

Grades 9-12 Lunch Grab-n-Go Menu Sample - Five Day

Sponsor #	Sponsor	Contact Name
1234	Our High School	Our Site Manager

Grade Group: **9-12**

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	Turkey Sandwich	PB&J – Crustless Sandwich	Southwest Chicken Wrap	Low-fat Yogurt / Peanut Butter	Ham and Cheddar Wrap
	Portion	3.2 oz. Turkey Deli Meat (CN)	4 TBSP Peanut or Sunflower Butter	2.72 oz. USDA Chicken Fajita Strips / 1/4 c Shredded Cheese	4 oz. Yogurt / 2 TBSP Peanut or Sunflower Butter	2.44 oz. Ham / 0.5 oz. Cheddar
	Contribution (oz. eq.)	2 M/MA	2 M/MA	2 M/MA	2 M/MA	2.5 M/MA
Grains Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	WG or WGR Bread	WGR PB&J Crustless Sandwich (enriched)	WG Tortilla	WGR Apple Cinnamon Muffin	WGR Tortilla
	Portion	2 slices - 56 grams	2 slices	10" tortilla (2 oz.) = 2 oz. eq.	1 each - 3.88 oz.	10" tortilla (2 oz.) = 2 oz. eq.
	Contribution (oz. eq.)	2 oz. eq.	2 oz. eq.	2 oz. eq.	2 oz. eq.	2 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. ½ cup) Daily minimum: 1 cup	Item	Craisins or Raisins	Fruit Cup Choice	Pineapple Cup	Apple Slices	Fruit Cup Choice
	Portion in cups	1/4 cup = 1/2 cup	1/2 cup	1/2 cup	2-ounce bag = 1/2 cup	1/2 cup
	2 nd Item (If planned)	100% Apple Juice	100% Fruit Juice "Punch"	100% Grape Juice	100% Orange Juice	100% Apple Cherry Juice
	Portion in cups	4 fl. oz.	4 fl. oz.	4 fl. oz.	4 fl. oz.	4 fl. oz.

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

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Vegetables Minimum 1 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: 1-1/4 cup	Item	Baby Carrots	Carrot Coins	Red Bell Pepper	Baby Carrots	Grape Tomatoes
	Portion in cups	1/2 cup	1/4 cup	1/4 cup	1/2 cup	1/2 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			1/2 cup		
Other Vegetables Weekly minimum: 3/4 cup	Item	Celery			Celery	Cucumber Coins
	Portion in cups	1/2 cup			1/2 cup	1/2 cup
Other Foods	Item			Shredded Lettuce		
	Portion in cups			1/4 cup		
Condiments	Item	LF Ranch Dressing / Mayo & Mustard	LF Ranch Dressing	Taco Sauce	LF Ranch Dressing / Mayo & Mustard	LF Ranch Dressing
	Portion size	2 TBSP / 1 packet ea.	2 TBSP	1 packet	2 TBSP / 1 packet ea.	2 TBSP

****Vegetables from any subgroup are creditable as an additional vegetable.** Additional vegetable requirements: 1 ½ cups per week for grades 9-12.

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

Notes: For Day 2, can use Hummus as a dip along with low fat dressing for broccoli and carrots.