat/meat alternate:**2 ounce equivalent (oz eq) daily minimum≥ 10 ounce equivalents (oz eq) weekly | **Sweet Potato & Black Bean Stew**Black beans= 2.0 oz eq | **Fiesta Chicken Ranch Fajitas w/ Ranch Pasta Salad**Fajita chicken & cheese from salad= 2.25 oz eq | **Beef Stir Fry w/ Sweet & Sour Broccoli Salad**Beef & edamame= 2.0 oz eq | **Homestyle Meat Spaghetti Sauce**Beef crumbles= 2.0 oz eq | **Philly Chicken Sub**Chicken & cheese= 2.0 oz eq | 10.25 oz eq |
| **Fruit:**1 cup daily minimum 5 cups weekly | Cantaloupe(½ cup)Applesauce(½ cup)Total: 1 cup | Fresh plum(½ cup)Mandarin oranges(½ cup) cannedTotal: 1 cup | Fruit from salad(⅛ cup)Banana(½ cup)Pears canned(½ cup)Total: 1⅛ cups | Red grapes(½ cup)Craisins(¼ cup= ½ cup)Total: 1 cup | Mango chunks(½ cup)Fruit cocktail(½ cup)Total: 1 cup | 5⅛ cups |
| **Vegetable:**1 cup daily minimum 5 cups weekly  | Veg from stew(⅜ cup)Sweet potato fries (½ cup)Avocado slices(¼ cup)Total: 1⅛ cups | Veg from Fajita(½ cup)**Ranch Pasta Salad**(⅔ cup=½ cup)Lentils(½ cup)Total: 1½ cups | Veg from stir fry(⅜ cup)**SS Broccoli Salad** (½ cup = ¼ cup)Zucchini(½ cup)Total: 1⅛ cups | Veg from sauce(⅛ cup)California Blend(½ cup)Green peas(½ cup)Total: 1⅛ cups | Sandwich veggies(¼ cup)**Western Beans**(½ cup)**Italian Baby Potatoes**(½ cup)Total: 1¼ cups | 6⅛ cups |
| * Dark Green

½ cup weekly |  | ¼ cup | ⅜ cup |  |  | ⅝ cup |
| * Red/Orange

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

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

½ cup weekly |  |  |  | ½ cup | ½ cup | 1 cup |
| * Other

¾ cup weekly | ¼ cup | ⅛ cup | ½ cup | ½ cup | ¼ cup | 1⅝ cups |
| * Additional Vegetable to reach total

1½ cup weekly | ⅛ cup | ½ cup | ⅛ cup |  | ¼ cup | 1 cup |
| **Grains (whole grain-rich):**2 oz q daily minimum≥ 10 oz eq weekly | **Cornbread Squares** (2)= 2.0 oz eq | Pasta (salad)Tortilla (fajita)= 2.5 oz eq | Brown rice(1 cup)= 2.0 oz eq | Pasta (spaghetti) Garlic bread (1oz)= 2.5 oz eq | Hoagie roll & Chicken breading= 2.5 oz eq | 11.5 oz eq |
| **Milk:**1 cup daily & 5 cups weeklyAt 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.