

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 the 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: (Offer at least 4 items daily) Grain or Meat/Meat Alternative or both Fruit/Vegetable Milk											
Grains & Meat/Meat Alternate: <i>Either or both may be offered to meet the minimum daily.</i> 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) <i>80% of All grains offered during the week must be WGR</i>											
Fruits: Can split into multiple portions K-12 (1 cup/day, 5 cups/week) <i>Juice must be 100% full-strength.</i> <i>No more than half of the fruit/vegetables offered over the week can be in the form of juice.</i>											
Vegetables Can be Substituted for Fruit	SY 25-26 Any vegetable may be served with or instead of fruit with no requirement for vegetable subgroups one day per week. Schools choosing to substitute vegetables for fruits on two or more days per week are required to offer vegetables from at least two subgroups.										
Dark green: Broccoli, Spinach, Romaine											
Red/Orange: Tomatoes, carrots, sweet potatoes											
Beans/Peas/Lentils: (Legumes) black beans, chili beans, lentils											
Other: (anything but starchy) green beans											
Starchy: White potatoes, corn, green peas, jicama, water chestnuts											
Fluid Milk: Skim, 1%; plain or flavored K-12 (1 cup/day, 5 cups/ week) <i>Two varieties offered daily; if a flavored is offered, white milk must also be offered.</i>											

✧ Sodium Targets: K-5 (540 mg) Grades 6-8 (600 mg) Grades 9-12 (640 mg). ✧ Saturated fat must be less than 10% of calories.

✧ Added Sugars product based limits for SY 25-26: Breakfast cereal (no more than 6 g added sugar/dry oz), Yogurt (no more than 2 g added sugars/oz), Flavored milk (no more than 10 g added sugar/8 oz). For SY 27-28: weekly average of less than 10% of calories from added sugars.