**Menu Planning Worksheet: Lunch 9-12 (Week 4)**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- |
| **Meat/meat alternate:**2 ounce equivalent (oz eq) daily≥ 10 ounce equivalents (oz eq) 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:**1 cup daily5 cups weekly | Fresh apple(1 cup)Canned peaches(½ cup)Total: 1½ cups | Fresh peach(½ cup)Applesauce(½ cup)Total: 1 cup | Dried cherries(¼ cup = ½ cup)Fruit cocktail(½ cup)Total: 1 cup | Fruit from salad(⅛ cup)Raspberries(½ cup)Pears canned(½ cup)Total: 1⅛ cups | Orange(½ cup)Pineapple canned(½ cup)Total: 1 cup | 5⅝ cups |
| **Vegetable:**1 cup daily5 cups weekly | Veg from sandwich(¼ cup)**Broccoli Cheddar Soup** (1 cup = ½ cup)**Honey Dilled Carrots**(½ cup)Total: 1¼ cups | Veg from sandwich(¼ cup)**3 Bean Salad**(½ cup)French fries(½ cup)Total: 1¼ cups | Veg from pie(¾ cup)Black beans(½ cup)Total: 1¼ cups | Veg from chili(⅜ cup)**Super Salad**(1 cup = ½ cup)**Sweet Cinnamon Squash**(½ cup)Total: 1⅜ cups | Veg from wrap(½ cup)Beets(½ cup)Sugar snap peas(½ cup)Total: 1½ cups | 6⅝ cups |
| * Dark Green

½ cup weekly | ⅜ cup |  |  |  | ¼ cup | ⅝ cup |
| * Red/Orange

1¼ cup weekly | ⅝ cup |  |  | ¾ cup | ⅛ cup | 1½ cups |
| * Beans/Peas/Legumes

½ cup weekly |  | ¼ cup | ½ cup |  |  | ¾ cup |
| * Starchy

½ cup weekly | ⅛ cup | ⅝ cup | ¾ cup |  |  | 1½ cups |
| * Other

¾ cup weekly |  | ¼ cup |  | ¼ cup | 1 cup | 1½ cups |
| * Additional Vegetable to reach total

1½ cups weekly | ⅛ cup | ⅛ cup |  | ⅜ cup | ⅛ cup | ¾ cup |
| **Grains (whole grain-rich):**2 oz eq daily≥ 10 oz eq weekly | Hamburger bun (from sandwich)= 2.0 oz eq | Hoagie roll(from sandwich)= 2.0 oz eq | **Whole Grain Dinner Roll** (x2) **Royal Chocolate Brownie**= 2.5 oz eq | **Cornbread Square** (x 2)= 2.0 oz eq | Tortilla(from wrap)= 2.0 oz eq | 10.5 oz eq. |
| **Milk:**1 cup daily & 5 cups weeklyAt least two varieties required | Half-pint milkchoice | Half-pint milk choice | Half-pint milk choice | Half-pint milk choice | Half-pint milk choice | 5 cups |

Items in **bold** have a recipe.