

**MENU TEMPLATE – Lunch K-5, 6-8, and 9-12**

|  | Mon  | Tue  | Wed   | Thurs  | Fri  | Wk Total  |
|--|--|--|---|--|--|---|
| <b>Menu</b><br><br><b>Meat/meat alternate</b><br><b>Grain</b><br><b>Fruit</b><br><b>Vegetable</b><br><b>Milk</b>   | Submarine Sandwich<br>Sweet Potato Fries<br>Green Pepper Strips<br>Frozen Strawberries<br>Skim Milk/1%     | Chicken Teriyaki on<br>Brown Rice<br>Broccoli<br>Carrots<br>Kiwi<br>Skim Milk/1% | Oven Baked Fish<br>Nuggets<br>Whole Wheat Roll<br>Mashed Potatoes<br>Green Beans<br>Peaches<br>Skim Milk/1% | Whole Wheat Cheese<br>Pizza<br>Green Leafy Lettuce<br>Sliced tomato<br>Pineapple<br>Skim Milk/1% ( | Beef Taco on<br>Whole Grain Tortilla<br>Salsa<br>Refried Beans<br>Corn<br>Cantaloupe<br>Skim Milk/1% |   |
| <b>Meat/Meat Alternate</b><br><b>K-5</b> (8 – 10 oz eq per wk; 1 oz min per day)<br><b>6-8</b> (9 – 10 oz eq per wk; 1 oz min per day)<br><b>9-12</b> (10-12 oz eq per wk; 2 oz min per day) | USDA deli<br>turkey/red.fat cheese<br>K-5:1.6 / .5 =1.5 oz<br>6-8: 2.4 / .5 = 2 oz<br>9-12:3.2/.5 = 2.5 oz | K-8:<br>1/2 c. Teriyaki = 2<br>oz<br>9-12<br>¾ c. = 3 oz                         | K-5:<br>4 nuggets = 1.5 oz<br><br>6-12: 6 nuggets =<br>2.25 oz  | K-8: 1 sl cheese<br>1.5 M/MA<br><br>9-12 1 slice low fat<br>sausage= 2 M/MA                        | 2 oz taco meat   | <b>K-5= 8.5 oz</b><br><b>6-8=9.75 oz</b><br><b>9-12= 11.75 oz</b> |
| <b>Vegetables</b>  |  |  |   |  |  |   |
| <b>Dark green</b><br>(K-12; 1/2 cup per week)  |  | Broccoli<br>K-12 (½ c)   |   | Romaine-1 c. = ½ c   |  | <b>K-12= 1c.</b>  |
| <b>Red/Orange</b><br>(K-8; 3/4 cup per week)<br>(9-12; 1-1/4 cups per week)  | Sweet Pot. Fries<br>K-8 (1/2 c)<br>9-12 (3/4 c)  | Carrots<br>K-8 (1/4 c)<br>K-12 (1/2 c)   |   | Tomato<br>K-8 (1/4 c)<br>9-12 (1/2 c)  |  | <b>K-8 =1c</b><br><b>9-12=</b><br><b>1 3/4</b>                    |
| <b>Beans/Peas</b> (Legumes)<br>(K-12; 1/2 cup per week)  |  |  |   |  | Refried beans<br>K-12 (1/2 c)  | <b>K-12 = ½ c</b>   |
| <b>Starchy</b><br>(K-12; 1/2 cup per week)   |  |  | Mashed potatoes<br>K-12 (½ c)   |  | Corn<br>K-12 (1/4c)  | <b>K-8 = ¾ c</b><br><b>9-12 = 1c</b>                              |
| <b>Other</b><br>(K-8; 1/2 cup per week)<br>(9-12 ; ¾ cup per week)   | Green peppers<br>K-8 (1/4 c)<br>9-12- (1/2 c)  |  | Green Beans<br>K-8 (1/4c)<br>9-12 (1/2 c)   |  | K-12<br>Salsa (1/4c)   | <b>K-8 =1c</b>  |
| <b>Additional</b><br>(K-8; 1 cup per week)<br>(9-12; 1-1/2 cup per wk)   |  |  |   |  |  |   |
| <b>Total Vegetables</b><br><b>K-8</b> (3/4 cup/day; 3 ¾ cup/wk)<br><b>9-12</b> ( 1 cup/day; 5 cup/wk)  | K-8- ¾ cup<br>9-12-1 ¼ c   | K-8- ¾ cup<br>9-12-1 cup   | K-8 =3/4 c<br>9-12 = 1 c.   | K-8 =3/4 c<br>9-12 = 1 c   | K-12 (1 c)   | <b>K-8 =4c</b><br><b>9-12 =5 1/4c</b>                             |
| <b>Grains</b><br><b>K-5</b> (8 – 9 oz eq per week; 1 oz min per day)<br><b>6-8</b> (8 –10 oz eq per week; 1 oz min per day)<br><b>9-12</b> (10-12 oz eq per wk; 2 oz min per day)            | Bun<br>K-8 (1.5 oz)<br>9-12 (2.5 oz)   | Brown rice<br>K-8 (3/4 c.)= 1.5<br>9-12 (1 c.) = 2                               | Nuggets & roll<br>K-5 (.5 & 1)= 1.5<br>6-8 (.75 & 1)= 1.75<br>9-12 (.75 & 2)= 2.75                          | K-12<br>Pizza crust = 2  | K-12<br>WW Tortilla= 1.5   | <b>K-5 = 8oz</b><br><b>6-8 =8.25 oz</b><br><b>9-12 =10.75 oz</b>  |
| <b>Fruits</b><br><b>K-8;</b> (1/2 cup/day; 2 ½ cup/ wk)<br><b>9-12;</b> (1 cup/day; 5/cup/wk)  | Strawberries<br>K-12 (1/2 c)<br>+ Fresh orange 9-12  | Kiwi<br>K-8(1/2 c)<br>9-12 (3 whole)   | Peaches<br>K-12 (1/2c)<br>+Fresh apple 9-12   | Pineapple<br>K-12 (1/2c)<br>+ ¼ c. raisins 9-12  | Cantaloupe<br>K-8 (1/2 c)<br>9-12 (1 c.)   | <b>K-8 = 2 ½ c</b><br><b>9-12 =5 c</b>                            |
| <b>Fluid Milk</b><br><b>K-12</b> (1 cup/day;5 cups/ wk)  | Skim Milk or 1%<br>(8 oz)  | Skim Milk or 1%<br>(8 oz)  | Skim Milk or 1%<br>(8 oz)   | Skim Milk or 1%<br>(8 oz)  | Skim Milk or 1%<br>(8 oz)  | <b>K-12 = 5 c.</b>  |

