| MENU - K-5 | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Requirements | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Weekly Total MET Yes/No | |
| | (Week 4) Beef Hamburger | | Chicken Alfredo | | Mexican straw hats (taco salad) | | Turkey Wrap | | Roasted or Baked chicken | | | |
| | WW Bun | | WW Noodles | | WG Tortilla Chips | | WW Tortilla | | Buttered bread | | | |
| | Slice cheese | | | | Shredded cheese | | Slice cheese | | | | | |
| | Roasted Potato Wedges | | Frozen Broccoli | | Shredded romaine lettuce | | lettuce | | California blend | | | |
| | Onion, pickle | | | | Black Bean salsa | | cauliflower | | | | | |
| | Grapes | | Mandarin oranges | | Banana | | Canned or Fresh Pears | | Peaches | | | |
| | Skim or 1 % | | Skim or 1 % | | Skim or 1 % | | Skim or 1 % | | Skim or 1 % | | | |
| **Mt/MA (1 oz eq per day)** | Ground Beef patty | | Chicken Chunks | | Ground Beef | | Sliced turkey | | Chicken Nuggets | | | |
| | 2 | **Oz Eq** | 2 | **Oz Eq** | 2 | **Oz Eq** | 2 | **Oz Eq** | 2 | **Oz Eq** | 10 | Yes |
| **Vegetables (3/4 Cup per day) (3 3/4 Cup per week)** | | | | | | | | | | | | |
| **Dark Green (1/2 Cup per week)** | | | Frozen Broccoli | | | | | | California blend | | | |
| | | **Cup** | 0.75 | **Cup** | | **Cup** | | **Cup** | 1 | **Cup** | 1.75 | Yes |
| **Red/Orange (3/4 Cup per week)** | | | | | Diced tomatoes | | Fresh carrots | | | | | |
| | | **Cup** | | **Cup** | 0.375 | **Cup** | 0.375 | **Cup** | | **Cup** | 0.75 | Yes |
| **Beans/Peas (Legumes)** | | | | | Black Bean salsa | | | | | | | |
| | | **Cup** | | **Cup** | 0.5 | **Cup** | | **Cup** | | **Cup** | 0.5 | Yes |
| **Starchy (1/2 Cup per week)** | Potato Wedge | | | | | | | | | | | |
| | 0.5 | **Cup** | | **Cup** | | **Cup** | | **Cup** | | **Cup** | 0.5 | Yes |
| **Other (1/2 per week)** | Onion, pickle | | | | Shredded lettuce | | Shredded lettuce 1/4; | | | | | |
| | 0.25 | **Cup** | | **Cup** | 0.25 | **Cup** | 0.75 | **Cup** | | **Cup** | 1.25 | Yes |
| **Daily total** | 0.75 | **Yes** | 0.75 | **Yes** | 1.125 | **Yes** | 1.125 | **Yes** | 1 | **Yes** | 4.75 | |
| **Additional Vegetable to reach Goal (1 Cup per week)** | | | | | | | | | | | | Yes |
| **Grains (1 oz eq day) (8-9 oz eq per week)** | WW Bun | | WW Noodles | | Tortilla Chips | | WW Tortilla | | WW Slice Bread | | | |
| | 2 | **Oz Eq** | 2 | **Oz Eq** | 2 | **Oz Eq** | 1 | **Oz Eq** | 1 | **Oz Eq** | 8 | Yes |
| **Fruits (1/2 Cup per day) (2 1/2 cups per** | Fresh Grapes | | Mandarin oranges | | Whole banana | | Pears | | Peaches | | | |
| | 0.5 | **Cup** | 0.5 | **Cup** | 0.5 | **Cup** | 0.5 | **Cup** | 0.5 | **Cup** | 2.5 | Yes |
| **Fluid Milk (1 Cup per day)** | Skim or 1 % | | Skim or 1 % | | Skim or 1 % | | Skim or 1 % | | Skim or 1 % | | | |
| | 1 | **Cup** | 1 | **Cup** | 1 | **Cup** | 1 | **Cup** | 1 | **Cup** | 5 | Yes |