

Worksheet 5

Let's Play

MEAL or  
NO MEAL

Lunch Edition

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### The Planned Meal (Grades K-5)

SAMPLE LUNCH MENU 1 – Elementary School Lunch Menu

Food and Amount	Component
Turkey (1 ounce) and cheese (1 ounce) sandwich	Meat/meat alternates (M/MA), 2 oz eq
whole-wheat bread (2 slices) with lettuce (¼ cup) and tomato (¼ cup)	Grains (G), 2 oz eq Vegetables (V), ¼ cup
Carrot sticks (½ cup)	Vegetables (V), ¼ cup
Fresh red apple (½ cup)	Fruits (F), ½ cup
Milk choice (1 cup)	Milk (M), 1 cup

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### Student Selects

Reimbursable Meal? YES

Contains minimum required serving of  
3 full components (M/MA, G and V)

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### Student Selects

Reimbursable Meal? YES

Contains minimum required serving of  
3 full components (M/MA, G and F)

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### Student Selects

Reimbursable Meal? YES

Contains minimum required serving of  
2 full components (F and M) and  
includes ½ cup of V

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**Student Selects**



**Reimbursable Meal? NO**

Contains minimum required serving of 3 full components (M/MA, G and M) but missing at least ½ cup of F or V (lettuce and tomato is ¼ cup)

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**Middle School (Grades 6-8)**




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**The Planned Meal (Grades 6-8)**

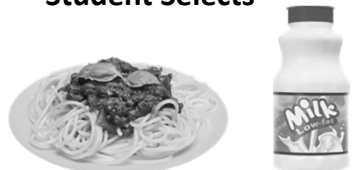
**SAMPLE LUNCH MENU 2 – Middle School Lunch Menu**

Food and Amount	Component
WGR pasta (½ cup) with meat sauce (with 1 ½ ounces cooked meat) and ¼ cup tomato sauce	G, 1 oz eq M/MA, 1 ½ oz eq V ¼ cup
Whole-grain roll, 1 ounce	G, 1 oz eq
Romaine garden salad (1 ½ cups) *	V, ¾ cup *Leafy greens credit as half of volume served
Fresh fruit cup (½ cup)	F, ½ cup
Milk choice (1 cup)	M, 1 cup



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**Student Selects**




**Reimbursable Meal? NO**

Contains minimum required serving of 3 full components (G, M/MA and M) but missing at least ½ cup of F or V (tomato sauce is ¼ cup)

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**Student Selects**




**Reimbursable Meal? YES**

Contains minimum required serving of 3 full components (G, M/MA and V)

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**Student Selects**




**Reimbursable Meal? NO**

Contains minimum required serving of 2 full components (G and M/MA) but missing at least ½ cup of F or V (tomato sauce is ¼ cup)

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**Student Selects**




**Reimbursable Meal? YES**

**Contains minimum required serving of 3 full components (V, F and M)**

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**Student Selects**



**Reimbursable Meal? YES**


**Contains minimum required serving of 3 full components (G, F and M)**

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**The Planned Meal (Grades 9-12)**

SAMPLE LUNCH MENU 3 – High School Lunch Menu	
Food and Amount	Component
Cheese pizza	M/MA, 2 oz eq, G, 2 oz eq
Broccoli florets (½ cup) with low-fat dip	V, 1 cup
Corn (½ cup)	V, 1 cup
Cantaloupe wedges (½ cup)	F, 1 cup
Red grapes (½ cup)	F, 1 cup
Milk choice (1 cup)	M, 1 cup



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**Student Selects**

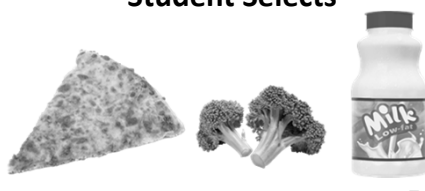


**Reimbursable Meal? NO**

**Contains minimum required serving of 3 full components (M/MA, G and M) but missing at least ½ cup of F or V**

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**Student Selects**

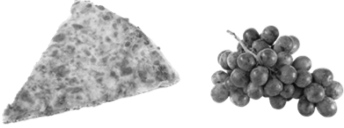


**Reimbursable Meal? YES**

**Contains minimum required serving of 3 full components (M/MA, G and M) and includes ½ cup of V**

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**Student Selects**

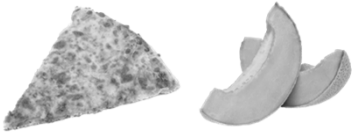


**Reimbursable Meal? YES**

Contains minimum required serving of 2 full components (M/MA and G) and includes ½ cup of F

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**Student Selects**

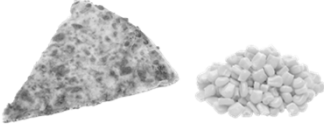


**Reimbursable Meal? YES**

Contains minimum required serving of 2 full components (M/MA and G) and includes ½ cup of F

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**Student Selects**




**Reimbursable Meal? YES**

Contains minimum required serving of 2 full components (M/MA and G) and includes ½ cup of V

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**Student Selects**




**Reimbursable Meal? NO**

Contains ½ cup of V but contains only 1 full component (F)

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**Student Selects**




**Reimbursable Meal? NO**

Contains minimum required serving of only 2 full components (F and M)

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**Student Selects**




**Reimbursable Meal? NO**

Contains ½ cup of F and ½ cup of V but contains only 1 full component (M)

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### The Planned Meal (Grades 9-12)

SAMPLE MENU 4 – High School Lunch Menu	
Menu Item	Component
Fruit yogurt (½ cup) and low-fat cheese stick (1 ounce)	M/MA, 2 oz eq
Whole-grain crackers (2 ounces)	G, 2 oz eq
Spinach Salad (2 cups)	V, 1 cup
Blueberries (½ cup)	F, ½ cup
Orange wedges (one 138-count orange)	F, ½ cup
Milk choice (1 cup)	M, 1 cup



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### Student Selects




**Reimbursable Meal? YES**

Contains minimum required serving of 3 full components (M/MA, G and M) and includes ½ cup of F

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### Student Selects




**Reimbursable Meal? NO**

Contains ½ cup of F but contains only 1 full component (G)

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### Student Selects




**Reimbursable Meal? NO**

Contains only 2 full components (M/MA and F)

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### Student Selects




**Reimbursable Meal? YES**

Contains minimum required serving of 2 full components (G and M) and includes ½ cup of F

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### Student Selects




**Reimbursable Meal? YES**

Contains minimum required serving of 2 full components (G and M) and includes ½ cup of F

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**Student Selects**




**Reimbursable Meal? YES**

**Contains minimum required serving of 2 full components (V and M) and includes ½ cup of F**

31

**Student Selects**




**Reimbursable Meal? NO**

**Contains only 2 full components (V and F)**

32

**Student Selects**




**Reimbursable Meal? NO**

**Contains ½ cup of F but contains only 1 full component (M)**

33

**Student Selects**



**Reimbursable Meal? YES**


**Contains minimum required serving of 2 full components (V and G) and includes ½ cup of F**

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**The Planned Meal (Grades 9-12)**


SAMPLE LUNCH MENU 4 – High School Lunch Menu

Food and Amount	Component
Cheeseburger ( 2 ounces cooked meat and ½ ounce cheese) on whole-grain rich bun (2 ounces)	M/MA, 2 ½ oz eq G, 2 oz eq
Lettuce (½ cup)* and tomato (¼ cup)	V, ½ cup *Leafy greens credit as half volume served
Sweet potato fries (½ cup)	V, ½ cup
Purple plums (½ cup)	F, ½ cup
Kiwi (½ cup)	F, ½ cup
Milk choice (1 cup)	M, 1 cup



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**Student Selects**




**Reimbursable Meal? YES**

**Contains minimum required serving of 3 full components (G, M/MA and M) and includes ½ cup of V**

36

**Student Selects**




**Reimbursable Meal? YES**

Contains minimum required serving of 2 full components (G and M/MA) and includes ½ cup of V

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**Student Selects**




**Reimbursable Meal? NO**

Contains minimum required serving of 3 full components (G, M/MA and M) but missing ½ cup of F or V

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**Student Selects**




**Reimbursable Meal? YES**

Contains minimum required serving of 3 full components (G, M/MA and M) and includes ½ cup of F

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**Student Selects**




**Reimbursable Meal? YES**

Contains minimum required serving of 3 full components (G, M/MA and M) and includes ½ cup of V

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**Student Selects**



**Reimbursable Meal? YES**

Contains minimum required serving of 2 full components (F and M) and includes ½ cup of V

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- The *What's for Lunch* workshop training materials are available on the Connecticut State Department of Education's (CSDE) Meal Pattern Training Materials Web page at [www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333806](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333806)
- This worksheet is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsp/wfl/wflws5A](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsp/wfl/wflws5A)

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