

Lunch Planning Template Grades K-8

Food Component	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternate (Entrée)	Item:	Item:	Item:	Item:	Item:
☐ Minimum 1 oz. per day					
Minimum 9 oz eq per week					
☐ 1-2 lower sodium choices	Portion:	Portion:	Portion:	Portion:	Portion:
per week					
Grain	Item:	Item:	Item:	Item:	Item:
Minimum 1 oz. eq. per day					
☐ Minimum 8 oz eq per week					
☐ Minimum 4-4.5 oz. eq.	Portion:	Portion:	Portion:	Portion:	Portion:
whole grain rich					
<u>Fr</u> uit	Item:	Item:	Item:	Item:	Item:
☐ Minimum ½ cup per day					
☐ Total 2 ½ cups per week					
	Portion:	Portion:	Portion:	Portion:	Portion:
Vegetable	Item:	Item:	Item:	Item:	Item:
☐ Minimum ¾ cup per day					
☐ Total 3 ¾ cups per week					
Minimum amounts per week:	5 ()	5 "	5 "	5 "	
☐ Orange/Red ¾ cup	Portion:	Portion:	Portion:	Portion:	Portion:
☐ Dark Green ½ cup					
(Leafy 1 cup = ½ cup)					
Legumes ½ cup					
Starchy ½ cup					
Other ½ cup Milk	Item:	Itama	Itama	Itama	Itama
	item.	Item:	Item:	Item:	Item:
☐ White—fat free or 1 percent☐ Flavored—fat free only					
Light Flavored—lat free only	Portion:	Portion:	Portion:	Portion:	Portion:
	FUILIUII.	FULUUII.	FUI IIUI I.	FUI IIUI I.	FULUUII.
Condiments	Item:	Item:	Item:	Item:	Item:
☐ Watch sodium and fat levels	Itom.	itom.	itom.	itom.	Itolli.
- Water Sedicin and lat levels					
	Portion:	Portion:	Portion:	Portion:	Portion:
	. 5.0011.	. 5/10/1.	. 5/115/11.	. 510511.	. 5/45/1.