**Menu Planning Worksheet: Lunch K-8 (Week 4)**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- |
| **Meat/meat alternate:**1 ounce equivalent (oz eq) daily minimum≥ 9 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:**½ cup daily minimum2½ cups weekly | Peaches canned(½ cup)Total: ½ cup | Blueberries(½ cup)Total: ½ cup | Fruit cocktail(½ cup)Total: ½ cup | Raspberries(½ cup)**Super Salad**(⅛ cup) fruitTotal: ⅝ cup | Pineapple canned(½ cup)Total: ½ cup | 2 ⅝ cups |
| **Vegetable:**¾ cup daily minimum 3¾ cups weekly | Veg fromsandwich(¼ cup)**Honey Dilled Carrots**(½ cup)Total: ¾ cup | Veg from sandwich(¼ cup)**3 Bean Salad**(½ cup)Total: ¾ cup | Veg from pie(¾ cup)Black beans(½ cup)Total: 1 ¼ cups | Veg from chili(⅜ cup)**Sweet Cinnamon Squash**(½ cup)**Super Salad**(1 cup = ½ cup)Total: 1 ⅜ cups | Veg from wrap(½ cup)Broccoli, fresh(½ cup)Sugar snap peas(½ cup)Total: 1 ½ cups | 5 ⅝ cups |
| * Dark Green

½ cup weekly |  |  |  |  | ¾ cup | ¾ cup |
| * Red/Orange

¾ cup weekly  | ⅝ cup |  |  | ¾ cup | ⅛ cup | 1 ½ cups |
| * Beans/Peas/Legumes

½ cup weekly |  | ¼ cup | ½ cup |  |  | ¾ cup |
| * Starchy

½ cup weekly |  | ⅛ cup | ¾ cup |  |  | ⅞ cup |
| * Other

½ cup weekly |  | ¼ cup |  | ¼ cup | ½ cup | 1 cup |
| * Additional Vegetable to reach total

1 cup weekly | ⅛ cup | ⅛ cup |  | ⅜ cup | ⅛ cup | ¾ cup |
| **Grains (whole grain-rich):**1 oz eq daily minimum≥ 8 oz eq weekly | Hamburger bun (from sandwich)= 2.0 oz eq | Hoagie roll(from sandwich)= 2.0 oz eq | **Whole Grain Dinner Roll & Royal Chocolate Brownie**= 1.5 oz eq | **Cornbread Square**= 1.0 oz eq | Tortilla(from wrap)= 2.0 oz eq | 8.5 oz eq |
| **Milk:**1 cup daily & 5 cups weeklyAt least two varieties required | Half-pint milkchoice | Half-pint milk choice | Half-pint milk choice | Half-pint milk choice | Half-pint milk choice | 5 cups |

Items in **bold** have a recipe.