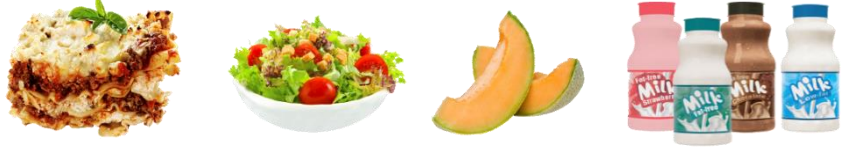
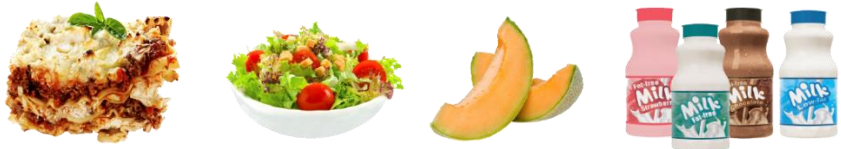



What's for Lunch

ANSWER KEY Worksheet 4 – Menu Planning

For each menu below, indicate whether the **planned lunch** meets the **DAILY** meal pattern requirements for the specified grade group. If the lunch does not meet the meal pattern, indicate what modifications are needed for a reimbursable meal.

Menu	Does menu meet DAILY meal pattern requirements? If “no,” indicate modifications needed.
<p>Lunch Menu 1 – Grades K-5 Lasagna (1.5 ounces cheese, ½ cup whole grain-rich noodles, ¼ cup sauce) Romaine salad, 1 cup Cantaloupe slices, ½ cup Choice of low-fat unflavored or fat-free unflavored or flavored milk, 1 cup</p> 	<p><input checked="" type="checkbox"/> yes <input type="checkbox"/> no</p> <p>This menu is planned to include all five food components in at least the minimum required portion sizes for grades K-5.</p>
<p>Lunch Menu 2 – Grades 9-12 Lasagna (2 ounces cheese, 1 cup whole grain-rich noodles, ¼ cup sauce) Romaine salad, 1 cup Cantaloupe slices, 1 cup Choice of low-fat unflavored or fat-free unflavored or flavored milk, 1 cup</p> 	<p><input type="checkbox"/> yes <input checked="" type="checkbox"/> no</p> <p>The vegetables component requires 1 cup for grades 9-12 but this meal contains only ¾ cup total (1 cup of salad and ¼ cup of tomato sauce). It needs ¼ cup more vegetables to comply.</p> <p>Remember that raw leafy greens count as only HALF of the volume served, so the 1 cup of romaine salad counts as ½ cup of vegetables.</p>
<p>Lunch Menu 3 – Grades 9-12 Chicken fajita wrap (1.5 ounces cooked chicken, 1 ounce cheese, ¼ cup lettuce, ¼ cup tomato), 2-ounce whole-grain tortilla Sweet potato fries, ¾ cup Raisins, ½ cup Choice of low-fat unflavored or fat-free unflavored or flavored milk, 1 cup</p> 	<p><input checked="" type="checkbox"/> yes <input type="checkbox"/> no</p> <p>This menu is planned to include all five food components in at least the minimum required portion sizes for grades 9-12.</p> <p>Remember that raw leafy greens credit at half the column served, so ¼ cup of lettuce (½ cup) with ¼ cup of tomato total ¾ cup, plus ¾ cup of sweet potatoes fries equals 1 ½ cups total, which exceeds the minimum daily requirement of 1 cup.</p> <p>Remember that dried fruit counts as TWICE the volume served, so ½ cup of raisins counts as 1 cup of fruit.</p>



The Connecticut State Department of Education's (CSDE) **What's for Lunch** workshop training materials are available on the CSDE's [Meal Pattern Training Materials](#) Web page. This worksheet is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/wfl/wflws4A.