

Grades 9-12 Lunch Menu Planning Template-Five Day

- Product formulation statement on manufacturer letterhead or

Sponsor #	Sponsor	Contact Name
		Week #2

Grade Group: **9-12**

- Recipe that includes the ingredients and ingredient amounts by weight and volume

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Chicken Pop Corn	Hamburger	Chicken Breast Lemon Sauce	BBQ Pulled Pork Sandwich	Cheese Lasagna
Meat/Meat Alternates Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	Chicken	Burger	Chicken	Pork	Cheese
	Portion	½ c.	1 each	1 each	½ c.	1 serving
	Contribution (oz. eq.)	3 oz. M/MA	3 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	Breading From Chicken	WG Bun	Quinoa	WG Bun	Noodles Lasagna
	Portion	1	1 pc	¼ c.	1 pc.	½ c.
	Contribution (oz. eq.)	2 oz eq.	2 oz. eq.	1 oz. eq.	2 oz.	2 oz.
	2 nd Item (If planned)			Dinner Roll		
	Portion			1		
	Contribution (oz. eq.)			1 oz. eq.		
Fruits If planned, 100% Juice can be <i>no more than ½ of total</i> (e.g. ½ 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%

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

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Daily minimum: 1 cup	Portion in cups	½ c.	½ c.	½ c.	½ c.	½ c.
Vegetables Minimum 1 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green Weekly minimum: 1/2 cup	Item	Spinach				
	Portion in cups	½ c.				
Red/Orange Weekly minimum: 1-1/4 cup	Item	Sweet potato	Baby Carrots Bag			Tomato Sauce
	Portion in cups	½ c.	½ c.			¼ c.
Beans Weekly minimum: 1/2 cup	Item				Creole Blackeye Pea	
	Portion in cups				½ c.	
Starchy Weekly minimum: 1/2 cup	Item		Potato Steak			
	Portion in cups		½ c.			
Other Vegetables Weekly minimum: 3/4 cup	Item			Broccoli florets		Romaine Lettuce Tomato
	Portion in cups			½ c.		½ c. = ¼ c.
Other Foods	Item			Spring Mix salad	Collard Green	Italian Vegetables
	Portion in cups			1 c.	½ c.	½ c.
Condiments	Item		Ranch Dressing FF			
	Portion size		1 pk 9 gm.			

****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		