

Lunch Menu – Week 4

| | | 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 | Meatballs | Beef Taco | Ham Sandwich | Beefaroni | 1 Slice of Pizza |
| | Portion | 3 oz 4 | 2 oz | 2 oz | ¾ cup | 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 | Brown Rice | Tortilla | WGR Bread | WGR Pasta | WGR Crust |
| | Portion | ¼ cup | 2 oz | 2 oz | 1 cup | 2 oz |
| | Contribution (oz. eq.) | | | | | |
| | 2 nd Item (If planned) | WGR Roll | | | | |
| | Portion | 1.25 oz | | | | |
| | 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 | Banana | Mixed Fruit | Pineapple | Apple Sauce | Apple Slices |
| | 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 |

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

Effective July 1, 2022 | FDACS Rev. 6/2022

Lunch Menu – Week 4

| | | | | | | |
|---|-----------------|--------------|---------------|-------|---------------|---------------|
| Dark Green Weekly minimum: 1/2 cup | Item | Broccoli | | | | Romaine Salad |
| | Portion in cups | ½ cup | | | | 3/4 cup |
| Red/Orange Weekly minimum: 3/4 cup | Item | Tomato Sauce | | | | Tomato |
| | Portion in cups | ¼ cup | | | | ¼ cup |
| Beans Weekly minimum: 1/2 cup | Item | | Black Beans | | | |
| | Portion in cups | | ½ cup | | | |
| Starchy Weekly minimum: 1/2 cup | Item | | Corn | Peas | | |
| | Portion in cups | | ½ cup | ½ cup | | |
| Other Vegetables Weekly minimum: 1/2 cup | Item | | Onion in Taco | | Mixed Veggies | |
| | Portion in cups | | ¼ cup | | ½ cup | |
| Other Foods | Item | | | | | |
| | Portion in cups | | | | | |
| Condiments | Item | | | | | Dressing |
| | Portion size | | | | | 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 4