

Menu Planning Worksheet: Lunch K-8 (Week 4)

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Meat/meat alternate: 1 ounce equivalent daily minimum ≥ 9 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: ½ cup daily minimum 2½ cups weekly	Canned peaches (½ cup) Total: ½ cup	Blueberries (½ cup) Total: ½ cup	Canned fruit cocktail (½ cup) Total: ½ cup	Raspberries (½ cup) Fruit from Super Salad (⅛ cup) Total: ⅝ cup	Canned pineapple (½ cup) Total: ½ cup	2 ⅝ cups
Vegetable: ¾ cup daily minimum 3¾ cups weekly	Veg from sandwich (¼ cup) Honey Dilled Carrots (½ cup) Total: ¾ cup	Veg from sandwich (¼ cup) Three Bean Salad (½ cup) Total: ¾ cup	Veg from pie (¾ cup) Black beans (½ cup) Total: 1 ¼ cups	Veg from chili (⅜ cup) Sweet Cinnamon Squash (½ cup) Super Salad (1 cup, credits as ½ cup) Total: 1 ⅜ cups	Veg from wrap (½ cup) Broccoli, fresh (½ cup) Sugar snap peas (½ cup) Total: 1 ½ cups	5 ⅝ cups
• Dark Green ½ cup weekly					¾ cup	¾ cup
• Red/Orange ¾ 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	¾ cup			⅞ cup
• Other ½ cup weekly		¼ cup		¼ cup	½ cup	1 cup
• Additional Vegetable to reach total 1 cup weekly	⅛ cup	⅛ cup		⅜ cup	⅛ cup	¾ cup

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grains (whole grain-rich): 1 ounce equivalent daily minimum ≥ 8 ounce equivalents weekly	Hamburger bun (from sandwich) = 2.0 oz eq.	Hoagie roll (from sandwich) = 2.0 oz eq.	Whole Grain Dinner Roll & Royal Chocolate Brownie = 1.5 oz eq.	Cornbread Square = 1.0 oz eq.	Tortilla (from wrap) = 2.0 oz eq.	8.5 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.