

**Grades K-5 Five Day Lunch Meal Pattern MENU 2**

Agreement #	Sponsor	Contact Name
<u>1199</u>	<u>Kidz Choice Charter School</u>	<u>Maria Ramirez</u>

Grade Groups: **K-5**

Components		Day 1	Day 2	Day 3	Day 4	Day 5
<b>Meat/Meat Alternates</b>  Minimums: Day: 1 oz. Week: 8 oz.	Item	Turkey & Cheese Sandwich	Seasoned Ground Beef	Arroz con Pollo (Rice with chicken)	Hamburgers (CN)	Chicken Nuggets (CN)
	Portion	1 Sandwich 2 oz. Turkey	Beef 2 oz.	Chicken 2 oz.	2.5 oz	5 each
	Contribution (oz. eq.)	1.25 oz. eq.	2 oz.	2 oz.	2 oz. eq	2 oz. meat
	2 <sup>nd</sup> Item (If planned)	Cheese Slice				1 oz. grain
	Portion	1 Slice				
	Contribution (oz. eq.)	.5 oz.				
<b>Whole Grains/ Whole Grain Rich</b>  Minimums: Day: 1 oz. Week: 8 oz.	Item	WW Sliced Bread	Brown Rice	Brown Rice	WW Hamburger Bun	WW Dinner Roll
	Portion (Cooked pasta/rice in cups)	2 slices	½ c = 1 oz	½ c.	1 bun	1 roll
	Contribution (oz. eq.)	2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	1 oz. eq.
	2 <sup>nd</sup> Item (If planned)		Dinner Roll			Chicken Nugget Breading
	Portion (Cooked pasta/rice in cups)		1 oz.			1 oz.
	Contribution (oz. eq.)					
<b>Fruits</b>  Minimum: ½ cup/day	Item	Banana	Pineapple Chunks	Applesauce	Mandarins	Fruit Cocktail
	Portion in cups	1 whole = ½ c	½ c	½ c	½ c	½ c
	2 <sup>nd</sup> Item (If planned)	Peaches	Red/Green Grapes	Fruit Cocktail	Peaches	Pineapple chunks
	Portion in cups	½ c.	½ c.	½ c.	½ c.	½ c.

### Lunch Template – Five Days

Vegetables ¾ cup per day

		Day 1	Day 2	Day 3	Day 4	Day 5
<b>Dark Green</b> ½ cup/week	Item				Romaine Lettuce	
	Portion in cups				1 c = ½ c	
<b>Red/Orange</b> ¾ cup/week	Item	Raw Carrots		Raw Carrots	Diced Tomato	
	Portion in cups	½ c = 2oz		½ c = 2 oz.	¼ c	
<b>Beans</b> ½ cup/week	Item		Black Beans			
	Portion in cups		½ c			
<b>Starchy</b> ½ cup/week	Item	Sweet Corn	Plantains		Mash Potato	Mash Potato
	Portion in cups	½ c.	½ c		½ c	½ c
<b>Other Vegetables</b> ½ cup/week	Item			Green Beans		Green Beans
	Portion in cups			½ c.		½ c.
Other Foods	Item					
	Portion in cups					
Condiments	Item					
	Portion size					

		White	Chocolate	Strawberry	Other (specify)
<b>Daily Milk</b>	Fat Content	1 %	Fat Free	Fat Free	
	Fluid oz.	8 oz.	8 oz.	8 oz.	