

### Grades 9-12 Lunch Menu Planning Template-Five Day

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Grade Group: **9-12**

|                                                                                                                           |                                   | Day 1                               | Day 2                               | Day 3                                 | Day 4                          | Day 5                              |
|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------|---------------------------------------|--------------------------------|------------------------------------|
| COMPONENTS ↓                                                                                                              | MENU NAME →                       | Monday                              | Tuesday                             | Wednesday                             | Thursday                       | Friday                             |
| <b>Meat/Meat Alternates</b><br><br>Daily minimum:<br>2 oz. eq.<br><br>Weekly minimum:<br>10 oz. eq.                       | Item                              | Oven Roasted Chicken                | Apple 'n Yogurt Dippers with Cheese | WG Pasta w/Meatballs                  | Porcupine Sliders (USDA F-10R) | Breaded Fish (CN) Taco with Cheese |
|                                                                                                                           | Portion                           | 1 breast or 1 thigh or 2 drumsticks | 4 oz. (1/2 cup)/1 oz.               | 2.85 oz (5 each at 0.5 oz.)           | 2 each – 4 oz.                 | 2 oz. / 0.5 oz.                    |
|                                                                                                                           | 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) |                                     |                                     |                                       |                                |                                    |
|                                                                                                                           | Portion                           |                                     |                                     |                                       |                                |                                    |
|                                                                                                                           | Contribution (oz. eq.)            |                                     |                                     |                                       |                                |                                    |
| <b>Grains</b><br><br>Daily minimum:<br>2 oz. eq.<br><br>Weekly minimum:<br>10 oz. eq.                                     | Item                              | WGR Biscuit                         | WGR Soft Pretzel                    | WG Pasta/ WG Breadstick               | (2) WG Mini Rolls              | WG Tortilla                        |
|                                                                                                                           | Portion                           | 2 oz. = 2 oz eq.                    | 2 oz. = 2 oz. eq.                   | ½ cup = 1 oz. eq.<br>1 oz. = 1 oz eq. | 2 oz. = 2 oz. eq.              | 6" (1 oz) = 1 oz. eq.              |
|                                                                                                                           | Contribution (oz. eq.)            | 2 oz. eq.                           | 2 oz. eq.                           | 2 oz. eq.                             | 2 oz. eq.                      | 1 oz. eq.                          |
|                                                                                                                           | 2 <sup>nd</sup> Item (If planned) |                                     |                                     |                                       |                                | WG Tortilla Chips                  |
|                                                                                                                           | Portion                           |                                     |                                     |                                       |                                | 1 oz. (about 12 chips)             |
|                                                                                                                           | Contribution (oz. eq.)            |                                     |                                     |                                       |                                | 1 oz. eq.                          |
| <b>Fruits</b><br>If planned, 100% Juice can be <i>no more than ½ of total</i> (e.g. ½ cup)<br><br>Daily minimum:<br>1 cup | Item                              | Chilled Peach Slices                | Red Apple (138 ct.)                 | Fresh Pineapple Chunks                | Chilled Mandarin Oranges       | Fresh Florida Berry Cup            |
|                                                                                                                           | Portion in cups                   | ½ cup                               | 1 each (1 cup)                      | ½ cup                                 | ½ cup                          | ½ cup                              |
|                                                                                                                           | 2 <sup>nd</sup> Item (If planned) | 100% Orange-Pineapple Juice         |                                     | Florida Orange (138 ct.)              | Red Grapes                     | Banana                             |
|                                                                                                                           | Portion in cups                   | ½ cup                               |                                     | 1 each (½ cup)                        | ½ cup                          | 1 each (½ cup)                     |

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

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| Vegetables Minimum <b>1 cup per day</b>                        |                 | Day 1            | Day 2                     | Day 3                        | Day 4                    | Day 5                           |
|----------------------------------------------------------------|-----------------|------------------|---------------------------|------------------------------|--------------------------|---------------------------------|
| <b>Dark Green</b><br>Weekly minimum:<br>1/2 cup                | Item            | Steamed Broccoli |                           | Romaine Garden Salad         |                          | Chopped Romaine (for Fish Taco) |
|                                                                | Portion in cups | ½ cup            |                           | 1 cup<br>(credits as ½ cup)  |                          | ¼ cup<br>(credits as 1/8 cup)   |
| <b>Red/Orange</b><br>Weekly minimum:<br>1-1/4 cup              | Item            |                  | Carrot Sticks             | Spaghetti Sauce              | Baked Sweet Potato Fries | Diced Tomatoes (for Fish Taco)  |
|                                                                | Portion in cups |                  | ½ cup                     | ¼ cup                        | ½ cup                    | 1/8 cup                         |
| <b>Beans, Peas &amp; Lentils</b><br>Weekly minimum:<br>1/2 cup | Item            |                  |                           |                              |                          | Black Beans                     |
|                                                                | Portion in cups |                  |                           |                              |                          | ½ cup                           |
| <b>Starchy</b><br>Weekly minimum:<br>1/2 cup                   | Item            | Mashed Potatoes  |                           |                              | Sweet Corn               |                                 |
|                                                                | Portion in cups | ½ cup            |                           |                              | ½ cup                    |                                 |
| <b>Other Vegetables</b><br>Weekly minimum:<br>3/4 cup          | Item            |                  | Cucumber Coins            | Diced Tomatoes and Cucumbers |                          | Salsa                           |
|                                                                | Portion in cups |                  | ½ cup                     | ¼ cup                        |                          | ¼ cup                           |
| Other Foods                                                    | Item            |                  |                           |                              |                          |                                 |
|                                                                | Portion in cups |                  |                           |                              |                          |                                 |
| Condiments                                                     | Item            | Margarine        | Low Fat Ranch/<br>Mustard | Low-Fat Salad Dressing       | Ketchup/<br>Mustard      | Taco Sauce                      |
|                                                                | Portion size    | 1 tsp            | 1 packet each             | 1 packet                     | 1 packet each            | 1 packet                        |

**\*\*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%    | Fat-Free  | Fat-Free   |                 |
| Fluid oz.   | 8     | 8         | 8          |                 |

Notes