

Menu Planning Worksheet: Lunch 9-12 (Week 2)

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Meat/meat alternate: 2 ounce equivalent daily minimum ≥ 10 ounce equivalents weekly	White Chicken Chili Chicken = 2.0 oz eq.	Cheesy Chicken Quesadillas Chicken & Cheese = 2.0 oz eq.	Smothered Chicken Chicken = 2.0 oz eq.	Sweet Potato Lasagna Rolls Turkey = 2.25 oz eq.	Sloppy Joe on Roll Beef crumbles = 2.0 oz eq.	10.25 oz eq.
Fruit: 1 cup daily minimum 5 cups weekly	Blueberries (½ cup) Applesauce (½ cup) Total: 1 cup	Grapes (½ cup) Canned Peaches (½ cup) Total: 1 cup	Fresh plum (½ cup) Canned Pineapple (½ cup) Total: 1 cup	Fresh Kiwi x2 (⅔ cup) Canned Pears (½ cup) Total: 1 ⅓ cups	Watermelon (½ cup) Fruit cocktail (½ cup) Total: 1 cup	5 ⅓ cups
Vegetable: 1 cup daily minimum 5 cups weekly	Chili vegetables (⅔ cup) Honey Dilled Carrots (½ cup) Cauliflower (raw) (½ cup) Total: 1 ⅔ cups	Romaine Salad (1 cup credits as ½ cup) Southwest Salsa (½ cup credits as ⅔ cup) Mexicali corn (¼ cup) Total: 1 ⅛ cups	Veg from smothered chicken (¼ cup) Garlic Mashed Potatoes (½ cup) Broccoli (¼ cup) Total: 1 cup	Veg from roll-ups (½ cup) Asparagus (½ cup) Eggplant (½ cup) Total: 1 ½ cups	Sloppy Joe meat (¼ cup) Baked Beans (½ cup) Rainbow Carrot Crunch (½ cup credits as ⅔ cup) Total: 1 ⅛ cups	6 ⅛ cups
• Dark Green ½ cup weekly		¼ cup	¼ cup			½ cup
• Red/Orange 1 ¼ cup weekly	½ cup	⅛ cup	⅛ cup	⅔ cup	⅔ cup	1 ½ cups
• Beans/Peas (Legumes) ½ cup weekly	¼ cup	⅛ cup			½ cup	⅞ cup
• Starchy ½ cup weekly		⅛ cup	½ cup			⅝ cup
• Other ¾ cup weekly	½ cup	⅔ cup		½ cup		1 ⅔ cups
• Additional Vegetable to reach total 1 ½ cup weekly	⅛ cup	⅛ cup	⅛ cup	⅝ cup	¼ cup	1 ¼ cups

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grains (whole grain-rich): 2 ounce equivalent daily minimum ≥ 10 ounce equivalents weekly	Cornbread Square (x2 pieces) = 2.0 oz eq.	Tortilla (from quesadilla) = 2.0 oz eq.	Biscuit (x2) = 2.0 oz eq.	Lasagna noodle & Whole Grain Dinner Roll = 2.0 oz eq.	Roll (from sloppy joe) & Royal Chocolate Brownie = 2.5 oz eq.	10.5 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.