

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

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

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<ul style="list-style-type: none"> <li>Other ¾ cup weekly</li> </ul>	⅛ cup	⅛ cup	½ cup	¼ cup	1 cup	2 cups
<ul style="list-style-type: none"> <li>Additional Vegetable to reach total 1 ½ cup weekly</li> </ul>		¼ cup				¼ cup
<b>Grains (whole grain-rich):</b> 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) & <b>Sugar Cookie</b> = 3.0 oz eq.	Chicken patty breading (from salad) & Pita bread (small) = 2.0 oz eq.	Pasta (from mac n' cheese) & <b>Whole Grain Dinner Roll</b> = 2.25 oz eq.	11.25 oz eq.
<b>Milk:</b> 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.