

Grades 9-12 Multicultural Lunch Menu Sample - Ten Day

Sponsor #	Sponsor	Contact Name
1234	Our School	Our Site Manager

Grade Group: **9-12**

		Week 1 - Day 1	Week 1 - Day 2	Week 1 - Day 3	Week 1 - Day 4	Week 1 - Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	Arroz Con Pollo	Mexican Lasagna w/ Pinto Beans	Asian Popcorn Chicken (CN) Rice Bowl	WGR Pizza (CN)	Ropa Vieja (Shredded Beef over Brown Rice)
	Portion	¾ cup	2 pieces	3.08 oz	1 slice	½ cup
	Contribution (oz. eq.)	2 M/MA	2 M/MA	2 M/MA	2 M/MA	3 M/MA
Grains Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	Arroz con Pollo	WG Lasagna Noodle/ WG Bread Sticks	Rice Bowl (WG Breeding, Brown Rice)	WGR Pizza (CN)	Brown Rice
	Portion	1 cup	1.5 oz. / 1 oz.	0.5 oz. eq. / 1 cup	1 slice	1 cup
	Contribution (oz. eq.)	2 oz. eq.	2.5 oz. eq.	2.5 oz. eq.	2 oz. eq.	2 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	Fresh Pineapple Chunks	Fresh Strawberry Cup	Passion Fruit	Red & Green Grapes	Mango & Papaya Medley
	Portion in cups	½ cup	½ cup	½ cup	½ cup (about 10-12)	½ cup
	2 nd Item (If planned)	Dried Cherries	100% Juice Choice (4 fl. oz.)	Clementine or Satsuma Oranges	Carambola (Starfruit)	Canned Mandarin Oranges
	Portion in cups	¼ cup (1.3 oz. box) = ½ cup eq.	½ cup	½ cup (~2 whole)	½ cup slices	½ cup

Grades 9-12 Multicultural Lunch Menu Sample - Ten Day

Vegetables Minimum 1 cup per day		Week 1 - Day 1	Week 1 - Day 2	Week 1 - Day 3	Week 1 - Day 4	Week 1 - Day 5
Dark Green Weekly minimum: 1/2 cup	Item				Garden Salad (Romaine Lettuce)	
	Portion in cups				1 cup = ½ cup	
Red/Orange Weekly minimum: 1-1/4 cup	Item		Butternut Squash and Salsa in Mexican Lasagna	Baby Carrots	Diced Tomatoes (in salad)	Red Bell Peppers in Ropa Vieja
	Portion in cups		3/8 cup	½ cup	¼ cup	½ cup
Beans, Peas & Lentils Weekly minimum: 1/2 cup	Item					Seasoned Black Beans or Pigeon Peas
	Portion in cups					½ cup
Starchy Weekly minimum: 1/2 cup	Item	Sweet Plantain	Corn in Mexican Lasagna		Corn (in salad)	
	Portion in cups	½ cup	¼ cup		¼ cup	
Other Vegetables Weekly minimum: 3/4 cup	Item	Vegetables in Arroz con Pollo	Peppers & Onions in Mexican Lasagna	Snow Peas		
	Portion in cups	½ cup	¼ cup	½ cup		
Other Foods	Item					
	Portion in cups					
Condiments	Item				LF Ranch Dressing	
	Portion size				1 oz.	

****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% or Fat Free	Fat Free	Fat Free	
Fluid oz.	8	8	8	

Grades 9-12 Multicultural Lunch Menu Sample - Ten Day

		Week 2 - Day 1	Week 2 - Day 2	Week 2 - Day 3	Week 2 - Day 4	Week 2 - Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	Jamaican Burger	Fish Wrap w/ Slaw Topping	Bok Choy Wrappers (Chicken)	Chicken Alfredo w/ a Twist (Chicken)	Cuban Sandwich
	Portion	5.5 oz.	1 piece tilapia = 2.75 oz. cooked	2 wrappers, ¼ cup	1 cup	1 oz. each Ham-Pulled Pork w/ Cheese Sliced
	Contribution (oz. eq.)	2 M/MA	2.75 M/MA	2 M/MA	2.25 M/MA	2.25 M/MA
Grains Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	WGR Hamburger Bun	WGR Tortilla	Bok Choy Wrappers (Brown Rice)	Chicken Alfredo with a Twist (WG Rotini)	WGR Cuban Bread (2 ounces)
	Portion	2 oz.	1.5 oz., 0.5 oz.	2 wrappers, ¼ cup	1 cup portion, 1 oz.	1 sandwich
	Contribution (oz. eq.)	2 oz.	2 oz. eq.	2 oz. eq.	2.25 oz. eq.	2 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	Fresh Pineapple Chunks	Fresh Strawberry Cup	Passion Fruit	Red & Green Grapes	Mango & Papaya Medley
	Portion in cups	½ cup	½ cup	½ cup	½ cup (about 10-12)	½ cup
	2 nd Item (If planned)	Dried Cherries	100% Juice Choice (4 fl. oz.)	Clementine or Satsuma Oranges	Carambola (Starfruit)	Canned Mandarin Oranges
	Portion in cups	¼ cup (1.3 oz. box) = ½ cup eq.	½ cup	½ cup (~2 whole)	½ cup slices	½ cup

Grades 9-12 Multicultural Lunch Menu Sample - Ten Day

Vegetables Minimum 1 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green Weekly minimum: 1/2 cup	Item	Steamed Fresh Broccoli Floret		Romaine Lettuce and Bok Choy in Wrappers		
	Portion in cups	½ cup		1 leaf, 1/8 cup = ¾ cup credit		
Red/Orange Weekly minimum: 1-1/4 cup	Item		Roasted Sweet Potato	Carrots (in wrap)		
	Portion in cups		¾ cup	¼ cup		
Beans, Peas & Lentils Weekly minimum: 1/2 cup	Item	Black Eyed Peas				
	Portion in cups	½ cup				
Starchy Weekly minimum: 1/2 cup	Item					Yucca Fries
	Portion in cups					½ cup
Other Vegetables Weekly minimum: 3/4 cup	Item		Slaw in Fish Wrap		Ratatouille	Overnight Pickles (FNW Cucumber Recipe)
	Portion in cups		1 cup		1 cup	½ cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Ketchup/Mustard	Taco Sauce	Low Salt Soy Sauce / Duck Sauce		Mustard
	Portion size	9 gm/5 gm	9 gm			5 gm

****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% or Fat Free	Fat Free	Fat Free	
Fluid oz.	8	8	8	