

Menu Planning Worksheet: Lunch 9-12 (Week 1)

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Meat/meat alternate: 2 ounce equivalent daily minimum ≥ 10 ounce equivalents weekly	Tuscan Grilled Cheese Sandwich Cheese slices = 2.0 oz eq.	Soft Shell Tacos (2 tacos) Meat & cheese (tacos)= 2.5 oz eq. Cheese from beans=0.25 oz eq. Total= 2.75 oz eq.	Turkey Meatballs in Asian Sauce Meatballs (5) = 2.0 oz eq.	Greek Chicken Salad Chicken patty & feta cheese = 2.5 oz eq.	Chicken Mac-n-Cheese Fajita chicken & cheese = 2.0 oz eq.	11.25 oz eq.
Fruit: 1 cup daily minimum 5 cups weekly	Diced Pears (½ cup) Orange (½ cup) Total: 1 cup	Fruit cocktail (½ cup) Apple (1 cup) Total: 1½ cups	Pineapple (½ cup) Strawberry cup (½ cup) Total: 1 cup	Diced peaches (½ cup) Banana (½ cup) Total: 1 cup	Mandarin oranges (½ cup) Watermelon (½ cup) Total: 1 cup	5½ cups
Vegetable: 1 cup daily minimum 5 cups weekly	Spinach, tomatoes from sandwich (¼ cup) Minestrone Soup (1 cup credits as ⅝ cup) Steamed corn (½ cup) Total: 1⅜ cups	Taco toppings (½ cup) Southwest Salsa (½ cup credits as ⅜ cup) Refried beans (⅓ cup credits as ¼ cup) Total: 1⅛ cups	Asian Vegetables (½ cup) Carrot sticks (½ cup) Total: 1 cup	Salad ingredients (1⅜ cup) Happy Hummus (¼ cup) Broccoli (½ cup) Total: 2⅛ cups	California Blend (½ cup) Celery sticks (½ cup) Total: 1 cup	6 ⅝ cups
<ul style="list-style-type: none"> Dark Green ½ cup weekly 	⅛ cup	⅛ cup		1 cup		1¾ cups
<ul style="list-style-type: none"> Red/Orange 1¼ cup weekly 	½ cup	¼ cup	½ cup	⅛ cup		1⅜ cups
<ul style="list-style-type: none"> Beans/Peas/Legumes ½ cup weekly 	⅛ cup	⅜ cup		¼ cup		¾ cup
<ul style="list-style-type: none"> Starchy ½ cup weekly 	½ cup					½ cup
<ul style="list-style-type: none"> Other ¾ cup weekly 	⅛ cup	⅛ cup	½ cup	¼ cup		1 cup
<ul style="list-style-type: none"> Additional Vegetable to reach total 1 ½ cup weekly 		¼ cup		½ cup	1 cup	1¾ cups

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Grains (whole grain-rich): 2 ounce equivalent daily minimum ≥ 10 ounce equivalents weekly	2 slices bread (from sandwich) = 2.0 oz eq.	Tortillas (from tacos) = 2.0 oz eq.	Brown rice (1 cup) + Sugar Cookie = 3.0 oz eq.	Chicken patty breading (from salad) & Pita bread (small) = 2.0 oz eq.	Pasta (from mac n' cheese) + Whole Grain Dinner Roll = 2.25 oz eq.	11.25 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.