**Menu Planning Worksheet: Lunch 9-12 – 7-Day Week**

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| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Total** |
| **Meat/meat alternate:**  2 ounce equivalent daily  ≥ 14 ounce equivalents weekly | Min:  Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: |
| **Fruit:**  1 cup daily  7 cups weekly |  |  |  |  |  |  |  |  |
| **Vegetable:**  1 cup daily  7 cups weekly |  |  |  |  |  |  |  |  |
| * Dark/Green   ½ cup weekly |  |  |  |  |  |  |  |  |
| * Red/Orange   1 1/4 cup weekly |  |  |  |  |  |  |  |  |
| * Beans/Peas (Legumes)   ½ cup weekly |  |  |  |  |  |  |  |  |
| * Starchy   ½ cup weekly |  |  |  |  |  |  |  |  |
| * Other   ¾ cup weekly |  |  |  |  |  |  |  |  |
| * Additional Vegetable to reach total   3 ½ cups weekly |  |  |  |  |  |  |  |  |
| **Grains:**  2 ounce equivalent daily  ≥ 14 ounce equivalents weekly | Min: Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: | Min: Max: |
| **Milk:**  1 cup daily  7 cups weekly  At least two varieties required |  |  |  |  |  |  |  |  |