

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

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Meat/meat alternate: 2 ounce equivalent daily ≥ 10 ounce equivalents 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) Canned pears (½ cup) Total: 1 cup	Banana (½ cup) Applesauce (½ cup) Total: 1 cup	Pomegranate seeds (½ cup) Canned mandarin oranges (½ cup) Total: 1 cup	Blackberries (½ cup) Canned fruit cocktail (½ cup) Total: 1 cup	Fresh apricot x 2 (½ cup) USDA Strawberry cup (½ cup) Total: 1 cup	5 cups
Vegetable: 1 cup daily 5 cups weekly	Veg from gumbo (⅜ cup) Roasted Cauliflower (½ cup) Green Beans (½ cup) Total: 1 ⅜ cups	Veg from tacos (½ cup) Corn/Edamame Salad (½ cup credits as ⅜ cup) Sweet potato tots (½ cup) Total: 1 ⅜ cups	Veg from salad (¼ cup) Asian Vegetables (½ cup) Jicama Strips (½ cup) Total: 1 ¼ cups	Veg from nachos (¼ cup) Cherry tomatoes (½ cup) Black beans (½ cup) Total: 1 ¼ cups	Veg from pita (½ cup) Brussel Sprouts (½ cup) Total: 1 cup	6 ¼ cups
• Dark Green ½ cup weekly	⅛ cup				½ cup	⅝ cup
• Red/Orange 1 ¼ cup weekly	¼ cup	½ cup	⅛ cup	¾ cup		1 ⅝ cups
• Beans/Peas (Legumes) ½ cup weekly		⅛ cup		½ cup		⅝ cup
• Starchy ½ cup weekly		⅛ cup	½ cup			⅝ cup
• Other ¾ cup weekly		½ cup			½ cup	1 cup
• Additional Vegetable to reach total 1 ½ cups weekly	1 cup	⅛ cup	⅝ cup			1 ¾ cups

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grains (whole grain-rich): 2 ounce equivalent daily ≥ 10 ounce equivalents weekly	Brown rice (1 cup) = 2.0 oz eq.	Tortillas and fish breading (from fish tacos) = 3.0 oz eq.	Noodles (from 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.