

Lunch Planning Template Grades 6-8

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternate (Entrée) <input type="checkbox"/> Minimum 1 oz. per day <input type="checkbox"/> 9-10 oz. per week <input type="checkbox"/> 1-2 lower sodium choices per week	Item: Portion:	Item: Portion:	Item: Portion:	Item: Portion:	Item: Portion:
Grain <input type="checkbox"/> Minimum 1 oz. eq. per day <input type="checkbox"/> 8-10 oz. eq. per week <input type="checkbox"/> Minimum 4-5 oz. eq. whole grain rich	Item: Portion:	Item: Portion:	Item: Portion:	Item: Portion:	Item: Portion:
Fruit <input type="checkbox"/> Minimum ½ cup per day <input type="checkbox"/> Total 2 ½ cups per week	Item: Portion:	Item: Portion:	Item: Portion:	Item: Portion:	Item: Portion:
Vegetable <input type="checkbox"/> Minimum ¾ cup per day <input type="checkbox"/> Total 3 ¾ cups per week Minimum amounts per week: <input type="checkbox"/> Orange/Red ¾ cup <input type="checkbox"/> Dark Green ½ cup (Leafy 1 cup = ½ cup) <input type="checkbox"/> Legumes ½ cup <input type="checkbox"/> Starchy ½ cup <input type="checkbox"/> Other ½ cup	Item: Portion:	Item: Portion:	Item: Portion:	Item: Portion:	Item: Portion:
Milk <input type="checkbox"/> White—fat free or 1% <input type="checkbox"/> Flavored—fat free only	Item: Portion:	Item: Portion:	Item: Portion:	Item: Portion:	Item: Portion:
Condiments <input type="checkbox"/> Watch sodium and fat levels	Item: Portion:	Item: Portion:	Item: Portion:	Item: Portion:	Item: Portion: