



# LUNCH MATRIX

WORKSHEET

## Grades 6-8: Mixed Ranges (600-700 CALORIES)

MEAL COMPONENTS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEKLY M/MA MINIMUM: 9 oz. eq. MEAT/MEAT ALTERNATE—CHOICE #1					
DAILY M/MA MINIMUM: 1 oz. eq. GRAIN—CHOICE #1					
WEEKLY GRAIN MINIMUM: 8 oz. eq. MEAT/MEAT ALTERNATE—CHOICE #2					
DAILY MIN.: 3/4 cup GRAIN—CHOICE #2					
WEEKLY MIN.: 3 3/4 cups VEGETABLE—CHOICE #1					
DAILY MIN.: 1/2 cup VEGETABLE—CHOICE #2					
WEEKLY MIN.: 2 1/2 cups FRUIT—CHOICE #1					
DAILY MIN.: at least 2 options offered FRUIT—CHOICE #2					
MILK —CHOICE #1					
MILK —CHOICE #2					
CONDIMENTS					
DESSERT					

Desserts included only if needed for calories.

Grain based desserts must be credited as a grain component; a maximum of 2 oz. eq. of grain based desserts may be menued per week.

**SODIUM ALLOWANCE:** Offer lunch menus that supply a weekly average of no more than the maximum sodium level for Grades 6-8.

**SATURATED FAT ALLOWANCE:** On average, daily menus should aim for less than 10 percent of calories to come from saturated fat, in order to achieve a weekly menu goal of less than 10 percent of total calories coming from saturated fat.