

### Menu Planning Worksheet: Lunch K-8 (Week 2)

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
<b>Meat/meat alternate:</b> 1 ounce equivalent daily minimum ≥ 9 ounce equivalents weekly	<b>White Chicken Chili</b>  Chicken = 2.0 oz eq.	<b>Cheesy Chicken Quesadilla</b>  Chicken & Cheese = 2.0 oz eq.	<b>Smothered Chicken</b>  Chicken = 2.0 oz eq.	<b>Sweet Potato Lasagna Rolls</b>  Turkey = 2.25 oz eq.	<b>Sloppy Joe on Roll</b>  Beef crumbles = 2.0 oz eq.	10.25 oz eq.
<b>Fruit:</b> ½ cup daily minimum 2½ cups weekly	Blueberries (½ cup)  Total: ½ cup	Grapes (½ cup)  Total: ½ cup	Fresh plum (½ cup)  Total: ½ cup	Fresh Kiwi x2 (⅔ cup)  Total: ⅔ cup	Watermelon (½ cup)  Total: ½ cup	2 ⅔ cups
<b>Vegetable:</b> ¾ cup daily minimum 3¾ cups weekly	Chili vegetables (⅜ cup) <b>Honey Dilled Carrots</b> (½ cup)  Total: ⅞ cup	<b>Romaine Salad</b> (1 cup, credits as ½ cup) <b>Southwest Salsa</b> (½ cup, credits as ⅜ cup) <b>Mexicali corn</b> (¼ cup) Total: 1 ⅞ cups	Veg from smothered chicken (¼ cup) <b>Garlic Mashed Potatoes</b> (½ cup) Broccoli (¼ cup) Total: 1 cup	Veg from roll-ups (½ cup) Asparagus (½ cup) Total: 1 cup	Sloppy Joe meat (¼ cup) <b>Baked Beans</b> (½ cup) <b>Rainbow Carrot Crunch</b> (½ cup credits as ⅜ cup) Total: 1 ⅞ cups	5 ⅞ cups
• Dark Green ½ cup weekly		¼ cup	¼ cup			½ cup
• Red/Orange ¾ cup weekly	½ cup	⅛ cup	⅛ cup	⅜ cup	⅜ 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 ½ cup weekly		½ cup				½ cup
• Additional Vegetable to reach total 1 cup weekly	⅛ cup		⅛ cup	⅝ cup	¼ cup	1 ⅞ cups

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
<b>Grains (whole grain-rich):</b> 1 ounce equivalent daily minimum ≥ 8 ounce equivalents weekly	<b>Cornbread Square</b> = 1.0 oz eq.	Tortilla (from quesadilla) = 2.0 oz eq.	Biscuit (56 g) = 2.0 oz eq.	Lasagna noodle & <b>Whole Grain Dinner Roll</b> = 2.0 oz eq.	Roll (from sloppy joe) = 2.0 oz eq.	9.0 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.