

What's for Lunch Worksheet 5

Let's Play

MEAL or NO MEAL

Breakfast Edition

Connecticut State Department of Education • Revised August 2017



The Planned Meal (Grades K-5)

SAMPLE LUNCH MENU 1 – Elementary School Lunch Menu

Food and Amount	Component
Turkey (1 ounce) and cheese (1 ounce) sandwich	Meat/meat alternates (M/MA), 2 oz eq
whole-wheat bread (2 slices) with lettuce (¼ cup) and tomato (¼ cup)	Grains (G), 2 oz eq Vegetables (V), ¼ cup
Carrot sticks (½ cup)	Vegetables (V), ¼ cup
Fresh red apple (½ cup)	Fruits (F), ½ cup
Milk choice (1 cup)	Milk (M), 1 cup

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Student Selects

Reimbursable Meal?

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Middle School (Grades 6-8)








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The Planned Meal (Grades 6-8)



SAMPLE LUNCH MENU 2 – Middle School Lunch Menu

Food and Amount	Component
WGR pasta (½ cup) with meat sauce (with 1 ½ ounces cooked meat) and ¼ cup tomato sauce	G, 1 oz eg M/MA, 1 ½ oz eq V ¼ cup
Whole-grain roll, 1 ounce	G, 1 oz eg
Romaine garden salad (1 ½ cups) *	V, ¾ cup *Leafy greens credit as half of volume served
Fresh fruit cup (½ cup)	F, ½ cup
Milk choice (1 cup)	M, 1 cup

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High School (Grades 9-12)



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The Planned Meal (Grades 9-12)

SAMPLE LUNCH MENU 3 – High School Lunch Menu	
Food and Amount	Component
Cheese pizza	M/MA, 2 oz eq, G, 2 oz eq
Broccoli florets (½ cup) with low-fat dip	V, 1 cup
Corn (½ cup)	
Cantaloupe wedges (½ cup)	F, 1 cup
Red grapes (½ cup)	
Milk choice (1 cup)	M, 1 cup



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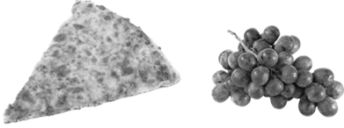
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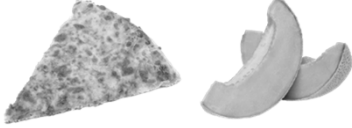
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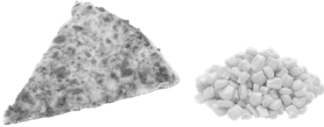
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The Planned Meal (Grades 9-12)

SAMPLE MENU 4 – High School Lunch Menu	
Menu Item	Component
Fruit yogurt (½ cup) and low-fat cheese stick (1 ounce)	M/MA, 2 oz eq
Whole-grain crackers (2 ounces)	G, 2 oz eq
Spinach Salad (2 cups)	V, 1 cup
Blueberries (½ cup)	F, ½ cup
Orange wedges (one 138-count orange)	F, ½ cup
Milk choice (1 cup)	M, 1 cup



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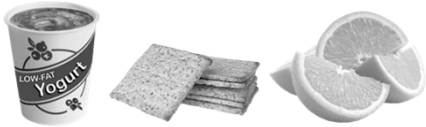
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The Planned Meal (Grades 9-12)


SAMPLE LUNCH MENU 4 – High School Lunch Menu

Food and Amount	Component
Cheeseburger (2 ounces cooked meat and ½ ounce cheese) on whole-grain rich bun (2 ounces)	M/MA, 2 ½ oz eq G, 2 oz eq
Lettuce (½ cup)* and tomato (¼ cup)	V, ½ cup *Leafy greens credit as half volume served
Sweet potato fries (½ cup)	V, ½ cup
Purple plums (½ cup)	F, ½ cup
Kiwi (½ cup)	F, ½ cup
Milk choice (1 cup)	M, 1 cup



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- The *What's for Lunch* workshop training materials are available on the Connecticut State Department of Education's (CSDE) Meal Pattern Training Materials webpage at www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333806
- This worksheet is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/wfl/wflws5

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