

Lunch Menu – Week 3

		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	Fish Stick	Ham	Turkey Sandwich	Grill Cheese Sandwich	1 Slice of Pizza
	Portion	4 oz	1 oz	2 oz	2oz	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	Macaroni & Cheese	WGR Bread	WGR Bread	WGR Crust
	Portion	1.25 oz	2oz	2 oz	2 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 of total</i> (e.g. ¼ cup) Daily minimum: 1/2 cup	Item	Peach	Pears	Mandarin	Apple Sauce	Peach
	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					Romaine Salad
	Portion in cups					3/4 cup
Red/Orange Weekly minimum: 3/4 cup	Item	Peppers			Tomato Soup	
	Portion in cups	¼ cup			¾ cup	
Beans Weekly minimum: 1/2 cup	Item			Bake Beans		
	Portion in cups			½ cup		
Starchy Weekly minimum: 1/2 cup	Item				Corn	
	Portion in cups				½ cup	
Other Vegetables Weekly minimum: 1/2 cup	Item	Mixed Salad	Green Beans			
	Portion in cups	¾ cup	½ cup			
Other Foods	Item					
	Portion in cups					
Condiments	Item	Dressing				Dressing
	Portion size	2 tbsp				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 3