

Lunch Menu Planning Form				
Monday	Tuesday	Wednesday	Thursday	Friday
Entrée - M/MA _____ _____ _____ oz eq _____	Entrée - M/MA _____ _____ _____ oz eq _____	Entrée - M/MA _____ _____ _____ oz eq _____	Entrée - M/MA _____ _____ _____ oz eq _____	Entrée - M/MA _____ _____ _____ oz eq _____
Grains _____ _____ _____ oz eq _____ _____ _____ oz eq _____	Grains _____ _____ _____ oz eq _____ _____ _____ oz eq _____	Grains _____ _____ _____ oz eq _____ _____ _____ oz eq _____	Grains _____ _____ _____ oz eq _____ _____ _____ oz eq _____	Grains _____ _____ _____ oz eq _____ _____ _____ oz eq _____
Vegetables _____ _____ _____ cup _____ _____ _____ cup _____ Subgroups: _____ _____ _____	Vegetables _____ _____ _____ cup _____ _____ _____ cup _____ Subgroups: _____ _____ _____	Vegetables _____ _____ _____ cup _____ _____ _____ cup _____ Subgroups: _____ _____ _____	Vegetables _____ _____ _____ cup _____ _____ _____ cup _____ Subgroups: _____ _____ _____	Vegetables _____ _____ _____ cup _____ _____ _____ cup _____ Subgroups: _____ _____ _____
Fruits _____ _____ _____ cup _____ _____ _____ cup _____	Fruits _____ _____ _____ cup _____ _____ _____ cup _____	Fruits _____ _____ _____ cup _____ _____ _____ cup _____	Fruits _____ _____ _____ cup _____ _____ _____ cup _____	Fruits _____ _____ _____ cup _____ _____ _____ cup _____
Milk _____ _____ _____ cup _____ _____ _____ cup _____	Milk _____ _____ _____ cup _____ _____ _____ cup _____	Milk _____ _____ _____ cup _____ _____ _____ cup _____	Milk _____ _____ _____ cup _____ _____ _____ cup _____	Milk _____ _____ _____ cup _____ _____ _____ cup _____