**Menu Planning Worksheet: Lunch K-8 (Week 4)**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- |
| **Meat/meat alternate:**  1 ounce equivalent (oz eq) daily minimum  ≥ 9 ounce equivalents (oz eq) weekly | **Italian Pizza Sandwich**  Ground turkey & cheese  = 2.0 oz eq | **Bahn Mi Sandwich**  Chicken & ham  = 2.0 oz eq | **Harvest Pot Pie**  Beef crumbles  = 2.0 oz eq | **Beef Chili**  Beef crumbles  = 2.0 oz eq | **Crunchy Hawaiian Chicken Wrap**  Chicken  = 2.0 oz eq | 10.0 oz eq |
| **Fruit:**  ½ cup daily minimum  2½ cups weekly | Peaches canned  (½ cup)  Total: ½ cup | Blueberries  (½ cup)  Total: ½ cup | Fruit cocktail  (½ cup)  Total: ½ cup | Raspberries  (½ cup)  **Super Salad**  (⅛ cup) fruit  Total: ⅝ cup | Pineapple canned  (½ cup)  Total: ½ cup | 2 ⅝ cups |
| **Vegetable:**  ¾ cup daily minimum  3¾ cups weekly | Veg from  sandwich  (¼ cup)  **Honey Dilled Carrots**  (½ cup)  Total: ¾ cup | Veg from sandwich  (¼ cup)  **3 Bean Salad**  (½ cup)  Total: ¾ cup | Veg from pie  (¾ cup)  Black beans  (½ cup)  Total: 1 ¼ cups | Veg from chili  (⅜ cup)  **Sweet Cinnamon Squash**  (½ cup)  **Super Salad**  (1 cup = ½ cup)  Total: 1 ⅜ cups | Veg from wrap  (½ cup)  Broccoli, fresh  (½ cup)  Sugar snap peas  (½ cup)  Total: 1 ½ cups | 5 ⅝ cups |
| * Dark Green   ½ cup weekly |  |  |  |  | ¾ cup | ¾ cup |
| * Red/Orange   ¾ cup weekly | ⅝ cup |  |  | ¾ cup | ⅛ cup | 1 ½ cups |
| * Beans/Peas/Legumes   ½ cup weekly |  | ¼ cup | ½ cup |  |  | ¾ cup |
| * Starchy   ½ cup weekly |  | ⅛ cup | ¾ cup |  |  | ⅞ cup |
| * Other   ½ cup weekly |  | ¼ cup |  | ¼ cup | ½ cup | 1 cup |
| * Additional Vegetable to reach total   1 cup weekly | ⅛ cup | ⅛ cup |  | ⅜ cup | ⅛ cup | ¾ cup |
| **Grains (whole grain-rich):**  1 oz eq daily minimum  ≥ 8 oz eq weekly | Hamburger bun (from sandwich)  = 2.0 oz eq | Hoagie roll  (from sandwich)  = 2.0 oz eq | **Whole Grain Dinner Roll & Royal Chocolate Brownie**  = 1.5 oz eq | **Cornbread Square**  = 1.0 oz eq | Tortilla  (from wrap)  = 2.0 oz eq | 8.5 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.