**Menu Planning Worksheet: Lunch 9-12 (Week 1)**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- |
| **Meat/meat alternate:**  2 ounce equivalent daily minimum  ≥ 10 ounce equivalents weekly | **Tuscan Grilled Cheese Sandwich**  Cheese slices  = 2.0 oz eq. | **Soft Shell Tacos**  **(2 tacos)**  Meat & cheese (tacos)= 2.5 oz eq.  Cheese from beans=0.25 oz eq.  Total= 2.75 oz eq. | **Turkey Meatballs in Asian Sauce**  Meatballs (5)  = 2.0 oz eq. | **Greek Chicken Salad**  Chicken patty & feta cheese  = 2.5 oz eq. | **Chicken**  **Mac-n-Cheese**  Fajita chicken & cheese  = 2.0 oz eq. | 11.25 oz eq. |
| **Fruit:**  1 cup daily minimum  5 cups weekly | Diced Pears  (½ cup)  Orange  (½ cup)  Total: 1 cup | Fruit cocktail  (½ cup)  Apple  (1 cup)  Total: 1½ cups | Pineapple  (½ cup)  Strawberry cup  (½ cup)  Total: 1 cup | Diced peaches  (½ cup)  Banana  (½ cup)  Total: 1 cup | Mandarin oranges (½ cup)  Watermelon  (½ cup)  Total: 1 cup | 5½ cups |
| **Vegetable:**  1 cup daily minimum  5 cups weekly | Spinach, tomatoes from sandwich  (¼ cup)  **Minestrone Soup**  (1 cup credits  as ⅝ cup)  Steamed corn  (½ cup)  Total: 1⅜ cups | Taco toppings  (½ cup)  **Southwest Salsa**  (½ cup credits  as ⅜ cup)  **Refried beans**  (⅓ cup credits  as ¼ cup)  Total: 1⅛ cups | **Asian Vegetables** (½ cup)  Carrot sticks  (½ cup)  Total: 1 cup | Salad ingredients  (1⅜ cup)  **Happy Hummus**  (¼ cup)  Broccoli (½ cup)  Total: 2⅛ cups | California Blend  (½ cup)  Celery sticks  (½ cup)  Total: 1 cup | 6 ⅝ cups |
| * Dark Green   ½ cup weekly | ⅛ cup | ⅛ cup |  | 1 cup |  | 1¾ cups |
| * Red/Orange   1¼ cup weekly | ½ cup | ¼ cup | ½ cup | ⅛ cup |  | 1⅜ cups |
| * Beans/Peas/Legumes   ½ cup weekly | ⅛ cup | ⅜ cup |  | ¼ cup |  | ¾ cup |
| * Starchy   ½ cup weekly | ½ cup |  |  |  |  | ½ cup |
| * Other   ¾ cup weekly | ⅛ cup | ⅛ cup | ½ cup | ¼ cup |  | 1 cup |
| * Additional Vegetable to reach total   1 ½ cup weekly |  | ¼ cup |  | ½ cup | 1 cup | 1¾ cups |
| **Grains (whole grain-rich):**  2 ounce equivalent daily minimum  ≥ 10 ounce equivalents weekly | 2 slices bread (from sandwich)  = 2.0 oz eq. | Tortillas  (from tacos)  = 2.0 oz eq. | Brown rice  (1 cup)  + **Sugar Cookie**  = 3.0 oz eq. | Chicken patty breading  (from salad) &  Pita bread (small)  = 2.0 oz eq. | Pasta (from mac n’ cheese) + **Whole Grain Dinner Roll**  = 2.25 oz eq. | 11.25 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.