

Lunch Menu Planner Grades 9 - 12

School / Site Name:

Menu Week:

Component	Daily / Weekly Requirement	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Milk	1 c Daily						
<i>Schools must offer at least two different types of fluid milk daily (fat-free or 1%); one must be unflavored.</i>	Weekly: 5 cups						
Meat / Meat Alternate	2 oz Eq Daily						
	Weekly: 10 – 12* oz Eq						
Grain	2 oz Eq Daily						
<i>At least 80% of grains served per week must be whole grain rich, the rest must be enriched.</i>	Weekly: 10 – 12* oz Eq						
Vegetables	1 c Daily / 5 c Weekly						
Dark Green <i>Raw leafy greens credit for half the volume served</i>	½ cup Weekly						
Red / Orange	1¼ cup Weekly						
Legumes	½ cup Weekly						
Starchy	½ cup Weekly						
Other	¾ cup Weekly						
Fruit	1 c Daily						
	Weekly: 5 cups						
Other / Extras							

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