

### Lunch Weekly & Daily Menu Planner

Lunch Weekly & Daily Menu Planner							
School Site Name:			Grade Group(s):				
Component	Weekly Requirements (daily)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Milk							
*at least 2 varieties must be offered daily	All Grades: 5 C (1C)						
Meat/Meat Alternate							
	K-5: 8-10 (1)						
	6-8: 9-10 (1)						
	9-12: 10-12 (2)						
Grain							
*whole grain rich	K-5: 8-9 (1)						
	6-8: 8-10 (1)						
	9-12: 10-12 (2)						
Vegetable	K-5: 3 3/4 C (3/4C) 6-8: 3 3/4 C (3/4C) 9-12: 5 C (1C)						
Dark Green	K-12: 1/2 C						
Red/Orange	K-8: 3/4C						
	9-12: 1 1/4 C						
Beans/Peas (legumes)	K-12: 1/2 C						
Starchy	K-12: 1/2 C						
Other	K-8: 1/2 C						
	9-12: 3/4 C						
Fruit							
	K-8: 2 1/2 C(1/2C)						
	9-12: 5 C (1C)						