

Lunch Menu Week 2

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →					
Meat/Meat Alternates Daily minimum: 1 oz. eq. Weekly minimum: 9 oz. eq.	Item	Chicken Patty	Chicken Alfredo	Ham Sandwich	Pasta & Meat Sauce	1 Slice of Pizza
	Portion	3.5 oz	1 cup 8 oz	2 oz	1cup 8 oz	2 oz
	Contribution (oz. eq.)					
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Grains Daily minimum: 1 oz. eq. Weekly minimum: 8 oz. eq.	Item	WGR Roll	WGR Pasta	WGR Bread	WGR Pasta	WGR Crust
	Portion	1.25 oz	½ cup 4 oz	2 oz	1 oz	2 oz
	Contribution (oz. eq.)					
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Fruits If planned, 100% Juice can be <i>no more than ½</i> of total (e.g. ¼ cup) Daily minimum: 1/2 cup	Item	Pineapple	Mixed Fruit	Oranges	Pears	Pears
	Portion in cups	½ cup	½ cup	½ cup	½ cup	½ 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

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Dark Green Weekly minimum: 1/2 cup	Item	Collard Greens	Broccoli			
	Portion in cups	¼ cup	¾ cup			
Red/Orange Weekly minimum: 3/4 cup	Item	Sweet Potatoes			Carrots	
	Portion in cups	½ cup			¾ cup	
Beans Weekly minimum: 1/2 cup	Item			Black Bean Salada		
	Portion in cups			¼ cup		
Starchy Weekly minimum: 1/2 cup	Item			Corn		
	Portion in cups			½ cup		
Other Vegetables Weekly minimum: 1/2 cup	Item					Mixed Salad
	Portion in cups					¾ cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Ketchup				Dressing
	Portion size	1 pack				2tbsp

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

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

Notes: Week 2