**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  (⅜ cup)  **Roasted Cauliflower**  (½ cup)  Total: ⅞ cup | Veg from tacos  (½ cup)  **Corn/Edamame Salad**  (½ cup = ⅜ cup)  Total: ⅞ 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 |
| * Dark Green   ½ cup weekly | ⅛ cup |  |  |  | ½ cup | ⅝ cup |
| * Red/Orange   ¾ cup weekly | ¼ cup |  | ⅛ cup | ¾ cup |  | 1⅛ cups |
| * Beans/Peas/Legumes   ½ cup weekly |  | ⅛ cup |  | ½ cup |  | ⅝ cup |
| * Starchy   ½ cup weekly |  | ⅛ cup | ½ cup |  |  | ⅝ cup |
| * Other   ½ cup weekly |  | ½ cup |  |  | ½ cup | 1 cup |
| * Additional Vegetable to reach total   1 cup weekly | ½ cup | ⅛ cup | ⅝ 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 |
| **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.