

Lunch Menu Planner All Grades

School / Site Name:

Menu Week:

Component	Daily / Weekly Requirement	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Milk	1 c Daily						
<i>Schools must offer at least two different types of fluid milk daily (fat-free or 1%); one must be unflavored.</i>	Weekly: 5 cups						
Meat / Meat	K - 8: 1 oz Eq Daily						
	Weekly K-5: 8-10* / 6-8: 9-10* 9-12: 10-12*						
Grain	K - 8: 1 oz Eq Daily						
<i>At least 80% of grains served per week must be whole grain rich, the rest must be enriched.</i>	Weekly: K-5: 8-9* / 6-8: 8-10* 9-12: 10-12*						
Vegetable	K-8: ¾ c Daily / 3 ¾ c Wkly						
Dark Green <i>Raw leafy greens credit for half the volume served</i>	K-12: ½ cup Weekly						
Red / Orange	K-8: ¾ cup Weekly 9-12: 1¼ cup Weekly						
Legumes	K-12: ½ cup Weekly						
Starchy	K-12: ½ cup Weekly						
Other	K-8: ½ c Wkly / 9-12: ¾ c Wkly						
Fruit	K-8: ½ c Daily / 9-12: 1 c Daily						
	Weekly: K-8: 2 ½ cups / 9-12: 5 cups						
Other /Extras							

*Staying within the maximum range helps with dietary specifications but is not required.