Breakfast Menu Planner

School / Site Name: **Menu Week:**

Component	Weekly Requirement (daily)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Milk							
• *At least two choices must be offered daily (1% or skim).* • *Flavored milk – no more than 12 grams of added sugars per 8 fluid ounces.*	**<u>All grades</u>:** **5 cups (1 cup)**						
Grain *and/or* Meat/ Meat Alternate (M/MA)							
• *May offer a grain, M/MA or a combination of both.* • *Cereal - no more than 6 grams of added sugars per dry ounce.* • *Yogurt – no more than 12 grams of added sugars per 6 ounces.*	**K-5: 7oz (1)** **6-8: 8oz (1)** **K-8: 8oz (1)** **9-12: 9oz (1)** **K-12: 9oz (1)**						
Whole Grain-Rich (WGR) Evaluation							
• *80% of the grains must be WGR for the **<u>week.</u>***	**WGR**						
	Total Grains (enriched & WGR)						
						WGR percentage →	
Fruit/Vegetable							
• *All juice must be 100% full strength juice.* • *No more than half of the fruit/vegetable offerings can be in the form of juice.* *- Therefore, no more than 2.5 cups per week.* • *May offer vegetables in place of fruit.* *- 1 day/week – may offer any vegetables.* *- 2 or more days/week – must be from 2 different vegetable subgroups.*	**<u>All grades</u>:** **5 cups (1 cup)**						

Column Breakdown Explanation:

Component Column	These are the 3 required components that must be offered daily (milk, meat/meat alternate or grain, vegetable/fruit).
Weekly & Daily Column	These are the minimum weekly and daily requirements. ***Note***: the daily requirements are in parentheses ( ).
Monday – Friday Columns	This is each day's respective menu along with the daily crediting amount to determine if you meet the daily requirements.
Weekly Columns	This is the grand total crediting amounts for each component to determine if you met the weekly requirements.

How to complete the menu worksheet:

1. Start with Monday and record all food items by component offered to the students – along with the crediting amount (i.e., oz eq or cups).
    a. M/MA and Grain must be in ounce equivalents (oz eq).
    b. Milk, vegetables, and fruit must be in volume amounts (1/8 cup, 1/4 cup, 1/2 cup, 3/4 cup, 1 cup, etc.)

2. Milk:
    a. List all milk options offered on the worksheet along with the crediting amount. *Example* → 1% white/chocolate (1 cup)
    b. Add up the crediting amount for each day to determine the grand total weekly amount.

3. Grain and/or Meat/Meat Alternate (M/MA): :
    a. Must serve a minimum of 1 oz equivalent (oz eq) per day.
    b. Record the Grain or M/MA option(s) along with the crediting amount (i.e., ounce equivalent) for each day.
        i. Recommend notating the whole grain-rich items for the WGR evaluation. *Example* → WGR Pancakes (2 oz eq).
    c. Add up the daily crediting amounts to determine the grand total weekly amount.
        i. If offering more than 1 entrée choice, circle the entrée choice that provides the <u>least</u> crediting amount. If they are equal, <u>circle only one.</u>
            - Add up the circles for each day to determine the grand total weekly amount.

4. Whole Grain-Rich (WGR) evaluation: ***Note*** - <u>Do not</u> count the M/MA (only grains are counted)
    a. All grains must be counted (i.e., breading on chicken patty).
    b. Add up the WGR crediting amount (i.e., ounce equivalent) offered for each day.
    c. Add up the total of all grains crediting amount (i.e., ounce equivalent) offered for each day. This includes WGR and enriched.
    d. Then add up the WGR and total grains by day to determine the grand total weekly amount.
    e. Divide the WGR by the total grains to determine the weekly percentage x 100. *Example* → 49 WGR / 57 grains = 0.8596 x 100 = 85.96%

5. Fruit/Vegetable:
    a. Record the fruit/vegetable offered along with the crediting amount. *Example* → peaches (1/2 cup)
    b. Add up the crediting amount for each day to determine the grand total weekly amount.

6. After you record the food items offered daily, evaluate that you are meeting the daily requirements before you proceed to the next day. If the minimum daily requirements are not met, re-evaluate the menu and make changes where needed.

7. Lastly, make sure weekly requirements meet the minimum requirements. If not, re-evaluate the menu and make changes where needed.