

SFSP Five Day Lunch Template: Hispanic Focused

Sponsor #	Sponsor	Contact Name
#1234	ABC Summer Site	Jane Smith

Components		Day 1	Day 2	Day 3	Day 4	Day 5
Meat/Meat Alternate Minimum: 2 oz. eq. per day	Item	Bean & Cheese Burrito Bowl	Pulled Pork Sandwich w/ Elote Street Corn	Beef Carne Picada w/ Spanish Rice	Veggie Cheese Pizza (5 oz. slice)	Beef Tacos w/ Black Beans
	Portion	1/2 cup Bean and Cheese mixture	5.5 oz. Pulled Pork	2 oz beef	2 oz. shredded mozzarella	1/4 cup beef mixture (1/8 cup each taco)
	Contribution (oz. eq.)	2 oz. eq.	2 oz. eq.	2 oz. eq.	2 oz. eq.	2 oz. eq.
	2 nd Entrée Item Choice (If planned)					
	Portion					
	Contribution (oz. eq.)					
Grains Minimum: 1 oz. eq. per day	Item	Bean Burrito Bowl	Hamburger Bun	Spanish Rice	Pizza Crust	Taco
	Portion	1 - 8" tortilla	2 oz.	2/3 cup	2.2 oz.	Tortillas and rice (2 tacos)
	Contribution (oz. eq.)	1.5 servings	2 servings	1 serving equivalent	2 servings	2 servings
	2 nd Entrée Item Choice (If planned)					
	Portion					
	Contribution (oz. eq.)					
Fruits Vegetables 100% Juice Minimum: ¾ cup per day	Item	Burrito Bowl Vegetables*	Watermelon Cubes	Spanish Rice Vegetables	Bell Peppers/Zucchini (on pizza) & Sauce	Seasoned Black Beans
	Portion in cups	1/2 - 1 cup	1/2 cup	1/4 cup	1/8 cup each/slice (3/8 cup total)	1/4 cup
	2 nd Item	Pineapple Cup	Elote Street Corn (or Mexicali Corn)	Baked Plantains	Melon Medley	Lettuce/Tomato/Salsa
	Portion in cups	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/4 cup each
Other Foods/ Condiments	Item	Taco Sauce/Other Toppings	Pickles			
	Portion size	1 ounce/As needed	1/8 cup			

Notes: *Consider toping the bean/cheese mixture base, with cooked onions, squash, zucchini, fresh spinach, lettuces, tomatoes, corn, black olives, bell peppers, etc. Suggested minimum is 1/2 cup.

strawberry	Other (specify)
Fat-free	
8 fl. oz.	