



# How to Plan Your Menus: A Step-By-Step Instruction





My name is Emma the Eggplant, and I will be your guide on how to plan and evaluate your menus for compliance.



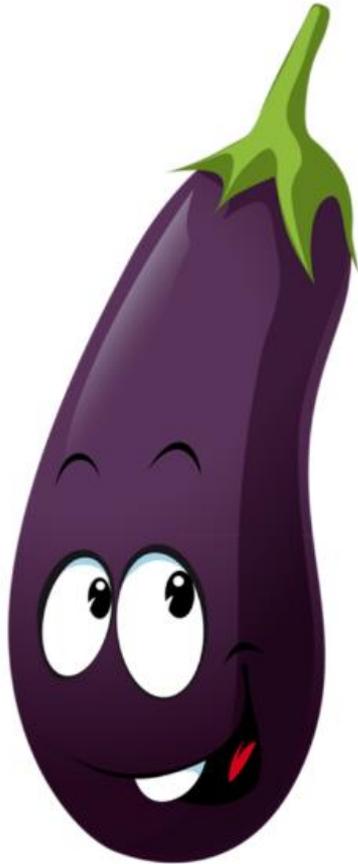
## Today's Objective



- ✓ Know how to plan meals that meet the daily requirements.
- ✓ Know how to review the weekly menu to ensure it meets the weekly requirements.
- ✓ Tips for substitutions



# Planning for the Week → Lunch



Lunch Menu Planner							
School / Site Name:		Menu Week:					
Component	Weekly Requirement (daily)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
<b>Milk</b>							
<i>At least two varieties must be offered daily: 1% or less.</i>	All grades: 5 cups (1 cup)						
<b>Meat / Meat Alternate</b>							
<i>- Daily &amp; Weekly minimum must be met.</i>	K-5: 8oz eq (1oz eq) 6-8: 9oz eq (1oz eq) K-8: 9oz eq (1oz eq) 9-12: 10oz eq (2oz eq)						
<b>Grain/Bread</b>							
<i>- Daily and Weekly minimum must be met. - Grain-Based Desserts → no more than 2oz eq per week.</i>	K-5: 8oz eq (1oz eq) 6-8: 8oz eq (1oz eq) K-8: 8oz eq (1oz eq) 9-12: 10oz eq (2oz eq)						
<b>Whole Grain-Rich (WGR) Evaluation</b>	<i>80% of the grains must be WGR for the week</i>						
	WGR						
	Grain/Bread						
		<i>WGR percentage →</i>					
<b>Vegetable</b> - Daily & Weekly minimum must be met.	K-8: 3 ¼ cups (¾ cup) 9-12: 5 cups (1 cup)						
Dark Green	All grades: 1/2 cup (1 cup leafy greens = ½ cup)						
Red / Orange	K-8: ¾ cup 9-12: 1 ¼ cup						
Legumes	All grades: 1/2 cup						
Starchy	All grades: 1/2 cup						
Other	K-8: 1/2 cup 9-12: ¾ cup						
<b>Fruit</b> - Daily & Weekly minimum must be met.							
	K-8: 2 ½ cups (1/2 cup) 9-12: 5 cups (1 cup)						



## Column Breakdown Explanation: Component Column

Component
<b>Milk</b>
<i>At least two varieties must be offered daily: 1% or less.</i>
<b>Meat / Meat Alternate</b>
<i>- Daily &amp; Weekly minimum must be met.</i>
<b>Grain/Bread</b>
<i>- Daily and Weekly minimum must be met. - Grain-Based Desserts → no more than 2oz eq per week.</i>
<b>Whole Grain-Rich (WGR) Evaluation</b>
<b>Vegetable</b> - <i>Daily &amp; Weekly minimum must be met.</i>
Dark Green
Red / Orange
Legumes
Starchy
Other
<b>Fruit</b> - <i>Daily &amp; Weekly minimum must be met.</i>

Before we begin, let me explain each column so are all on the same page...



The component column are the required food groups you must offer daily

- Required Daily Components**
- Milk
  - Meat/Meat Alternate
  - Grain/Bread
  - Vegetable
  - Fruit



## Column Breakdown Explanation: Weekly/Daily Requirements Column

Component	Weekly Requirement (daily)
<b>Milk</b>	
<i>At least two varieties must be offered daily: 1% or less.</i>	All grades: 5 cups (1 cup)
<b>Meat / Meat Alternate</b>	
<i>- Daily &amp; Weekly minimum must be met.</i>	K-5: 8oz eq (1oz eq) 6-8: 9oz eq (1oz eq) K-8: 9oz eq (1oz eq) 9-12: 10oz eq (2oz eq)
<b>Grain/Bread</b>	
<i>- Daily and Weekly minimum must be met. - Grain-Based Desserts → no more than 2oz eq per week.</i>	K-5: 8oz eq (1oz eq) 6-8: 8oz eq (1oz eq) K-8: 8oz eq (1oz eq) 9-12: 10oz eq (2oz eq)
<b>Whole Grain-Rich (WGR) Evaluation</b>	<i>80% of the grains must be WGR for the week</i>
	WGR
	Grain/Bread
<b>Vegetable - Daily &amp; Weekly minimum must be met.</b>	K-8: 3 ¼ cups (3/4 cup) 9-12: 5 cups (1 cup)
Dark Green	All grades: 1/2 cup (1 cup leafy greens = ½ cup)
Red / Orange	K-8: 3/4 cup 9-12: 1 ¼ cup
Legumes	All grades: 1/2 cup
Starchy	All grades: 1/2 cup
Other	K-8: 1/2 cup 9-12: 3/4 cup
<b>Fruit - Daily &amp; Weekly minimum must be met.</b>	
	K-8: 2 ½ cups (1/2 cup) 9-12: 5 cups (1 cup)

This chart shows you the weekly & daily requirements for each component .

The chart also shows the required amounts for the different grade groups.

Note: There isn't a lunch meal pattern for K-12. If you serve all of those grades, you'll need to serve different amounts for K-8 & 9-12.

**TIP:** Circle the grade groups you are planning for on the worksheet.









**IMPORTANT**

**You will need the following:**

- Child Nutrition (CN) Labels
- OR*
- Product Formulation Statements (PFS)
- USDA Foods Product Information Sheets
- Standardized Recipes
- Nutrition Fact Labels including ingredient list
- Exhibit A Grain Requirements Weight Chart
- Common Conversion Handout
- Calculator

Before  
we  
begin...





## Menus & Documentation

**GENERAL MILLS**

**Formulation Statement for Documenting Grains in School Meals**  
Required Beginning SY 2013-2014  
(Crediting Standards Based on Grains of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on intentional signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu plan.

Product Name: Pillsbury® Mini Waffles Blueberry Bash Code No.: 18000-32264

Manufacturer: General Mills, Inc. Serving Size: 2.47 OZ (70g)  
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria? Yes X, No       
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains? Yes     , No X. How many grams:  
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2013 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into  
Groups A-G, Group H or Group I. (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grains per oz eq; Group H uses the standard of 16 grams creditable grains per oz eq; and Group I is reported by volume or weight.)  
Indicate to which Exhibit A Group (A-I) the Product Belongs: C

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) <sup>1</sup>		Creditable Amount
		A	B	
Whole Wheat Flour, Enriched Flour Bleached, Ground Whole Grain Corn Flour	34g	16g		34g - 16g = 2.12
<b>Total Creditable Amount<sup>2</sup></b>				<b>2.00</b>

\*Creditable grains are whole-grain meal/flour and enriched meal/flour.  
(Serving size) X (% of creditable grain in formula). Please be aware serving size other than grams must be converted to grams.  
<sup>1</sup>Standard grams of creditable grains from the corresponding Group in Exhibit A.  
<sup>2</sup>Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

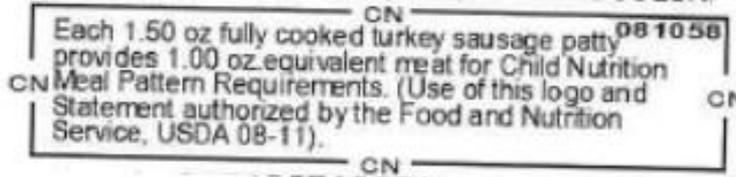
Total weight (per portion) of product as purchased 2.47 OZ (70g)  
Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 70g/2.47 ounce portion of this product (ready for serving) provides 2.00 oz equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Doc. Form 15-100  
Ash-Tram Pharm, MPH, RD  
Labeling and Regulatory Compliance Specialist, K12 Education  
February 23, 2018

### List of Ingredients

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF: SALT, YEAST, PRESERVATIVES (SORBIC ACID, CALCIUM PROPIONATE), MONO AND DIGLYCERIDES, SOYBEAN OIL, DOUGH CONDITIONERS (CALCIUM SULFATE, L-CYSTEINE), ENZYME (WHEAT GLUTEN) AND XANTHAN GUM.



### Nutrition Facts

Serving Size: 1 EA	
Servings Per Container: 72	
Amount per Serving	
Calories: 140	Calories from Fat: 10
<b>% Daily Value*</b>	
Total Fat: 1 g	2%
Saturated Fat: 0 g	0%
Trans Fat: 0 g	
Cholesterol: 0 mg	0%
Sodium: 180 mg	8%
Total Carbohydrate: 29 g	10%
Dietary Fiber: 4 g	16%
Sugars: 5 g	
Protein: 6 g	
Vitamin A: 0 %	Vitamin C: 0%
Calcium: 4 %	Iron: 10%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



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### Sloppy Joe on a Roll - USDA Recipe for

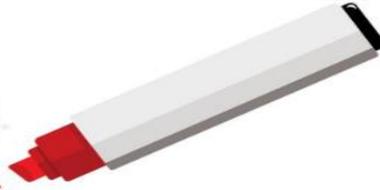
Makes: 25 or 50 Servings

Our Sloppy Joe on a Roll features a truly delectable combination of lean ground turkey and lean ground beef cooked in a flavorful tomato sauce featuring green onions and spices. All this nutritious deliciousness is served on a whole grain roll.





**REMEMBER**



**Weight**

G/B and M/MA  
ounce equivalents (oz eq)



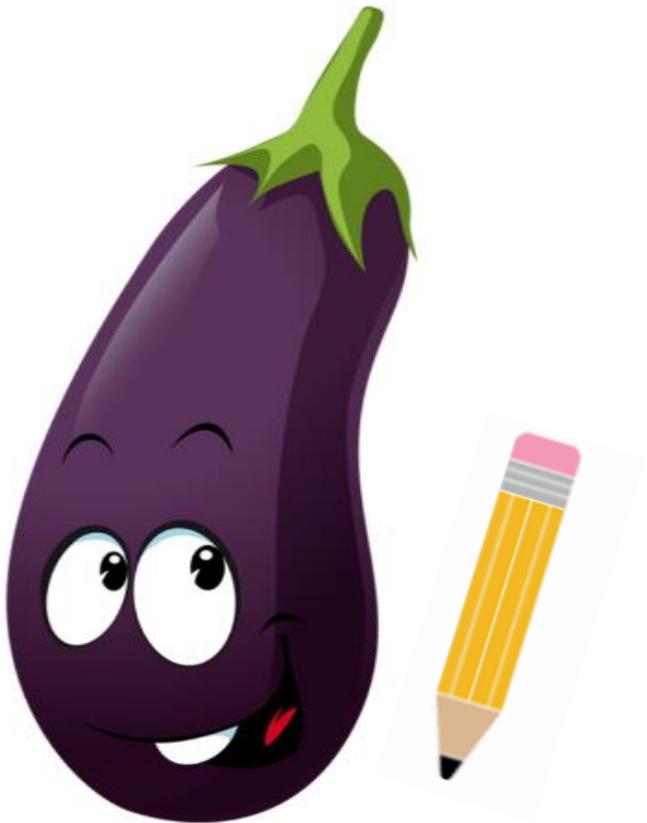
**Volume**

Milk, Fruit & Vegetable  
cups





LET'S START!



## Determining Your Grade Group

The first decision that should be made as the menu planner is to determine which grade group you will be planning for.

Since my school has students in grades K-8, I'm going to plan this menu based on the K-8 grade group requirements.

I could have chosen to plan 2 different menus: one for K-5 and one for 6-8. However, it will be easier for me and my staff if I just plan on using the K-8 menu.



Now let's start building our K-8 lunch menu!  
We will fill one week's menu and make sure we meet all the components & serving sizes as we go along!

Lunch Menu Planner							
School / Site Name:			Menu Week:				
Component	Weekly Requirement (daily)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
<b>Milk</b>							
<i>At least two varieties must be offered daily: 1% or less.</i>	All grades: 5 cups (1 cup)						
<b>Meat / Meat Alternate</b>							
<i>- Daily &amp; Weekly minimum must be met.</i>	K-5: 8oz eq (1oz eq) 6-8: 9oz eq (1oz eq) K-8: 9oz eq (1oz eq) 9-12: 10oz eq (2oz eq)						
<b>Grain/Bread</b>							
<i>- Daily and Weekly minimum must be met. - Grain-Based Desserts → no more than 2oz eq per week.</i>	K-5: 8oz eq (1oz eq) 6-8: 8oz eq (1oz eq) K-8: 8oz eq (1oz eq) 9-12: 10oz eq (2oz eq)						
<b>Whole Grain-Rich (WGR) Evaluation</b>	80% of the grains must be WGR for the week						
	WGR						
	Grain/Bread						
		<i>WGR percentage →</i>					
<b>Vegetable</b> - Daily & Weekly minimum must be met.	K-8: 3 ¼ cups (¾ cup) 9-12: 5 cups (1 cup)						
Dark Green	All grades: 1/2 cup (1 cup leafy greens = ½ cup)						
Red / Orange	K-8: ¾ cup 9-12: 1 ¼ cup						
Legumes	All grades: 1/2 cup						
Starchy	All grades: 1/2 cup						
Other	K-8: 1/2 cup 9-12: ¾ cup						
<b>Fruit</b> - Daily & Weekly minimum must be met.							
	K-8: 2 ½ cups (1 ½ cup) 9-12: 5 cups (1 cup)						



## MONDAY

Pizza  
Sweet Potato Fries  
Peaches  
Milk Variety

## TUESDAY

Chicken Nuggets  
Macaroni & Cheese  
Tator Tots  
Orange  
Milk Variety

## WEDNESDAY

Spaghetti w/ Meat sauce  
Romaine Salad  
Applesauce  
Milk Variety

## THURSDAY

Salisbury Steak  
Dinner Roll  
Green Beans  
Mandarin Oranges  
Milk Variety

## FRIDAY

Beef Taco  
Salsa  
Refried Beans  
Banana  
Milk Variety

Here is my tentative  
K-8 menu for the week.  
  
Let's see if it complies.





# Illinois State Board of Education

## Lunch Menu Planner

School / Site Name: **Washington Elementary School (K-8)**

Menu Week: **Week 1 Cycle**

Component	Weekly Requirement (daily)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
<b>Milk</b>							
<i>At least two varieties must be offered daily: 1% or less.</i>	All grades: 5 cups (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	<b>5 cups</b>
<b>Meat / Meat Alternate</b>							
<i>- Daily &amp; Weekly minimum must be met.</i>	K-5: 8oz eq (1oz eq) 6-8: 9oz eq (1oz eq) K-8: 9oz eq (1oz eq) 9-12: 10oz eq (2oz eq)	WGR Pizza (1 slice = 2oz eq)	WGR Chx Nuggets (5 ea = 2oz eq)	Spag w/ Meatsauce (1 cup = 2oz eq)	Salisbury Steak (2.5oz = 2oz eq)	Beef/Cheese WGR Tacos (1 ea = 2oz eq)	<b>10 oz eq</b>
<b>Grain/Bread</b>							
<i>- Daily and Weekly minimum must be met. - Grain-Based Desserts → no more than 2oz eq per week.</i>	K-5: 8oz eq (1oz eq) 6-8: 8oz eq (1oz eq) K-8: 8oz eq (1oz eq) 9-12: 10oz eq (2oz eq)	WGR Pizza (1 slice = 2oz eq)	WGR Chx Nuggets (5 ea = 1oz eq) WGR Mac/Cheese (1/4 cup = 0.5oz eq)	Spag w/ Meatsauce (1 cup = 1oz eq) WGR Garlic Bread (1oz slice = 1oz eq)	WGR Dinner Roll (1oz roll = 1oz eq)	Beef/Cheese WGR Tacos (1 ea = 1.5oz eq)	<b>8oz eq</b>
<b>Whole Grain-Rich (WGR) Evaluation</b>	80% of the grains must be WGR for the week						
	WGR	2oz eq	1.5oz eq	1oz eq	1oz eq	1.5oz eq	<b>6.5oz eq</b>
	Grain/Bread	2oz eq	1.5oz eq	2oz eq	1oz eq	1.5oz eq	<b>8 oz eq</b>
						WGR percentage →	<b>81%</b>
<b>Vegetable - Daily &amp; Weekly minimum must be met.</b>							
	K-8: 3 ¼ cups (3/4 cup) 9-12: 5 cups (1 cup)						
<b>Dark Green</b>	All grades: 1/2 cup (1 cup leafy greens = ½ cup)			Romaine Salad (1 cup = 1/2 cup)			<b>1/2 cup</b>
<b>Red / Orange</b>	K-8: 3/4 cup 9-12: 1 ¼ cup	Sweet Pot Fries (3/4 cup) Tomato Sauce (1/8 cup)		Spag Sauce (3/8 cup)		Salsa (1/4 cup)	<b>1 ½ cups</b>
<b>Legumes</b>	All grades: 1/2 cup					Refried Beans (1/2 cup)	<b>1/2 cup</b>
<b>Starchy</b>	All grades: 1/2 cup		Tator Tots (3/4 cup)				<b>3/4 cup</b>
<b>Other</b>	K-8: 1/2 cup 9-12: 3/4 cup				Green Beans (3/4 cup)		<b>3/4 cup</b>
<b>Fruit - Daily &amp; Weekly minimum must be met.</b>							
	K-8: 2 ½ cups (1/2 cup) 9-12: 5 cups (1 cup)	Peaches (1/2 cup)	Orange (1/2 cup)	Applesauce (1/2 cup)	Mandarin Oranges (1/2 cup)	Banana (1/2 cup)	<b>2 ½ cups</b>



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## MONDAY

Pizza  
 Sweet Potato Fries  
 Celery/Cucumbers  
 Peaches  
 Assorted Fresh Fruit

Alt: Hot Ham & Cheese on  
 a Hoagie Bun

## TUESDAY

Chicken Nuggets  
 Macaroni & Cheese  
 Tator Tots  
 Coleslaw  
 Mixed Fruit  
 Assorted Fresh Fruit

Alt: Fish Sticks

## WEDNESDAY

Spaghetti w/ Meat  
 Sauce & Garlic Bread  
 Romaine Salad  
 Mixed Vegetables  
 Applesauce  
 Assorted Fresh Fruit

Alt: Chili Dog on Bun

## THURSDAY

Salisbury Steak w/  
 Dinner Roll  
 Two Potato Mash  
 Green Beans  
 Mandarin Oranges  
 Assorted Fresh Fruit

Alt: Chicken Patty on  
 Bun

## FRIDAY

Beef Tacos  
 Carrot Sticks  
 Corn  
 Pears  
 Assorted Fresh Fruit

Alt: Cheeseburger on Bun



Served daily:

- Milk choices includes 1% white & chocolate milk

Now here is my tentative  
 9-12 menu for the week. The  
 high school has 2 entrée  
 choices.

Let's see if this one complies.





# Illinois State Board of Education

## Lunch Menu Planner

School / Site Name: **Lincoln High School (9-12)**

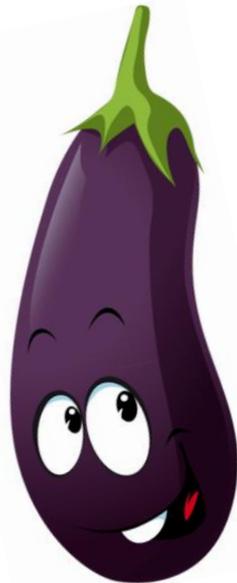
Menu Week: **Week 1 Cycle**

Component	Weekly Requirement (daily)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
<b>MILK</b> <i>At least two varieties must be offered daily: 1% or less.</i>	All grades: 5 cups (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	5 cups
<b>Meat / Meat Alternate</b> <i>- Daily &amp; Weekly minimum must be met.</i>	K-5: 8oz eq (1oz eq) 6-8: 9oz eq (1oz eq) K-8: 9oz eq (1oz eq) 9-12: 10oz eq (2oz eq)	1) Pizza (1 slice = 2oz eq) 2) Ham/Cheese Hoagie (2.5oz eq)	1) Chicken Nuggets (5 each = 2oz eq) 2) Fish Sticks (5 each = 2.5oz eq)	1) Spaghetti w/ Meat Sauce (1 cup = 2oz eq) 2) Chili Dog (2.25oz eq)	1) Salisbury Steak (2.5 = 2oz eq) 2) Chicken Patty (3.54oz = 2oz eq)	1) Beef Tacos (2 each = 3oz eq) 2) Cheeseburger (2.5oz eq)	10.5 oz eq
<b>Grain/Bread</b> <i>- Daily and Weekly minimum must be met. - Grain-based Desserts → no more than 2oz eq per week.</i>	K-5: 8oz eq (1oz eq) 6-8: 8oz eq (1oz eq) K-8: 8oz eq (1oz eq) 9-12: 10oz eq (2oz eq)	1) WGR Pizza (1 slice = 2oz eq) 2) Ham/Cheese Hoagie (2.5oz eq)	1) WGR Chicken Nuggets (5 each = 1 oz eq) + WGR Mac/Cheese (1/2 cup = 1 oz eq) 2) WGR Fish Sticks (5 each = 2.5oz eq) + WGR Mac/Cheese (1/2 cup = 1 oz eq)	1) Spaghetti w/ Meat Sauce (1 cup = 1oz eq) + WGR Bread (1oz slice = 1oz eq) 2) WGR Bun (2oz eq)	1) WGR Dinner Roll (2oz eq) 2) WGR Bun (2oz eq) + WGR Brd Chx Patty (1oz eq)	1) WGR Tacos (2 each = 3oz eq) 2) WGR Bun (2oz eq)	10 oz eq
<b>Whole Grain-Rich (WGR) Evaluation</b>	80% of the grains must be WGR for the week						
	WGR	2oz eq	5.5oz eq	3oz eq	5oz eq	5oz eq	20.5
	Grain/Bread	4.5oz eq	5.5oz eq	4oz eq	5oz eq	5oz eq	24
						WGR percentage →	85%
<b>Vegetable - Daily &amp; Weekly minimum must be met.</b>	K-8: 3 ¼ cups (3/4 cup) 9-12: 5 cups (1 cup)						
Dark Green	All grades: 1/2 cup (1 cup leafy greens = ½ cup)			Romaine Salad (1 cup = 1/2 cup)			1/2 cup
Red / Orange	K-8: 3/4 cup 9-12: 1 ¼ cup	Sweet Potato Fries (1/2 cup)			Two Potato Mash (1/2 cup veg = ¼ cup R/O)	Carrot Sticks (1/2 cup)	1 ¼ cups
Legumes	All grades: 1/2 cup						0 cups
Starchy	All grades: 1/2 cup		Tator Tots (1/2 cup)		Two Potato Mash (1/2 cup veg = ¼ cup Starchy)	Corn (1/2 cup)	1 ¼ cups
Other	K-8: 1/2 cup 9-12: 3/4 cup	Celery/Cucumbers (1/2 cup)	Broccoli (1/2 cup)	Mixed Vegetables (1/2 cup veg)	Green Beans (1/2 cup veg)		2 cups
<b>Fruit - Daily &amp; Weekly minimum must be met.</b>							
	K-8: 2 ½ cups (1/2 cup) 9-12: 5 cups (1 cup)	Peaches (1/2 cup) Fresh Fruit (1/2 cup)	Mixed Fruit (1/2 cup) Fresh Fruit (1/2 cup)	Applesauce (1/2 cup) Fresh Fruit (1/2 cup)	Mandarin Oranges (1/2 cup) Fresh Fruit (1/2 cup)	Pears (1/2 cup) Fresh Fruit (1/2 cup)	5 cups



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Vegetable - Daily & Weekly minimum must be met.	K-8: 3 ¼ cups (¾ cup) 9-12: 5 cups (1 cup)					
Dark Green	All grades: 1/2 cup (1 cup leafy greens = ½ cup)			Romaine Salad (1 cup = 1/2 cup)		1/2 cup
Red / Orange	K-8: ¾ cup 9-12: 1 ¼ cup	Sweet Potato Fries (1/2 cup)			Two Potato Mash (1/2 cup veg = ¼ cup R/O)	Carrot Sticks (1/2 cup) 1 ¼ cups
Legumes	All grades: 1/2 cup				Refried Beans (1/2 cup)	1/2 cup
Starchy	All grades: 1/2 cup		Tator Tots (1/2 cup)		Two Potato Mash (1/2 cup veg = ¼ cup Starchy)	3/4 cup
Other	K-8: 1/2 cup 9-12: ¾ cup	Celery/Cucumbers (1/2 cup)	Coleslaw (1/2 cup)	Mixed Vegetables (1/2 cup veg)	Green Beans (1/2 cup veg)	2 cups



Evaluate a subgroup that is over the minimum requirements.

That would be either the starchy or other subgroup.

What changes would you make?



Now let's start go to breakfast! For time sake we will do a high school menu. The concept is just like lunch!

Breakfast Menu Planner							
School / Site Name:				Menu Week:			
Component	Weekly Requirement (daily)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
<b>Milk</b>							
<i>At least two varieties must be offered daily: 1% or less.</i>	All grades: 5 cups (1 cup)						
<b>Grain/Bread</b>							
<ul style="list-style-type: none"> <li>Must offer a minimum of 1oz G/B daily.</li> <li>May offer a 1oz MMA to help meet the weekly G/B requirements.</li> </ul>	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)						
<i>Meat / Meat Alternate</i>	<i>NOTE: Not required but may substitute 1oz equivalent of MMA for 1oz eq G/B after minimum daily grain is met.</i>						
<b>Whole Grain-Rich (WGR) Evaluation</b>	80% of the grains must be WGR for the week						
	WGR						
	Grain/Bread						
		WGR percentage →					
<b>Fruit</b>							
<ul style="list-style-type: none"> <li>All juice must be 100% full strength juice.</li> <li>No more than half of the fruit/vegetable offerings can be in the form of juice.</li> <li>- Therefore, no more than 2.5 cups of juice per week.</li> </ul>	All grades: 1 cup						
<i>Vegetable</i>	<i>NOTE: Not required but may substitute a vegetable for the fruit component. The 100% juice requirements also apply for vegetables.</i>						



## MONDAY

French Toast Sticks  
Assorted Canned  
or Fresh Fruit  
100% Fruit Juice

Alt: Cereal & Toast

## TUESDAY

Breakfast Pizza  
Assorted Canned  
or Fresh Fruit  
100% Fruit Juice

Alt: Cereal & Toast

## WEDNESDAY

Pancake  
Sausage Patty  
Assorted Canned  
or Fresh Fruit  
100% Fruit Juice

Alt: Cereal & Toast

## THURSDAY

Biscuit and Gravy  
Assorted Canned  
or Fresh Fruit  
100% Fruit Juice

Alt: Cereal & Toast

## FRIDAY

Muffin  
Yogurt  
Assorted Canned  
or Fresh Fruit  
100% Fruit Juice

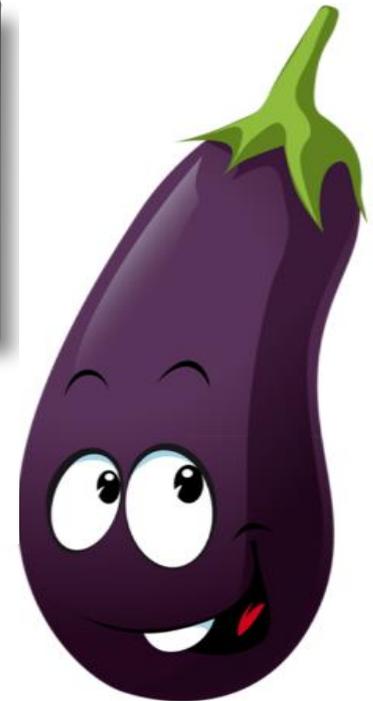
Alt: Cereal & Toast



Served daily:

- Milk choices includes 1% white & chocolate milk

Now here is my tentative  
9-12 breakfast menu for the  
week. The high school has 2  
entrée choices.  
Let's see if this one complies.





# Illinois State Board of Education

## Breakfast Menu Planner

School / Site Name: **Lincoln High School (9-12)**

Menu Week: **Week 1 Cycle**

Component	Weekly Requirement (daily)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
<b>Milk</b> <i>At least two varieties must be offered daily: 1% or less.</i>	All grades: 5 cups (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	1% white/choc (1 cup)	5 cups
<b>Grain/Bread</b> <i>Must offer a minimum of 1oz G/B daily. May offer a 1oz M/MA to help meet the weekly G/B requirements.</i>	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: 8oz eq (1oz eq)	1) WGR French Toast Sticks (2oz eq G/B) 2) WGR Cereal (1oz eq G/B) + WGR Toast (1oz eq G/B)	1) WGR Brkfst Pizza (1.5oz eq G/B + 1oz M/MA) 2) WGR Cereal (1oz eq G/B) + WGR Toast (1oz eq G/B)	1) WGR Pancake (1oz eq G/B) + SSG Patty (1oz M/MA) 2) WGR Cereal (1oz eq G/B) + WGR Toast (1oz eq G/B)	1) Biscuit (2oz eq G/B) 2) WGR Cereal (1oz eq G/B) + WGR Toast (1oz eq G/B)	1) WGR Muffin (1oz eq G/B) + Yogurt (1oz M/MA) 2) WGR Cereal (1oz eq G/B) + WGR Toast (1oz eq G/B)	10 oz eq
<b>Meat / Meat Alternate</b>	<i>NOTE: Not required but may substitute 1oz equivalent of M/MA for 1 oz eq G/B after minimum daily grain is met.</i>						
<b>Whole Grain-Rich (WGR) Evaluation</b>	80% of the grains must be WGR for the week						
	WGR	4oz	3.5oz	3oz	2oz		
	Grain/Bread	4oz	3.5oz	3oz	4oz	3oz	15.5oz
						3oz	17.5oz
						WGR percentage →	88%
<b>FRUIT</b> <i>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.</i>	All grades: 5 cups (1 cup)	Canned Fruit (1/2 cup) 100% Fruit Juice (1/2 cup)	Fresh Fruit (1/2 cup) 100% Fruit Juice (1/2 cup)	Canned Fruit (1/2 cup) 100% Fruit Juice (1/2 cup)	Fresh Fruit (1/2 cup) 100% Fruit Juice (1/2 cup)	Canned Fruit (1/2 cup) 100% Fruit Juice (1/2 cup)	5 cups
<b>Vegetable</b>	<i>NOTE: Not required but may substitute a vegetable for the fruit component. The 100% juice requirements also apply for vegetables.</i>						



## Tips to Help You Plan Menus Like a Pro



## Cycle Menus

- Saves time
  - Gathering nutrition documentation
  - Planning menus
  - Standard grocery list
  - Staff become more familiar with recipes & production procedures
- Controls food cost
  - Forecasting
  - Reduce food waste



Unfortunately, the Product Supply Chain issues are not any better. So here are some tips when food items do not come in and you need to make changes on your menu....



- ✓ Replace food items with a “like” item.
  - Choose an entrée with similar crediting amounts (i.e. 2 M/MA & 2 G/B)
  - Choose another vegetable from the same subgroup
- ✓ You can move days around in the same week.
  - *Example* – switch Monday and Thursday’s menu.
  - *Example* – switch the R/O vegetable for a different day in the same week
- ✓ Order 2-3 weeks in advance (*if possible*)

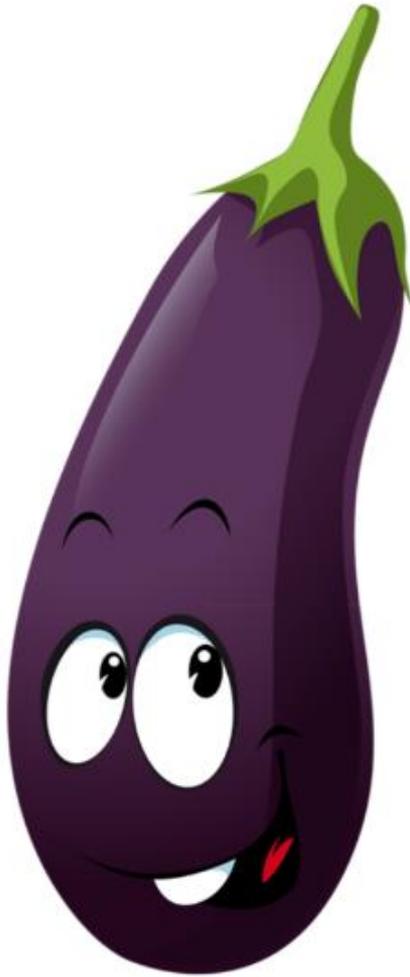


# When all else fails....



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Any Questions?



# Thank you!

## Contact Information

Nutrition Department

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<https://www.isbe.net/nutrition>



5.5oz eq  
-----  
5.5 oz eq

Tuesday
1% white/choc <b>(1 cup)</b>
1) Chicken Nuggets <b>(5 each = 2oz eq)</b> 2) Fish Sticks <b>(5 each = 2.5oz eq)</b>
1) WGR Chicken Nuggets <b>(5 each = 1 oz eq) + WGR Mac/Cheese (1/2 cup = 1 oz eq)</b> 2) WGR Fish Sticks <b>(5 each = 2.5oz eq) + WGR Mac/Cheese (1/2 cup = 1 oz eq)</b>
5.5oz eq ----- 5.5 oz eq
Tator Tots <b>(1/2 cup)</b>
Coleslaw <b>(1/2 cup)</b>
Mixed Fruit <b>(1/2 cup)</b> Fresh Fruit <b>(1/2 cup)</b>