**Menu Planning Worksheet: Lunch 9-12 (Week 2)**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- |
| **Meat/meat alternate:**2 ounce equivalent (oz eq) daily minimum≥ 10 ounce equivalents (oz eq) weekly | **White Chicken Chili**Chicken= 2.0 oz eq | **Cheesy Chicken Quesadillas**Chicken & Cheese= 2.0 oz eq | **Smothered Chicken**Chicken= 2.0 oz eq | **Sweet Potato Lasagna Rolls**Turkey= 2.25 oz eq | **Sloppy Joe****on Roll**Beef crumbles= 2.0 oz eq | 10.25 oz eq |
| **Fruit:**1 cup daily minimum5 cups weekly | Blueberries(½ cup)Applesauce(½ cup)Total: 1 cup | Grapes(½ cup)Canned Peaches(½ cup)Total: 1 cup | Fresh plum(½ cup)Canned Pineapple (½ cup)Total: 1 cup | Fresh Kiwi x2(⅔ cup)Canned Pears(½ cup)Total: 1⅓ cups | Watermelon(½ cup)Fruit cocktail(½ cup)Total: 1 cup | 5⅓ cups |
| **Vegetable:**1 cup daily minimum 5 cups weekly | Chili vegetables(⅜ cup)**Honey Dilled Carrots**(½ cup)Cauliflower (raw)(½ cup)Total: 1⅜ cups | **Romaine Salad**(1 cup = ½ cup)**Southwest Salsa**(½ cup credits as ⅜ cup)**Mexicali corn**(¼ cup)Total: 1⅛ cups | Entrée Veggies(¼ cup)**Garlic Mashed Potatoes**(½ cup)Broccoli(¼ cup)Total: 1 cup | Veg from roll-ups(½ cup)Asparagus(½ cup)Eggplant(½ cup)Total: 1½ cups | Sloppy Joe(¼ cup)**Baked Beans**(½ cup)**Rainbow Carrot Crunch** (½ cup credits as ⅜ cup)Total: 1⅛ cups | 6⅛ cups |
| * Dark Green

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

1¼ cup weekly  | ½ cup | ⅛ cup | ⅛ cup | ⅜ cup | ⅜ cup | 1½ cups |
| * Beans/Peas/Legumes

½ cup weekly | ¼ cup | ⅛ cup |  |  | ½ cup | ⅞ cup |
| * Starchy

½ cup weekly |  | ⅛ cup | ½ cup |  |  |  ⅝ cup |
| * Other

¾ cup weekly | ½ cup | ⅜ cup |  | ½ cup |  | 1⅜ cups |
| * Additional Vegetable to reach total

1½ cup weekly | ⅛ cup | ⅛ cup | ⅛ cup | ⅝ cup | ¼ cup | 1¼ cups |
| **Grains (whole grain-rich):**2 oz eq daily minimum≥ 10 oz eq weekly | **Cornbread Square**(x 2 pieces)= 2.0 oz eq | Tortilla(from quesadilla)= 2.0 oz eq | Biscuit (x2)= 2.0 oz eq | Lasagna noodle & **Whole Grain Dinner Roll**= 2.0 oz eq | Roll(Sloppy Joe) & **Royal Chocolate Brownie**= 2.5 oz eq | 10.5 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.