

Lunch Menu Planner – Grades K-5

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	1 oz Eq Daily						
	Weekly: 8 – 10* oz Eq						
Grain	1 oz Eq Daily						
<i>At least 80% of grains served per week must be whole grain rich, the rest must be enriched.</i>	Weekly: 8 – 9* oz Eq						
Vegetables	$\frac{3}{4}$ c Daily / 3 $\frac{3}{4}$ c Weekly						
Dark Green <i>Raw leafy greens credit for half the volume served</i>	$\frac{1}{2}$ cup Weekly						
Red / Orange	$\frac{3}{4}$ cup Weekly						
Legumes	$\frac{1}{2}$ cup Weekly						
Starchy	$\frac{1}{2}$ cup Weekly						
Other	$\frac{1}{2}$ cup Weekly						
Fruit	$\frac{1}{2}$ c Daily						
	Weekly: 2 $\frac{1}{2}$ cups						
Other / Extras							

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