

Residential Child Care Institutions (RCCI)
MENU PLANNING TEMPLATE 7 Day Week – Lunch K-5, 6-8, and 9-12

Weekly Requirements listed below are for a 7 day week.	Sunday	Mon	Tue	Wed	Thurs	Fri	Saturday	Wk Total
Menu Meat/meat alternate Grain Fruit Vegetable Milk								
Meat/Meat Alternate K-5: 11-14 oz eq per wk; 1 oz min per day 6-8: 12.5-14 oz eq per wk; 1 oz min per day 9-12: 14-17 oz eq per wk; 2 oz min per day								
Vegetables								
Dark green K-12: 1/2 cup per wk								
Red/Orange K-8: 3/4 cup per wk 9-12: 1-1/4 cups per wk								
Beans/Peas (Legumes) K-12: 1/2 cup per wk								
Starchy K-12: 1/2 cup per wk								
Other K-8: 1/2 cup per wk 9-12: 3/4 cup per wk								
Additional K-8: 2.5 cups per wk 9-12: 3.5 cups per wk								
Total Vegetables K-8: 3/4 cup/day; 5.25 cups/wk 9-12: 1 cup/day; 7 cups/wk								
Grains K-5: 11-12.5 oz eq per wk; 1 oz min per day 6-8: 11-14 oz eq per wk; 1 oz min per day 9-12: 14-17 oz eq per wk; 2 oz min per day								
Fruits K-8: 1/2 cup/day; 3.5 cups/wk 9-12: 1 cup/day; 7 cups/wk								
Fluid Milk K-12: 1 cup/day; 7 cups/wk								