

Grades K-8 Kosher Lunch Menu Sample - Five Day

Sponsor #	Sponsor	Contact Name
1234	Our School	Our Site Manager

Grade Group: **K-8**

Kosher - Non-OVS		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday**	Wednesday**	Thursday**	Friday
Meat/Meat Alternates Daily minimum: 1 oz. eq. Weekly minimum: 9 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 slice/per label	3 each	¾ cup of entree
	Contribution (oz. eq.)	2 oz. eq.	2 oz. eq.	2 oz. eq.	1.5 oz. eq.	2 oz. eq.
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Grains Daily minimum: 1 oz. eq. Weekly minimum: 8 oz. eq.	Item	WGR Pizza Crust	Brown Rice	WG Bread	WG Spaghetti Noodles	Enriched Elbow Noodles
	Portion	1 slice (~5 oz.)	½ cup cooked	2 slices	1 cup	¾ cup of entrée
	Contribution (oz. eq.)	2 oz. eq.	1 oz. eq.	2 oz. eq.	2 oz. eq.	1 oz. eq.
	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. ¼ cup) Daily minimum: 1/2 cup	Item	Mixed Canned Fruit	Whole Florida Orange	Apple Slices	Mandarin Oranges	Red & Green Grapes
	Portion in cups	½ cup	½ cup	2 oz. bag	½ cup	½ cup

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

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Vegetables Minimum 3/4 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		
	Portion in cups	1 cup (credits ½ cup)		½ cup		
Red/Orange Weekly minimum: 3/4 cup	Item	Grape Tomatoes (in salad)		Baby Carrots	Spaghetti Sauce	
	Portion in cups	¼ cup		¼ cup	½ cup	
Beans, Peas & Lentils Weekly minimum: 1/2 cup	Item					Seasoned Black Beans
	Portion in cups					½ cup
Starchy Weekly minimum: 1/2 cup	Item		Oven Roasted Cubed Potatoes	Corn		
	Portion in cups		½ cup	¼ cup		
Other Vegetables Weekly minimum: 1/2 cup	Item	Cucumber Slices (in salad)	Green Beans		Bell Pepper Slices	Sugar Snap Peas
	Portion in cups	¼ cup	¼ cup		¼ cup	¼ cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Salad Dressing		Ketchup, Mustard, Ranch		
	Portion size	1 packet		1 packet		

****Vegetables from any subgroup are creditable as an additional vegetable.** Additional vegetable requirements: 1 cup per week for grades K-8.

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.