

Menu Planning Worksheet: Lunch K-8 (Week 3)

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Meat/meat alternate: 1 ounce equivalent daily minimum ≥ 9 ounce equivalents weekly	North African Gumbo Garbanzo beans = 1.5 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.	9.5 oz eq.
Fruit: ½ cup daily minimum 2½ cups weekly	Green grapes (½ cup) Total: ½ cup	Applesauce (½ cup) Total: ½ cup	Canned mandarin oranges (½ cup) Total: ½ cup	Blackberries (½ cup) Total: ½ cup	USDA Strawberry cup (½ cup) Total: ½ cup	2 ½ cups
Vegetable: ¾ cup daily minimum 3¾ cups weekly	Veg from gumbo (¾ cup) Roasted Cauliflower (½ cup) Total: 7⁄8 cup	Veg from tacos (½ cup) Corn/Edamame Salad (½ cup credits as ¾ cup) Total: 7⁄8 cup	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, fresh (½ cup) Total: 1 cup	5 ¼ cups
• Dark Green ½ cup weekly	1⁄8 cup				½ cup	5⁄8 cup
• Red/Orange ¾ cup weekly	¼ cup		1⁄8 cup	¾ cup		1 1⁄8 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 ½ cup weekly		½ cup			½ cup	1 cup
• Additional Vegetable to reach total 1 cup weekly	½ cup	1⁄8 cup	5⁄8 cup			1 ¼ cups

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grains (whole grain-rich): 1 ounce equivalent daily minimum ≥ 8 ounce equivalents weekly	Brown rice (½ cup) = 1.0 oz eq.	Tortillas and fish breading (from fish tacos) = 3.0 oz eq.	Noodles (from salad) & Oatmeal Cranberry Cookie = 1.75 oz eq.	Tortilla chips (from nachos) = 2.0 oz eq.	Pita (from sandwich) = 2.0 oz eq.	9.75 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.