

Residential Child Care Institutions (RCCI)
MENU 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 | | | | | | | | |