

3-Day 9-12 Weekly Menu Planner

NATIONAL SCHOOL LUNCH PROGRAM

Menu				Daily Checklist
Items	Serving Size	Components (list all that apply)	Notes	
				<ul style="list-style-type: none"> ___ cup(s) fruit <i>(Must be ≥ 1 cup)</i> ___ cup(s) vegetable <i>(Must be ≥ 1 cup)</i> ___ oz eq grain <i>(Must be ≥ 2 oz eq)</i> ___ oz eq M/MA <i>(Must be ≥ 2 oz eq)</i> 1 cup milk <i>(Two varieties offered; one is unflavored)</i>
				<ul style="list-style-type: none"> ___ cup(s) fruit <i>(Must be ≥ 1 cup)</i> ___ cup(s) vegetable <i>(Must be ≥ 1 cup)</i> ___ oz eq grain <i>(Must be ≥ 2 oz eq)</i> ___ oz eq M/MA <i>(Must be ≥ 2 oz eq)</i> 1 cup milk <i>(Two varieties offered; one is unflavored)</i>
				<ul style="list-style-type: none"> ___ cup(s) fruit <i>(Must be ≥ 1 cup)</i> ___ cup(s) vegetable <i>(Must be ≥ 1 cup)</i> ___ oz eq grain <i>(Must be ≥ 2 oz eq)</i> ___ oz eq M/MA <i>(Must be ≥ 2 oz eq)</i> 1 cup milk <i>(Two varieties offered; one is unflavored)</i>
WEEKLY CHECKLIST				
<ul style="list-style-type: none"> Minimum ½ cup dark green vegetables Minimum 1 cup red/orange vegetables Minimum ½ cup legumes Minimum ½ cup starchy vegetables Minimum ¾ cup other vegetables 	<ul style="list-style-type: none"> ___ total cups of vegetable offered weekly <i>(Must be ≥ 3 cups)</i> ___ total cups of fruit offered weekly <i>(Must be ≥ 3 cups)</i> ___ total oz eq of M/MA offered weekly <i>(Must be ≥ 6 oz eq)</i> ___ total oz eq of grain offered weekly <i>(Must be ≥ 6 oz eq)</i> 	<ul style="list-style-type: none"> No more than 50% of fruit offered is juice Menu analyzed for sodium, saturated fat, and calories and meets requirements At least 80% of grains are whole grain-rich No more than 2 oz eq grain-based dessert offered weekly 		

3-Day K-8 Weekly Menu Planner

NATIONAL SCHOOL LUNCH PROGRAM

Menu				Daily Checklist
Items	Serving Size	Components (list all that apply)	Notes	
				<ul style="list-style-type: none"> ___ cup(s) fruit <i>(Must be ≥ 1/2 cup)</i> ___ cup(s) vegetable <i>(Must be ≥ 3/4 cup)</i> ___ oz eq grain <i>(Must be ≥ 1 oz eq)</i> ___ oz eq M/MA <i>(Must be ≥ 1 oz eq)</i> 1 cup milk <i>(Two varieties offered; one is unflavored)</i>
				<ul style="list-style-type: none"> ___ cup(s) fruit <i>(Must be ≥ 1/2 cup)</i> ___ cup(s) vegetable <i>(Must be ≥ 3/4 cup)</i> ___ oz eq grain <i>(Must be ≥ 1 oz eq)</i> ___ oz eq M/MA <i>(Must be ≥ 1 oz eq)</i> 1 cup milk <i>(Two varieties offered; one is unflavored)</i>
				<ul style="list-style-type: none"> ___ cup(s) fruit <i>(Must be ≥ 1/2 cup)</i> ___ cup(s) vegetable <i>(Must be ≥ 3/4 cup)</i> ___ oz eq grain <i>(Must be ≥ 1 oz eq)</i> ___ oz eq M/MA <i>(Must be ≥ 1 oz eq)</i> 1 cup milk <i>(Two varieties offered; one is unflavored)</i>
WEEKLY CHECKLIST				
<ul style="list-style-type: none"> Minimum ½ cup dark green vegetables Minimum ½ cup red/orange vegetables Minimum ½ cup legumes Minimum ½ cup starchy vegetables Minimum ¼ cup other vegetables 	<ul style="list-style-type: none"> ___ total cups of vegetable offered weekly <i>(Must be ≥ 2 1/4 cups)</i> ___ total cups of fruit offered weekly <i>(Must be ≥ 1 1/2 cups)</i> ___ total oz eq of M/MA offered weekly <i>(Must be ≥ 5 1/2 oz eq)</i> ___ total oz eq of grain offered weekly <i>(Must be ≥ 5 oz eq)</i> 	<ul style="list-style-type: none"> No more than 50% of fruit offered is juice Menu analyzed for sodium, saturated fat, and calories and meets requirements At least 80% of grains are whole grain-rich No more than 2 oz eq grain-based dessert offered weekly 		

4-Day 9-12 Weekly Menu Planner

NATIONAL SCHOOL LUNCH PROGRAM

Menu				Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Menu				Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Menu				Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Menu				Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
WEEKLY CHECKLIST				
<ul style="list-style-type: none"> Minimum ½ cup dark green vegetables Minimum 1 ¼ cup red/orange vegetables Minimum ½ cup legumes Minimum ½ cup starchy vegetables Minimum ¾ cup other vegetables 	<ul style="list-style-type: none"> ___ total cups of vegetable offered weekly (<i>Must be ≥ 4 cups</i>) ___ total cups of fruit offered weekly (<i>Must be ≥ 4 cups</i>) ___ total oz eq of M/MA offered weekly (<i>Must be ≥ 8 oz eq</i>) ___ total oz eq of grain offered weekly (<i>Must be ≥ 8 oz eq</i>) 	<ul style="list-style-type: none"> No more than 50% of fruit offered is juice Menu analyzed for sodium, saturated fat, and calories and meets requirements At least 80% of grains are whole grain-rich No more than 2 oz eq grain-based dessert offered weekly 		

4-Day K-8 Weekly Menu Planner

NATIONAL SCHOOL LUNCH PROGRAM

Menu				Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ ½ cup</i>) ___ cup(s) vegetable (<i>Must be ≥ ¾ cup</i>) ___ oz eq grain (<i>Must be ≥ 1 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 1 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Menu				Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ ½ cup</i>) ___ cup(s) vegetable (<i>Must be ≥ ¾ cup</i>) ___ oz eq grain (<i>Must be ≥ 1 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 1 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Menu				Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ ½ cup</i>) ___ cup(s) vegetable (<i>Must be ≥ ¾ cup</i>) ___ oz eq grain (<i>Must be ≥ 1 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 1 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Menu				Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ ½ cup</i>) ___ cup(s) vegetable (<i>Must be ≥ ¾ cup</i>) ___ oz eq grain (<i>Must be ≥ 1 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 1 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
WEEKLY CHECKLIST				
<ul style="list-style-type: none"> Minimum ½ cup dark green vegetables Minimum ¾ cup red/orange vegetables Minimum ½ cup legumes Minimum ½ cup starchy vegetables Minimum ½ cup other vegetables 	<ul style="list-style-type: none"> ___ total cups of vegetable offered weekly (<i>Must be ≥ 2 cups</i>) ___ total cups of fruit offered weekly (<i>Must be ≥ 3 cups</i>) ___ total oz eq of M/MA offered weekly (<i>Must be ≥ 7 oz eq</i>) ___ total oz eq of grain offered weekly (<i>Must be ≥ 6 ½ oz eq</i>) 	<ul style="list-style-type: none"> No more than 50% of fruit offered is juice Menu analyzed for sodium, saturated fat, and calories and meets requirements At least 80% of grains are whole grain-rich No more than 2 oz eq grain-based dessert offered weekly 		

5-Day 9-12 Weekly Menu Planner

NATIONAL SCHOOL LUNCH PROGRAM

Monday Menu				Monday Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Tuesday Menu				Tuesday Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Wednesday Menu				Wednesday Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Thursday Menu				Thursday Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Friday Menu				Friday Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
WEEKLY CHECKLIST				
<ul style="list-style-type: none"> Minimum ½ cup dark green vegetables Minimum 1 ¼ cup red/orange vegetables Minimum ½ cup legumes Minimum ½ cup starchy vegetables Minimum ¾ cup other vegetables 	<ul style="list-style-type: none"> ___ total cups of vegetable offered weekly (<i>Must be ≥ 5 cups</i>) ___ total cups of fruit offered weekly (<i>Must be ≥ 5 cups</i>) ___ total oz eq of M/MA offered weekly (<i>Must be ≥ 10 oz eq</i>) ___ total oz eq of grain offered weekly (<i>Must be ≥ 10 oz eq</i>) 	<ul style="list-style-type: none"> No more than 50% of fruit offered is juice Menu analyzed for sodium, saturated fat, and calories and meets requirements At least 80% of grains are whole grain-rich No more than 2 oz eq grain-based dessert offered weekly 		

5-Day K-8 Weekly Menu Planner

NATIONAL SCHOOL LUNCH PROGRAM

Monday Menu				Monday Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> _____ cup(s) fruit (<i>Must be $\geq \frac{1}{2}$ cup</i>) _____ cup(s) vegetable (<i>Must be $\geq \frac{3}{4}$ cup</i>) _____ oz eq grain (<i>Must be ≥ 1 oz eq</i>) _____ oz eq M/MA (<i>Must be ≥ 1 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Tuesday Menu				Tuesday Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> _____ cup(s) fruit (<i>Must be $\geq \frac{1}{2}$ cup</i>) _____ cup(s) vegetable (<i>Must be $\geq \frac{3}{4}$ cup</i>) _____ oz eq grain (<i>Must be ≥ 1 oz eq</i>) _____ oz eq M/MA (<i>Must be ≥ 1 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Wednesday Menu				Wednesday Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> _____ cup(s) fruit (<i>Must be $\geq \frac{1}{2}$ cup</i>) _____ cup(s) vegetable (<i>Must be $\geq \frac{3}{4}$ cup</i>) _____ oz eq grain (<i>Must be ≥ 1 oz eq</i>) _____ oz eq M/MA (<i>Must be ≥ 1 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Thursday Menu				Thursday Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> _____ cup(s) fruit (<i>Must be $\geq \frac{1}{2}$ cup</i>) _____ cup(s) vegetable (<i>Must be $\geq \frac{3}{4}$ cup</i>) _____ oz eq grain (<i>Must be ≥ 1 oz eq</i>) _____ oz eq M/MA (<i>Must be ≥ 1 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Friday Menu				Friday Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> _____ cup(s) fruit (<i>Must be $\geq \frac{1}{2}$ cup</i>) _____ cup(s) vegetable (<i>Must be $\geq \frac{3}{4}$ cup</i>) _____ oz eq grain (<i>Must be ≥ 1 oz eq</i>) _____ oz eq M/MA (<i>Must be ≥ 1 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
WEEKLY CHECKLIST				
<ul style="list-style-type: none"> Minimum $\frac{1}{2}$ cup dark green vegetables Minimum $\frac{3}{4}$ cup red/orange vegetables Minimum $\frac{1}{2}$ cup legumes Minimum $\frac{1}{2}$ cup starchy vegetables Minimum $\frac{1}{2}$ cup other vegetables 	<ul style="list-style-type: none"> _____ total cups of vegetable offered weekly (<i>must be $\geq 3 \frac{3}{4}$ cups</i>) _____ total cups of fruit offered weekly (<i>must be $\geq 2 \frac{1}{2}$ cups</i>) _____ total oz eq of M/MA offered weekly (<i>must be ≥ 9 oz eq</i>) _____ total oz of grain offered weekly (<i>must be ≥ 8 oz eq</i>) 	<ul style="list-style-type: none"> No more than 50% of fruit offered is juice Menu analyzed for sodium, saturated fat, and calories and meets requirements At least 80% of grains are whole grain-rich No more than 2 oz eq grain-based dessert offered weekly 		

6-Day 9-12 Weekly Menu Planner

NATIONAL SCHOOL LUNCH PROGRAM

Menu				Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Menu				Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Menu				Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Menu				Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Menu				Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Menu				Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
Menu				Daily Checklist
<u>Items</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ 1 cup</i>) ___ cup(s) vegetable (<i>Must be ≥ 1 cup</i>) ___ oz eq grain (<i>Must be ≥ 2 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 2 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
WEEKLY CHECKLIST				
<ul style="list-style-type: none"> Minimum ½ cup dark green vegetables Minimum 1 ¼ cup red/orange vegetables Minimum ½ cup legumes Minimum ½ cup starchy vegetables Minimum ¾ cup other vegetables 	<ul style="list-style-type: none"> ___ total cups of vegetable offered weekly (<i>Must be ≥ 6 cups</i>) ___ total cups of fruit offered weekly (<i>Must be ≥ 6 cups</i>) ___ total oz eq of M/MA offered weekly (<i>Must be ≥ 12 oz eq</i>) ___ total oz eq of grain offered weekly (<i>Must be ≥ 12 oz eq</i>) 	<ul style="list-style-type: none"> No more than 50% of fruit offered is juice Menu analyzed for sodium, saturated fat, and calories and meets requirements At least 80% of grains are whole grain-rich No more than 2 oz eq grain-based dessert offered weekly 		

6-Day K-8 Weekly Menu Planner

NATIONAL SCHOOL LUNCH PROGRAM

Menu				Daily Checklist
Items	Serving Size	Components (list all that apply)	Notes	
				<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ ½ cup</i>) ___ cup(s) vegetable (<i>Must be ≥ ¾ cup</i>) ___ oz eq grain (<i>Must be ≥ 1 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 1 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
				<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ ½ cup</i>) ___ cup(s) vegetable (<i>Must be ≥ ¾ cup</i>) ___ oz eq grain (<i>Must be ≥ 1 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 1 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
				<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ ½ cup</i>) ___ cup(s) vegetable (<i>Must be ≥ ¾ cup</i>) ___ oz eq grain (<i>Must be ≥ 1 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 1 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
				<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ ½ cup</i>) ___ cup(s) vegetable (<i>Must be ≥ ¾ cup</i>) ___ oz eq grain (<i>Must be ≥ 1 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 1 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
				<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ ½ cup</i>) ___ cup(s) vegetable (<i>Must be ≥ ¾ cup</i>) ___ oz eq grain (<i>Must be ≥ 1 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 1 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
				<ul style="list-style-type: none"> ___ cup(s) fruit (<i>Must be ≥ ½ cup</i>) ___ cup(s) vegetable (<i>Must be ≥ ¾ cup</i>) ___ oz eq grain (<i>Must be ≥ 1 oz eq</i>) ___ oz eq M/MA (<i>Must be ≥ 1 oz eq</i>) 1 cup milk (<i>Two varieties offered; one is unflavored</i>)
WEEKLY CHECKLIST				
<ul style="list-style-type: none"> Minimum ½ cup dark green vegetables Minimum ¾ cup red/orange vegetables Minimum ½ cup legumes Minimum ½ cup starchy vegetables Minimum ½ cup other vegetables 	<ul style="list-style-type: none"> ___ total cups of vegetable offered weekly (<i>Must be ≥ 4 ½ cups</i>) ___ total cups of fruit offered weekly (<i>Must be ≥ 3 cups</i>) ___ total oz eq of M/MA offered weekly (<i>Must be ≥ 11 oz eq</i>) ___ total oz eq of grain offered weekly (<i>Must be ≥ 9 ½ oz eq</i>) 	<ul style="list-style-type: none"> No more than 50% of fruit offered is juice Menu analyzed for sodium, saturated fat, and calories and meets requirements At least 80% of grains are whole grain-rich No more than 2 oz eq grain-based dessert offered weekly 		

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