

Lunch Menu Planner – All Grades - 7 Day Week

School / Site Name:

Menu Week:

Component	Daily / Weekly Requirement	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Milk	1 c Day								
<i>Schools must offer at least two different types of fluid milk daily (fat-free or 1%); one must be unflavored.</i>	7 cups Weekly								
Meat / Meat Alternate	K - 8: 1 oz Eq Daily								
	K-5: 11-14* 6-8: 12.5-14* / 9-12: 14-17*								
Grain	K - 8: 1 oz Eq Daily								
<i>At least 80% of grains served per week must be whole grain rich, the rest must be enriched.</i>	K-5: 11-12.5* 6-8: 11-14* / 9-12: 14-17*								
Vegetables	K-8: ¾ c Daily / 5 ¼ c Wkly								
Dark Green <i>Raw leafy greens credit for half the volume served</i>	K-12: ½ cup Weekly								
Red / Orange	K-8: ¾ cup Weekly 9-12: 1¼ cup Weekly								
Legumes	K-12: ½ cup Weekly								
Starchy	K-12: ½ cup Weekly								
Other	K-8: ½ c Wkly / 9-12: ¾ c Wkly								
Fruit	K-8: ½ c Daily / 9-12: 1 c Daily								
	Weekly: K-8: 3 ½ cups / 9-12: 7 cups								
Other / Extras									

*Staying within the maximum range helps with dietary specifications but is not required.