

Grades K-8 Lunch Menu Planning Template - Ten Day

Sponsor #	Sponsor	Contact Name
1234	Our School	Our Site Manager

Grade Group: **K-8**

COMPONENTS ↓	MENU NAME →	Day 1	Day 2	Day 3	Day 4	Day 5
		Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 1 oz. eq. Weekly minimum: 9 oz. eq.	Item	Falafel Sliders	Vegetable Quesadilla (USDA Recipe)	Black Bean Veggie Burger (CN)	Hummus and Veggie Pita	Cheese Pizza with Garden Salad
	Portion	3 falafels = 1.6 oz	0.5 oz black beans	2.9 oz patty (1 oz black beans)	1/2 cup hummus – USDA Recipe E-24	1 slice (4.6 oz shredded Mozzarella cheese)
	Contribution (oz. eq.)	1.5 M/MA	0.5 M/MA	1 M/MA	2 M/MA	2 M/MA
	2 nd Item (If planned)		1 Low-Fat Cheese Stick	Reduced-Fat Provolone Cheese Slice		
	Portion		1 oz	1 oz		
	Contribution (oz. eq.)		1 M/MA	1 M/MA		
Grains Daily minimum: 1 oz. eq. Weekly minimum: 8 oz. eq.	Item	Whole Wheat Mini Roll	Whole Grain Tortilla	Whole Wheat Bun	Whole Wheat Pita Pocket	Whole Grain Pizza Crust
	Portion	2 mini rolls (28 g each)	1 tortilla (42 grams)	1 bun (28 grams)	1 pita pocket (42 grams)	1 slice (56 grams pizza crust)
	Contribution (oz. eq.)	2 oz = 2 oz eq.	1.5 oz = 1.5 oz eq.	1 oz = 1 oz eq.	1.5 oz = 1.5 oz eq.	2 oz = 2 oz eq.
	2 nd Item (If planned)				Whole Grain Crackers	
	Portion				5 crackers (0.8 oz)	
	Contribution (oz. eq.)				0.8 oz = 1 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	Peaches	Pineapple	Applesauce	Grapes	Mandarin Oranges
	Portion in cups	1/2 cup	1/2 cup	1/2 cup (4 oz)	1/2 cup	1/2 cup
	2 nd Item (If planned)					
	Portion in cups					

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

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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	Roasted Broccoli	Raw Spinach		Romaine Lettuce	
	Portion in cups	1/2 cup	1 cup (credits as 1/2 cup)		1 cup (credits as 1/2 cup)	
Red/Orange Weekly minimum: 3/4 cup	Item	Pico de Gallo (USDA Recipe) / Tomato Paste	Shredded Carrots	Sliced Red Peppers	Cherry Tomatoes / Shredded Carrots	Baby Carrots
	Portion in cups	1/4 cup / 1/8 cup	1/4 cup	1/4 cup	1/4 cup / 1/4 cup	1/2 cup
Beans Weekly minimum: 1/2 cup	Item			Side Pinto Beans		
	Portion in cups			1/2 cup		
Starchy Weekly minimum: 1/2 cup	Item			Side Sweet Corn		
	Portion in cups			1/2 cup		
Other Vegetables Weekly minimum: 1/2 cup	Item	Chopped Onions	Sliced Green Peppers / Chopped Cucumbers	Shredded Rainbow Lettuce: Red Cabbage & Iceberg	Sliced Cucumbers	Celery Sticks / Sliced Yellow Peppers
	Portion in cups	1/8 cup	1/2 cup / 1/4 cup	1/4 cup	1/4 cup	1/4 cup / 1/4 cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Low-Fat Sour Cream		Taco Sauce	Low-Fat Salad Dressing	Ketchup/Low-Fat Ranch Dressing
	Portion size	1 Packet		1 Packet	1 Packet	1 Packet Each

****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% or Fat-Free	Fat-Free	Fat-Free	
Fluid oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	

Notes

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		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	Bean Burrito Bowl (USDA Recipe)	Veggie and Hummus Wrap	Tempeh Tacos with Cheese	Grilled Cheese Sandwich	Macaroni and Cheese (USDA Recipe)
	Portion	1/2 cup pinto beans	1/2 cup hummus – USDA recipe E-24	2 oz tempeh	1 oz American Cheese slice – USDA Foods	1 oz Low-Fat Shredded Cheddar Cheese
	Contribution (oz. eq.)	1.5 M/MA	2 M/MA	2 M/MA	1 M/MA	1 M/MA
	2 nd Item (If planned)	Reduced-Fat Shredded Cheddar Cheese		Reduced-Fat Shredded Mexican Blend Cheese		Baked Tofu Nuggets
	Portion	1 Tbsp		1 Tbsp		2.2 oz
	Contribution (oz. eq.)	0.25 M/MA		0.25 M/MA		1 M/MA
Grains Daily minimum: 1 oz. eq. Weekly minimum: 8 oz. eq.	Item	Brown Rice	Whole Grain Tortilla	Whole Grain Mini Tortillas	Whole Wheat Bread	Whole Grain Elbow Macaroni
	Portion	1/2 cup	1 tortilla (42 grams)	2 tortillas (21 grams each)	2 slices (28 grams each)	1/2 cup
	Contribution (oz. eq.)	1 oz eq.	1.5 oz = 1.5 oz eq.	1.5 oz = 1.5 oz eq.	2 oz = 2 oz eq.	1 oz eq.
	2 nd Item (If planned)		Whole Grain Crackers			
	Portion		5 crackers (0.8 oz)			
	Contribution (oz. eq.)		0.8 oz = 1 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	Fresh Berry Cup	100% Apple Juice	Orange Wedges	Melon Cup	Strawberries
	Portion in cups	1/2 cup	1/2 cup	1/2 cup	1/2 cup	½ cup
	2 nd Item (If planned)					
	Portion in cups					

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Vegetables Minimum 3/4 cup per day		Day 6	Day 7	Day 8	Day 9	Day 10
Dark Green Weekly minimum: 1/2 cup	Item	Roasted Broccoli	Raw Spinach		Romaine Lettuce	
	Portion in cups	1/2 cup	1 cup (credits as 1/2 cup)		1 cup (credits as 1/2 cup)	
Red/Orange Weekly minimum: 3/4 cup	Item	Pico de Gallo (USDA Recipe) / Tomato Paste	Shredded Carrots	Sliced Red Peppers	Cherry Tomatoes / Shredded Carrots	Baby Carrots
	Portion in cups	1/4 cup / 1/8 cup	1/4 cup	1/4 cup	1/4 cup / 1/4 cup	1/2 cup
Beans Weekly minimum: 1/2 cup	Item			Side Pinto Beans		
	Portion in cups			1/2 cup		
Starchy Weekly minimum: 1/2 cup	Item			Side Sweet Corn		
	Portion in cups			1/2 cup		
Other Vegetables Weekly minimum: 1/2 cup	Item	Chopped Onions	Sliced Green Peppers / Chopped Cucumbers	Shredded Rainbow Lettuce: Red Cabbage & Iceberg	Sliced Cucumbers	Celery Sticks / Sliced Yellow Peppers
	Portion in cups	1/8 cup	1/2 cup / 1/4 cup	1/4 cup	1/4 cup	1/4 cup / 1/4 cup
Other Foods	Item					
	Portion in cups					
Condiments	Item					
	Portion size					

****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% or Fat-Free	Fat-Free	Fat-Free	
Fluid oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	

Notes