

Grades K-8 Lunch Grab-n-Go Menu Sample - Five Day

Sponsor #	Sponsor	Contact Name	Grade Group: K-8
1234	Our School	Our Site Manager	

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 1 oz. eq. Weekly minimum: 9 oz. eq.	Item	Turkey Sandwich	PB&J – Crustless Sandwich	Southwest Chicken Wrap	Yogurt and Cheese Stick	Ham and Cheddar Wrap
	Portion	3.2 oz. Turkey Deli Meat (CN)	4 TBSP Peanut or Sunflower Butter	2.7 oz. USDA Chicken Fajita Strips / 0.5 oz. Shredded Cheese	4 oz. Yogurt / 1 oz. Cheese Stick	2 oz. Ham 0.5 oz. Cheddar
	Contribution (oz. eq.)	2 M/MA	2 M/MA	2 M/MA	2 M/MA	2 M/MA
Grains Daily minimum: 1 oz. eq. Weekly minimum: 8 oz. eq.	Item	WGR Bread	WGR PB&J – Crustless Sandwich	WG Tortilla/ WG Tortilla Chips	WGR Cinnamon Graham Crackers	WG Tortilla
	Portion	2 slices - 56 grams	2 slices	8” Tortilla 1 oz. Chips (about 12)	1 oz.	8” tortilla
	Contribution (oz. eq.)	2 oz. eq.	2 oz. eq.	1.5 oz. eq. tortilla 1 oz. eq. tortilla chips	1 oz. eq.	1.5 oz. eq.
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Fruits If planned, 100% Juice can be <i>no more than ½ of total</i> (e.g. ¼ cup) Daily minimum: 1/2 cup	Item	Craisins	Fruit Cup Choice	Pineapple Cup	100% Apple Cherry Juice	Apple Slices
	Portion in cups	1/4 cup = 1/2 cup	1/2 cup	1/2 cup	4 fl. oz.	2-ounce bag = 1/2 cup
	2 nd Item (If planned)		Or 100% Juice Option			
	Portion in cups		4 fl. oz.			

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Vegetables Minimum 3/4 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green Weekly minimum: 1/2 cup	Item		Broccoli Dippers			
	Portion in cups		1/2 cup			
Red/Orange Weekly minimum: 3/4 cup	Item	Baby Carrots		Red Bell Pepper	Baby Carrots	Carrot Coins
	Portion in cups	3/8 cup		1/4 cup	3/8 cup	3/8 cup
Beans Weekly minimum: 1/2 cup	Item		Hummus (Chickpeas)	Black Beans		
	Portion in cups		1/4 cup	1/4 cup		
Starchy Weekly minimum: 1/2 cup	Item			Corn		
	Portion in cups			1/4 cup		
Other Vegetables Weekly minimum: 1/2 cup	Item	Celery			Celery	Cucumber Coins
	Portion in cups	3/8 cup			3/8 cup	3/8 cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	LF Ranch Dressing / Mayo & Mustard Packets	LF Ranch Dressing	Taco Sauce	LF Ranch Dressing	LF Ranch Dressing / Mayo & Mustard Packets
	Portion size	2 TBSP / 1 packet ea.	2 TBSP	1 packet	2 TBSP	2 TBSP / 1 packet ea.

****Vegetables from any subgroup are creditable as an additional vegetable.** Additional vegetable requirements: 1 cup per week for grades K-8.

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

Notes: For Day 2, can use Hummus as a dip along with low fat dressing for broccoli. May also offer carrots with the broccoli as an additional vegetable.