

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

	Mon	Tue	Wed	Thurs	Fri	Wk Total
Menu Meat/meat alternate Grain Fruit Vegetable Milk						
Meat/Meat Alternate: same meat 3x per week limit; no summer sausage. 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)						
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: (anything but starchy), green beans K-8 (1/2 cup per week) 9-12 (3/4 cup per week)						
Additional: (from any subgroup) K-8 (1 cup per week) 9-12 (1-1/2 cup per wk)						
Total Vegetables K-8 (3/4 cup/day, 3 ¾ cup/wk) 9-12 (1 cup/day, 5 cup/wk)						
Grains: All 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)						
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%, chocolate skim K-12 (1 cup/day, 5 cups/ week)						

0 grams *trans* fat per item, less than 10% calories from saturated fat.

Sodium: K-5: ≤1230 mg 6-8: ≤1360 mg 9-12: ≤1420 mg

*White pasta can be used during SY 14-15 & SY 15-16 if a waiver is submitted to the State office.