

HCNP MENU PLANNING TEMPLATE (5-DAY)

TRAINING ACTIVITY **ANSWERS**

SFA NAME:	ALOHA ACADEMY												MEAL:	BREAKFAST	<input type="checkbox"/>	LUNCH	<input checked="" type="checkbox"/>			
MENU WEEK #	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Cheese Pizza				Teriyaki Meatballs				Hot Dog				Baked Chicken				Whole Wheat Pancakes			
	Garden Salad				Brown Rice				Whole Wheat Bun				Whole Wheat Roll				Apple Wedges			
	Pineapple				Corn				Mixed Fruit				Orange Wedges				Roasted Sweet Potatoes			
	Milk				Milk				Milk				Green Beans				Milk			
					Mandarin Oranges				Bean Salad				Milk				Yogurt			
MEAT/MEAT ALTERNATE	MEAT/MEAT ALT	K-8			MEAT/MEAT ALT	K-8			MEAT/MEAT ALT	K-8			MEAT/MEAT ALT	K-8			MEAT/MEAT ALT	K-8		
(oz eq)	Cheese	2 oz			Meatballs	2 oz			Hot Dog	2 oz			Baked Chicken	2 oz			Yogurt, 4 oz	1 oz		
(serving size)					CN: 5pc = 2oz eq	5 pc				1 pc				1 pc				1 ea		
																				(need at least 1 oz eq M/MA- daily req)
GRAINS	GRAINS	K-8			GRAINS	K-8			GRAINS	K-8			GRAINS	K-8			GRAINS	K-8		
(oz eq)	WW Pizza Crust	2 oz			Brown Rice	1 oz			WW Hot Dog Bun	1.5 oz			WW Roll	1.5 oz			WW Pancakes,	2 oz		
(serving size)						1/2 c				1 bun				1 ea			3 pc = 2.5 oz	3 pc		
FRUIT (cups)	FRUIT	K-8			FRUIT	K-8			FRUIT	K-8			FRUIT	K-8			FRUIT	K-8		
	Pineapple	1/2 c			Mandarin Oranges	1/2 c			Mixed Fruit	1/2 c			Orange, 133 ct	1/2 c			Apple, 100 ct	1/2 c		
													cut in 4 pc	4 pc			cut in 6pc	3 pc		
VEGETABLES (cups)	VEGETABLES	K-8			VEGETABLES	K-8			VEGETABLES	K-8			VEGETABLES	K-8			VEGETABLES	K-8		
	Romaine Lettuce	1/2 c			Corn	3/4 c			Bean Salad	3/4 c			Green Beans	3/4 c			Sweet Potatoes	3/4 c		
																	(orange)			
TOTAL:		3/4 c				3/4 c				3/4 c				3/4 c						3/4 c
MILK (cups)	MILK	K-8			MILK	K-8			MILK	K-8			MILK	K-8			MILK	K-8		
	Fat Free Chocolate	1 c			Fat Free Chocolate	1 c			Fat Free Chocolate	1 c			Fat Free Chocolate	1 c			Fat Free Chocolate	1 c		
	1% White	1 c			1% White	1 c			1% White	1 c			1% White	1 c	(2 types req)		1% White	1 c		
EXTRA/CONDIMENT	EXTRA/CONDIMENT	K-8			EXTRA/CONDIMENT	K-8			EXTRA/CONDIMENT	K-8			EXTRA/CONDIMENT	K-8			EXTRA/CONDIMENT	K-8		
	Dressing, pc	1 ea							Ketchup, pc	1 ea							Syrup, pc	1 ea		

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