

MENU WORKSHEET – Breakfast: K-5 (350-500 calories), 6-8 (400-550 calories), and 9-12 (450-600 calories) -K-12 (500 calories averaged over the week)

– Write the menu in the top row then separate components below. Add up creditable ounces/cups to make sure daily and weekly requirements are met.

For a 5 Day Meal Pattern	Monday	Oz/ cup	Tuesday	Oz/ cup	Wednesday	Oz/ cup	Thursday	Oz/ cup	Friday	Oz/ cup	Wk Total
Menu Grain - Meat/meat alternate (Not required) Fruit -Vegetables can be substituted for fruit Milk											
Grains: 80% must be Whole Grain Rich K-5 (7 oz eq. min/week, 1 oz min per day) 6-8 (8 oz eq. min/week, 1 oz min per day) 9-12 (9 oz eq. min/ wk, 1 oz min per day)											
Meat/Meat Alternate: None required, but may substitute 1 oz meat for 1 oz grain AFTER the grain has been menued.											
Fruits: Daily Requirement K-12 (1 cup/day, 5 cups/week) Juice must be 100% full-strength. No more than half of the fruit/vegetables offered can be in the form of juice.											
Vegetables Can be Substituted for Fruit	With Subgroup restrictions. Before a Starchy subgroup can be offered during the week, two cups of any of the other vegetable subgroups must be offered.										
Dark green: Broccoli, Spinach, Romaine											
Red/Orange: Tomatoes, carrots, sweet potatoes											
Beans/Peas: (Legumes) black beans, chili beans,											
Other: (anything but starchy) green beans											
2c other vegetable subgroups offered	Starchy: White potatoes, corn, green peas, jicama, water chestnuts										
Fluid Milk: Skim, 1%; plain or flavored K-12 (1 cup/day, 5 cups/ week) Two varieties offered daily; if a flavored is offered, a white milk must also be offered.											

0 grams *trans*-fat per item, less than 10% calories from saturated fat.

Sodium: K-5: <540 mg 6-8: <600 mg 9-12: <640 mg