

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

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Meat/meat alternate: 1 ounce equivalent (oz eq) daily minimum ≥ 9 ounce equivalents (oz eq) weekly	Sweet Potato & Black Bean Stew Black beans = 2.0 oz eq	Fiesta Chicken Ranch Fajitas Fajita chicken = 2.0 oz eq	Beef Stir Fry w/ Sweet & Sour Broccoli Salad Beef & edamame = 2.0 oz eq	Homestyle Meat Spaghetti Sauce Beef crumbles = 2.0 oz eq	Philly Chicken Sub Chicken & cheese = 2.0 oz eq	10.0 oz eq
Fruit: ½ cup daily minimum 2½ cups weekly	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	Mango chunks (½ cup) Total: ½ cup	2⅝ cups
Vegetable: ¾ cup daily minimum 3¾ cups weekly	Stew veggies (⅔ cup) Avocado, slices (½ cup) Total: ⅞ cup	Fajita veggies (½ cup) Lentils (½ cup) Total: 1 cup	Stir fry veggies (⅔ cup) Sweet & Sour Broccoli Salad (½ cup = ¼ cup) Sautéed zucchini (½ cup) Total: 1⅞ cups	Veg from sauce (⅛ cup) California Blend (½ cup) Sugar snap peas (½ cup) Total: 1⅞ cups	Sandwich veggies (¼ cup) Western Beans (½ cup) Italian Baby Potatoes (½ cup) Total: 1¼ cups	5⅜ cups
<ul style="list-style-type: none"> Dark Green ½ cup weekly 		⅛ cup	⅜ cup			½ cup
<ul style="list-style-type: none"> Red/Orange ¾ cup weekly 	¼ cup	⅛ cup	⅛ cup	⅛ cup	⅛ cup	¾ cup
<ul style="list-style-type: none"> Beans/Peas/Legumes ½ cup weekly 		½ cup			⅛ cup	⅝ cup
<ul style="list-style-type: none"> Starchy ½ cup weekly 					½ cup	½ cup
<ul style="list-style-type: none"> Other ½ cup weekly 	½ cup		½ cup	1 cup	¼ cup	2¼ cups
<ul style="list-style-type: none"> Additional Vegetable to reach total 1 cup weekly 	⅛ cup	¼ cup	⅛ cup		¼ cup	¾ cup

Component	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grains (whole grain-rich): 1 oz eq daily minimum ≥ 8 oz eq weekly	Cornbread Square = 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
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.