

Grades 9-12 Lunch Menu Planning Template-Five Day

Sponsor #	Sponsor	Contact Name
		Week #1

Grade Group: **9-12**

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Meat Sauce & Pasta	Breaded Fish Nuggets	Chopped Steak Sandwich	Roasted Chicken	Cheesy Burger Mac & Cheese
Meat/Meat Alternates Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	Meat Sauce	Fish Nuggets	Steak	Chicken	Cheese/Beef
	Portion	½ c.	½ c.	1 each	1 pc	½ c.
	Contribution (oz. eq.)	2 oz. M/MA	2 oz. M/MA	3 oz. M/MA	2 oz. M/MA	2 oz. M/MA
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Grains Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	WG Pasta	Breading Fish	WG Bun	Brown Rice	WG Pasta
	Portion	1/2 c.	1	1 pc.	½ c.	½ c.
	Contribution (oz. eq.)	2 oz eq.	2 oz. eq.	2 oz. eq.	2 oz.	2 oz.
	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. ½ cup) Daily minimum: 1 cup	Item	Tropical fruit Salad	Diced Pears	Pineapples Tidbit	Diced Peaches	Orange Mandarin
	Portion in cups	½ c.	½ c.	½ c.	½ c.	½ c.
	2 nd Item (If planned)	Juice 100%	Juice 100%	Juice 100%	Juice 100%	Juice 100%
	Portion in cups	½ c.	½ c.	½ c.	½ c.	½ c.

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

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Vegetables Minimum 1 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green Weekly minimum: 1/2 cup	Item	Broccoli Florets				
	Portion in cups	½ c.				
Red/Orange Weekly minimum: 1-1/4 cup	Item		Sweet Potato Wedges		Tomatoes	Carrots Coins
	Portion in cups		½ c.		¼ c.	½ c.
Beans Weekly minimum: 1/2 cup	Item				Black Beans	
	Portion in cups				½ c.	
Starchy Weekly minimum: 1/2 cup	Item			Roasted Potatoes		
	Portion in cups			½ c.		
Other Vegetables Weekly minimum: 3/4 cup	Item	Cauliflower			Romaine Lettuce	
	Portion in cups	1/2 c.			½ c. = ¼ c.	
Other Foods	Item		Green Beans	Cucumber Coins		Spinach Cream
	Portion in cups		½ c.	½ c.		½ c.
Condiments	Item					
	Portion size					

****Vegetables from any subgroup are creditable as an additional vegetable.** Additional vegetable requirements: 1 ½ cups per week for grades 9-12.

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

Notes