

Grades K-12 Breakfast Menu Planning Template-Five Day

Sponsor #	Sponsor	Contact Name
1234	Our School	Our Site Manager

Grade Group **K-12**

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits and/or Vegetables 100% Juice <i>(no more than half of total fruit per week)</i> Daily minimum: 1 cup	Item	Red/Green Grapes	Raisins	Pineapple Tidbits	Florida Orange	Sliced Florida Strawberries
	Portion in cups	1/2 cup	1/4 cup = credits 1/2 cup	1/2 cup	1/2 cup (1 whole)	1/2 cup
	2 nd Item (If planned)	100% Florida Orange Juice	Warm Cinnamon Apples	100% Fruit Juice Blend	100% Grape Juice	100% Pineapple Orange Juice
	Portion in cups	4 fl. oz.	1/2 cup	4 fl. oz.	4 fl. oz.	4 fl. oz.
Grains and/or Meat/Meat Alternate Daily minimum: 1 oz. eq. Weekly minimum: 9 oz. eq.	Item	WGR French Toast Sticks (CN)	WG Oatmeal	WG Tortilla	Blueberry Muffin	WGR Bagel Pizza
	Portion	2.4 oz. = 1 oz. eq.	½ cup = 1 oz. eq.	1 oz. = 1 oz. eq.	2 oz. = 1 oz. eq.	1 oz. = 1 oz. eq.
	Contribution (oz. eq.)	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.
	2 nd Item (If planned)	French Toast Sticks (CN)	Turkey Sausage (CN)	Scrambled Eggs and Cheese	Low-Fat Yogurt	Turkey Sausage (CN) and Cheese
	Portion	2.4 oz.	1.5 oz.	1/2 egg 0.5 oz. cheese	4 oz. = 1/2 cup	1 oz.
	Contribution (oz. eq.)	1 M/MA	1.5 M/MA	1.5 M/MA	1 M/MA	1 M/MA
Other Foods/Condiments (If planned)	Item	Syrup		Salsa		Hash Browns
	Portion size	1 oz.		¼ cup		2.25 oz.
	Item					
	Portion size					

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

Notes