

Breakfast Menu Planner

School / Site Name:

Menu Week:

| Component | Weekly Requirement (daily) | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total |
|---|--|--------|---------|-----------|----------|--------|-------------------------|
| Milk | | | | | | | |
| <i>At least two varieties must be offered daily: 1% or less.</i> | All grades: 5 cups (1 cup) | | | | | | |
| Grain/Bread | | | | | | | |
| <ul style="list-style-type: none"> Must offer a minimum of 1oz G/B daily. May offer a 1oz M/MA to help meet the weekly G/B requirements. | Grade K-5: 7oz eq (1oz eq) Grade 6-8: 8oz eq (1oz eq) Grade K-8: 8oz eq (1oz eq) Grade 9-12: 9oz eq (1oz eq) Grade K-12: 9oz eq (1oz eq) | | | | | | |
| Meat / Meat Alternate | NOTE: Not required but may substitute 1oz equivalent of M/MA for 1 oz eq G/B after minimum daily grain is met. | | | | | | |
| Whole Grain-Rich (WGR) Evaluation | 80% of the grains must be WGR for the week | | | | | | |
| | WGR | | | | | | |
| | Grain/Bread | | | | | | |
| | | | | | | | WGR percentage → |
| Fruit | | | | | | | |
| <ul style="list-style-type: none"> 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 of juice per week. | All grades: 5 cups (1 cup) | | | | | | |
| Vegetable | NOTE: Not required but may substitute a vegetable for the fruit component. The 100% juice requirements also apply for vegetables. | | | | | | |
| | | | | | | | |

Column Breakdown Explanation:

| | |
|-------------------------|---|
| Component Column | These are the required components that must be offered daily (milk, meat/meat alternate, grain/bread, vegetable and fruit). |
| Weekly & Daily Column | These are the minimum weekly and daily requirements. <i>Note:</i> 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 G/B 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/Bread (G/B):
 - a. Must serve a minimum of 1 oz equivalent (oz eq) of G/B per day.
 - b. Record the G/B 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 G/B).
 - c. You may serve a 1 oz equivalent of Meat/Meat Alternate for 1 oz eq G/B after minimum daily grain is met. *Example* → WGR Pancakes (2 oz eq G/B) & Sausage Patty (1oz eq M/MA).
 - i. If serving a M/MA record the food item under the G/B section along with the crediting amount.
 - d. Add up the daily crediting amounts to determine the grand total weekly amount (include the M/MA if offered).
 - i. If offering more than 1 entrée choice, circle the entrée choice that provides the least crediting amount. If they are equal, circle only one.
 - Add up the circles for each day to determine the grand total weekly amount (include the M/MA if offered).
4. Meat/Meat Alternate (M/MA):
 - a. Not required but may substitute 1oz equivalent of M/MA for 1 oz eq G/B after minimum daily grain is met.
 - b. See additional guidance under the G/B section.
5. Whole Grain-Rich (WGR) evaluation: *Note* - Do not count the M/MA (only grains are counted)
 - a. Add up the WGR crediting amount (i.e. ounce equivalent) offered for each day.
 - b. Add up G/B crediting amount (i.e. ounce equivalent) for ALL grains offered for each day..
 - c. Then add up the WGR and G/B by day to determine the grand total weekly amount.
 - d. Divide the WGR by the G/B to determine the weekly percentage x 100. *Example* → $49 \text{ WGR} / 57 \text{ G/B} = 0.8596 \times 100 = 85.96\%$
6. Fruit:
 - a. Record the fruit 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.
7. Vegetable:
 - a. None required but may substitute for fruits to meet the daily and weekly requirements.
8. 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.
9. Lastly, make sure weekly requirements meet the minimum requirements. If not, re-evaluate the menu and make changes where needed.