



LUNCH MATRIX

WORKSHEET

Grades K-5: Ascending Ranges (550-650 CALORIES)

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

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.