

### Menu Planning Worksheet: Lunch K-8 (Week 5)

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
<b>Meat/meat alternate:</b> 1 ounce equivalent daily minimum ≥ 9 ounce equivalents weekly	<b>Sweet Potato &amp; Black Bean Stew</b>  Black beans = 2.0 oz eq.	<b>Fiesta Chicken Ranch Fajitas</b>  Fajita chicken = 2.0 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.	10.0 oz eq.
<b>Fruit:</b> ½ cup daily minimum 2½ cups weekly	Fresh cantaloupe (½ cup)  Total: ½ cup	Fresh plum (½ cup)  Total: ½ cup	Fruit from salad (⅛ cup) Banana (½ cup) Total: ⅝ cup	Red grapes (½ cup)  Total: ½ cup	Fresh mango chunks (½ cup)  Total: ½ cup	2 ⅝ cups
<b>Vegetable:</b> ¾ cup daily minimum 3¾ cups weekly	Veg from stew (⅜ cup) Avocado, slices (½ cup)  Total: ⅞ cup	Veg from fajita (½ cup) Lentils (½ cup)  Total: 1 cup	Veg from stir fry (⅜ cup) <b>Sweet &amp; Sour Broccoli Salad</b> (½ cup credits as ¼ cup) Sautéed zucchini (½ cup) Total: 1 ⅛ cups	Veg from meat sauce (⅛ cup) California Blend (½ cup) Sugar snap 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	5 ⅜ cups
• Dark Green ½ cup weekly		⅛ cup	⅜ cup			½ cup
• Red/Orange ¾ cup weekly	¼ cup	⅛ cup	⅛ cup	⅛ cup	⅛ cup	¾ cup
• Beans/Peas (Legumes) ½ cup weekly		½ cup			⅛ cup	⅝ cup
• Starchy ½ cup weekly					½ cup	½ cup
• Other ½ cup weekly	½ cup		½ cup	1 cup	¼ cup	2 ¼ cups
• Additional Vegetable to reach total 1 cup weekly	⅛ cup	¼ cup	⅛ cup		¼ cup	¾ cup

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<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 fajitas) = 2.0 oz eq.	Brown Rice (½ cup) = 1.0 oz eq.	Spaghetti noodles = 1.5 oz eq.	Hoagie roll & breading from patty = 2.5 oz eq.	8 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.