

Lunch Menu Planner - All Grades

School / Site Name:

Menu Week:

Component	Daily/Weekly Requirement	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Milk	1 cup Daily						
<i>Schools must offer at least two different types of fluid milk daily (fat-free or 1%); one must be unflavored.</i>	5 cups weekly						
Grain	K-8: 1 oz Eq Daily 9-12: 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: K-5: 8-9* oz Eq 6-8: 8-10* oz Eq 9-12: 10-12* oz Eq						
Meat/Meat Alternate	K-8: 1 oz Eq Daily 9-12: 2 oz Eq Daily						
<i>Beans, Peas & Lentils (BPL) planned as a MMA at lunch also counts toward the weekly BPL vegetable subgroup requirement.</i>	Weekly: K-5: 8-10* oz 6-8: 9-10* oz 9-12: 10-12* oz						
Vegetable	K-8: ¾ cup Daily 9-12: 1 cup Daily						
	Weekly: K-8: 3 ¾ c 9-12: 5 c						
<i>Dark Green</i> Raw leafy greens credit for half the volume served	K-12: 1/2 cup weekly						
<i>Red / Orange</i>	K-8: 3/4 cup weekly 9-12: 1 1/4 cup weekly						
<i>Beans, Peas, Lentils</i>	K-12: 1/2 cup weekly						
<i>Starchy</i>	K-12: 1/2 cup weekly						
<i>Other</i>	K-8: 1/2 cup weekly 9-12: 3/4 cup weekly						
Fruit	K-8: 1/2 cup Daily 9-12: 1 cup Daily						
	Weekly: K-8: 2 1/2 c 9-12: 5 c						
Other/Extra							

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