

Grades 9-12 Vegetarian Lunch Menu Sample – Ten Day

Sponsor #	Sponsor	Contact Name
1234	Our School	Our Site Manager

Grade Group: **9-12**

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	Falafel Sliders	Vegetable Quesadilla (USDA Recipe)	Black Bean Veggie Burger (CN)	Hummus & Veggie Pita	Cheese Pizza w/ Garden Salad
	Portion	3 Falafels = 1.6 oz.	1 oz. Black Beans	2.9 oz. Patty (2 oz. Black Beans)	½ cup Hummus – USDA Recipe E-24	1 Slice (4.6 oz. Shredded Mozzarella Cheese)
	Contribution (oz. eq.)	1.5 M/MA	1 M/MA	2 M/MA	2 M/MA	2 M/MA
	2 nd Item (If planned)	Reduced-Fat Feta Cheese Crumbles	1 Low-Fat Cheese Stick			
	Portion	¼ cup	1 oz.			
	Contribution (oz. eq.)	1 M/MA	1 M/MA			
Grains Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	WW Mini Roll	WG Tortilla	WW Bun	WW Pita Pocket	WG Pizza Crust
	Portion	2 Mini Rolls (28g each)	2 Tortilla (56g)	1 Bun (28g)	1 Pita Pocket (42g)	1 Slice (56g Pizza Crust)
	Contribution (oz. eq.)	2 oz. = 2 oz. eq.	2 oz. = 2 oz. eq.	1 oz. = 1 oz. eq.	1.5 oz. = 1.5 oz. eq.	2 oz. = 2 oz. eq.
	2 nd Item (If planned)			Brown Rice	WG Crackers	
	Portion			½ cup	5 crackers (0.8 oz.)	
	Contribution (oz. eq.)			1 oz. eq.	0.8 oz. = 1 oz. eq.	
Fruits If planned, 100% Juice can be <i>no more than ½ of total</i> (e.g. ½ cup)	Item	Peaches	Pineapple	Applesauce	Grapes	Mandarin Oranges
	Portion in cups	½ cup	½ cup	½ cup (4 fl. oz.)	½ cup	½ cup
	2 nd Item (If planned)	Berry Cup	100% Orange Juice	Banana	Chilled Fruit Cocktail	Craisins

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

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Daily minimum: 1 cup	Portion in cups	½ cup	½ cup	½ cup	½ cup	¼ cup (credits as ½ cup)
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 Broccoli	Romaine Lettuce	Raw Spinach	Romaine Lettuce
	Portion in cups		½ cup	¼ cup (credits as 1/8 cup)	¼ cup (credits 1/8 cup)	1 cup (credits as ½ cup)
Red/Orange Weekly minimum: 1-1/4 cup	Item	Baked Sweet Potato Tots		Sliced Tomato	Chopped Tomatoes/ Shredded Carrots	Chopped Baby Carrots
	Portion in cups	½ cup		1 slice, ¼ cup in. thick (credits as 1/8 cup)	¼ cup each	½ cup
Beans, Peas & Lentils Weekly minimum: 1/2 cup	Item		Baked Beans			Edamame Beans
	Portion in cups		2/3 cup (credits as ½ cup)			¼ cup
Starchy Weekly minimum: 1/2 cup	Item	Green Peas		Corn on the Cob		
	Portion in cups	½ cup		3 in. cobette (credits as ¼ cup)		
Other Vegetables Weekly minimum: 3/4 cup	Item		Diced Tomatoes, Corn, Onion, Peppers	Sliced Onion/Green Beans	Chopped Cucumbers / Mixed Vegetable Blend (Broccoli & Carrots)	Sliced Cucumbers
	Portion in cups		½ cup	1 slice, ¼ in. thick (credits as 1/8 cup) / ½ cup	¼ cup / ½ cup	¼ cup
Condiments	Item	Ketchup/Mustard	Low-Fat Sour Cream	Ketchup/Mustard		Low-Fat Ranch Dressing
	Portion size	1 packet	1 packet	1 packet		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	

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		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	Bean Burrito Bowl (USDA Recipe)	Veggie & Hummus Wrap	Tempeh Tacos with Cheese	Grilled Cheese Sandwich	Macaroni and Cheese (UDSA Recipe)
	Portion	½ cup Pinto Beans	½ cup Hummus – USDA Recipe E-24	2 oz. Tempeh	2 (1 oz.) American Cheese slice – USDA Foods	1 oz. Low-Fat Shredded Cheddar Cheese
	Contribution (oz. eq.)	1.5 M/MA	2 M/MA	2 M/MA	2 M/MA	1 M/MA
	2 nd Item (If planned)	Reduced-Fat Shredded Cheddar Cheese		Reduced-Fat Shredded Mexican Blend Cheese		Baked Tofu Nuggets
	Portion	2 Tbsp		1 Tbsp		2.2 oz.
	Contribution (oz. eq.)	0.5 M/MA		0.25 M/MA		1 M/MA
Grains Daily minimum: 2 oz. eq. Weekly minimum: 10 oz. eq.	Item	Brown Rice	WG Tortilla	WG Mini Tortillas	WW Bread	WG Elbow Macaroni
	Portion	½ cup	1 Tortilla (42g)	2 Tortillas (21g each)	2 Slices (28g each)	½ cup
	Contribution (oz. eq.)	1 oz. eq.	1.5 oz. = 1.5 oz. eq.	1.5 oz. = 1.5 oz. eq.	2 oz. = 2 oz. eq.	1 oz. eq.
	2 nd Item (If planned)	WG Tortilla Chips	WG Crackers	Brown Rice		WG Breading
	Portion	12 chips (1 oz.)	5 Crackers (0.8 oz.)	½ cup		0.8 oz.
	Contribution (oz. eq.)	1 oz. = 1 oz. eq.	0.8 oz. = 1 oz. eq.	1 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	Peaches	Pineapple	Applesauce	Grapes	Mandarin Oranges
	Portion in cups	½ cup	½ cup	½ cup (4 fl. oz.)	½ cup	½ cup
	2 nd Item (If planned)	Berry Cup	100% Orange Juice	Banana	Chilled Fruit Cocktail	Craisins
	Portion in cups	½ cup	½ cup	½ cup	½ cup	¼ cup (credits as ½ cup)

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Vegetables Minimum 1 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green Weekly minimum: 1/2 cup	Item	Roasted Broccoli	Raw Spinach		Romaine Lettuce	
	Portion in cups	½ cup	1 cup (credits as ½ cup)		1 cup (credits as ½ cup)	
Red/Orange Weekly minimum: 1-1/4 cup	Item	Pico de Gallo (USDA Recipe) / Tomato Paste	Shredded Carrots	Sliced Red Peppers	Cherry Tomatoes / Baked Sweet Potato Fries / Shredded Carrots	Baby Carrots
	Portion in cups	½ cup 1 tbsp paste = ¼ cup	¼ cup	¼ cup	¼ cup / ½ cup / ¼ cup	½ cup
Beans, Peas & Lentils Weekly minimum: 1/2 cup	Item			Side Pinto Beans		
	Portion in cups			½ cup		
Starchy Weekly minimum: 1/2 cup	Item		Roasted Potatoes			
	Portion in cups		½ cup			
Other Vegetables Weekly minimum: 3/4 cup	Item	Chopped Onions	Sliced Green Peppers / Chopped Cucumbers	Avocado Slices / Shredded Rainbow Lettuce: Red Cabbage & Iceberg	Sliced Cucumbers	Celery Sticks / Sliced Yellow Peppers
	Portion in cups	1/8 cup	¼ cup / ¼ cup	¼ cup / ¼ cup	¼ cup	¼ cup / ¼ cup
Condiments	Item	Low-Fat Sour Cream		Taco Sauce	Low-Fat Ranch Dressing	Ketchup/Mustard
	Portion size	1 packet		1 packet	1 packet	1 packet

****Vegetables from any subgroup are creditable as an additional vegetable.** Additional vegetable requirements: 1 cup per week for grades K-8.

Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1%	Fat-Free	Fat-Free	
Fluid oz.	8	8	8	