

MENU TEMPLATE – Lunch K-5, 6-8, and 9-12

	Mon	Tue	Wed	Thurs	Fri	Wk Total
Menu Meat/meat alternate Grain Fruit Vegetable Milk						
Meat/Meat Alternate K-5: 8-10 oz eq per wk; 1 oz min per day 6-8: 9-10 oz eq per wk; 1 oz min per day 9-12: 10-12 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: 1 cup per wk 9-12: 1-1/2 cup per wk						
Total Vegetables K-8: 3/4 cup/day; 3 3/4 cup/wk 9-12: 1 cup/day; 5 cup/wk						
Grains K-5: 8-9 oz eq per wk; 1 oz min per day 6-8: 8-10 oz eq per wk; 1 oz min per day 9-12: 10-12 oz eq per wk; 2 oz min per day						
Fruits K-8: 1/2 cup/day; 2 1/2 cup/wk 9-12: 1 cup/day; 5/cup/wk						
Fluid Milk K-12: 1 cup/day; 5 cups/wk						