

Grades K-8 Lunch Menu Planning Template-Five Day

Sponsor #	Sponsor	Contact Name

Grade Group: **K-8**

- Recipe that includes the ingredients and ingredient amounts by weight and volume

Week 1		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 1 oz. eq. Weekly minimum: 9 oz. eq.	Item	Beef Stew	Meat Lasagna	Baked Chicken	Beef Picadillo	Meatball with Marinara Sauce (3)
	Portion	1 c	2 oz	2 oz	½ c	3 oz
	Contribution (oz. eq.)	2 oz			1.5 oz	
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Grains Daily minimum: 1 oz. eq. Weekly minimum: 8 oz. eq.	Item	Beef Stew	Meat Lasagna	Baked Chicken	Beef Picadillo	Yellow Rice
	Portion	1 c	2 oz	2 oz	½ c	1 c
	Contribution (oz. eq.)	2 oz			1.5 oz	2 oz
	2 nd Item (If planned)	Beef Stew	Meat Lasagna	Baked Chicken	Beef Picadillo	
	Portion	1 c	2 oz	2 oz	½ c	
	Contribution (oz. eq.)	2 oz			1.5 oz	
Fruits If planned, 100% Juice can be <i>no more than ½</i> of total (e.g. ¼ cup)	Item	Assorted Fruit	100% Juice	Apple Sauce	100% Juice	Assorted Fruit
	Portion in cups	½ c	½ c	½ c	½ c	½ c

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Daily minimum: 1/2 cup	2 nd Item (If planned)					
	Portion in cups					
Vegetables Minimum 3/4 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green Weekly minimum: 1/2 cup	Item	Broccoli				
	Portion in cups	½ c				
Red/Orange Weekly minimum: 3/4 cup	Item				Sliced Carrots	Tomato Sauce
	Portion in cups				¾ c	¼ c
Beans Weekly minimum: 1/2 cup	Item			Lentil Soup		
	Portion in cups			1 c		
Starchy Weekly minimum: 1/2 cup	Item	Mashed Potatoes		Corn		Sweet Peas
	Portion in cups	½ c		½ c		½ c
Other Vegetables Weekly minimum: 1/2 cup	Item	Veggies in Stew	OV in Lasagna 3/8 c		Veggies in Picadillo	
	Portion in cups	½ c	Mixed Veggies ½ c		¼ c	
Other Foods	Item					
	Portion in cups					
Condiments	Item			BBQ Sauce		
	Portion size					

****Vegetables from any subgroup are creditable as an additional vegetable.** Additional vegetable requirements: 1 cup per week for grades K-8.

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Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1%	FF		
Fluid oz.	8	8		

Notes

Week 2		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 1 oz. eq. Weekly minimum: 9 oz. eq.	Item	Spaghetti w/ Tomato Sauce and Cheese	Beef Tacos	Chicken Nuggets (4)	Pepper Steak w/ Onions	Cheese Pizza
	Portion	1 ¼ c	¼ c	2 oz m/ma	2 oz m/ma	2oz
	Contribution (oz. eq.)	1 oz m/ma	2 oz m/ma			
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Grains Daily minimum: 1 oz. eq. Weekly minimum: 8 oz. eq.	Item	WGR Pasta	WGR Tortillas	WGR Breading	WGR White Rice	WGR Crust
	Portion	2 oz	1 oz	1 oz	2 oz	2oz
	Contribution (oz. eq.)					
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					

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Fruits If planned, 100% Juice can be <i>no more than ½ of total</i> (e.g. ¼ cup) Daily minimum: 1/2 cup	Item	Assorted Fruit	100% Juice	Apple Sauce	100% Juice	Assorted Fruit
	Portion in cups	½ c	½ c	½ c	½ c	½ c
	2 nd Item (If planned)					
	Portion in cups					
Vegetables Minimum 3/4 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green Weekly minimum: 1/2 cup	Item		Romaine			Broccoli
	Portion in cups		½ c			¾ c
Red/Orange Weekly minimum: 3/4 cup	Item	Tomato in Sauce		Steamed Sliced Carrots		
	Portion in cups	½ c		¼ c		
Beans Weekly minimum: 1/2 cup	Item				Red Beans (drained)	
	Portion in cups				½ c	
Starchy Weekly minimum: 1/2 cup	Item		Yuca	Mashed Potatoes		
	Portion in cups		½ c	½ c		
Other Vegetables Weekly minimum: 1/2 cup	Item	Green Beans			Onions and Peppers	
	Portion in cups	½ c			¼ c	
Other Foods	Item					
	Portion in cups					
Condiments	Item		Ranch	Ketchup		
	Portion size					

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Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1%	FF		
Fluid oz.	8	8		

Week 3		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 1 oz. eq. Weekly minimum: 9 oz. eq.	Item	Beef Stew	Turkey Sandwich	Chicken Patty	Sloppy Joes	Chicken Fricassee
	Portion	1 c	3.6 oz	2 oz	2 oz	2 oz
	Contribution (oz. eq.)	2 oz				
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Grains Daily minimum: 1 oz. eq. Weekly minimum: 8 oz. eq.	Item	WGR Rice	WGR Roll	WGR Yellow Rice	WGR Bun	WGR Rice/Beans
	Portion	½ c	2 oz	½ c	2 oz	½ c rice
	Contribution (oz. eq.)	1 oz		1 oz		1 oz
	2 nd Item (If planned)			Breading		
	Portion			1 oz		
	Contribution (oz. eq.)					

Abbreviations: oz. eq. = ounce equivalent, WGR = whole grain-rich, M/MA = meats/meat alternates

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Fruits If planned, 100% Juice can be <i>no more than ½ of total</i> (e.g. ¼ cup) Daily minimum: 1/2 cup	Item	Assorted Fruit	100% Juice	Apple Sauce	100% Juice	Assorted Fruit
	Portion in cups	½ c	½ c	½ c	½ c	½ c
	2 nd Item (If planned)					
	Portion in cups					
Vegetables Minimum 3/4 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green Weekly minimum: 1/2 cup	Item		Romaine Shredded			
	Portion in cups		1 c			
Red/Orange Weekly minimum: 3/4 cup	Item		Tomato Slices ¼ c			
	Portion in cups		Steamed Carrots ½ c			
Beans Weekly minimum: 1/2 cup	Item	Garbanzo Soup			Black Beans	Beans
	Portion in cups	½ c			¼ c	2/3 c
Starchy Weekly minimum: 1/2 cup	Item			Corn	Sliced Plantains	
	Portion in cups			¾ c	¼ c	
Other Vegetables Weekly minimum: 1/2 cup	Item	Mixed Veggies			Veggies Sloppy Joes	Veggie Medley
	Portion in cups	½ c			¼ c	¾ c
Other Foods	Item					
	Portion in cups					
Condiments	Item		Ranch	Ketchup		
	Portion size					

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Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1%	FF		
Fluid oz.	8	8		

Week 4		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 1 oz. eq. Weekly minimum: 9 oz. eq.	Item	Meatloaf	Chicken Salad	Beef Picadillo	Chicken Nuggets	Cheese Pizza
	Portion	2 oz	½ c	½ c	2 oz	2oz
	Contribution (oz. eq.)		2 oz Chicken	1.5 oz m/ma		
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Grains Daily minimum: 1 oz. eq. Weekly minimum: 8 oz. eq.	Item	WGR Roll	WGR Roll	WGR White Rice	WGR Rice	WGR crust
	Portion	1 oz	1 oz	1 c	1 oz	2oz
	Contribution (oz. eq.)			2 oz		
	2 nd Item (If planned)				Breading	
	Portion				1 oz	

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	Contribution (oz. eq.)					
Fruits If planned, 100% Juice can be <i>no more than 1/2 of total</i> (e.g. 1/4 cup) Daily minimum: 1/2 cup	Item	Assorted Fruit	100% Juice	Applesauce	100% Juice	Assorted Fruit
	Portion in cups	1/2 c	1/2 c	1/2 c	1/2 c	1/2 c
	2 nd Item (If planned)					
	Portion in cups					
Vegetables Minimum 3/4 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green Weekly minimum: 1/2 cup	Item		Romaine			
	Portion in cups		1 c			
Red/Orange Weekly minimum: 3/4 cup	Item		Steamed Sliced Carrots	Tomatoes in Sauce		
	Portion in cups		1/2 c	1/4 c		
Beans Weekly minimum: 1/2 cup	Item				Lentils (drained)	
	Portion in cups				1/2 c	
Starchy Weekly minimum: 1/2 cup	Item	Mashed Potatoes		Baked Potato	Sweet Plantains	
	Portion in cups	1/4 c		1/2 c	1/2 c	
Other Vegetables Weekly minimum: 1/2 cup	Item	Mixed Veggies				1/4 c. Green Beans
	Portion in cups	1/2 c				1/2 c. Mixed Vegetables (in Stew)
Other Foods	Item					
	Portion in cups					
Condiments	Item	Ketchup	Dressing	Sour Cream and Cheese	Ketchup	

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	Portion size					
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Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1%	FF		
Fluid oz.	8	8		

Week 5		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 1 oz. eq. Weekly minimum: 9 oz. eq.	Item	Chicken Fricassee	Salisbury Steak	Chicken Patty	Spaghetti w/ Tomato Sauce and Cheese	Baked Chicken
	Portion	2 oz	2 oz	2 oz m/ma	1 ¼ c	2 oz
	Contribution (oz. eq.)				1 oz	
	2 nd Item (If planned)					WGR White Rice
	Portion					1 oz
	Contribution (oz. eq.)					
Grains Daily minimum: 1 oz. eq. Weekly minimum: 8 oz. eq.	Item	Yellow Rice	WGR White Rice	WGR Breading	WGR Pasta	WGR Roll
	Portion	½ c	½ c	1 oz	1 oz	1 oz
	Contribution (oz. eq.)	1 oz	1 oz			
	2 nd Item (If planned)			WGR Hamburger Bun	WGR Garlic Roll	
	Portion			1 oz	1 oz	

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	Contribution (oz. eq.)					
Fruits If planned, 100% Juice can be <i>no more than ½ of total</i> (e.g. ¼ cup) Daily minimum: 1/2 cup	Item	Assorted Fruit	100% Juice	Applesauce	100% Juice	Applesauce
	Portion in cups	½ c	½ c	½ c	½ c	½ c
	2 nd Item (If planned)					
	Portion in cups					
Vegetables Minimum 3/4 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green Weekly minimum: 1/2 cup	Item					Broccoli
	Portion in cups					¾ c
Red/Orange Weekly minimum: 3/4 cup	Item		Sweet Potato Fries		Tomato Sauce	
	Portion in cups		½ c		¼ c	
Beans Weekly minimum: 1/2 cup	Item		Red Beans			
	Portion in cups		½ c			
Starchy Weekly minimum: 1/2 cup	Item			Yuca		
	Portion in cups			¾ c		
Other Vegetables Weekly minimum: 1/2 cup	Item	Mixed Veggies			Mixed Veggies	
	Portion in cups	¾ c			½ c	
Other Foods	Item					
	Portion in cups					
Condiments	Item		Ketchup	Ketchup		BBQ Sauce

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	Portion size					
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Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1%	FF		
Fluid oz.	8	8		