



LUNCH MATRIX

WORKSHEET

Grades 9-12: Mixed Ranges (750-850 CALORIES)

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEKLY M/MA MINIMUM: 10 oz. eq. DAILY M/MA MINIMUM: 2 oz. eq. WEEKLY GRAIN MINIMUM: 10 oz. eq.	MEAT/MEAT ALTERNATE-- CHOICE #1					
	GRAIN-- CHOICE #1					
	MEAT/MEAT ALTERNATE-- CHOICE #2					
	GRAIN-- CHOICE #2					
	MEAT/MEAT ALTERNATE-- CHOICE #3					
	GRAIN-- CHOICE #3					
DAILY MIN.: 1 cup WEEKLY MIN.: 5 cups	VEGETABLE--CHOICE #1					
	VEGETABLE--CHOICE #2					
	VEGETABLE--CHOICE #3					
DAILY MIN.: 1 cup WEEKLY MIN.: 5 cups	FRUIT--CHOICE #1					
	FRUIT--CHOICE #2					
	FRUIT--CHOICE #3					
DAILY MIN.: at least 2 options offered	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 9-12.

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.