

Menu-Planning Tool— Lunch Menus for Grades K-5

Instructions: Plan 1 week of school meals for Grades K-5 to meet both daily and weekly requirements. Indicate calorie amounts for each planned item that is being served per day. Record total calories in bottom box for each day.

LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals
Meat/Meat Alternates: 1 oz/daily, 8/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Grains: 1 oz/daily, 8/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Vegetables: 3/4 cup/daily, 3 3/4 cups/weekly						
Dark Green Vegetable: 1/2 cup/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Red/Orange Vegetable: 3/4 cup/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Beans/Peas (Legumes): 1/2 cup/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Starchy Vegetable: 1/2 cup/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Other Vegetable: 1/2 cup/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Fruits: 1/2 cup/daily, 2 1/2 cups/weekly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Milk, 2 varieties: 1 cup/daily	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Noncreditable Food Items	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Calories: 550-650 Sodium: < 1,110 mg						

Menu-Planning Tool—Lunch Menus for Grades 6-8

Instructions: Plan 1 week of school meals for Grades 6-8 to meet both daily and weekly requirements. Indicate calorie amounts for each planned item that is being served per day. Record total calories in bottom box for each day.

LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals
Meat/Meat Alternates: 1 oz/daily, 9/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Grains: 1 oz/daily, 8/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Vegetables: 3/4 cup/daily, 3 3/4 cups/weekly						
Dark Green Vegetable: 1/2 cup/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Red/Orange Vegetable: 3/4 cup/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Beans/Peas (Legumes): 1/2 cup/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Starchy Vegetable: 1/2 cup/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Other Vegetable: 1/2 cup/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Fruits: 1/2 cup/daily, 2 1/2 cups/weekly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Milk, 2 varieties: 1 cup/daily	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Noncreditable Food Items	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Calories: 600-700 Sodium: < 1,225 mg						

Menu-Planning Tool—Lunch Menus for Grades 9-12

Instructions: Plan 1 week of school meals for Grades 9-12 to meet both daily and weekly requirements. Indicate calorie amounts for each planned item that is being served per day. Record total calories in bottom box for each day.

LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals
Meat/Meat Alternates: 2 oz/daily, 10/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Grains: 2 oz/daily, 10/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Vegetables: 1 cup/daily, 5 cups/ weekly						
Dark Green Vegetable: 1/2 cup/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Red/Orange Vegetable: 1 1/4 cup/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Beans/Peas (Legumes): 1/2 cup/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Starchy Vegetable: 3/4 cup/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Other Vegetable: 3/4 cup/week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Fruits: 1 cup/daily, 5 cups/ weekly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Milk, 2 varieties: 1 cup/daily	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Noncreditable Food Items	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Calories: 750-850 Sodium: < 1,280 mg						

Breakfast Menu-Planning Worksheet for Grades K-5

(NOTE: Shaded food items are not required at breakfast but may be offered within dietary specifications limits.)

Instructions: Plan 1 week of school meals for Grades K-5 to meet both daily and weekly requirements. Indicate caloric amounts for each planned item that is being served per day. Record total calories in bottom box for each day.

BREAKFAST	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals
Fruit (1 cup daily, 5 cups weekly)						
Vegetables						
Dark Green						
Red/Orange						
Beans/Peas						
Starchy						
Other Vegetables						
Grains (1 oz daily, 7/week)						
Meat/Meat Alternate						
Milk, 2 Varieties (1 cup daily)						
Noncreditable Food Items						
Sodium \leq 540 mg						
Calories 350-500						

Breakfast Menu-Planning Worksheet for Grades -9-12

(NOTE: Shaded food items are not required at breakfast but may be offered within dietary specifications limits.)

Instructions: Plan 1 week of school meals for Grades 9-12 to meet both daily and weekly requirements. Indicate caloric amounts for each planned item that is being served per day. Record total calories in bottom box for each day.

BREAKFAST	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals
Fruit (1 cup daily, 5 cups weekly)						
Vegetables						
Dark Green						
Red/Orange						
Beans/Peas						
Starchy						
Other Vegetables						
Grains (1 oz daily, 9/week)						
Meat/Meat Alternate						
Milk, 2 Varieties (1 cup daily)						
Noncreditable Food Items						
Sodium ≤ 640 mg						
Calories 450-600						