

### USING THE LUNCH MATRIXES

The Lunch Recipe Group Lists include breakfast and lunch recipes grouped according to calories.

Note: Elementary lunch matrixes are set up with two entrée choices. If only one entrée is to be offered, simply fill out only one meat / meat alternative row and one grain row, leaving the corresponding rows blank.

#### CREDIT ABBREVIATIONS:

M/MA—Meat/Meat Alternate  
 WGR—Whole Grain Rich  
 F—Fruit  
 V:B/P—Beans/Peas  
 V:O—Other Vegetable  
 V:R/O—Red/Orange Vegetable  
 V:DG—Dark Green Vegetable  
 V:S—Starchy Vegetable  
 M—Milk

#### EXAMPLE:

Grade 6 - 8 Menu  
 Mixed Ranges

#### For Day 1:

Choose a meat/meat alternate component from Group D List

—MRS 560: Chicken Loaded Baked Potato—

Choose a grain component from Lunch Grains List

—MRS 1355: Roll, 2 oz. eq.—

Choose a meat/meat alternate component from Group F List

—MRS: 822: Vegetable Beef Soup & Sandwich Combo—  
 NOTE: GRAIN INCLUDED WITH THIS ENTRÉE CHOICE

Choose a vegetable from Dark Green Vegetable List

—MRS 1012: Cheesy Broccoli—

Choose a vegetable from Other Vegetable List

—MRS 1032: Creole Green Beans—

Choose a fruit from Group B List

—MRS 1226: Grapes—

Choose a fruit from Group C List

—MRS 1247: Frozen Fruit Juice Cups—

Choose two milk selections from Milk List

—MRS 1708: Unflavored Low Fat Milk—

—MRS 1706: Unflavored Fat Free Milk—

Choose condiments from Condiments List

—MRS 1564: Sour Cream—

Lunch Matrixes are available in two formats for menu planning and are customized for daily/weekly requirements according to age/grade groups:

- “Ascending”—the calories for the entrée row ascend.  
 For Example: Day 1: 200-249, Day 2: 250-299, Day 3: 300-349, Day 4: 350-399, Day 5: 400+
- “Mixed”—the calories for the entrée rows vary through the week.  
 For Example: Day 1: 300-349, Day 2: 200-249, Day 3: 400+, Day 4: 250-299, Day 5: 200-249

#### Blank template matrixes for each are provided for use in planning menus.

The columns in each matrix represent the five days of a school week and the rows relate to the individual meal components that make up each meal. Daily and/or weekly minimum servings are indicated on the left for each required meal component and the weekly sodium and saturated fat allowances are noted on each matrix.

Recipe lists (see Recipe Lists) have been compiled according to specific calorie ranges and nutrition specifications (i.e., saturated fat, trans fat, and sodium), for each meal component indicated in the matrixes.

By referencing the individual recipe lists, menu planners can efficiently make selections that meet designated calorie ranges and saturated fat percentages.

Follow these instructions when developing menus with the Lunch Matrix and referencing corresponding recipe lists:

1. Choose a matrix by age/grade group (grades K-5, grades 6-8, or grades 9-12).
2. Refer to the designated Recipe Lists for each meal component to fill in the menu for each day.
3. Following the matrix template, begin with the top row of Day 1 by selecting a meat/meat alternate recipe from the designated Recipe List and write it in place.
4. Continue with the selection of a grain to complete the first entrée choice.  
 —If your menu includes two entrée options, repeat steps 3 and 4.—
5. Now select the vegetable options to fulfill the vegetable subgroup listed.
6. Select the fruit choices listed.
7. Decide on a variety of milk options. (The matrix lists two choices, but student preferences may require greater variety.)
8. Identify any condiments that may be needed to enhance the meal (i.e. dressings to serve with salad or ketchup to serve with a hamburger).
9. As needed for calories, select a dessert to complement the meal. Remember, 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.
10. Repeat selection process of selections for Day 2, Day 3, Day 4, and Day 5, using options that match the suggested group list for each day and adding desserts as needed for calories and condiments for student satisfaction.

After working out the entire week of menu selections, adjustments may be needed to fulfill calorie, saturated fat, and sodium requirements, keeping in mind that the weekly nutritional analysis of a menu must achieve:

- a) average calories for the week must be within the range for each age/grade group
- b) calories from saturated fat lower than 10% of total calories and
- b) sodium not exceeding the specified age/grade group weekly limit.

Calorie and sodium requirements affect both grains and meat/meat alternates. Efficient menu planning begins with recipes that have lower values in calories, saturated fat, and sodium to allow more flexibility in completing the menu planning process.

#### NOTES:

Once a weekly menu has been established, individual days within the matrix may be rearranged (for example: Day 4 may be served on Monday, Day 1 may be served on Tuesday, Day 2 may be served on Thursday).

No matter the order, menu planners must make certain that a reimbursable meal is served every day.

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

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEKLY M/MA MINIMUM: 8 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #1	Meat/MA B 200-249 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.
DAILY M/MA MINIMUM: 1 oz. eq.	GRAIN— CHOICE #1	Grain 2 oz. eq.	Grain 1 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
WEEKLY GRAIN MINIMUM: 8 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #2	Meat/MA B 200-249 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.
DAILY MIN.: 3/4 cup	GRAIN— CHOICE #2	Grain 2 oz. eq.	Grain 1 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
WEEKLY MIN.: 3 3/4 cups	VEGETABLE—CHOICE #1	Dark Green	Red/Orange	Peas/Beans	Starchy	Other
DAILY MIN.: 1/2 cup	VEGETABLE—CHOICE #2	Starchy	Other	Red/Orange	Dark Green	Starchy
WEEKLY MIN.: 2 1/2 cups	FRUIT—CHOICE #1	Fruit B 50-74 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit D 100+ cal.
DAILY MIN.: at least 2 options offered	FRUIT—CHOICE #2	Fruit C 75-99 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit A 0-49 cal.
	MILK —CHOICE #1	Milk	Milk	Milk	Milk	Milk
	MILK —CHOICE #2	Milk	Milk	Milk	Milk	Milk
	CONDIMENTS	Condiments	Condiments	Condiments	Condiments	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.

### Grades K-5: Mixed Ranges (550-650 CALORIES)

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEKLY M/MA MINIMUM: 8 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #1	Meat/MA D 300-349 cal.	Meat/MA B 200-249 cal.	Meat/MA F 400+ cal.	Meat/MA C 250-299 cal.	Meat/MA B 200-249 cal.
DAILY M/MA MINIMUM: 1 oz. eq.	GRAIN— CHOICE #1	Grain 1 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
WEEKLY GRAIN MINIMUM: 8 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #2	Meat/MA A 1-199 cal.	Meat/MA E 350-399 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.
DAILY MIN.: 3/4 cup	GRAIN— CHOICE #2	Grain 1 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
WEEKLY MIN.: 3 3/4 cups	VEGETABLE—CHOICE #1	Dark Green	Red/Orange	Peas/Beans	Starchy	Other
DAILY MIN.: 1/2 cup	VEGETABLE—CHOICE #2	Other	Starchy	Red/Orange	Dark Green	Starchy
WEEKLY MIN.: 2 1/2 cups	FRUIT—CHOICE #1	Fruit B 50-74 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit D 100+ cal.
DAILY MIN.: at least 2 options offered	FRUIT—CHOICE #2	Fruit C 75-99 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit A 0-49 cal.
	MILK —CHOICE #1	Milk	Milk	Milk	Milk	Milk
	MILK —CHOICE #2	Milk	Milk	Milk	Milk	Milk
	CONDIMENTS	Condiments	Condiments	Condiments	Condiments	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.



# 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.



# LUNCH MATRIX

WORKSHEET

## Grades K-5: Mixed Ranges (550-650 CALORIES)

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

### Grades 6-8: Ascending Ranges (600-700 CALORIES)

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEKLY M/MA MINIMUM: 9 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #1	Meat/MA B 200-249 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.
DAILY M/MA MINIMUM: 1 oz. eq.	GRAIN— CHOICE #1	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
WEEKLY GRAIN MINIMUM: 8 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #2	Meat/MA B 200-249 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.
DAILY MIN.: 3/4 cup	GRAIN— CHOICE #2	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
WEEKLY MIN.: 3 3/4 cups	VEGETABLE—CHOICE #1	Dark Green	Red/Orange	Peas/Beans	Starchy	Other
DAILY MIN.: 1/2 cup	VEGETABLE—CHOICE #2	Starchy	Other	Red/Orange	Dark Green	Starchy
WEEKLY MIN.: 2 1/2 cups	FRUIT—CHOICE #1	Fruit B 50-74 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit D 100+ cal.
DAILY MIN.: at least 2 options offered	FRUIT—CHOICE #2	Fruit C 75-99 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit A 0-49 cal.
	MILK —CHOICE #1	Milk	Milk	Milk	Milk	Milk
	MILK —CHOICE #2	Milk	Milk	Milk	Milk	Milk
	CONDIMENTS	Condiments	Condiments	Condiments	Condiments	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 6-8.

**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.

### Grades 6-8: Mixed Ranges (600-700 CALORIES)

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEKLY M/MA MINIMUM: 9 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #1	Meat/MA D 300-349 cal.	Meat/MA B 200-249 cal.	Meat/MA F 400+ cal.	Meat/MA C 250-299 cal.	Meat/MA B 200-249 cal.
DAILY M/MA MINIMUM: 1 oz. eq.	GRAIN— CHOICE #1	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
WEEKLY GRAIN MINIMUM: 8 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #2	Meat/MA F 400+ cal.	Meat/MA E 350-399 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.
DAILY MIN.: 3/4 cup	GRAIN— CHOICE #2	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
WEEKLY MIN.: 3 3/4 cups	VEGETABLE—CHOICE #1	Dark Green	Red/Orange	Peas/Beans	Starchy	Other
DAILY MIN.: 1/2 cup	VEGETABLE—CHOICE #2	Other	Starchy	Red/Orange	Dark Green	Starchy
WEEKLY MIN.: 2 1/2 cups	FRUIT—CHOICE #1	Fruit B 50-74 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit D 100+ cal.
DAILY MIN.: at least 2 options offered	FRUIT—CHOICE #2	Fruit C 75-99 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit A 0-49 cal.
	MILK —CHOICE #1	Milk	Milk	Milk	Milk	Milk
	MILK —CHOICE #2	Milk	Milk	Milk	Milk	Milk
	CONDIMENTS	Condiments	Condiments	Condiments	Condiments	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 6-8.

**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.



# LUNCH MATRIX

WORKSHEET

## Grades 6-8: Ascending Ranges (600-700 CALORIES)

MEAL COMPONENTS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEKLY M/MA MINIMUM: 9 oz. eq. MEAT/MEAT ALTERNATE—CHOICE #1					
DAILY M/MA MINIMUM: 1 oz. eq. GRAIN—CHOICE #1					
WEEKLY GRAIN MINIMUM: 8 oz. eq. MEAT/MEAT ALTERNATE—CHOICE #2					
DAILY MIN.: 3/4 cup GRAIN—CHOICE #2					
WEEKLY MIN.: 3 3/4 cups VEGETABLE—CHOICE #1					
DAILY MIN.: 1/2 cup VEGETABLE—CHOICE #2					
WEEKLY MIN.: 2 1/2 cups FRUIT—CHOICE #1					
DAILY MIN.: at least 2 options offered FRUIT—CHOICE #2					
MILK —CHOICE #1					
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 6-8.

**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.





# LUNCH MATRIX

WORKSHEET

## Grades 6-8: Mixed Ranges (600-700 CALORIES)

MEAL COMPONENTS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEKLY M/MA MINIMUM: 9 oz. eq. MEAT/MEAT ALTERNATE—CHOICE #1					
DAILY M/MA MINIMUM: 1 oz. eq. GRAIN—CHOICE #1					
WEEKLY GRAIN MINIMUM: 8 oz. eq. MEAT/MEAT ALTERNATE—CHOICE #2					
DAILY MIN.: 3/4 cup GRAIN—CHOICE #2					
WEEKLY MIN.: 3 3/4 cups VEGETABLE—CHOICE #1					
DAILY MIN.: 1/2 cup VEGETABLE—CHOICE #2					
WEEKLY MIN.: 2 1/2 cups FRUIT—CHOICE #1					
DAILY MIN.: at least 2 options offered FRUIT—CHOICE #2					
MILK —CHOICE #1					
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 6-8.

**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.

### Grades 9-12: Ascending Ranges (750-850 CALORIES)

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	
WEEKLY M/MA MINIMUM: 10 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #1	Meat/MA D 300-349 cal.	Meat/MA B 200-249 cal.	Meat/MA D 300-349 cal.	Meat/MA C 250-299 cal.	Meat/MA B 200-249 cal.	
	GRAIN— CHOICE #1	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	
	DAILY M/MA MINIMUM: 2 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #2	Meat/MA B 200-249 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.
	WEEKLY GRAIN MINIMUM: 10 oz. eq.	GRAIN— CHOICE #2	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
	MEAT/MEAT ALTERNATE— CHOICE #2	Meat/MA B 200-249 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.	
	GRAIN— CHOICE #2	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	
DAILY MIN.: 1 cup	VEGETABLE—CHOICE #1	Dark Green	Red/Orange	Bean/ Pea	Starchy	Red/Orange	
WEEKLY MIN.: 5 cups	VEGETABLE—CHOICE #2	Other	Starchy	Red/Orange	Dark Green	Starchy	
	VEGETABLE—CHOICE #3	Starchy	Dark Green	Other	Other	Other	
DAILY MIN.: 1 cup	FRUIT—CHOICE #1	Fruit B 50-74 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit D 100+ cal.	
WEEKLY MIN.: 5 cups	FRUIT—CHOICE #2	Fruit C 75-99 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit A 0-49 cal.	
	FRUIT—CHOICE #3	Fruit B 50-74 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit D 100+ cal.	
DAILY MIN.: at least 2 options offered	MILK —CHOICE #1	Milk	Milk	Milk	Milk	Milk	
	MILK —CHOICE #2	Milk	Milk	Milk	Milk	Milk	
	CONDIMENTS	Condiments	Condiments	Condiments	Condiments	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 9-12.

**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.

### Grades 9-12: Mixed Ranges (750-850 CALORIES)

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	
WEEKLY M/MA MINIMUM: 10 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #1	Meat/MA F 400+ cal.	Meat/MA D 300-349 cal.	Meat/MA F 400+ cal.	Meat/MA F 400+ cal.	Meat/MA D 300-349 cal.	
	GRAIN— CHOICE #1	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	
	DAILY M/MA MINIMUM: 2 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #2	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.	Meat/MA C 250-299 cal.	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.
	WEEKLY GRAIN MINIMUM: 10 oz. eq.	GRAIN— CHOICE #2	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
	MEAT/MEAT ALTERNATE— CHOICE #3	Meat/MA B 200-249 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.	
	GRAIN— CHOICE #3	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	
DAILY MIN.: 1 cup	VEGETABLE—CHOICE #1	Dark Green	Red/Orange	Bean/ Pea	Starchy	Red/Orange	
WEEKLY MIN.: 5 cups	VEGETABLE—CHOICE #2	Other	Starchy	Red/Orange	Dark Green	Starchy	
	VEGETABLE—CHOICE #3	Starchy	Dark Green	Other	Other	Other	
DAILY MIN.: 1 cup	FRUIT—CHOICE #1	Fruit B 50-74 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit D 100+ cal.	
WEEKLY MIN.: 5 cups	FRUIT—CHOICE #2	Fruit C 75-99 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit A 0-49 cal.	
	FRUIT—CHOICE #3	Fruit B 50-74 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit D 100+ cal.	
DAILY MIN.: at least 2 options offered	MILK —CHOICE #1	Milk	Milk	Milk	Milk	Milk	
	MILK —CHOICE #2	Milk	Milk	Milk	Milk	Milk	
	CONDIMENTS	Condiments	Condiments	Condiments	Condiments	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 9-12.

**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.



# LUNCH MATRIX

WORKSHEET

## Grades 9-12: Ascending Ranges (750-850 CALORIES)

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEKLY M/MA MINIMUM: 10 oz. eq.  DAILY M/MA MINIMUM: 2 oz. eq.  WEEKLY GRAIN MINIMUM: 10 oz. eq.	MEAT/MEAT ALTERNATE-- CHOICE #1					
	GRAIN-- CHOICE #1					
	MEAT/MEAT ALTERNATE-- CHOICE #2					
	GRAIN-- CHOICE #2					
	MEAT/MEAT ALTERNATE-- CHOICE #2					
	GRAIN-- CHOICE #2					
DAILY MIN.: 1 cup  WEEKLY MIN.: 5 cups	VEGETABLE--CHOICE #1					
	VEGETABLE--CHOICE #2					
	VEGETABLE--CHOICE #3					
DAILY MIN.: 1 cup  WEEKLY MIN.: 5 cups	FRUIT--CHOICE #1					
	FRUIT--CHOICE #2					
	FRUIT--CHOICE #3					
DAILY MIN.: at least 2 options offered	MILK --CHOICE #1					
	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 9-12.

**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.



# LUNCH MATRIX

WORKSHEET

## Grades 9-12: Mixed Ranges (750-850 CALORIES)

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEKLY M/MA MINIMUM: 10 oz. eq.  DAILY M/MA MINIMUM: 2 oz. eq.  WEEKLY GRAIN MINIMUM: 10 oz. eq.	MEAT/MEAT ALTERNATE-- CHOICE #1					
	GRAIN-- CHOICE #1					
	MEAT/MEAT ALTERNATE-- CHOICE #2					
	GRAIN-- CHOICE #2					
	MEAT/MEAT ALTERNATE-- CHOICE #3					
	GRAIN-- CHOICE #3					
DAILY MIN.: 1 cup  WEEKLY MIN.: 5 cups	VEGETABLE--CHOICE #1					
	VEGETABLE--CHOICE #2					
	VEGETABLE--CHOICE #3					
DAILY MIN.: 1 cup  WEEKLY MIN.: 5 cups	FRUIT--CHOICE #1					
	FRUIT--CHOICE #2					
	FRUIT--CHOICE #3					
DAILY MIN.: at least 2 options offered	MILK --CHOICE #1					
	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 9-12.

**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.