**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 weeklyAt 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.