

Handout: Food-Based Menu Template

Lunch Requirement	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternate ----- Weekly oz eq ----- Daily cups					
Vegetables Weekly Cups Daily Cups					
Dark Green Daily cup(s)					
Red/Orange Daily cup(s)					
Bean/ Peas (Legumes) Daily cup(s)					
Starchy Daily cup(s)					
Other Daily cup(s)					
Additional Vegetables Daily cup(s)					

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Lunch Requirement	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits Weekly Cups Daily Cups					
Grains ----- Weekly oz eq ----- Daily oz eq					
Other					
Milk					

Handout: Food-Based Menu Planning Worksheet

Directions: Using the Menu Template determine the number of servings for each meal component.

Component	Food Item	Serving Size	Total Servings
Meat/Meat Alternate Weekly Ounce Equivalent Daily Ounce Equivalent	Mon. _____	Mon. _____	_____
	Tues. _____	Tues. _____	_____
	Wed. _____	Wed. _____	_____
	Thurs. _____	Thurs. _____	_____
	Fri. _____	Fri. _____	_____
Fruits Weekly Cups Daily Cups	Mon. _____	Mon. _____	_____
	Tues. _____	Tues. _____	_____
	Wed. _____	Wed. _____	_____
	Thurs. _____	Thurs. _____	_____
	Fri. _____	Fri. _____	_____

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Directions: Using the Menu Template determine the number of servings for each meal component.

Component	Food Item	Serving Size	Total Servings
Vegetables Weekly Cups Daily Cups	Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____	Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____	Dark Green ____ Red/Orange ____ Bean, Peas, Legumes ____ Starchy _____ Other Vegetables _____
Grains Weekly Ounce Equivalent Daily Ounce Equivalent	Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____	Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____	_____ _____ _____ _____ _____
Other			
Milk: 5 weekly 1 cup daily	Fat-Free fat milk, unflavored or Fat-Free chocolate	All days 8 ounces	