**Menu Planning Worksheet: Lunch 9-12 (Week 2)**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- |
| **Meat/meat alternate:**  2 ounce equivalent (oz eq) daily minimum  ≥ 10 ounce equivalents (oz eq) weekly | **White Chicken Chili**  Chicken  = 2.0 oz eq | **Cheesy Chicken Quesadillas**  Chicken & Cheese  = 2.0 oz eq | **Smothered Chicken**  Chicken  = 2.0 oz eq | **Sweet Potato Lasagna Rolls**  Turkey  = 2.25 oz eq | **Sloppy Joe**  **on Roll**  Beef crumbles  = 2.0 oz eq | 10.25 oz eq |
| **Fruit:**  1 cup daily minimum  5 cups weekly | Blueberries  (½ cup)  Applesauce  (½ cup)  Total: 1 cup | Grapes  (½ cup)  Canned Peaches  (½ cup)  Total: 1 cup | Fresh plum  (½ cup)  Canned Pineapple (½ cup)  Total: 1 cup | Fresh Kiwi x2  (⅔ cup)  Canned Pears  (½ cup)  Total: 1⅓ cups | Watermelon  (½ cup)  Fruit cocktail  (½ cup)  Total: 1 cup | 5⅓ cups |
| **Vegetable:**  1 cup daily minimum  5 cups weekly | Chili vegetables  (⅜ cup)  **Honey Dilled Carrots**  (½ cup)  Cauliflower (raw)  (½ cup)  Total: 1⅜ cups | **Romaine Salad**  (1 cup = ½ cup)  **Southwest Salsa**  (½ cup credits as ⅜ cup)  **Mexicali corn**  (¼ cup)  Total: 1⅛ cups | Entrée Veggies  (¼ cup)  **Garlic Mashed Potatoes**  (½ cup)  Broccoli  (¼ cup)  Total: 1 cup | Veg from roll-ups  (½ cup)  Asparagus  (½ cup)  Eggplant  (½ cup)  Total: 1½ cups | Sloppy Joe  (¼ cup)  **Baked Beans**  (½ cup)  **Rainbow Carrot Crunch** (½ cup credits as ⅜ cup)  Total: 1⅛ cups | 6⅛ cups |
| * Dark Green   ½ cup weekly |  | ¼ cup | ¼ cup |  |  | ½ cup |
| * Red/Orange   1¼ cup weekly | ½ cup | ⅛ cup | ⅛ cup | ⅜ cup | ⅜ cup | 1½ 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   ¾ cup weekly | ½ cup | ⅜ cup |  | ½ cup |  | 1⅜ cups |
| * Additional Vegetable to reach total   1½ cup weekly | ⅛ cup | ⅛ cup | ⅛ cup | ⅝ cup | ¼ cup | 1¼ cups |
| **Grains (whole grain-rich):**  2 oz eq daily minimum  ≥ 10 oz eq weekly | **Cornbread Square**  (x 2 pieces)  = 2.0 oz eq | Tortilla  (from quesadilla)  = 2.0 oz eq | Biscuit (x2)  = 2.0 oz eq | Lasagna noodle & **Whole Grain Dinner Roll**  = 2.0 oz eq | Roll  (Sloppy Joe) & **Royal Chocolate Brownie**  = 2.5 oz eq | 10.5 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.