

## SFSP Five Day Lunch Menu Planning Template

| Components<br>(Serve all 4)                                  | Minimum<br>Per Day                           | Notes & Best Practices                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | †Non-Creditable*                                                                                                                                                                                                                                    |
|--------------------------------------------------------------|----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Fluid Milk</b><br>(Whole, reduced fat, low-fat, fat free) | <b>1 cup</b><br>(½ pint, 8 fluid ounces)     | Milk served as a beverage. Must be pasteurized. Can be shelf stable and served chilled.<br><ul style="list-style-type: none"> <li>Recommend two or more choices daily to increase participation. May include:</li> <li>Unflavored or flavored whole milk, reduced-fat (2%) milk, low-fat (1%) milk, fat-free milk, buttermilk, lactose-free or lactose-reduced milk, or acidophilus milk. <b>Best Practice:</b> offer 2 or more choices from fat free and low-fat options.</li> <li>✓ Fat-free or low-fat (1% fat content) is recommended for age 2 and older.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>“Dairy beverage”</li> <li>“Milk drink”</li> <li>Chocolate drink</li> <li>Milkshakes</li> </ul>                                                                                                               |
| <b>Fruits, Vegetables, 100% Juices</b>                       | <b>¾ cup</b><br>Total (from 2 or more items) | Any combination of fruits(s), vegetable(s), and 100% juices <b>but</b> must serve two or more different fruit/vegetable items and 100% juice portion credit is limited in program Lunch/Supper meals.<br><ul style="list-style-type: none"> <li>Vegetable(s) and fruit(s) can be fresh, frozen, canned, dried, or prepared from dehydrated.</li> <li><b>Best Practice:</b> plan meals with both fruits and vegetables offered (i.e., ¾ cup fruit cup + ¾ cup vegetable)</li> <li>100% juice may can only be counted for <u>one-half</u> of the portion requirement (50 percent of ¾ cup)</li> <li>✓ Example: 4 oz. juice = ¾ c. credit, 6 oz. juice = ¾ c., 8 oz. juice = ¾ c. credit + ¾ cup non-juice item.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <ul style="list-style-type: none"> <li>“Fruit drinks”</li> <li>“Fruit beverages”</li> <li>Juice cocktails</li> <li>“Fruit snacks”</li> <li>“Veggie Straws”</li> </ul>                                                                               |
| <b>Grains, Breads, Pastas, Rice</b>                          | <b>1 slice or 1 serving</b>                  | Creditable grains and breads must be whole grain, whole grain-rich or enriched, or made from whole grain or enriched flour or meal. <b>Best Practice:</b> offer whole grain choices daily. One serving or more from items such as:<br><ul style="list-style-type: none"> <li>Sliced bread, buns, or rolls (25 grams or 0.9 oz.)</li> <li>Biscuits or tortillas/wraps (25 grams or 0.9 oz.)</li> <li>Cornbread (31 grams or 1.1 oz.)</li> <li>Muffins (50 grams or 1.8 oz.)</li> <li>Dry, ready-to-eat cereal (¾ cup measure or 1 ounce weighed)</li> <li>Pasta, cereal grain [oatmeal, grits], and rice (½ cup cooked)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <ul style="list-style-type: none"> <li>Potato chips</li> <li>Potatoes</li> <li>“Veggie Straws”</li> </ul>                                                                                                                                           |
| <b>Meats Meat Alternates</b>                                 | <b>2 oz. eq.</b>                             | Meat/meat alternate items must offer 2 oz. equivalent portions with:<br><ul style="list-style-type: none"> <li>Contribution in ounce equivalent (oz. eq.) for the cooked or edible portion amount from lean meats/poultry/fish. <ul style="list-style-type: none"> <li>✓ Consider the yield factor: 1.36 oz. raw ground beef (no more than 20% fat) yields 1 oz. <u>cooked</u> beef and credits for 1 oz. eq. M/MA. Plan about 2.75 oz raw beef/beef patty for 2 oz eq. M/MA.</li> </ul> </li> <li>Can serve nuts/seeds for the first 1 oz. eq. but the second 1 oz. eq. M/MA requirement must be from another source.</li> <li>The following amounts of <u>deli meat</u> credit as 2 oz. eq. M/MA: <ul style="list-style-type: none"> <li>✓ 3.4 oz. USDA Foods/commodity turkey ham</li> <li>✓ 2.2 oz. USDA Foods/commercial pork ham with 15% added water. Check <a href="#">USDA's Food Buying Guide</a> for more information for higher percentages of added water products.</li> </ul> </li> </ul> The following amounts of <u>meat alternates</u> credit as 2 oz. eq. M/MA:<br><ul style="list-style-type: none"> <li>2 oz. natural cheese by weight. (<b>Best Practice:</b> look for low or reduced fat and/or reduced sodium options) <ul style="list-style-type: none"> <li>✓ Note for shredded cheese, a ¼ cup portion equals 1 oz. eq. and ½ cup equals 2 oz. eq.</li> </ul> </li> <li>½ cup of cottage cheese</li> <li>1 large egg</li> <li>½ cup of mature beans, dried peas, lentils, or legumes (i.e., kidney, black, chickpea, refried beans, baked beans)</li> <li>8 ounces/ 1 cup of yogurt (all types)</li> </ul> | <ul style="list-style-type: none"> <li>Bacon~</li> <li>Cream cheese~</li> <li>Imitation cheese (main ingredient is oil)</li> <li>Peanut butter spread (less than 90% peanuts)</li> <li>Sweet Peas (starchy)</li> </ul> <p>~High fat/low protein</p> |

**Creditable** – a food item that meets program requirements as a reimbursable component of a meal that is allowed to “credit” as one of the required meal or snack components necessary to meet the minimum portion sizes.

**†Non-creditable** - a food or food item, such as condiment, sauce, topping, dressing, etc., or low nutrient dense food, such as bacon, cream cheese, canned cheese sauce, juice drinks, etc., that is not allowed for service and “credit” toward meeting one of the required meal or snack components, but is allowed for service to complement or enhance the reimbursable meal or snack.

\*This list is not exhaustive, please see [USDA's Food Buying Guide](#) for more information.

### Optional Submission to State Agency

If your sponsorship would like to have your menu plans reviewed by one of the Registered Dietitians for adequate components and acceptable products, please contact your FNW Program Eligibility Specialist for more information.

## SFSP Five Day Lunch Menu Planning Template

| Sponsor # | Sponsor Name | Contact Name |
|-----------|--------------|--------------|
|           |              |              |

|                                                                                                                  |                                 | Day 1                           | Day 2                                               | Day 3                                                                            | Day 4                                                                            | Day 5                                        |
|------------------------------------------------------------------------------------------------------------------|---------------------------------|---------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------|
| COMPONENTS ↓                                                                                                     | MENU NAME →                     |                                 |                                                     |                                                                                  |                                                                                  |                                              |
| <b>Meats</b><br><b>Meat Alternates</b><br><br>Minimum:<br>2 oz. eq. per day                                      | Item                            | <a href="#">Arroz con Pollo</a> | Mexican Lasagna<br>( <a href="#">USDA D-62r</a> )   | Asian Popcorn<br>Chicken (CN) Rice<br>Bowl                                       | Eggplant Parmesan<br>w/2 Breadsticks                                             | Ropa Vieja over Rice<br>with Pigeon Peas     |
|                                                                                                                  | Portion size or wt.             | ¾ cup                           | 2 pieces                                            | 3.08 oz                                                                          | 1 piece (4x4)                                                                    | ¾ cup                                        |
|                                                                                                                  | Contribution (oz. eq.)          | 2 M/MA                          | 2 M/MA                                              | 2 M/MA                                                                           | 2 M/MA                                                                           | 2 M/MA                                       |
|                                                                                                                  | 2 <sup>nd</sup> Item if planned | Jamaican Burger                 | <a href="#">Fish Wrap/Taco</a> with<br>Slaw Topping | Chicken, Rice & Bok<br>Choy Wraps ( <a href="#">USDA<br/>F-11r</a> ) w/Chickpeas | Chicken Alfredo with<br>a Twist ( <a href="#">USDA D-54r</a> )<br>w/1 Breadstick | Cuban Sandwich                               |
|                                                                                                                  | Portion size or wt.             | 5.5 oz                          | 2 oz                                                | *2 wraps (1.5 oz.<br>eq.) / ¼ cup                                                | 1 cup                                                                            | 1 oz. each-Ham Pulled<br>Pork w/cheese slice |
|                                                                                                                  | Contribution (oz. eq.)          | 2 M/MA                          | 2 M/MA                                              | 2 M/MA                                                                           | 2 M/MA                                                                           | 2.25 M/MA                                    |
| <b>Grains</b><br><b>Breads</b><br><b>Pasta</b><br><b>Rice</b><br><br>Minimum:<br>1 serving per day               | Item                            | Arroz con Pollo                 | Lasagna Noodle/<br>WGR Bread Sticks                 | Breading/Brown<br>Rice                                                           | WGR Bread Stick                                                                  | Brown Rice                                   |
|                                                                                                                  | Portion                         | 1 cup                           | 1 ½ oz eq./1 oz.                                    | .5 oz eq./1 cup                                                                  | 2 (1 oz each)                                                                    | 1 cup                                        |
|                                                                                                                  | Contribution (servings)         | 2 servings                      | 2.5 servings                                        | 2.5 servings                                                                     | 2 servings                                                                       | 2 servings                                   |
|                                                                                                                  | 2 <sup>nd</sup> Item if planned | WG Hamburger<br>Bun             | 6" WGR Tortilla &<br>Tortilla Chips                 | Bok Choy Wraps<br>(USDA F-11r)                                                   | Chicken Alfredo<br>Rotini Pasta (D-54r)                                          | Cuban Bread<br>(2 ounces)                    |
|                                                                                                                  | Portion                         | 2 oz                            | 1 oz / 1 oz                                         | *2 wraps –<br>½ cup rice each                                                    | 1 cup portion<br>(1/2 cup pasta)                                                 | 1 sandwich                                   |
|                                                                                                                  | Contribution (servings)         | 2 servings                      | 2 servings                                          | 2 servings                                                                       | 1 serving                                                                        | 2 servings                                   |
| <b>CHOOSE 2</b><br><br><b>Fruits</b><br><b>Vegetables</b><br><b>100% Juices</b><br><br>Minimum:<br>¾ cup per day | Item                            | Fresh Pineapple<br>Chunks       | Fresh Strawberry<br>Cup                             | Passion Fruit                                                                    | Red & Green Grapes                                                               | Mango & Papaya<br>Medley                     |
|                                                                                                                  | Portion in cups                 | ½ cup                           | ½ cup                                               | ½ cup                                                                            | ½ cup<br>(about 10-12)                                                           | ½ cup                                        |
|                                                                                                                  | Item                            | Dried Cherries                  | 100% Juice Choice<br>(4 fluid ounce)                | Clementine or<br>Satsuma Oranges                                                 | Carambola<br>(Starfruit)                                                         | Canned Mandarin<br>Oranges                   |
|                                                                                                                  | Portion in cups                 | ½ cup                           | ½ cup                                               | ½ cup (~2 whole)                                                                 | ½ cup slices                                                                     | ½ cup                                        |

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|                            |                 |                                |                                                         |                                 |                                |                                                           |
|----------------------------|-----------------|--------------------------------|---------------------------------------------------------|---------------------------------|--------------------------------|-----------------------------------------------------------|
|                            | Item            | Steamed Fresh Broccoli Florets | Salsa/Diced Tomatoes (1/4 cup each)                     | Steamed Fresh Broccoli Florets  | Garden Salad (Romaine Lettuce) | Seasoned Black Beans or Pigeon Peas                       |
|                            | Portion in cups | ½ cup                          | ½ cup<br>[Plus, Butternut Squash in USDA D-62r = ½ cup] | ½ cup                           | 1 cup                          | ½ cup                                                     |
|                            | Item            | Black Eyed Peas                | Charro Beans (Pinto)                                    | Baby Carrots                    | Diced Tomatoes (Salad)         | Yucca Fries                                               |
|                            | Portion in cups | ½ cup                          | ½ cup                                                   | ½ cup                           | ¼ cup                          | ½ cup                                                     |
|                            | Item            | Sweet Plantains                | Seasoned Corn                                           | Snow Peas                       | Ratatouille                    | Overnight Pickles ( <a href="#">FNW Cucumber Recipe</a> ) |
|                            | Portion in cups | ½ cup                          | ½ cup<br>[USDA D-62r]                                   | ½ cup                           | ½ cup                          | ½ cup                                                     |
|                            | Item            |                                | Shredded Cabbage (Lightly Sauced)                       |                                 |                                |                                                           |
|                            | Portion in cups |                                | ½ cup                                                   |                                 |                                |                                                           |
| Other Foods/<br>Condiments | Item            | Ketchup/ Mustard               | Taco Sauce                                              | Low Salt Soy Sauce / Duck Sauce | LF Ranch Dressing              | Mustard                                                   |
|                            | Portion size    | 9 gm/5 gm                      | 9 gm                                                    | 9 gm each                       | 1.5 oz                         | 5 gm                                                      |

|               |             |          |           |            |                 |
|---------------|-------------|----------|-----------|------------|-----------------|
| Daily<br>Milk |             | White    | Chocolate | Strawberry | Other (specify) |
|               | Fat Content | 1% or FF | Fat free  | Fat free   |                 |
|               | Fluid oz.   | 8        | 8         | 8          |                 |

#### Notes:

\*USDA Recipe F-11r, increase rice portion to equal ½ cup rice per wrap and serve 2 wraps with ¼ cup chickpeas to equal 2 oz. eq. of meat/meat alternate and 2 servings of grain.