

### SFSP Five Day Snack Menu Planning Template

Components		Day 6	Day 7	Day 8	Day 9	Day 10
<b>Milk</b> Minimum: 8 fluid oz.	Type		Unflavored		Unflavored	
	Fat Content		1%		1%	
	Portion in oz.		8 fl. oz.		8 fl. oz.	
<b>Fruits Vegetables 100% Juices</b>	Item	Apple				100% Orange Juice
	Portion in cups	1 apple = 1 cup				6 fl. oz. (3/4 cup)
Minimum: 3/4 cup	2 <sup>nd</sup> Item (if planned)					
	Portion in cups					
<b>Grains Breads Cereals</b>	Item	WG Graham Crackers	WG Animal Crackers	WG Pretzel Goldfish	WG Cheerios	WG Muffin
	Portion in oz. or grams	22 grams (1 pouch = 3 crackers)	29 grams (1 pouch)	21 grams (1 pouch)	28 grams (1 bowl/pak)	1 muffin (recipe)
	Contribution (oz. eq.)	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.
	2 <sup>nd</sup> Item (if Planned)					
	Portion in oz. or grams					
<b>Meats/ Meat Alternates</b>	Item					
	Portion size or oz.					
	Contribution (oz. eq.)					
	Item					
Minimum: 1 oz. eq.	Portion size or oz.					
	Contribution (oz. eq.)					
	Item					
<b>Other Foods &amp; Condiments (Optional)</b>	Item					
	Portion size					

Notes  
 Menus Approved 5/27/20 FDACS  
*Jeannice Plaud, M.S. RDM, LDM*

### SFSP Five Day Lunch Menu Planning Template

<b>Agreement #</b>	<b>Sponsor</b>	<b>Contact Name</b>
1156	Kids Hope Alliance	Venesha Calhoun

Components	Day 1		Day 2		Day 3		Day 4		Day 5	
	Item	Portion	Item	Portion	Item	Portion	Item	Portion	Item	Portion
<b>Meats/ Meat Alternates</b>  Minimum: 2 oz. eq. per day		Wow Butter Sandwich	Turkey Ham & Cheese Sandwich	Pita Dippers Meal	WG Crispy Chicken Nuggets Salad	Chicken Salad Sandwich				
	Portion	1 sandwich –soy butter	3 slices (1.5 oz) turkey ham	Mozzarella Cheese	5 chicken nuggets	#1/2 scoop (1/3 cup) chicken salad				
	Contribution (oz. eq.)	1 M/MA	1 M/MA	2 M/MA	2 M/MA	2 M/MA				
	2 <sup>nd</sup> Item (if planned)	Cheese Stick	American Cheese							
	Portion	1 oz.	2 slices							
	Contribution (oz. eq.)	1 M/MA	1 M/MA							
<b>Grains Breads Pasta</b>	Item	Wow Butter Sandwich	Turkey Ham & Cheese Sandwich Bread	Pita Chips	WG chicken nugget breading	Chicken Salad WG Sandwich Bread				
	Portion	1 sandwich – WG bread	2 slices (50 g) WG bread	1 serving = 0.7 oz. (20 g)	5 chicken nuggets	2 slices				
	Contribution (oz. eq.)	1 oz. eq.	2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.				
Minimum: 1 oz. eq. per day	2 <sup>nd</sup> Item (if planned)									
	Portion									
	Contribution (oz. eq.)									
<b>Fruits Vegetables 100% Juices</b>	Item	100% Fruit Juice	Assorted Fresh Vegetable	Pizza Sauce	Salad Greens	100% Fruit Juice				
	Portion in cups	½ cup (4 fl. oz.)	½ cup	½ cup	1 ½ cup	½ cup (4 fl. oz.)				
	2 <sup>nd</sup> Item	Assorted Fresh Fruit	Assorted Fresh or Chilled Fruit	Assorted Fresh Fruit	Assorted Fresh or Chilled Fruit	Assorted Fresh Fruit				
Minimum: 3/4 cup per day	Portion in cups	½ cup	¼ - ½ cup	½ cup	¼ - ½ cup	½ cup				
	Item		Mayo		Ranch					
	Portion size		1 pkt		1 pkt					
<b>Other Foods/ Condiments</b>	Item									
	Portion size									

Daily Milk	White		Chocolate		Strawberry		Other (specify)	
	Fat Content	Fluid oz.						
	1%	8						

Notes  
Menus Approved 5/27/20 FDACS  
*Jessica Plank, M.S., RD/MA, LD/MA*