

Breakfast Meal Planner, School Year 2013-14

Grade Group: (circle one) K-5 / 6-8 / K-8 / 9-12 / K-12

Component	<u>Minimum Daily Requirement</u> OVS= plan at least 4 items Serve Only= plan at least 3 items	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Weekly Total* (Requirement depends on how many operating days and grade group)
Fruit/Vegetable/Juice									
-Daily and Weekly minimum -SY 14-15, daily requirement increases to 1 cup and weekly requirement increases to 5 cups	All Grades: 1/2 cup								
Grain									
-Weekly minimum and maximum* (SY 13-14, flexibility on weekly maximum) -At least half whole grain rich SY13-14 -All whole grain rich beginning SY14-15	All Grades: 1oz/eq								
Meat / Meat Alternate									
None required, but may offer additional 1oz equivalent of m/ma after minimum (1 oz/eq) daily grain is met									
Milk									
-At least two varieties	All Grades: 1 cup								
Extras / Condiments									