

### Grades 9-12 Lunch Menu Sample - Seven Day

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Grade Group: **9-12**

|                                                                                                                           |                                   | Day 1                               | Day 2                               | Day 3                                    | Day 4                          | Day 5                              | Day 6                      | Day 7                       |
|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------|------------------------------------------|--------------------------------|------------------------------------|----------------------------|-----------------------------|
| COMPONENTS ↓                                                                                                              | MENU NAME →                       | Monday                              | Tuesday                             | Wednesday                                | Thursday                       | Friday                             | Saturday                   | Sunday                      |
| <b>Meat/Meat Alternates</b><br><br>Daily minimum:<br>2 oz. eq.<br><br>Weekly minimum:<br>14 oz. eq.                       | Item                              | Oven Roasted Chicken                | Apple 'n Yogurt Dippers with Cheese | Seashells and Meatballs (CN)             | Porcupine Sliders (USDA F-10r) | Breaded Fish (CN) Taco with Cheese | Turkey Corn Dog (CN)       | Beef Stir Fry (USDA – D39A) |
|                                                                                                                           | Portion                           | 1 breast or 1 thigh or 2 drumsticks | 4 oz. (1/2 c)/1 oz.                 | 2.85 oz. (5 each at 0.5 oz.)             | 2 each = 4 oz.                 | 2 oz./ 0.5 oz.                     | 4 oz.                      | 3/4 cup                     |
|                                                                                                                           | Contribution (oz. eq.)            | 2 M/MA                              | 2 M/MA                              | 2 M/MA                                   | 4 M/MA                         | 2 M/MA                             | 2 M/MA                     | 2 M/MA                      |
|                                                                                                                           | 2 <sup>nd</sup> Item (If planned) |                                     |                                     |                                          |                                |                                    |                            |                             |
|                                                                                                                           | Portion                           |                                     |                                     |                                          |                                |                                    |                            |                             |
|                                                                                                                           | Contribution (oz. eq.)            |                                     |                                     |                                          |                                |                                    |                            |                             |
| <b>Grains</b><br><br>Daily minimum:<br>2 oz. eq.<br><br>Weekly minimum:<br>14 oz. eq.                                     | Item                              | WGR Biscuit                         | WGR Soft Pretzel                    | WG Seashells/ WG Bread Stick             | (2) WG Mini Roll               | WG Tortilla                        | WG Turkey Corndog Breeding | Brown Rice                  |
|                                                                                                                           | Portion                           | 2 oz. = 2 oz. eq.                   | 2 oz. = 2 oz. eq.                   | 1/2 cup = 1 oz. eq.<br>1 oz. = 1 oz. eq. | 1 Roll = 1 oz. eq.             | 6" (1 oz.) = 1 oz. eq.             | 4 oz. = 2 oz. eq.          | 1/2 cup = 1 oz. eq.         |
|                                                                                                                           | Contribution (oz. eq.)            | 2 oz. eq.                           | 2 oz. eq.                           | 2 oz. eq.                                | 2 oz. eq.                      | 1 oz. eq.                          | 2 oz. eq.                  | 1 oz. eq.                   |
|                                                                                                                           | 2 <sup>nd</sup> Item (If planned) |                                     |                                     |                                          |                                | WG Tortilla Chips                  |                            | WW Dinner Roll              |
|                                                                                                                           | Portion                           |                                     |                                     |                                          |                                | 1 oz. (about 12 chips)             |                            | 1 oz.                       |
|                                                                                                                           | Contribution (oz. eq.)            |                                     |                                     |                                          |                                | 1 oz. eq.                          |                            | 1 oz. eq.                   |
| <b>Fruits</b><br>If planned, 100% Juice can be <i>no more than ½ of total</i> (e.g. ½ cup)<br><br>Daily minimum:<br>1 cup | Item                              | Chilled Peach Slices                | Red Apple (138 ct.)                 | Fresh Pineapple Chunks                   | Chilled Mandarin Oranges       | Fresh Florida Berry Cup            | Fresh Pear (150 ct.)       | Melon Cup                   |
|                                                                                                                           | Portion in cups                   | 1/2 cup                             | 1 cup                               | 1/2 cup                                  | 1/2 cup                        | 1/2 cup                            | 1/2 cup                    | 1 cup                       |
|                                                                                                                           | 2 <sup>nd</sup> Item (If planned) | 100% Orange-Pineapple Juice         |                                     | Chilled Fruit Cocktail                   | Red Grapes                     | Banana                             | Peach Slices               |                             |
|                                                                                                                           | Portion in cups                   | 1/2 cup                             |                                     | 1/2 cup                                  | 1/2 cup                        | 1/2 cup                            | 1/2 cup                    |                             |

Abbreviations: oz. eq. = ounce equivalent, WGR = whole grain-rich, M/MA = meats/meat alternates Effective August 1, 2020 | FDACS Rev. 7/2021

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| Vegetables Minimum <b>1 cup per day</b>               |                 | Day 1                   | Day 2                          | Day 3                         | Day 4                    | Day 5                       | Day 6                                    | Day 7                          |
|-------------------------------------------------------|-----------------|-------------------------|--------------------------------|-------------------------------|--------------------------|-----------------------------|------------------------------------------|--------------------------------|
| <b>Dark Green</b><br>Weekly minimum:<br>1/2 cup       | Item            | Steamed Broccoli        |                                | Romaine Garden Salad          |                          | Chopped Romaine (Fish Taco) |                                          |                                |
|                                                       | Portion in cups | 1/2 cup                 |                                | 1 cup<br>(credits as 1/2 cup) |                          | ¼ cup (Credits as 1/8 cup)  |                                          |                                |
| <b>Red/Orange</b><br>Weekly minimum:<br>1 ¼ cup       | Item            |                         | Carrot Sticks                  | Spaghetti Sauce               | Baked Sweet Potato Fries | Diced Tomatoes (Fish Taco)  |                                          | Honey Glazed Baby Carrots      |
|                                                       | Portion in cups |                         | 1/2 cup                        | 1/4 cup                       | 1/2 cup                  | 1/8 cup                     |                                          | 1/2 cup                        |
| <b>Beans</b><br>Weekly minimum:<br>1/2 cup            | Item            |                         |                                |                               |                          | Black Beans                 |                                          |                                |
|                                                       | Portion in cups |                         |                                |                               |                          | 1/2 cup                     |                                          |                                |
| <b>Starchy</b><br>Weekly minimum:<br>1/2 cup          | Item            | Mashed Potatoes         |                                |                               | Sweet Corn               |                             | Tater Tots                               |                                |
|                                                       | Portion in cups | 1/2 cup                 |                                |                               | 1/2 cup                  |                             | 1/2 cup                                  |                                |
| <b>Other Vegetables</b><br>Weekly minimum:<br>3/4 cup | Item            |                         | Cucumber Coins                 | Diced Tomatoes and Cucumbers  |                          | Salsa                       | Celery sticks                            | Vegetable Stir Fry (USDA-D39A) |
|                                                       | Portion in cups |                         | 1/2 cup                        | 1/4 cup                       |                          | 1/4 cup                     | 1/2 cup                                  | 1/2 cup                        |
| Other Foods                                           | Item            |                         |                                |                               |                          |                             |                                          |                                |
|                                                       | Portion in cups |                         |                                |                               |                          |                             |                                          |                                |
| Condiments                                            | Item            | Tran-Fat Free Margarine | Low Fat Ranch Dressing/Mustard | Low Fat Salad Dressing        | Ketchup/Mustard          | Taco Sauce                  | Low Fat Ranch Dressing/Mustard / Ketchup | LS Soy Sauce                   |
|                                                       | Portion size    | 1 tsp                   | 1 Packet Each                  | 1 Packet                      | 1 Packet Each            | 1 Packet                    | 1 Packet Each                            | 1 Packet                       |

**\*\*Vegetables from any subgroup are creditable as an additional vegetable.** Additional vegetable requirements: 3 ½ cups per week for grades 9-12.

| Daily Milk  | White     | Chocolate | Strawberry | Other (specify) |
|-------------|-----------|-----------|------------|-----------------|
| Fat content | 1%        | Fat-Free  | Fat-Free   |                 |
| Fluid oz.   | 8 fl. oz. | 8 fl. oz. | 8 fl. oz.  |                 |

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| Notes |
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