

Grades K-12 Breakfast Menu Planning Template-Seven 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	Day 6	Day 7
COMPONENTS ↓	MENU NAME →	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fruits and/or Vegetables 100% Juice <i>(no more than ½ of total fruit)</i> Daily minimum: 1 cup	Item	Red/Green Grapes	Raisins	Pineapple Tidbits	Florida Orange	Hashbrown Patties (2.25 oz. x 2)	Sliced Florida Strawberries	Cantaloupe Cubes
	Portion in cups	1/2 cup	1/4 cup = credits 1/2 cup	1/2 cup	1/2 cup (1 whole)	4.5 oz. =1/2 cup	1/2 cup	1 cup
	2 nd Item (If planned)	100% Florida Orange Juice	Warm Cinnamon Apples	100% Fruit Juice Blend	100% Grape Juice	100% Apple Juice	Golden Raisins	
	Portion in cups	4 fl. oz. = 1/2 cup	1/2 cup	4 fl. oz. = 1/2 cup	4 fl. oz. = 1/2 cup	4 fl. oz. = 1/2 cup	1/4 cup = credits 1/2 cup	
Grains and/or Meat/Meat Alternate Daily minimum: 1 oz. eq. Weekly minimum: 12.5 oz. eq.	Item	WG French Toast Sticks (CN)	WG Oatmeal	WG Tortilla	WGR Blueberry Muffin	WGR Bagel Pizza	Assorted WG Cereal	WG Toast
	Portion	2.4 oz. = 1 oz. eq. Grain	1/2 cup = 1 oz. eq.	1 oz. = 1 oz. eq.	2 oz. = 1 oz. eq.	1 oz. = 1 oz. eq.	1 oz. = 1 oz. eq.	1 oz. = 1 oz. eq.
	Contribution (oz. eq.)	1 oz. eq. Grain	1 oz. eq. Grain	1 oz. eq. Grain	1 oz. eq. Grain	1 oz. eq. Grain	1 oz. eq. Grain	1 oz. eq. Grain
	2 nd Item (If planned)	WG French Toast Sticks (CN)	Turkey Sausage (CN)	Scrambled Eggs and Cheese	Low-Fat Yogurt	Turkey Sausage (CN), and Cheese		Omelet (Egg Patty CN)
	Portion	2.4 oz. = 1 oz. eq. M/MA	1.5 oz.	1/2 egg 0.5 oz. cheese	4 oz. = 1/2 cup	1 oz. eq.		1.25 oz.
	Contribution (oz. eq.)	1 oz. eq. M/MA	1.5 oz. eq. M/MA	1.5 oz. eq. M/MA	1 oz. eq. M/MA	1 oz. eq. M/MA		1 oz. eq. M/MA
Other Foods/Condiments (If planned)	Item	Syrup		Salsa				Jelly/Margarine
	Portion size	1 oz.		1/4 cup				1 packet ea.
	Item							
	Portion size							

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

Notes
