

Menu Planning Worksheet: Lunch 9-12 (Week 3)

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Meat/meat alternate: 2 ounce equivalent (oz eq) daily ≥ 10 ounce equivalents (oz eq) weekly	North African Gumbo Garbanzo beans & cheese stick = 2.5 oz eq	Crispy Fish Tacos (2) Fish = 2.0 oz eq	Asian Noodle Chicken Salad Chicken & Edamame = 2.0 oz eq	Beefy Nachos Beef & cheese = 2.0 oz eq	Broccoli, Ham & Cheese Pita Ham & cheese = 2.0 oz eq	10.5 oz eq
Fruit: 1 cup daily 5 cups weekly	Green grapes (½ cup) Pears canned (½ cup) Total: 1 cup	Banana (½ cup) Applesauce (½ cup) Total: 1 cup	Pomegranate seeds (½ cup) Mandarin oranges canned (½ cup) Total: 1 cup	Blackberries (½ cup) Fruit cocktail canned (½ cup) Total: 1 cup	Fresh apricot x 2 (½ cup) Strawberry cup (½ cup) USDA Total: 1 cup	5 cups
Vegetable: 1 cup daily 5 cups weekly	Veg from gumbo (¾ cup) Roasted Cauliflower (½ cup) Green Beans (½ cup) Total: 1¾ cups	Veg from tacos (½ cup) Corn/Edamame Salad (½ cup credits as ¾ cup) Sweet potato tots (½ cup) Total: 1¾ cups	Veg from salad (¼ cup) Asian Vegetables (½ cup) Jicama Strips (½ cup) Total: 1¼ cups	Veg from nachos (¼ cup) Cherry tomatoes (½ cup) Black beans (½ cup) Total: 1¼ cups	Veg from pita (½ cup) Brussel Sprouts (½ cup) Total: 1 cup	6¼ cups
• Dark Green ½ cup weekly	½ cup				½ cup	5/8 cup
• Red/Orange 1¼ cup weekly	¼ cup	½ cup	1/8 cup	¾ cup		1 5/8 cups
• Beans/Peas/Legumes ½ cup weekly		1/8 cup		½ cup		5/8 cup
• Starchy ½ cup weekly		1/8 cup	½ cup			5/8 cup
• Other ¾ cup weekly		½ cup			½ cup	1 cup
• Additional Vegetable to reach total 1½ cups weekly	1 cup	1/8 cup	5/8 cup			1¾ cups

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Grains (whole grain-rich): 2 oz eq daily ≥ 10 oz eq weekly	Brown rice (1 cup) = 2.0 oz eq	Tortillas Breeding on fish = 3.0 oz eq	Noodles (salad), Breadstick & Oatmeal Cranberry Cookie = 2.75 oz eq	Tortilla chips (from nachos) = 2.0 oz eq	Pita (from sandwich) = 2.0 oz eq	11.75 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.