

Breakfast Menu Planner - All Grades – 7 Day Week

School / Site Name:

Menu Week:

Component	Daily / Weekly Requirement	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	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>	7 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: Grade K-5: 10-14* Grade 6-8: 11-14* Grade 9-12: 12.5-14*								
<i>*Staying within the maximum range helps with dietary specifications but is not required.</i>									
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								
	7 cups Weekly								
Vegetables									
<i>May be substituted for fruits</i>									
Other / Extras									

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