

### Grades 9-12 Lunch Menu Planning Template-Five Day

Sponsor #	Sponsor	Contact Name
		Week #3

Grade Group: **9-12**

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Chicken breaded	Chicken Pop Corn	Sausage Vegetarian	Turkey Meatball	Stuffed Shell
<b>Meat/Meat Alternates</b>  Daily minimum: 2 oz. eq.  Weekly minimum: 10 oz. eq.	Item	Chicken Ginger	Chicken	Sausage	meatball	Stuffed shell
	Portion	1 pc.	½ c.	½ c.	5 pcs	2 per
	Contribution (oz. eq.)	3 oz.	2 oz.	2 oz.	2 oz.	3 oz.
	2 <sup>nd</sup> Item (If planned)				Mozzarella cheese	
	Portion				1	
	Contribution (oz. eq.)				1 oz. M/MA	
<b>Grains</b>  Daily minimum: 2 oz. eq.  Weekly minimum: 10 oz. eq.	Item	Fried Brown Rice	Breading	WG Sub	WG Spaghetti	WG Pasta
	Portion	1/2 c.	1 pc	1 pc.	½ c.	½ c.
	Contribution (oz. eq.)	2 oz eq.	2 oz. eq.	2 oz.	2 oz.	2 oz.
	2 <sup>nd</sup> Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
<b>Fruits</b> 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 <sup>nd</sup> 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 <span style="background-color: yellow;">1 cup per day</span>		Day 1	Day 2	Day 3	Day 4	Day 5
<b>Dark Green</b> Weekly minimum: 1/2 cup	Item		Broccoli			Green salad
	Portion in cups		½ c.			1 c. = ½ c.
<b>Red/Orange</b> Weekly minimum: 1-1/4 cup	Item		Carrots	Winter Squash	Sweet Potato	
	Portion in cups		½ c.	½ c.	½ c.	
<b>Beans</b> Weekly minimum: 1/2 cup	Item			Green Beans		
	Portion in cups			½ c.		
<b>Starchy</b> Weekly minimum: 1/2 cup	Item					Sweet Corn
	Portion in cups					½ c.
<b>Other Vegetables</b> Weekly minimum: 3/4 cup	Item	California vegetables			Chayote squash	
	Portion in cups	½ c.			½ c.	
Other Foods	Item	Cabbage				
	Portion in cups	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