**Menu Planning Worksheet: Lunch K-8 (Week 5)**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- |
| **Meat/meat alternate:**  1 ounce equivalent (oz eq) daily minimum  ≥ 9 ounce equivalents (oz eq) weekly | **Sweet Potato & Black Bean Stew**  Black beans  = 2.0 oz eq | **Fiesta Chicken Ranch Fajitas**  Fajita chicken  = 2.0 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 | 10.0 oz eq |
| **Fruit:**  ½ cup daily minimum  2½ cups weekly | Cantaloupe  (½ cup)  Total: ½ cup | Fresh plum  (½ cup)  Total: ½ cup | Fruit from salad  (⅛ cup)  Banana  (½ cup)  Total: ⅝ cup | Red grapes  (½ cup)  Total: ½ cup | Mango chunks  (½ cup)  Total: ½ cup | 2⅝ cups |
| **Vegetable:**  ¾ cup daily minimum  3¾ cups weekly | Stew veggies  (⅜ cup)  Avocado, slices  (½ cup)  Total: ⅞ cup | Fajita veggies  (½ cup)  Lentils  (½ cup)  Total: 1 cup | Stir fry veggies  (⅜ cup)  **Sweet & Sour Broccoli Salad**  (½ cup = ¼ cup)  Sautéed zucchini  (½ cup)  Total: 1⅛ cups | Veg from sauce  (⅛ cup)  California Blend  (½ cup)  Sugar snap peas  (½ cup)  Total: 1⅛ cups | Sandwich veggies (¼ cup)  **Western Beans**  (½ cup)  **Italian Baby Potatoes**  (½ cup)  Total: 1¼ cups | 5⅜ cups |
| * Dark Green   ½ cup weekly |  | ⅛ cup | ⅜ cup |  |  | ½ cup |
| * Red/Orange   ¾ cup weekly | ¼ cup | ⅛ cup | ⅛ cup | ⅛ cup | ⅛ cup | ¾ cup |
| * Beans/Peas/Legumes   ½ cup weekly |  | ½ cup |  |  | ⅛ cup | ⅝ cup |
| * Starchy   ½ cup weekly |  |  |  |  | ½ cup | ½ cup |
| * Other   ½ cup weekly | ½ cup |  | ½ cup | 1 cup | ¼ cup | 2¼ cups |
| * Additional Vegetable to reach total   1 cup weekly | ⅛ cup | ¼ cup | ⅛ cup |  | ¼ cup | ¾ cup |
| **Grains (whole grain-rich):**  1 oz eq daily minimum  ≥ 8 oz eq weekly | **Cornbread Square**  = 1.0 oz eq | Tortilla (from fajitas)  = 2.0 oz eq | Brown Rice  (½ cup)  = 1.0 oz eq | Spaghetti noodles  = 1.5 oz eq | Hoagie roll & breading from patty  = 2.5 oz eq | 8 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.