




What's for Lunch? Worksheet 4 – Menu Planning

For each menu below, indicate whether the **planned lunch** meets the **DAILY** meal pattern requirements for the specified grade group. If the lunch does not meet the meal pattern, indicate what modifications are needed for a reimbursable meal.

Menu	Does menu meet DAILY meal pattern requirements? If "no," indicate modifications needed.
<p>Lunch Menu 1 – Grades K-5 Lasagna (1.5 ounces cheese, ½ cup whole grain-rich noodles, ¼ cup sauce) Romaine salad, 1 cup Cantaloupe slices, ½ cup Choice of low-fat unflavored or fat-free unflavored or flavored milk, 1 cup</p> 	<input type="checkbox"/> yes <input type="checkbox"/> no
<p>Lunch Menu 2 – Grades 9-12 Lasagna (2 ounces cheese, 1 cup whole grain-rich noodles, ¼ cup sauce) Romaine salad, 1 cup Cantaloupe slices, 1 cup Choice of low-fat unflavored or fat-free unflavored or flavored milk, 1 cup</p> 	<input type="checkbox"/> yes <input type="checkbox"/> no
<p>Lunch Menu 3 – Grades 9-12 Chicken fajita wrap (1.5 ounces cooked chicken, 1 ounce cheese, ¼ cup lettuce, ¼ cup tomato), 2-ounce whole-grain tortilla Sweet potato fries, ¾ cup Raisins, ½ cup Choice of low-fat unflavored or fat-free unflavored or flavored milk, 1 cup</p> 	<input type="checkbox"/> yes <input type="checkbox"/> no



The Connecticut State Department of Education's (CSDE) *What's for Lunch* workshop training materials are available on the CSDE's [Meal Pattern Training Materials](#) Web page. This worksheet is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/wfl/wflws4.