

Grades 9-12 Kosher Lunch Menu Sample - Five Day

Sponsor #	Sponsor	Contact Name
1234	Our School	Our Site Manager

Grade Group: **9-12**

Kosher – Non-OVS		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Pizza w/ Salad	Baked Fish w/ Potatoes**	Turkey Sandwich w/ Veggie Dippers**	Spaghetti and Meatballs**	Macaroni and Cheese
Meat/Meat Alternates Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	Cheese Pizza	* Cajun Baked Fish USDA Recipe	Turkey Deli Meat (PFS or CN Label)	Beef or Turkey Meatballs (PFS or CN Label)	Macaroni & Cheese USDA Recipe (Cheese)
	Portion	1 slice (~5 oz.)	2 oz. cooked	~3 oz slices (per CN Label)	4 each	2/3 cup of entree
	Contribution (oz. eq.)	2 oz. eq.	2 oz. eq.	2 oz. eq.	2 oz. eq.	2 oz. eq.
Grains Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	WGR Pizza Crust	Brown Rice	WGR Bread or Bun	WG Spaghetti Noodles	Enriched Elbow Noodles
	Portion	1 slice (~5 oz.)	1 cup cooked	2 slices (28 grams ea.) or 2 oz. bun	1 cup	½ cup of entrée
	Contribution (oz. eq.)	2 oz. eq.	2 oz. eq.	2 oz. eq.	2 oz. eq.	1 oz. eq.
	2 nd Item (If planned)					WGR Dinner Roll
	Portion					1 oz.
	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) Daily minimum: 1 cup	Item	Mixed Canned Fruit	Whole Florida Orange	Apple Slices	Mandarin Oranges	Red & Green Grapes
	Portion in cups	½ cup	½ cup	2 oz pack (½ cup)	½ cup	½ cup
	2 nd Item (If planned)	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Portion in cups	4 fl. oz. (½ cup)	4 fl. oz. (½ cup)	4 fl. oz. (½ cup)	4 fl. oz. (½ cup)	4 fl. oz. (½ cup)

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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	Garden Salad w/ Romaine Lettuce		Broccoli Florets		
	Portion in cups	1 cup (credits ½ cup)		¼ cup		
Red/Orange Weekly minimum: 1-1/4 cup	Item	Grape Tomatoes (in salad)		Baby Carrots/ 2 Tomato Slices	Spaghetti Sauce	
	Portion in cups	¼ cup		¼ cup measure each	½ cup	
Beans, Peas & Lentils Weekly minimum: 1/2 cup	Item					Seasoned Chickpeas
	Portion in cups					½ cup
Starchy Weekly minimum: 1/2 cup	Item		Oven Roasted Cubed Potatoes		Seasoned Corn	
	Portion in cups		½ cup		½ cup	
Other Vegetables Weekly minimum: 3/4 cup	Item	Cucumber Slices (in salad)	Green Beans	Bell Pepper Strips		Sugar Snap Peas
	Portion in cups	¼ cup	½ cu	¼ cup		½ cup
Other Foods	Item			Leaf Lettuce (sandwich topping)		
	Portion in cups			¼ cup measure		
Condiments	Item	Salad Dressing		Ketchup, Mustard, Mayo		
	Portion size	1 packet		1 packet each as planned		

****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%	1%		Soy**
Fluid oz.	8	8		8

*Cajun Baked Fish USDA Recipe use Pareve Margarine.
****On Tuesday, Wednesday, and Thursday serve soy milk in place of dairy milk for observance of Kosher dietary law.** Please see [Traditional and Kosher Rules](#) for further information about Kosher dietary law.
 ***Must be approved soy milk that is nutritionally equivalent to dairy milk

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

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