

Menu Planning Worksheet: Lunch 9-12 (Week 4)

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Meat/meat alternate: 2 ounce equivalent daily ≥ 10 ounce equivalents weekly	Italian Pizza Sandwich Ground turkey & cheese = 2.0 oz eq.	Bahn Mi Sandwich Chicken & ham = 2.0 oz eq.	Harvest Pot Pie Beef crumbles = 2.0 oz eq.	Beef Chili Beef crumbles = 2.0 oz eq.	Crunchy Hawaiian Chicken Wrap Chicken = 2.0 oz eq.	10.0 oz eq.
Fruit: 1 cup daily 5 cups weekly	Fresh apple (1 cup) Canned peaches (½ cup) Total: 1 ½ cups	Fresh peach (½ cup) Applesauce (½ cup) Total: 1 cup	Dried cherries (¼ cup credits as ½ cup) Canned fruit cocktail (½ cup) Total: 1 cup	Fruit from salad (⅛ cup) Raspberries (½ cup) Canned pears (½ cup) Total: 1 ⅛ cups	Orange (½ cup) Canned pineapple (½ cup) Total: 1 cup	5 ⅝ cups
Vegetable: 1 cup daily 5 cups weekly	Veg from sandwich (¼ cup) Broccoli Cheddar Soup (1 cup credits as ½ cup) Honey Dilled Carrots (½ cup) Total: 1 ¼ cups	Veg from sandwich (¼ cup) Three Bean Salad (½ cup) French fries (½ cup) Total: 1 ¼ cups	Veg from pie (¼ cup) Black beans (½ cup) Total: 1 ¼ cups	Veg from chili (⅜ cup) Super Salad (1 cup credits as ½ cup) Sweet Cinnamon Squash (½ cup) Total: 1 ⅜ cups	Veg from wrap (½ cup) Beets (½ cup) Sugar snap peas (½ cup) Total: 1 ½ cups	6 ⅝ cups
• Dark Green ½ cup weekly	⅜ cup				¼ cup	⅝ cup
• Red/Orange 1 ¼ cup weekly	⅝ cup			¾ cup	⅛ cup	1 ½ cups
• Beans/Peas (Legumes) ½ cup weekly		¼ cup	½ cup			¾ cup
• Starchy ½ cup weekly	⅛ cup	⅝ cup	¾ cup			1 ½ cups
• Other ¾ cup weekly		¼ cup		¼ cup	1 cup	1 ½ cups
• Additional Vegetable to reach total 1 ½ cups weekly	⅛ cup	⅛ cup		⅜ cup	⅛ cup	¾ cup

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Grains (whole grain-rich): 2 ounce equivalent daily ≥ 10 ounce equivalents weekly	Hamburger bun (from sandwich) = 2.0 oz eq.	Hoagie roll (from sandwich) = 2.0 oz eq.	Whole Grain Dinner Roll (x2) & Royal Chocolate Brownie = 2.5 oz eq.	Cornbread Square (x 2 pieces) = 2.0 oz eq.	Tortilla (from wrap) = 2.0 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.