

MENU WORKSHEET – Lunch: K-5 (550-650 calories), 6-8 (600-700 calories), and 9-12 (750-850 calories)

– Write the menu in the top row then separate components below. Add up creditable ounces/cups to make sure daily and weekly requirements are met.

For a 5-Day Meal Pattern	Monday	Oz/ cup	Tuesday	Oz/ cup	Wednesday	Oz/ cup	Thursday	Oz/ cup	Friday	Oz/ cup	Week Total
Menu Meat/meat alternate Grain Vegetable Fruit Milk											
Meat/Meat Alternate: do not menu the same meat more than 3x per week. K-5 (8 oz eq. min per wk, 1 oz min per day) 6-8 (9 oz eq. min per wk, 1 oz min per day) 9-12 (10 oz eq. min/wk, 2 oz min per day)											
Grains: 80% must be Whole Grain Rich K-5 (8 oz eq. min/week, 1 oz min per day) 6-8 (8 oz eq. min/week, 1 oz min per day) 9-12 (10 oz eq. min/ wk, 2 oz min per day)											
Vegetables Required Per Week											
Dark green: Broccoli, spinach, romaine K-12 (1/2 cup per week) Leafy greens credit as half the amount											
Red/Orange: Tomatoes, carrots, sweet potatoes K-8 (3/4 cup per week) 9-12 (1-1/4 cups per week)											
Beans/Peas: (Legumes) black beans, chili beans, garbanzos, edamame, refried beans K-12 (1/2 cup per week)											
Starchy: White potatoes, corn, green peas, jicama, water chestnuts K-12 (1/2 cup per week)											
Other: Green beans, cucumber, Iceberg lettuce K-8 (1/2 cup per week) 9-12 (3/4 cup per week)											
Additional: (from any subgroup) K-8 (1 cup per 5- day week) 9-12 (1-1/2 cup per 5-day week)											
Total Vegetables (✓each subgroup menued) K-8 (3/4 cup/day, 3 ¾ cup/wk) 9-12 (1 cup/day, 5 cup/wk)	Dark Green ____		Red/Orange ____		Beans ____		Starchy ____		Other ____		
Fruits: Daily Requirement K-8 (1/2 cup/day, 2 ½ cups/ week) 9-12 (1 cup/day, 5 cups/week)											
Fluid Milk : Skim, 1%; plain or flavored K-12 (1 cup/day, 5 cups/ week)											

Less than 10% calories from saturated fat.

Sodium: K-5: <1110 mg 6-8: <1225 mg 9-12: <1280 mg