

SFSP Five Day Lunch Menu Planning Template

Agreement #	Sponsor	Contact Name
1156	Kids Hope Alliance	Venesha Calhoun

Components	Day 6		Day 7		Day 8		Day 9		Day 10	
	Item	Smuckers Uncrustables Sandwich	Build Your Own Nachos Meal	Grilled Chicken Sandwich	Turkey & Cheese Sandwich	Build Your Own Munchables Meal				
Meats/ Meat Alternates Minimum: 2 oz. eq. per day	Portion	1 sandwich ~2.6 oz.	2 oz. cheddar	3 oz patty	3 slices (1.5 oz) of turkey ham	5 Turkey Ham Coins (3 slices, 1.5 oz)				
	2 nd Item (if planned)	1 M/MA	2 M/MA	2 M/MA	1 M/MA	1 M/MA				
	Portion	RF Cheese Stick			American Cheese	RF Cheese Stick				
Grains Breads Pasta Minimum: 1 oz. eq. per day	Contribution (oz. eq.)	1 oz.			2 slices	1 oz.				
	Item	1 M/MA			1 M/MA	1 M/MA				
	Portion	Smuckers Uncrustables W/G Bread	Tortilla Chips	WG Hamburger Bun	Turkey & Cheese Sandwich – W/G Bread	WG Dinner Roll				
Fruits Vegetables 100% Juices Minimum: 3/4 cup per day	Portion	1 sandwich – 2.6 oz.	1 serving = 0.9 oz. (25 g)	1 bun	2 slices (50 g)	1 roll				
	Contribution (oz. eq.)	1 oz. eq.	1 oz. eq.	2 oz. eq.	2 oz. eq.	1.5 oz. eq.				
	2 nd Item (if planned)									
Other Foods/ Condiments	Portion									
	Item									
	Portion size									

Daily Milk	Fat Content	White	Chocolate	Strawberry	Other (specify)	Notes Menus Approved 5/27/20 FDACS Susana Plank MS, RDN, LDN
	Fluid oz.	1%				
		8				

SFSP Five Day Snack Menu Planning Template

Components		Day 1	Day 2	Day 3	Day 4	Day 5
Milk Minimum: 8 fluid oz.	Type		Unflavored		Unflavored	Unflavored
	Fat Content		1%		1%	1%
	Portion in oz.		8 fl. oz.		8 fl. oz.	8 fl. oz.
Fruits Vegetables 100% Juices Minimum: 3/4 cup	Item	100% Grape Juice		100% Apple Juice		
	Portion in cups	6 fl. oz. (3/4 cup)		6 fl. oz. (3/4 cup)		
	2 nd Item (if planned)					
Grains Breads Cereals Minimum: 1 oz. eq.	Item	WG Cheeze Its	WG Cheerios	WG Graham Crackers	WG Muffin	WG Oat & Honey Goldfish
	Portion in oz. or grams	21 grams (1 pouch)	28 grams (1 bowlpak)	22 grams (1 pouch = 3 crackers)	1 muffin (recipe)	26 grams (1 pouch)
	Contribution (oz. eq.)	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.
Meats/ Meat Alternates Minimum: 1 oz. eq.	Contribution (oz. eq.)					
	Item					
	Portion size or oz.					
Other Foods & Condiments (Optional)	Contribution (oz. eq.)					
	Item					
	Portion size					

Notes

Menus Approved 5/27/20 FDACS
Quoniam Pland, M.S. RDTR, RDTR