

SFSP Five Day Breakfast Menu Planning Template

Components (Serve all 3)	Minimum Per Day	Notes & Best Practices	†Non-Creditable*
Fluid Milk (Whole, reduced fat, low-fat, fat free)	1 cup (½-pint, 8 fluid ounces)	Milk can be served as a beverage, poured on cereal, or used in part for each purpose. Must be pasteurized. Can be shelf stable and served chilled. - Recommend two or more choices daily to increase participation. May include: - Unflavored or flavored whole milk, reduced-fat (2%) milk, low-fat (1%) milk, fat-free milk, buttermilk, lactose-free or lactose-reduced milk, or acidophilus milk. Best Practice: offer 2 or more choices from fat free and low-fat options. ✓ Fat-free or low-fat (1% fat content) is recommended for age 2 and older.	“Dairy beverage” “Milk drink” - Chocolate drink - Milkshakes
Fruits, Vegetables 100% Juice	1/2 cup	Any combination of fruits(s), vegetable(s), and 100% juices. - Vegetable(s) and fruit(s) can be fresh, frozen, canned, dried, or prepared from dehydrated. - Full-strength vegetable or fruit juice or an equivalent quantity of.	“Fruit drinks” “Fruit beverages” - Juice cocktails “Fruit snacks”
Grains, Breads, Pastas, Rice	1 slice or 1 serving	Creditable grains and breads must be whole grain, whole grain-rich or enriched, or made from whole grain or enriched flour or meal. Best Practice: offer whole grain choices daily. One serving or more from items such as: - Sliced bread, buns, or rolls (25 grams or 0.9 oz.) - Biscuits or tortillas/wraps (25 grams or 0.9 oz.) - Cornbread (31 grams or 1.1 oz.) - Muffins (50 grams or 1.8 oz.) - Cereal, cereal grain [oatmeal, grits], rice (1/2 cup cooked) - Grain-based desserts (63 grams or 2.2 oz.)	- Potato chips - Potatoes - Popcorn
Meats Meat Alternates Optional as additional Breakfast foods - plan as an extra in SFSP.	N/A	Additional meats/meat alternate items - suggested 1 oz. equivalent portions: 1 oz. lean meat/poultry/fish 1 oz. cheese (Best Practice: look for low or reduced fat and/or reduced sodium options) 1/2 large egg 1/4 cup of mature beans, dried peas, lentils, or legumes 2 tablespoons peanut butter or other nut butters 4 oz. (1/2 cup) of yogurt	N/A since optional

Creditable – a food item that meets program requirements as a reimbursable meal component that is allowed for “credit” toward meeting one of the required meal or snack components necessary to meet the minimum portion sizes.

†Non-creditable - a food or food item, such as condiment, sauce, topping, dressing, etc., or low nutrient dense food, such as bacon, cream cheese, cheese sauce, juice drinks, etc., that is not allowed for service and “credit” toward meeting one of the required meal or snack components, but is allowed for service to complement or enhance the reimbursable meal or snack.

*This list is not exhaustive, please see the USDA Food Buying Guide for more information.

For Submission to State Agency

If your sponsorship would like to have your menu plans reviewed for approval by a Registered Dietitian for adequate components and acceptable products, please contact your FNW Program Eligibility Specialist for more information.

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Sponsor #	Sponsor Name	Contact Name

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Biscuit w/Egg	Muffin w/Yogurt	Cereal w/Fruit	Muffin w/Orange	Bagel w/Juice
Grains Breads Cereals Oatmeal Minimum: 1 serving per day	Item	Biscuit	Peach Muffin Squares (USDA B-20)	WG Assorted Cereal	WG Banana Muffin (2)	WG Bagel
	Portion in oz.	1.5 oz.	4.5 x 4.5 inch square	¾ cup or 1 oz.	2 oz. each	2 oz.
	Contribution (servings)	1.5 servings	1 serving	1 serving	2 servings	2 servings
Meats Meat Alternates (optional)	Item	Hard-Boiled Egg	Low-Fat Yogurt			
	Portion size or wt.	1 large	4 oz.			
	Contribution (oz. eq.)	2 oz. eq.	1 oz. eq.			
Fruits Vegetables 100% Juices Minimum: 1/2 cup per day	Item	Apple Slices	Fresh Red/Green Grapes	Fresh Banana	Fresh Orange Smiles	100% Fruit Blend Juice
	Portion in cups	½ cup	½ cup	1 Whole (regular) = ½ cup	(1 whole or 4 quarters) = ½ cup	4 oz. or ½ cup
	2 nd Item if planned			Raisins		
	Portion in cups			1.5 oz. pack = ¼ cup		
Other Foods/ Condiments	Item		Margarine (TFF)		Margarine (TFF)	Cream Cheese
	Portion size		1 packet		1 packet	1 oz

		White	Chocolate	Strawberry	Other (specify)
Daily Milk	Fat Content	1%/Skim	Fat-Free	Fat-Free	
	Fluid oz.	8 oz.	8 oz.	8 oz.	

Notes:

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Sponsor #	Sponsor Name	Contact Name

COMPONENTS ↓	MENU NAME →	Day 6	Day 7	Day 8	Day 9	Day 10
Grains Breads Cereals Oatmeal Minimum: 1 serving per day	Item	English Muffin	Peanut Butter & Banana Wrap (WG Tortilla)	WG Assorted Cereal	Banana Cranberry Muffin (Kid's Cuisine)	Breakfast Parfait (WG Granola)
	Portion in oz.	1.8 oz.	1 oz.	¾ cup or 1 oz.	1 muffin = 2.25 oz.	1 oz.
	Contribution (servings)	2 servings	1 serving	1 serving	1.25 servings	1 serving
	Item			Oatmeal Raisin Bar		
	Portion in oz.			2.4 oz.		
	Contribution (servings)			1 serving		
Meats Meat Alternates (optional)	Item		Peanut Butter		Cheese Cubes	Low-Fat Vanilla Yogurt
	Portion size or wt.		2 TBSP		1 oz.	4 oz.
	Contribution (oz. eq.)		1 oz. eq.		1 oz. eq.	1 oz. eq.
Fruits Vegetables 100% Juices Minimum: 1/2 cup per day	Item	100% Fruit Juice	Fresh Banana	Fresh Strawberries	Diced Peaches	Mixed Berries
	Portion in cups	½ cup or 4 fl. oz.	1 whole (regular) = ½ cup	½ cup	½ cup	½ cup
	2 nd Item if planned			Raisins		
	Portion in cups			1.5 oz. pack = ¼ cup (credits ½ cup)		
Other Foods/ Condiments	Item	Fruit Spread				
	Portion size	1 each				

Daily Milk		White	Chocolate	Strawberry	Other (specify)
	Fat Content	1%/Skim	Fat-Free	Fat-Free	
	Fluid oz.	8 oz.	8 oz.	8 oz.	

Notes: