

Breakfast Menu Planner - All Grades

School / Site Name:

Menu Week:

| Component | Daily / Weekly Requirement | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total |
|---|----------------------------|--------|---------|-----------|----------|--------|--------------|
| Milk | 1 cup Daily | | | | | | |
| <i>Schools must offer at least two different types of fluid milk daily (fat-free or 1%); one must be unflavored.</i> | 5 cups Weekly | | | | | | |
| Grain | 1 oz Eq Daily | | | | | | |
| <i>At least 80% of grains served per week must be whole grain rich, the rest must be enriched.</i> | Weekly: | | | | | | |
| <i>*Staying within the maximum range helps with dietary specifications but is not required.</i> | Grade K-5: 7-10* | | | | | | |
| | Grade 6-8: 8-10* | | | | | | |
| | Grade 9-12: 9-10* | | | | | | |
| Meat / Meat Alternate | | | | | | | |
| <i>None required, but may substitute 1oz equivalent MMA for 1 oz eq grain <u>after</u> minimum daily grain requirement is met</i> | | | | | | | |
| Fruit | 1 cup Daily | | | | | | |
| | 5 cups Weekly | | | | | | |
| Vegetables | | | | | | | |
| <i>May be substituted for fruits</i> | | | | | | | |
| Other / Extras | | | | | | | |
| | | | | | | | |