**Menu Planning Worksheet: Lunch K-8 (Week 3)**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- |
| **Meat/meat alternate:**1 ounce equivalent (oz eq) daily minimum≥ 9 ounce equivalents (oz eq) weekly | **North African Gumbo**Garbanzo beans= 1.5 oz eq | **Crispy Fish Tacos (2)**Fish= 2.0 oz eq | **Asian Noodle Chicken Salad**Chicken & Edamame= 2.0 oz eq | **Beefy Nachos**Beef & cheese= 2.0 oz eq | **Broccoli, Ham & Cheese Pita**Ham & cheese= 2.0 oz eq | 9.5 oz eq |
| **Fruit:**½ cup daily minimum2½ cups weekly | Green grapes(½ cup)Total: ½ cup | Applesauce(½ cup)Total: ½ cup | Mandarin oranges(½ cup) cannedTotal: ½ cup | Blackberries(½ cup)Total: ½ cup | Strawberry cup(½ cup) USDATotal: ½ cup | 2½ cups  |
| **Vegetable:**¾ cup daily minimum 3¾ cups weekly | Veg from gumbo(⅜ cup)**Roasted Cauliflower**(½ cup)Total: ⅞ cup | Veg from tacos(½ cup)**Corn/Edamame Salad**(½ cup = ⅜ cup)Total: ⅞ cup | Veg from salad(¼ cup)**Asian Vegetables**(½ cup)Jicama Strips(½ cup)Total: 1¼ cups | Veg from nachos(¼ cup)Cherry tomatoes(½ cup)Black beans(½ cup)Total: 1¼ cups | Veg from pita(½ cup)Brussel Sprouts, fresh(½ cup)Total: 1 cup | 5¼ cups |
| * Dark Green

½ cup weekly | ⅛ cup |  |  |  | ½ cup | ⅝ cup |
| * Red/Orange

¾ cup weekly  | ¼ cup |  | ⅛ cup | ¾ cup |  | 1⅛ cups |
| * Beans/Peas/Legumes

½ cup weekly |  | ⅛ cup |  | ½ cup |  | ⅝ cup |
| * Starchy

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

½ cup weekly |  | ½ cup |  |  | ½ cup | 1 cup |
| * Additional Vegetable to reach total

1 cup weekly | ½ cup | ⅛ cup | ⅝ cup |  |  | 1¼ cups |
| **Grains (whole grain-rich):**1 oz eq daily minimum≥ 8 oz eq weekly | Brown rice(½ cup)= 1.0 oz eq | Tortillas & Breading on fish= 3.0 oz eq | Noodles (salad) & **Oatmeal Cranberry Cookie**= 1.75 oz eq | Tortilla chips (from nachos)= 2.0 oz eq | Pita(from sandwich)= 2.0 oz eq | 9.75 oz eq  |
| **Milk:**1 cup daily & 5 cups weeklyAt least two varieties required | Half-pint milk choice | Half-pint milk choice | Half-pintmilk choice | Half-pintmilk choice | Half-pintmilk choice | 5 cups |

Items in **bold** have a recipe.