

### Menu Planning Worksheet: Lunch 9-12 (Week 5)

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
<b>Meat/meat alternate:</b> 2 ounce equivalent daily minimum ≥ 10 ounce equivalents weekly	<b>Sweet Potato &amp; Black Bean Stew</b>  Black beans = 2.0 oz eq.	<b>Fiesta Chicken Ranch Fajitas w/ Ranch Pasta Salad</b>  Fajita chicken & cheese from salad = 2.25 oz eq.	<b>Beef Stir Fry w/ Sweet &amp; Sour Broccoli Salad</b>  Beef & edamame = 2.0 oz eq.	<b>Homestyle Meat Spaghetti Sauce</b>  Beef crumbles = 2.0 oz eq.	<b>Philly Chicken Sub</b>  Chicken & cheese = 2.0 oz eq.	10.25 oz eq.
<b>Fruit:</b> 1 cup daily minimum 5 cups weekly	Fresh cantaloupe (½ cup) Applesauce (½ cup)  Total: 1 cup	Fresh plum (½ cup) Canned mandarin oranges (½ cup)  Total: 1 cup	Fruit from salad (⅓ cup) Banana (½ cup) Canned pears (½ cup)  Total: 1 ⅛ cups	Red grapes (½ cup) Craisins (¼ cup serving= ½ cup fruit)  Total: 1 cup	Fresh mango chunks (½ cup) Diced fruit cocktail (½ cup)  Total: 1 cup	5 ⅛ cups
<b>Vegetable:</b> 1 cup daily minimum 5 cups weekly	Veg from stew (⅔ cup) Sweet potato fries (½ cup) Avocado slices (¼ cup)  Total: 1 ⅛ cups	Veg from Fajita (½ cup) <b>Ranch Pasta Salad</b> (2/3 cup credits as ½ cup) Lentils (½ cup)  Total: 1 ½ cups	Veg from stir fry (⅔ cup) <b>SS Broccoli Salad</b> (½ cup credits as ¼ cup) Zucchini (½ cup)  Total: 1 ⅛ cups	Veg from meat sauce (⅓ cup) California Blend (½ cup) Green peas (½ cup)  Total: 1 ⅛ cups	Veg from sandwich (¼ cup) <b>Western Beans</b> (½ cup) <b>Italian Baby Potatoes</b> (½ cup)  Total: 1 ¼ cups	6 ⅛ cups
• Dark Green ½ cup weekly		¼ cup	⅓ cup			⅝ cup
• Red/Orange 1 ¼ cup weekly	¾ cup	⅛ cup	⅛ cup	⅛ cup	⅛ cup	1 ¼ cups
• Beans/Peas (Legumes) ½ cup weekly		½ cup			⅛ cup	⅝ cup
• Starchy ½ cup weekly				½ cup	½ cup	1 cup
• Other ¾ cup weekly	¼ cup	⅛ cup	½ cup	½ cup	¼ cup	1 ⅝ cups
• Additional Vegetable to reach total 1 ½ cup weekly	⅛ cup	½ cup	⅛ cup		¼ cup	1 cup

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<b>Grains (whole grain-rich):</b> 2 ounce equivalent daily minimum ≥ 10 ounce equivalents weekly	<b>Cornbread Square</b> (x 2 pieces) = 2.0 oz eq.	Pasta (from salad) & Tortilla (from fajitas) = 2.5 oz eq.	Brown Rice (1 cup) = 2.0 oz eq.	Spaghetti noodles & Garlic Bread (28 g) = 2.5 oz eq.	Hoagie roll & breading from patty = 2.5 oz eq.	11.5 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.