

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						
Combined Grain - Meat/Meat Alternate	1 oz Eq Daily						
<i>Schools may offer Grains, MMA, or a combination of both to meet the minimum ozEq requirements.</i> <i>At least 80% of grains served per week must be whole grain rich, the rest must be enriched.</i>	Weekly: Grade K–5: 7–10 oz Eq* Grade: 6–8: 8–10 oz Eq* Grade: 9–12: 9–10 oz Eq*						
Fruit	1 cup Daily						
<i>Fruit Juice may contribute up to 50% of fruit served over the course of the week.</i>	5 cups weekly						
Vegetable	May be substituted for fruit						
<i>1 day/wk: any veg may be substituted</i>							
<i>2 days/wk: sub veks from 2 differerent sub-groups</i>							
Other/Extra							

**Staying within the maximum range helps with dietary specifications but is not required.*