**Menu Planning Worksheet: Lunch 9-12 (Week 3)**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- |
| **Meat/meat alternate:**  2 ounce equivalent (oz eq) daily  ≥ 10 ounce equivalents (oz eq) weekly | **North African Gumbo**  Garbanzo beans & cheese stick  = 2.5 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 | 10.5 oz eq |
| **Fruit:**  1 cup daily  5 cups weekly | Green grapes  (½ cup)  Pears canned  (½ cup)  Total: 1 cup | Banana  (½ cup)  Applesauce  (½ cup)  Total: 1 cup | Pomegranate seeds (½ cup) Mandarin oranges canned  (½ cup)  Total: 1 cup | Blackberries  (½ cup)  Fruit cocktail canned  (½ cup)  Total: 1 cup | Fresh apricot x 2  (½ cup)  Strawberry cup  (½ cup) USDA  Total: 1 cup | 5 cups |
| **Vegetable:**  1 cup daily  5 cups weekly | Veg from gumbo  (⅜ cup)  **Roasted Cauliflower**  (½ cup)  Green Beans  (½ cup)  Total: 1⅜ cups | Veg from tacos  (½ cup)  **Corn/Edamame Salad** (½ cup credits as ⅜ cup)  Sweet potato tots (½ cup)  Total: 1⅜ cups | Veg from salad  (¼ cup)  **Asian Vegetables**  (½ cup)  Jicama Strips  (½ cup)  Total: 1¼ cups | Veg from nachos  (¼ cup)  Cherry tomatoes  (½ cup)  Black beans  (½ cup)  Total: 1¼ cups | Veg from pita  (½ cup)  Brussel Sprouts  (½ cup)  Total: 1 cup | 6¼ cups |
| * Dark Green   ½ cup weekly | ⅛ cup |  |  |  | ½ cup | ⅝ cup |
| * Red/Orange   1¼ cup weekly | ¼ cup | ½ cup | ⅛ cup | ¾ cup |  | 1⅝ cups |
| * Beans/Peas/Legumes   ½ cup weekly |  | ⅛ cup |  | ½ cup |  | ⅝ cup |
| * Starchy   ½ cup weekly |  | ⅛ cup | ½ cup |  |  | ⅝ cup |
| * Other   ¾ cup weekly |  | ½ cup |  |  | ½ cup | 1 cup |
| * Additional Vegetable to reach total   1½ cups weekly | 1 cup | ⅛ cup | ⅝ cup |  |  | 1¾ cups |
| **Grains (whole grain-rich):**  2 oz eq daily  ≥ 10 oz eq weekly | Brown rice  (1 cup)  = 2.0 oz eq | Tortillas  Breading on fish  = 3.0 oz eq | Noodles (salad), Breadstick & **Oatmeal Cranberry Cookie**  = 2.75 oz eq | Tortilla chips (from nachos)  = 2.0 oz eq | Pita  (from sandwich)  = 2.0 oz eq | 11.75 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.