

## Lunch Menu Planner Grade 6 - 8

School / Site Name:

Menu Week:

Component	Daily / Weekly Requirement	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
<b>Milk</b>	<b>1 c Daily</b>						
<i>Schools must offer at least two different types of fluid milk daily (fat-free or 1%); one must be unflavored.</i>	<b>Weekly:</b> 5 cups						
<b>Meat / Meat Alternate</b>	<b>1 oz Eq Daily</b>						
	<b>Weekly:</b> 9 – 10* oz Eq						
<b>Grain</b>	<b>1 oz Eq Daily</b>						
<i>At least 80% of grains served per week must be whole grain rich, the rest must be enriched.</i>	<b>Weekly:</b> 8 – 10* oz Eq						
<b>Vegetables</b>	<b>¾ c Daily / 3 ¾ c Weekly</b>						
<b>Dark Green</b> <i>Raw leafy greens credit for half the volume served</i>	½ cup Weekly						
<b>Red / Orange</b>	¾ cup Weekly						
<b>Legumes</b>	½ cup Weekly						
<b>Starchy</b>	½ cup Weekly						
<b>Other</b>	½ cup Weekly						
<b>Fruit</b>	<b>½ c Daily</b>						
	<b>Weekly:</b> 2 ½ cups						
<b>Other / Extras</b>							

\*Staying within the maximum range helps with dietary specifications but is not required.