

Grades 9-12 Lunch Menu Planning Template-Seven Day

Sponsor #	Sponsor	Contact Name
1234	Our High School	Our Site Manager

Grade Group: **9-12**

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meat/Meat Alternates Daily minimum: 2 oz. eq. Weekly minimum: 14 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	WG Turkey Corn Dog (CN)	Beef Stir Fry (USDA – D39A)
	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.	4 oz.	¾ cup
	Contribution (oz. eq.)	2 M/MA	2 M/MA	2 M/MA	2 M/MA	2 M/MA	2 M/MA	2 M/MA
	2 nd Item (If planned)							
	Portion							
	Contribution (oz. eq.)							
Grains Daily minimum: 2 oz. eq. Weekly minimum: 14 oz. eq.	Item	WGR Biscuit	WGR Soft Pretzel	WG Pasta/ WG Breadstick	(2) WG Mini RollS	WG Tortilla	WG Turkey Corndog Breeding	Brown Rice
	Portion	2 oz. = 2 oz. eq.	2 oz. = 2 oz. eq.	½ cup = 1 oz. eq. 1 oz. = 1 oz eq.	2 oz. = 2 oz. eq.	6" (1 oz) = 1 oz. eq.	4 oz. = 2 oz. eq.	½ cup = 1 oz. eq.
	Contribution (oz. eq.)	2 oz. eq.	2 oz. eq.	2 oz. eq.	2 oz. eq.	1 oz. eq.	2 oz. eq.	1 oz. eq.
	2 nd Item (If planned)					WG Tortilla Chips		
	Portion					1 oz. (about 12 chips)		
	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	Chilled Peach Slices	Red Apple (138 ct.)	Fresh Pineapple Chunks	Chilled Mandarin Oranges	Fresh Florida Berry Cup	Fresh Pear (150 ct.)	Melon Cup
	Portion in cups	½ cup	1 each (1 cup)	½ cup	½ cup	½ cup	1 each (½ cup)	1 cup
	2 nd Item (If planned)	100% Orange-Pineapple Juice		Florida Orange (138 ct.)	Red Grapes	Banana	Peach Slices	
	Portion in cups	½ cup		1 each (½ cup)	½ cup	1 each (½ cup)	½ cup	

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Vegetables Minimum 1 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Dark Green Weekly minimum: 1/2 cup	Item	Steamed Broccoli		Romaine Garden Salad		Chopped Romaine (for Fish Taco)		
	Portion in cups	½ cup		1 cup (credits as ½ cup)		¼ cup (credits as 1/8 cup)		
Red/Orange Weekly minimum: 1 ¼ cup	Item		Carrot Sticks	Spaghetti Sauce	Baked Sweet Potato Fries	Diced Tomatoes (for Fish Taco)		Honey Glazed Baby Carrots
	Portion in cups		½ cup	¼ cup	½ cup	1/8 cup		½ cup
Beans, Peas & Lentils Weekly minimum: 1/2 cup	Item					Black Beans		
	Portion in cups					½ cup		
Starchy Weekly minimum: 1/2 cup	Item	Mashed Potatoes			Sweet Corn		Tater Tots	
	Portion in cups	½ cup			½ cup		½ cup	
Other Vegetables Weekly minimum: 3/4 cup	Item		Cucumber Coins	Diced Tomatoes and Cucumbers		Salsa	Celery Sticks	Vegetable Stir Fry (USDA-D39A)
	Portion in cups		½ cup	¼ cup		¼ cup	½ cup	½ cup
Other Foods	Item							
	Portion in cups							
Condiments	Item	Margarine	Low Fat Ranch/ Mustard	Low-Fat Salad Dressing	Ketchup/ Mustard	Taco Sauce	Low Fat Ranch Dressing/Mustard /Ketchup	LS Soy Sauce
	Portion size	1 tsp	1 packet each	1 packet	1 packet each	1 packet	1 packet	1 packet

****Vegetables from any subgroup are creditable as an additional vegetable.** Additional vegetable requirements: 3 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
