

MENU - K-5												
Requirements	Monday		Tuesday		Wednesday		Thursday		Friday		Weekly Total MET Yes/No	
	(Week 3) Ham/Cheese Sub		Goulash		Cheese and Veggie Quesidilla		Baked Fish		Ham and Pineapple Pizza			
			WW Roll		Spinach		WW Roll					
	Fresh broccoli/cauliflower		Corn		Salsa		Mashed potatoes		Carrots & Celery			
	Fresh carrots				Refried Beans				Green beans			
							Peas					
	Whole Apple		Mixed Fruit		Pears and kiwi		Mandarin oranges		Banana			
Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %				
Mt/MA (1 oz eq per day)	Ham and Cheese		Ground beef		Cheese		Fish		Diced ham and cheese		9	Yes
	2	Oz Eq	2	Oz Eq	1	Oz Eq	2	Oz Eq	2	Oz Eq		
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)												
Dark Green (1/2 Cup per	Broccoli				Spinach						0.83	Yes
	0.5	Cup		Cup	0.33	Cup	0	Cup		Cup		
Red/Orange (3/4 Cup per	Sl. tomato; carrot		Di. Tomato Sauce		Tomato, salsa				Carrot sticks		1.33	Yes
	0.5	Cup	0.33	Cup	0.25	Cup		Cup	0.25	Cup		
Beans/Peas (Legumes)					Refried Beans		Peas				0.5	Yes
		Cup		Cup	0.25	Cup	0.25	Cup		Cup		
Starchy (1/2 Cup per			Corn		Green Pepper; cucumb		Mashed potatoes				1.25	Yes
		Cup	0.5	Cup	0.25	Cup	0.5	Cup		Cup		
Other (1/2 per week)	Cauliflower								Green beans; celery		1	Yes
	0.25	Cup		Cup		Cup		Cup	0.75	Cup		
Daily total	1.25	Yes	0.83	Yes	1.08	Yes	0.75	Yes	1	Yes	4.91	
Additional Vegetable to reach Goal (1 Cup per week)											Yes	
Grains (1 oz eq day)	WW Bun		Pasta (1 oz); bread		WW 8" tortilla		Bread		WW Pizza Crust		8.6	Yes
	1.6	Oz Eq	2	Oz Eq	2	Oz Eq	1	Oz Eq	2	Oz Eq		
Fruits (1/2 Cup	Whole Apple		Mixed Fruit		Pears and kiwi		Mandarin oranges		Banana/Pineapple			

