**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 minimum2½ 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 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.