# Grades K-8 Lunch Menu Sample - Seven Day

| Sponsor # | Sponsor | Contact Name |
|---|---|---|
| 1234 | Our School | Our Site Manager |

**Grade Group: K-8**

| | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|---|---|---|---|---|---|
| **COMPONENTS ↓** | **MENU NAME →** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Meat/Meat Alternates**<br>Daily minimum: 1 oz. eq.<br>Weekly minimum: 12.5 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 | WG 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. | 1 each - 2 oz. | 1.5 oz./ .5 oz. | 4 oz. | 3/4 cup |
| | Contribution (oz. eq.) | 2 M/MA | 2 M/MA | 2 M/MA | 2 M/MA | 2 M/MA | 2 M/MA | 2 M/MA |
| | 2nd Item (If planned) | | | | | | | |
| | Portion | | | | | | | |
| | Contribution (oz. eq.) | | | | | | | |
| **Grains**<br>Daily minimum: 1 oz. eq.<br>Weekly minimum: 11 oz. eq. | Item | WGR Biscuit | WGR Soft Pretzel | WG Seashells/WG Bread Stick | WG Mini Roll | WG Tortilla | WG Turkey Corndog Breading | 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 oz. = 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. | 1 oz. eq. | 1 oz. eq. | 2 oz. eq. | 1 oz. eq. |
| | 2nd Item (If planned) | | | | | WG Tortilla Chips (about 12 chips) | | |
| | Portion | | | | | 1 oz. = 1 oz. eq. | | |
| | Contribution (oz. eq.) | | | | | 1 oz. eq. | | |
| **Fruits**<br>If planned, 100% Juice can be *no more than ½ of total* (e.g. ¼ cup)<br>Daily minimum: ½ 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 | 1/2 cup |
| | 2nd Item (If planned) | | | | | | | |
| | Portion in cups | | | | | | | |

Abbreviations: oz. eq. = ounce equivalent, WGR = whole grain-rich, M/MA = meats/meat alternates

## Grades K-8 Lunch Menu Sample - Seven Day

| Vegetables<br>Minimum 3/4 cup per day | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|---|---|---|---|---|---|
| **Dark Green**<br>Weekly minimum:<br>½ cup | Item | Steamed Broccoli | | Romaine Garden Salad | | Chopped Romaine (Fish Taco) | | |
| | Portion in cups | 1/2 cup | | 1/2 cup<br>(credits as ¼ cup) | | 1/4 cup<br>(Credits as 1/8 cup) | | |
| **Red/Orange**<br>Weekly minimum:<br>¾ cup | Item | | Carrot Sticks | Spaghetti Sauce | | Diced Tomatoes (Fish Taco) | | Honey Glazed Baby Carrots |
| | Portion in cups | | 1/2 cup | 1/4 cup | | 1/8 cup | | 1/4 cup |
| **Beans**<br>Weekly minimum:<br>½ cup | Item | | | | | Black Beans | | |
| | Portion in cups | | | | | 1/2 cup | | |
| **Starchy**<br>Weekly minimum:<br>½ cup | Item | Mashed Potatoes | | | Baked Potatoes/ Sweet Corn | | Tater Tots | |
| | Portion in cups | 1/4 cup | | | 1/2 cup/ 1/4 cup | | 1/2 cup | |
| **Other Vegetables**<br>Weekly minimum:<br>½ cup | Item | | Cucumber Coins | Diced Tomatoes and Cucumbers | | Salsa | Celery sticks | Vegetable Stir Fry (USDA-D39A) |
| | Portion in cups | | 1/4 cup | 1/4 cup | | 1/4 cup | 1/4 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: 2 ½ cups per week for grades K-8.

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

Notes

Abbreviations: oz. eq. = ounce equivalent, WGR = whole grain-rich, M/MA = meats/meat alternates