

# *Step by Step Instruction:* How to Plan a Breakfast Menu

Professional Standards Learning Code 1100  
Length: 1.5 hours



***Released March 2016***

"How to Plan a Breakfast Menu" is intended for the School Food Authorities in the State of Arizona. All regulations are specific to operating the School Breakfast Program under the direction of the Arizona Department of Education.

*Step by Step  
Instruction:  
How to Plan a  
Breakfast  
Menu*

## **Intended Audience and Content**

- This *How-To-Guide* is intended for Local Educational Agencies (LEAs) operating the National School Lunch Program (NSLP) who plan menus and ensure menus meet the NSLP meal pattern.
- The following slides will only cover how-to instructions for planning a weekly lunch menu. All crediting statements for grains and meat/meat alternates are fictional for the purposes of illustrating the process of how to plan a lunch menu.

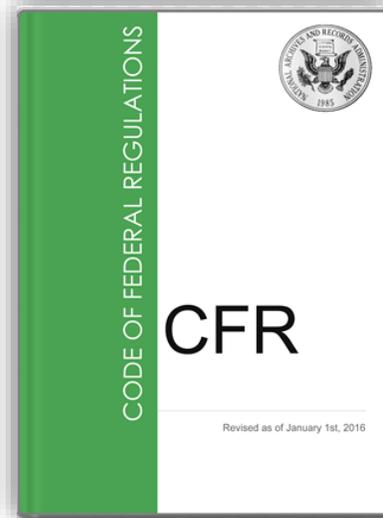
*Step by Step  
Instruction:  
How to Plan a  
Breakfast  
Menu*

## Objectives

At the end of this training, attendees should be able to:

- How to read the Meal Pattern Chart;
- How to plan meals that meet the daily requirements;
- How to review the weekly menu to ensure it meets the weekly requirements.

# Step by Step Instruction: How to Plan a Breakfast Menu



## [The Meal Pattern](#)

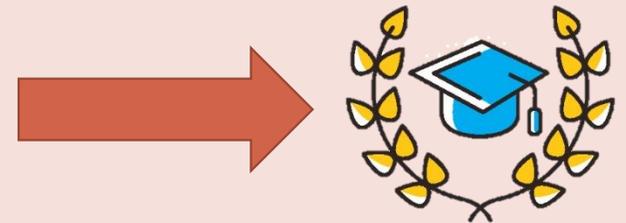
Charts, activities, production records, memos, and other guidance are available to help you navigate through the New Meal Pattern requirements.

The instruction within this *How-To-Guide* is based on guidance from the Code of Federal Regulations (CFR), §220.8 Meal requirements for breakfast.

*It is recommended to review the information on ADE's Meal Pattern Webpage for additional help understanding the guidance in the CFR.*

# Comprehension Check Questions

- Throughout this guide there will be comprehension quiz questions to test your knowledge and help you apply what you're learning.
- Be sure to review these quiz questions and the answers, available within the guide.
- This icon will indicate a comprehension quiz question, and the background of the slides will be a light pink like you see on this slide.



# *Step by Step Instruction: How to Plan a Breakfast Menu*

## *The Step by Step Instruction will review:*

Background and Definitions	Slides 7-10
How to Read the Meal Pattern Chart	Slides 11-22
Planning the Menu to Meet Daily Requirements	Slides 23-74
Check to Make Sure the Menu Meets the Weekly Requirements	Slides 75-83
Dietary Specifications	Slides 84-86
Breakfast Menu Planning Recap	Slides 87-91

*The following slides will only cover the basics of how to plan a breakfast menu and all food items used are examples only. All crediting statements for grains and meat/meat alternates are fictional for the purposes of illustrating the process of how to plan a breakfast menu.*

# Background and Definitions

# Background

In 2010, Congress passed the Healthy, Hunger-Free Kids Act (HHFKA), which revised the meal pattern for the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).

All LEAs who participate in the NSLP and SBP are required to serve meals that meet these meal pattern guidelines in order to receive reimbursement funds for the meals served.

This how-to-guide will review how to plan a weekly menu that meets the breakfast meal pattern requirements.

# Definitions

- **Component**- is one of five food groups that can comprise a reimbursable meal. These are: fruits, vegetables, grains, meat/meat alternate, and fluid milk.
- **Nutrient Specification**- the minimum (and sometimes maximum) amount of a specific nutrient that is in the meal/food offered.
- **Grade Group**- the range of grades for which the component and nutrient specifications applies to when planning a reimbursable menu.
- **Reimbursable Menu**- A menu made available to all students, that offers the daily minimum and weekly requirements of the SBP meal pattern.
- **Reimbursable Meal**- A meal that a student has at the point of service that will be claimed for reimbursement if it contains the required items from the reimbursable menu.
- **Serve Only**- a meal service option where all participating students receive all planned items in the required amounts.
- **Offer Versus Serve**- a meal service option that allows participating students the option to decline some of the food offered when choosing a reimbursable meal.
- **Point of Service**- The point in a food service operation where a determination can be accurately made that a reimbursable free, reduced-price, or paid meal has been served to an eligible child.

Meet your  
leader!



*Hi! I'm Chef Sonny and I will be leading you through this Menu Planning Guide.*

*Look for me to provide details about each step of this process! We'll be going through how to plan a breakfast menu to meet the daily and weekly requirements.*

# How to Read the Meal Pattern Charts

# SBP Meal Pattern Overview



*You can see this is the chart for a 5-Day Breakfast menu.*

*There are also charts available for 4-Day, 6-Day and 7-Day weeks.*

*Before moving on, print the chart that meets your menu planning needs.*

Meal pattern overview charts can be found on the ADE School Nutrition Programs webpage available at this link:

<http://www.azed.gov/health-nutrition/meal-pattern/>

<b>(5-Day) Meal Pattern for School Breakfast Program</b>						
<b>Serve Only</b>		<b>Offer vs. Serve (OVS)</b>				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
<b>Required</b>		<b>Grade K-5</b>	<b>Grade 6-8</b>	<b>Grade K-8</b>	<b>Grade 9-12</b>	<b>Grade K-12</b>
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
<b>Optional</b>						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0	0	0
Calories Weekly Average		350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average		≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average		≤10				
Trans Fat Daily		0g/serving				

# SBP Meal Pattern Overview

<b>(5-Day) Meal Pattern for School Breakfast Program</b>						
<b>Serve Only</b>		<b>Offer vs. Serve (OVS)</b>				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
<b>Required</b>		<b>Grade K-5</b>	<b>Grade 6-8</b>	<b>Grade K-8</b>	<b>Grade 9-12</b>	<b>Grade K-12</b>
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
<b>Optional</b>						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0	0	0
Calories Weekly Average		350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average		≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average		≤10				
		g/serving				



Now that you've printed the chart that meets your menu planning needs, let's get a bit more specific.

Circle the number of days you're planning for. As you can see, I will be planning for a 5-Day week throughout this guide.



# SBP Meal Pattern Overview

<b>(5-Day) Meal Pattern for School Breakfast Program</b>						
<b>Serve Only</b>		<b>Offer vs. Serve (OVS)</b>				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
<b>Required</b>		<b>Grade K-5</b>	<b>Grade 6-8</b>	<b>Grade K-8</b>	<b>Grade 9-12</b>	<b>Grade K-12</b>
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
<b>Optional</b>						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0	0	0
<b>Calories Weekly Average</b>		350-500	400-550	400-500	450-600	450-500
				≤540	≤640	≤540

*This chart also provides an explanation of the requirements for Serve Only or Offer Versus Serve (OVS). However, these notes apply to what a meal looks like at the point of service, not what must be planned.*

*The topics of Serve Only and OVS will not be covered in this guide. We will only be reviewing how to plan a menu that meets the meal pattern. You can review the [Offer Versus Serve Manual](#) for further details about that meal service option.*



# SBP Meal Pattern Overview

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0	0	0
Calories Weekly Average		350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average		≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average				≤10		
				g/serving		

Next, let's look at the grade groups. The chart shows the required amounts for the different grade groups in each column. Circle the grade groups you're planning for. As you can see, I will be planning for grades K-8 throughout this guide.



# SBP Meal Pattern Overview

<b>(5-Day) Meal Pattern for School Breakfast Program</b>						
<b>Serve Only</b>			<b>Offer vs. Serve (OVS)</b>			
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>			<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>			
<b>Required</b>		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
<b>Optional</b>						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0	0	0
Calories Weekly Average		350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average		≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average		≤10				
		g/serving				

*This chart shows you the weekly and daily requirements for each breakfast component. Notice that for breakfast, only fluid milk, fruit/juice/vegetables, and grains/breads are required. Meat/Meat Alternates are optional.*



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(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0	0	0
Calories Weekly Average		350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average		≤540	≤600	≤540	≤640	≤540
Saturated Fat (%) Weekly Average		≤10	≤10	≤10	≤10	≤10

Here, I highlighted the requirements for the K-8 Meal Pattern.

For grains, the daily requirement is listed at the top of the box, and the weekly requirement is listed at the bottom of the box. This means I need to plan at least 1 oz/eq daily, and at least 8 oz/eq weekly.



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Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
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<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
<b>Optional</b>						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0	0	0
Calories Weekly Average		350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average		≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average		≤10				
Trans Fat Daily		0g/serving				

Let's pause to talk about meat/meat alternates at breakfast. They are not required, which is why the chart shows a 0 for each grade group. They are optional. If you choose to plan and offer a meat/meat alternate, the oz/eq can be counted toward the weekly grain requirement.



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(5-Day) Meal Pattern for School Breakfast Program						
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Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
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Sodium (mg) Weekly Average		≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average		≤10				
Trans Fat Daily		0g/serving				

*It's also important to note that if you choose to offer a meat/meat alternate, it can only be offered after you offer a grain. This means you can plan toast (a grain) and yogurt (a meat/meat alternate), but you could not plan eggs (a meat/meat alternate) and yogurt (a meat/meat alternate).*



# SBP Meal Pattern Overview

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Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
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Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0	0	0
Calories Weekly Average		350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average		≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average				≤10		
Trans Fat Daily				0g/serving		

This chart also shows the nutrient requirements that must be met. Notice that for calories, sodium and saturated fat, the requirements are based on the weekly average. This means that some days may be higher and some days may be lower than the numbers listed, but the menu is in compliance as long as the weekly average meets these guidelines. No trans fat is allowed items planned for breakfast.



## Comprehension Check

Which of the following is true about meat/meat alternates (i.e. eggs, yogurt, cheese, meat) in the breakfast meal pattern?

- A. A meat/meat alternate must be planned every day.
- B. Meat/meat alternates are not allowed to be served at breakfast.
- C. Meat/Meat Alternates are optional and may be served in addition to a grain.
- D. The only meat/meat alternate allowed at breakfast is yogurt.



## Comprehension Check

## ANSWER

Which of the following is true about meat/meat alternates in the breakfast meal pattern?

- A. A meat/meat alternate must be planned every day.
- B. Meat/meat alternates are not allowed to be served at breakfast.
- C. **Meat/Meat Alternates are optional and may be served in addition to a grain.**
- D. The only meat/meat alternate allowed at breakfast is yogurt.

A grain must be planned every day. However, 1 oz/eq of grains per day won't be enough to meet the weekly minimum of 8 oz/eq. Additional grains, or meat/meat alternates can be planned to meet the weekly requirement.



# Planning the Menu to meet the Daily Requirements

# SBP Meal Pattern Overview

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0	0	0
Calories Weekly Average		350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average		≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average		≤10				

The first decision I made as the menu planner was which grade group I'm planning for.

Since my school has students in grades K-8, I am going to plan 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 plan using the K-8 requirements.



# Getting Started

Now.... Let's start building our menu! As we go through this guide, we'll fill in one week's menu and make sure we get all the components and serving sizes as we go along! You can print out the School Breakfast Menu Planner and fill it in to see how it can be used while planning your menu.

It's available on the Meal Pattern Webpage at:  
<http://www.azed.gov/health-nutrition/meal-pattern/>

**School Breakfast Menu Planner (5-Day)**

Grade Group: K-5 6-8 K-8 9-12 K-12

Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly
<b>GRAIN</b> 1 oz/eq Daily	Food: _____					
	Serving Size: _____					
<b>ADDITIONAL GRAIN or M/MA (Optional)</b>	_____	_____	_____	_____	_____	Total Grains Offered: _____
<b>FRUIT</b> 1 cup minimum Daily	Edible _____					Total Fruit Offered: _____
	Juice _____					Total Amount of Juice Offered: _____
<b>MILK</b> 8 fluid ounces Daily	Variety 1: _____					
	Variety 2: _____					

**Review for meal pattern compliance. All boxes should be checked to ensure the menu planned meets the meal pattern.**

<input type="checkbox"/> Meets the daily serving requirements for all components.	<input type="checkbox"/> At least one grain product is offered daily.
<input type="checkbox"/> Meets the weekly serving requirements for all components.	<input type="checkbox"/> Weekly, no more than 50% of fruit offered is juice.
<input type="checkbox"/> All grains are whole grain-rich.	

 Revised and released July 2015



# Grains

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily)	1 oz/eq (daily)	1 oz/eq (daily)	1 oz/eq (daily)	1 oz/eq (daily)
		7-10 oz/eq (weekly)	8-10 oz/eq (weekly)	8-10 oz/eq (weekly)	9-10 oz/eq (weekly)	9-10 oz/eq (weekly)

*Let's look more closely at the grains requirement. The weekly range of 8-10 oz/eq means I will have to offer at least 8 oz/eq of grains over the course of the week. If I only serve 1 oz/eq every day, I will only offer 5 oz/eq throughout the week, and that won't be enough to meet the weekly minimum requirement. I could plan 1 oz/eq on some days, and 2 oz/eq on other days to plan the correct number of grains.*

*The chart also reminds me that there is flexibility for the maximums. That means I could plan more than 10 oz/eq grains, but I know that if I stay close to this maximum, I will be more likely to meet my nutrient specifications.*

*There's also a reminder that all grains must be whole grain-rich, meaning they need to be made from at least 50% whole grain product, and the other 50% must be enriched grains.*



# Entrée

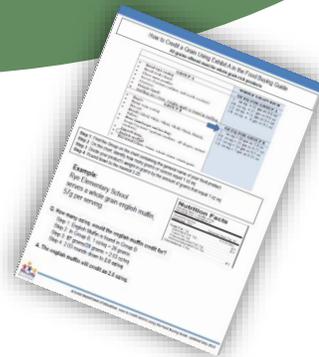
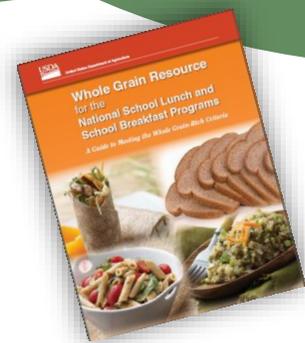


(5-Day) Meal Pattern for School Breakfast Program						
Serve Only			Offer vs. Serve (OVS)			
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>			<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>			
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		 1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)

Now... What do I want to plan as my grain for Monday?

Toast is always great in the morning! I am going to plan 1 slice of toast as my grain on Monday.

I will refer to the nutrition facts label and the ingredient list to make sure the item is whole grain rich, and that it credits as 1 oz/eq. ADE has great resources on their Meal Pattern webpage to help me with crediting and determining if a product is whole grain-rich. I love the [Whole Grain Resource](#) and ADE's [How to Credit Grains worksheet](#).



## MONDAY

**Grain**

1 slice of Whole Grain-Rich Toast (1 oz/eq)

Placeholder for other meal items on Monday.

# Comprehension Check

What resources are available to help you determine if your grain products meet the whole-grain rich requirements, and how they contribute to the meal pattern?

- A. CNP Menu Certification in Common Logon
- B. USDA's Whole Grain Resource and ADE's How to Credit Grains worksheet
- C. The USDA Eligibility Manual, and memo HNS 12-2015
- D. The Offer Versus Serve manual and the Meal or No Meal Powerpoint



## Comprehension Check

What resources are available to help you determine if your grain products meet the whole-grain rich requirements, and how they contribute to the meal pattern?

- A. CNP Menu Certification in Common Logon
- B. USDA's Whole Grain Resource and ADE's How to Credit Grains worksheet**
- C. The USDA Eligibility Manual, and memo HNS 12-2015
- D. The Offer Versus Serve manual and the Meal or No Meal Power Point game

While all of these resources are helpful in operating NSLP and SBP, the Whole Grain Resource and How to Credit Grains worksheet will help you know how your grain products contribute to the meal pattern and how to tell if they are whole grain-rich.



# Fruit



*Let's look at the fruit.... The chart says I need to plan 1 cup daily.*

*The notes in the chart say I can plan fresh, frozen, canned fruit, or 100% juice. I just have to be sure no more than 50% of the total fruit offerings come from juice. I can also offer vegetables at breakfast and they could count toward my fruit component.*

*There are lots of options when it comes to planning fruit, but to start out, I am going to keep it simple and plan 1 cup of apple slices.*

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only			Offer vs. Serve (OVS)			
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>			<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>			
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.			1 cup daily	1 cup daily	1 cup daily	1 cup daily

## MONDAY

**Grain**

1 slice of Whole Grain-Rich Toast  
1 oz/eq

**Fruit:**

Apple Slices  
1 cup

# Fluid Milk



*When it comes to fluid milk, I have to offer 2 varieties. They can be varieties in fat content or flavor content, and I can choose from:*

- 1% Plain Milk*
- Fat Free Plain Milk*
- Fat Free Flavored Milk*

*I'm choosing to offer fat free plain and fat free chocolate milk.*

<b>(5-Day) Meal Pattern for School Breakfast Program</b>							
<b>Serve Only</b>			<b>Offer vs. Serve (OVS)</b>				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>			<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
<b>Required</b>			<b>Grade K-5</b>	<b>Grade 6-8</b>	<b>Grade K-8</b>	<b>Grade 9-12</b>	<b>Grade K-12</b>
<b>Fluid milk</b> <small>Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain</small>			1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily



## MONDAY

**Grain**

1 slice of Whole Grain-Rich Toast  
1 oz/eq

**Fruit:**

Apple Slices  
1 cup

**Fluid Milk:**

Fat Free Plain  
Fat Free Chocolate  
1 cup each

Check the Daily Offering  
with the Meal Pattern Chart

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)

Here's our menu for Monday morning. Did we offer enough of each component on this day to meet the K-8 meal pattern?



**MONDAY**

**Grain**  
 1 slice of Whole Grain-Rich Toast  
 1 oz/eq

**Fruit:**  
 Apple Slices  
 1 cup

**Fluid Milk:**  
 Fat Free Plain  
 Fat Free Chocolate  
 1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 10 oz/eq (weekly) ✓	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)



We planned 1 oz/eq of grains. We can put a check mark on our meal pattern sheet.

## MONDAY

### Grain

1 slice of Whole Grain-Rich Toast  
1 oz/eq

### Fruit:

Apple Slices  
1 cup

### Fluid Milk:

Fat Free Plain  
Fat Free Chocolate  
1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	✓ 1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	✓ 1 oz/eq (daily) 10-12 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)



We planned 1 cup of fruit.... Check!

MONDAY

Grain

1 slice of Whole Grain-Rich Toast  
1 oz/eq

Fruit:

Apple Slices  
1 cup

Fluid Milk:

Fat Free Plain  
Fat Free Chocolate  
1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily ✓	1 cup daily	1 cup daily
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<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 10 oz/eq (weekly) ✓	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)



And finally, we planned 2 varieties of milk, 1 cup each.

Looks like we planned a meal for Monday that meets the daily Breakfast Meal Pattern requirements!

**MONDAY**

**Grain**

1 slice of Whole Grain-Rich Toast  
1 oz/eq

**Fruit:**

Apple Slices  
1 cup

**Fluid Milk:**

Fat Free Plain  
Fat Free Chocolate  
1 cup each

# Let's look at our Menu Planner for Monday.



Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly
<b>GRAIN</b> 1 oz/eq Daily	Whole Grain-Rich Toast Serving Size: 1 oz/eq	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____	Total Grains Offered: _____
<b>ADDITIONAL GRAIN or M/MA</b> (Optional)	_____	_____	_____	_____	_____	
<b>FRUIT</b> 1 cup minimum Daily	Edible  Apple Slices 1 cup	_____	_____	_____	_____	Total Fruit Offered: _____
	Juice _____	_____	_____	_____	_____	Total Amount of Juice Offered: _____
<b>MILK</b> 8 fluid ounces Daily	Variety 1: Fat Free Plain Variety 2: Fat Free Chocolate	Variety 1:  Variety 2:	Variety 1:  Variety 2:	Variety 1:  Variety 2:	Variety 1:  Variety 2:	

If we use the Breakfast Menu Planner available on the ADE website to help plan each day, Monday would look like this.

Notice how we list the food name in the box, then fill in the serving size and crediting below.

Repeat that Planning  
Process for Each Day of the  
Week

# Entrée



*Let's plan for Tuesday!*

*I know I need to offer more than 1 oz/eq of grains on most days to meet the weekly minimums. I also remember that I can plan an extra grain, or I can plan an optional meat/meat alternate.*

*For this day, I'm going to plan a Mini Banana Loaf made with whole grain-rich flour. When I looked at Exhibit A and the label on the box, I determined that the mini loaf I order credits as 2 oz/eq.*

## TUESDAY

### Grain

Mini Banana Loaf  
2 oz/eq

### Fruit:

### Fluid Milk:

# Fruit



*I also need to plan my fruit.  
I'm going to plan 1 cup of fresh  
cut strawberries.*

## TUESDAY

### Grain

Mini Banana Loaf  
2 oz/eq

### Fruit:

Fresh Strawberries  
1 cup

### Fluid Milk:

# Fluid Milk



*Finally, I must plan my milk in 2 varieties. Today I'm going to plan fat free plain and 1% plain milk, 1 cup each.*

## TUESDAY

### Grain

Mini Banana Loaf  
2 oz/eq

### Fruit:

Fresh Strawberries  
1 cup

### Fluid Milk:

Fat Free Plain  
1% Plain  
1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
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<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)

Here's our menu for Tuesday morning. Did we offer enough of each component on this day to meet the daily K-8 meal pattern?



TUESDAY	
<b>Grain</b>	Mini Banana Loaf 2 oz/eq
<b>Fruit:</b>	Fresh Strawberries 1 cup
<b>Fluid Milk:</b>	Fat Free Plain 1% Plain 1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
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<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 10 oz/eq (weekly) ✓	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)

*We planned a 2 oz/eq mini loaf. That meets the daily requirement and will help meet the weekly requirement too.*



**TUESDAY**

**Grain**

Mini Banana Loaf  
2 oz/eq

**Fruit:**

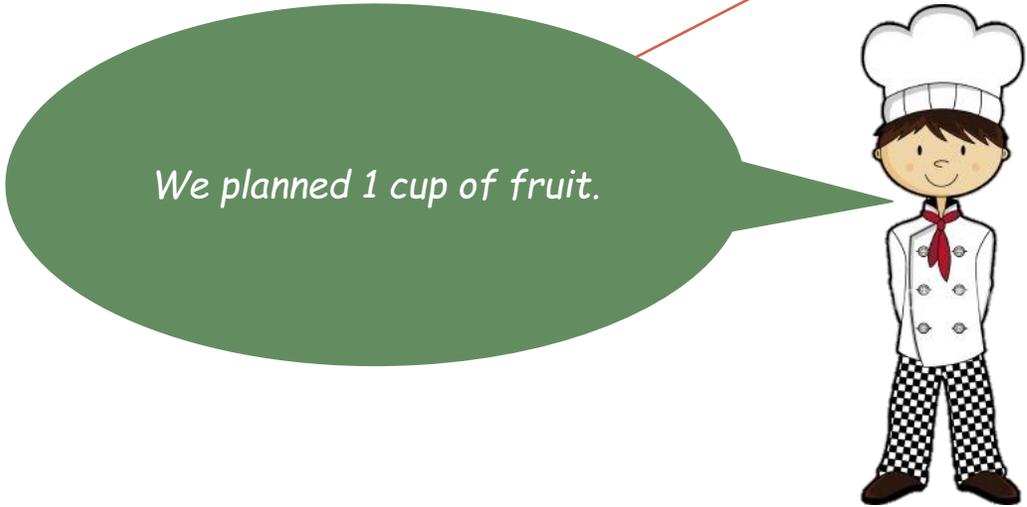
Fresh Strawberries  
1 cup

**Fluid Milk:**

Fat Free Plain  
1% Plain  
1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)



**TUESDAY**

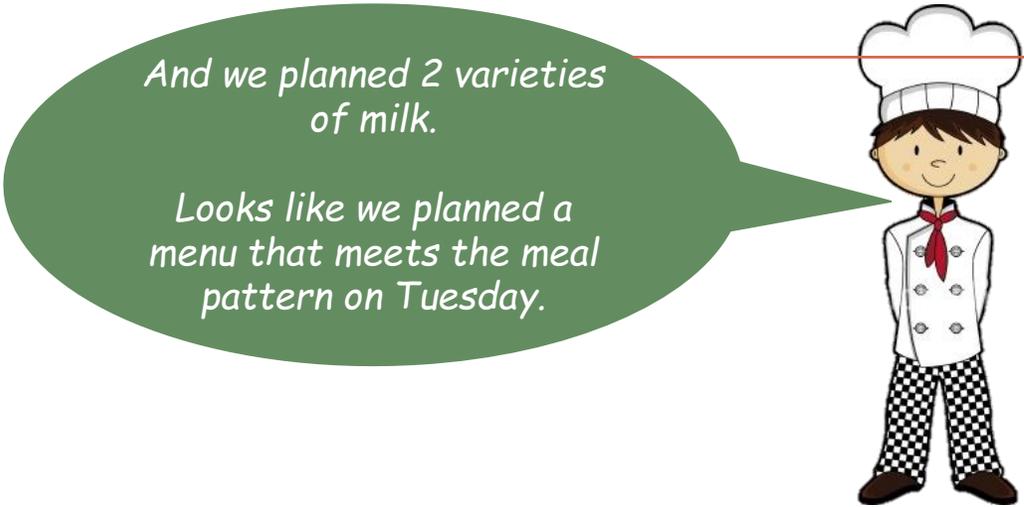
**Grain**  
  
Mini Banana Loaf  
2 oz/eq

**Fruit:**  
  
Fresh Strawberries  
1 cup

**Fluid Milk:**  
  
Fat Free Plain  
1% Plain  
1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily ✓	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily ✓	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 10 oz/eq (weekly) ✓	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)



**TUESDAY**

**Grain**  
  
Mini Banana Loaf  
2 oz/eq

**Fruit:**  
  
Fresh Strawberries  
1 cup

**Fluid Milk:**  
  
Fat Free Plain  
1% Plain  
1 cup each

# Let's look at our Menu Planner for Tuesday.



Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly
<b>GRAIN</b> 1 oz/eq Daily	<b>Whole Grain-Rich Toast</b> Serving Size: <u>1 oz/eq</u>	<b>Mini Banana Loaf</b> Serving Size: <u>2 oz/eq</u>	Serving Size: _____	Serving Size: _____	Serving Size: _____	Total Grains Offered: _____
<b>ADDITIONAL GRAIN or M/MA</b> (Optional)	_____	*Note, this loaf credits as a 2 oz/eq, so it counts as my daily grain and an additional grain.	_____	_____	_____	
<b>FRUIT</b> 1 cup minimum Daily	Edible <b>Apple Slices</b> <u>1 cup</u>	<b>Fresh Strawberries</b> <u>1 cup</u>	_____	_____	_____	Total Fruit Offered: _____
	Juice _____	_____	_____	_____	_____	Total Amount of Juice Offered: _____
<b>MILK</b> 8 fluid ounces Daily	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>Fat Free Chocolate</b>	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>1% Plain</b>	Variety 1:  Variety 2:	Variety 1:  Variety 2:	Variety 1:  Variety 2:	

If we use the Breakfast Menu Planner available on the ADE website to help plan each day, Tuesday would look like this.

Again, we list the food name in the box, then fill in the serving size and crediting below.

# Entrée



*Moving on to Wednesday....*

*I know I need to offer more than 1 oz/eq of grains on most days to meet the weekly minimums. I also remember that I can plan an extra grain, or I can plan an optional meat/meat alternate.*

*I think whole grain-rich mini pancakes and turkey sausage sounds good. When I looked at Exhibit A and the label on the box, I determined that the pancakes credit as 1 oz/eq.*

*I also have a CN Label that says 1 turkey sausage patty contributes 1 oz/eq of meat/meat alternate for Child Nutrition Programs. I added a space for my optional meat/meat alternate and filled in my chart for Wednesday.*

*If you have questions about CN labels or Product Formulation Statements, be sure to visit the [ADE Meal Pattern webpage](#) for more information on those topics.*

## WEDNESDAY

### Grain

Mini Pancakes  
1 oz/eq

### Meat/Meat Alternate

Turkey Sausage  
1 oz/eq

### Fruit:

### Fluid Milk:

# Fruit



*Peaches sound like they go well with pancakes and turkey sausage. I think I will plan 1 cup of peaches for Wednesday.*

## WEDNESDAY

### Grain

Mini Pancakes  
1 oz/eq

### Meat/Meat Alternate

Turkey Sausage  
1 oz/eq

### Fruit:

Canned Peaches  
1 cup

### Fluid Milk:

# Fluid Milk



*And I can't forget the milk! I will plan fat free chocolate and fat free plain for Wednesday's meal.*

## WEDNESDAY

### Grain

Mini Pancakes  
1 oz eq

### Meat/Meat Alternate

Turkey Sausage  
1 oz eq

### Fruit:

Canned Peaches  
1 cup

### Fluid Milk:

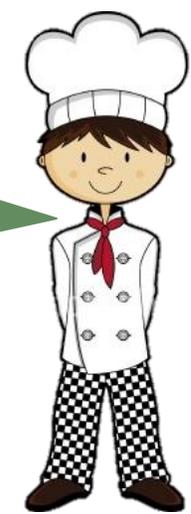
Fat Free Plain  
Fat Free Chocolate  
1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 10 oz/eq (weekly) ✓	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)

*I can't forget to check and make sure I meet my daily requirements!*

*I planned 1 oz/eq of grain, so I met the daily requirement.*



**WEDNESDAY**

**Grain**

Mini Pancakes  
1 oz/eq

**Meat/Meat Alternate**

Turkey Sausage  
1 oz/eq

**Fruit:**

Canned Peaches  
1 cup

**Fluid Milk:**

Fat Free Plain  
Fat Free Chocolate  
1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily)	1 oz/eq (daily)	1 oz/eq (daily) 	1 oz/eq (daily)	1 oz/eq (daily)
<b>Optional</b>						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0		0	0

*On this day, I also planned an optional meat/meat alternate, so I will check that off too!*



**WEDNESDAY**

**Grain**

Mini Pancakes  
1 oz/eq

**Meat/Meat Alternate**

Turkey Sausage  
1 oz/eq

**Fruit:**

Canned Peaches  
1 cup

**Fluid Milk:**

Fat Free Plain  
Fat Free Chocolate  
1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0	0	0

I planned 1 cup of fruit, so we can check that off!



WEDNESDAY

**Grain**  
  
Mini Pancakes  
1 oz eq

**Meat/Meat Alternate**  
  
Turkey Sausage  
1 oz eq

**Fruit:**  
  
Canned Peaches  
1 cup

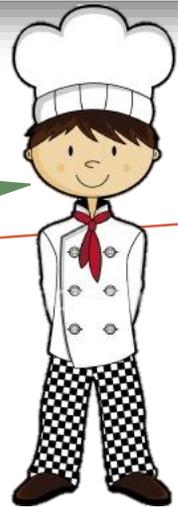
**Fluid Milk:**  
  
Fat Free Plain  
Fat Free Chocolate  
1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily ✓	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily ✓	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly) ✓	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0 ✓	0	0

And I planned 2 varieties of milk!

Looks like this menu meets the daily requirements for the School Breakfast Meal Pattern.



WEDNESDAY

**Grain**

Mini Pancakes  
1 oz eq

**Meat/Meat Alternate**

Turkey Sausage  
1 oz eq

**Fruit:**

Canned Peaches  
1 cup

**Fluid Milk:**

Fat Free Plain  
Fat Free Chocolate  
1 cup each

# Let's look at our Menu Planner for Wednesday.



Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly
<b>GRAIN</b> 1 oz/eq Daily	<b>Whole Grain-Rich Toast</b> Serving Size: <u>1 oz/eq</u>	<b>Mini Banana Loaf</b> Serving Size: <u>2 oz/eq</u>	<b>Mini Pancakes</b> Serving Size: <u>1 oz/eq</u>	Serving Size: _____	Serving Size: _____	Total Grains Offered: _____
<b>ADDITIONAL GRAIN or M/MA</b> (Optional)	_____	*Note, this loaf credits as a 2 oz/eq, so it counts as my daily grain and an additional grain.	<b>Turkey Sausage</b>  <u>1 oz/eq</u>	_____	_____	
<b>FRUIT</b> 1 cup minimum Daily	Edible <b>Apple Slices</b> <u>1 cup</u>	<b>Fresh Strawberries</b> <u>1 cup</u>	<b>Canned Peaches</b> <u>1 cup</u>	_____	_____	Total Fruit Offered: _____
	Juice _____	_____	_____	_____	_____	Total Amount of Juice Offered: _____
<b>MILK</b> 8 fluid ounces Daily	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>Fat Free Chocolate</b>	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>1% Plain</b>	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>Fat Free Chocolate</b>	Variety 1:  Variety 2:	Variety 1:  Variety 2:	

For the last step in planning a weekly breakfast menu, I'm going to fill in my menu planner chart.

The weekly menu is coming together nicely! Let's move on to Thursday!

# Entrée



*On Thursday, I'd like to offer an egg and cheese burrito.*

*I order this from a manufacturer, and I have a product formulation statement that tells me the burrito has a whole grain-rich tortilla that credits as 1 oz/eq, and the eggs and cheese credit as 1 oz/eq of meat/meat alternate.*

*I've added those to my daily menu.*

*I want to offer salsa with the burrito. However, I'm only going to offer  $\frac{1}{4}$  cup to each student. I could count it toward the fruit requirement, or I could count it as an extra. I like to keep things simple, so I'm counting it as an extra. This means I will need to consider the calories added from the salsa when I calculate the calories, sodium, and saturated fat, but I won't credit it toward my daily requirements.*

## THURSDAY

### Grain

Whole Grain-Rich Tortilla  
1 oz/eq

### Meat/Meat Alternate

Eggs and Cheese  
1 oz/eq

### Fruit:

### Fluid Milk:

# Fruit



*I also want to change up the fruit a little bit. So far this week, we've planned 1 cup of fruit each day, and it has been the same fruit. We planned 1 cup of apples, 1 cup of strawberries and 1 cup of peaches.*

*Did you know that you can also choose to plan 1 cup of fruit, but plan it as  $\frac{1}{2}$  cup servings of 2 different fruits? Students can choose both options if they would like!*

*I'm going to take advantage of that option today, and I'm going to plan  $\frac{1}{2}$  cup of pineapple chunks, and  $\frac{1}{2}$  cup grapes.*

## THURSDAY

### Grain

Whole Grain-Rich Tortilla  
1 oz/eq

### Meat/Meat Alternate

Eggs and Cheese  
1 oz/eq

### Fruit:

Edible pieces  
Pineapple Chunks  
 $\frac{1}{2}$  cup

### Fruit:

Juice  
Grapes  
 $\frac{1}{2}$  cup

### Fluid Milk:

# Fluid Milk



*Finally, I will plan my milk. Since I'm offering grapes and pineapples, which can both be very sweet, I think I will plan plain milk in 2 varieties today. I will plan 1 cup each of either 1% plain milk, or fat free plain milk.*

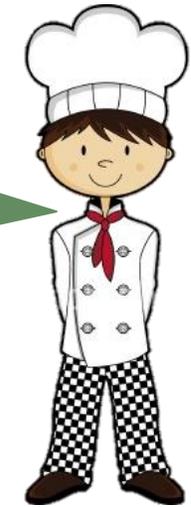
THURSDAY	
<b>Grain</b>	
	Whole Grain-Rich Tortilla 1 oz/eq
<b>Meat/Meat Alternate</b>	
	Eggs and Cheese 1 oz/eq
<b>Fruit:</b>	
Edible pieces	Pineapple Chunks ½ cup
<b>Fruit:</b>	
Juice	Grapes ½ cup
<b>Fluid Milk:</b>	
	1% Plain Fat Free Plain 1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 10 oz/eq (weekly) ✓	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)

Now... I can't forget to check and make sure I meet my daily requirements!

I planned 1 oz/eq of grain, so I met the daily requirement.



THURSDAY	
<b>Grain</b>	Whole Grain-Rich Tortilla 1 oz/eq
<b>Meat/Meat Alternate</b>	Eggs and Cheese 1 oz/eq
<b>Fruit:</b>	Edible pieces Pineapple Chunks ½ cup
<b>Fruit:</b>	Juice Grapes ½ cup
<b>Fluid Milk:</b>	1% Plain Fat Free Plain 1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 10 oz/eq (weekly) ✓	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	✓	0	0

On this day, I also planned an optional meat/meat alternate, so I will check that off too!



THURSDAY	
<b>Grain</b>	Whole Grain-Rich Tortilla 1 oz/eq
<b>Meat/Meat Alternate</b>	Eggs and Cheese 1 oz/eq
<b>Fruit:</b>	Edible pieces Pineapple Chunks ½ cup
<b>Fruit:</b>	Juice Grapes ½ cup
<b>Fluid Milk:</b>	1% Plain Fat Free Plain 1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	✓	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) ✓ 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	✓	0	0



I planned 1 cup of fruit, so I can check that off! Remember, even though I planned 2 varieties in ½ cup servings each, I still planned 1 cup of fruit total. Students can take both choices if they want.

THURSDAY
<b>Grain</b>  Whole Grain-Rich Tortilla 1 oz/eq
<b>Meat/Meat Alternate</b>  Eggs and Cheese 1 oz/eq
<b>Fruit:</b> Edible pieces Pineapple Chunks ½ cup
<b>Fruit:</b> Juice  Grapes ½ cup
<b>Fluid Milk:</b>  1% Plain Fat Free Plain 1 cup each

# Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily ✓	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily ✓	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly) ✓	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0 ✓	0	0



And of course, I planned my 2 varieties of milk, so I can check that off.

This menu is a bit more complicated, but I still met the daily requirements!

## THURSDAY

### Grain

Whole Grain-Rich Tortilla  
1 oz/eq

### Meat/Meat Alternate

Eggs and Cheese  
1 oz/eq

### Fruit:

Edible pieces  
Pineapple Chunks  
½ cup

### Fruit:

Juice  
Grapes  
½ cup

### Fluid Milk:

1% Plain  
Fat Free Plain  
1 cup each

# Let's look at our Menu Planner for Thursday.



Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly
<b>GRAIN</b> 1 oz/eq Daily	<b>Whole Grain-Rich Toast</b> Serving Size: <u>1 oz/eq</u>	<b>Mini Banana Loaf</b> Serving Size: <u>2 oz/eq</u>	<b>Mini Pancakes</b> Serving Size: <u>1 oz/eq</u>	<b>Whole Grain-Rich Tortilla</b> Serving Size: <u>1 oz/eq</u>	Serving Size: _____	Total Grains Offered: _____
<b>ADDITIONAL GRAIN or M/MA</b> (Optional)	_____	*Note, this loaf credits as a 2 oz/eq, so it counts as my daily grain and an additional grain.	<b>Turkey Sausage</b>  <u>1 oz/eq</u>	<b>Eggs and cheese</b>  <u>1 oz/eq</u>	_____	
<b>FRUIT</b> 1 cup minimum Daily	Edible <b>Apple Slices</b> <u>1 cup</u>	<b>Fresh Strawberries</b> <u>1 cup</u>	<b>Canned Peaches</b> <u>1 cup</u>	<b>Pineapple Chunks</b> <u>1/2 cup</u>	_____	Total Fruit Offered: _____
	Juice _____	_____	_____	<b>Grapes</b> <u>1/2 cup</u>	_____	Total Amount of Juice Offered: _____
<b>MILK</b> 8 fluid ounces Daily	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>Fat Free Chocolate</b>	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>1% Plain</b>	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>Fat Free Chocolate</b>	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>1% Plain</b>	Variety 1:  Variety 2:	

Since I know Thursday meets the daily requirements, I will add it to my menu planner.

One more day to plan for this week... Let's plan for Friday!

# Entrée



*On Friday, I want to serve the awesome whole-grain rich breakfast pizza I found. It's a  $\frac{1}{2}$  bagel slice, topped with eggs, cheese and sausage!*

*When I look at the CN label, it tells me that 1 serving of breakfast pizza provides 1 oz/eq of whole grains, and 2 oz/eq of meat/meat alternate.*

*Even though I'm offering more meat/meat alternates than grains, I'm still offering the minimum 1 oz/eq of grain, so this is still allowable.*

## FRIDAY

### Grain

Whole Grain-Rich Bagel Slice  
1 oz/eq

### Meat/Meat Alternate

Eggs, Cheese and Sausage  
2 oz/eq

### Fruit:

### Fluid Milk:

# Fruit



*I also like the idea of planning 2 types of fruit, so I am going to do that again.*

*For the edible pieces, I'm going to plan  $\frac{1}{2}$  cup of canned pears and  $\frac{1}{2}$  cup orange juice.*

*It's important to note that I can plan my menu this way as long as I don't make more than 50% of my fruit offerings as juice. The meal pattern chart reminds me of that in the fruit section.*

## FRIDAY

**Grain**  
Whole Grain-Rich Bagel Slice  
1 oz/eq

**Meat/Meat Alternate**  
Eggs, Cheese and Sausage  
2 oz/eq

**Fruit: Edible**  
Canned Pears  
 $\frac{1}{2}$  cup

**Fruit: Juice**  
Orange Juice  
 $\frac{1}{2}$  cup

**Fluid Milk:**

<p><b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.</p>		1 cup daily				
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# Fluid Milk



*And finally, like I've done every day this week, I will plan 2 varieties of milk. Today I'm going to offer fat free plain and fat free chocolate.*

## FRIDAY

### Grain

Whole Grain-Rich Bagel  
Slice  
1 oz/eq

### Meat/Meat Alternate

Eggs, Cheese and Sausage  
2 oz/eq

### Fruit: Edible

Canned Pears  
1/2 cup

### Fruit: Juice

Orange Juice  
1/2 cup

### Fluid Milk:

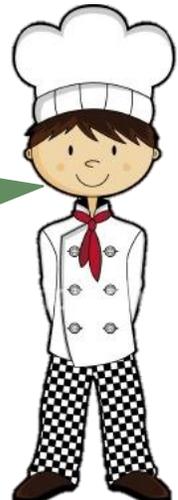
Fat Free Plain  
Fat Free Chocolate  
1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 10 oz/eq (weekly) ✓	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)

*It's the last day of the week, so let's make sure the planned menu meets the meal pattern daily requirements.*

*I planned 1 oz/eq of grain, so I met the daily requirement.*



FRIDAY	
<b>Grain</b>	Whole Grain-Rich Bagel Slice 1 oz/eq
<b>Meat/Meat Alternate</b>	Eggs, Cheese and Sausage 2 oz/eq
<b>Fruit: Edible</b>	Canned Pears <u>½ cup</u>
<b>Fruit: Juice</b>	Orange Juice <u>½ cup</u>
<b>Fluid Milk:</b>	Fat Free Plain Fat Free Chocolate <u>1 cup each</u>

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 7-10 oz/eq (weekly) ✓	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	✓	0	0

On this day, I also planned 2 oz/eq of optional meat/meat alternate, so I will check that off too!



**FRIDAY**

**Grain**  
Whole Grain-Rich Bagel Slice  
1 oz/eq

**Meat/Meat Alternate**  
Eggs, Cheese and Sausage  
2 oz/eq

**Fruit: Edible**  
Canned Pears  
½ cup

**Fruit: Juice**  
Orange Juice  
½ cup

**Fluid Milk:**  
Fat Free Plain  
Fat Free Chocolate  
1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily ✓	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly) ✓	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0 ✓	0	0



I planned 1 cup of fruit, so we can check that off! Remember, even though I planned 2 varieties in ½ cup servings each, I still planned 1 cup of fruit total.

FRIDAY	
<b>Grain</b>	Whole Grain-Rich Bagel Slice 1 oz/eq
<b>Meat/Meat Alternate</b>	Eggs, Cheese and Sausage 2 oz/eq
<b>Fruit: Edible</b>	Canned Pears ½ cup
<b>Fruit: Juice</b>	Orange Juice ½ cup
<b>Fluid Milk:</b>	Fat Free Plain Fat Free Chocolate 1 cup each

Does the menu meet the Daily Requirements?

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily ✓	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily ✓	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly) ✓	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0 ✓	0	0



And of course, I planned 2 varieties of milk, so I can check that off.

This menu is a bit more complicated, but I still met the daily requirements!

FRIDAY

Grain

Whole Grain-Rich Bagel Slice  
1 oz/eq

Meat/Meat Alternate

Eggs, Cheese and Sausage  
2 oz/eq

Fruit: Edible

Canned Pears  
½ cup

Fruit: Juice

Orange Juice  
½ cup

Fluid Milk:

Fat Free Plain  
Fat Free Chocolate  
1 cup each

# Let's look at our Menu Planner for Friday.



Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly
<b>GRAIN</b> 1 oz/eq Daily	<b>Whole Grain-Rich Toast</b> Serving Size: <u>1 oz/eq</u>	<b>Mini Banana Loaf</b> Serving Size: <u>2 oz/eq</u>	<b>Mini Pancakes</b> Serving Size: <u>1 oz/eq</u>	<b>Whole Grain-Rich Tortilla</b> Serving Size: <u>1 oz/eq</u>	<b>Whole Grain-Rich Bagel Slice</b> Serving Size: <u>1 oz/eq</u>	Total Grains Offered: _____
<b>ADDITIONAL GRAIN or M/MA</b> (Optional)	_____	*Note, this loaf credits as a 2 oz/eq, so it counts as my daily grain and an additional grain.	<b>Turkey Sausage</b>  <u>1 oz/eq</u>	<b>Eggs and cheese</b>  <u>1 oz/eq</u>	<b>Eggs, Cheese and Sausage</b>  <u>2 oz/eq</u>	
<b>FRUIT</b> 1 cup minimum Daily	Edible <b>Apple Slices</b> <u>1 cup</u>	<b>Fresh Strawberries</b> <u>1 cup</u>	<b>Canned Peaches</b> <u>1 cup</u>	<b>Pineapple Chunks</b> <u>1/2 cup</u>	<b>Canned Pears</b> <u>1/2 cup</u>	Total Fruit Offered: _____
	Juice _____	_____	_____	<b>Grapes</b> <u>1/2 cup</u>	<b>Orange Juice</b> <u>1/2 cup</u>	Total Amount of Juice Offered: _____
<b>MILK</b> 8 fluid ounces Daily	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>Fat Free Chocolate</b>	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>1% Plain</b>	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>Fat Free Chocolate</b>	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>1% Plain</b>	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>Fat Free Chocolate</b>	

Since I know Friday meets the daily requirements, I will add it to my menu planner.

Now my weekly menu is complete!

## Comprehension Check

Can you plan a menu that includes 2 types of fruit to meet the 1 cup requirement?

- A. No. All fruit planned must be in 1 cup quantities.
- B. Yes but this is only allowed when including juice as a fruit option.
- C. Yes, but only on days when you also plan 2 oz/eq of grains.
- D. Yes. You can plan 2 varieties of fruit in  $\frac{1}{2}$  cup servings. This meets the 1 cup daily requirement.



# Comprehension Check ANSWER

Can you plan a menu that includes 2 types of fruit to meet the 1 cup requirement?

- A. No. All fruit planned must be in 1 cup quantities.
- B. Yes but this is only allowed when including juice as a fruit option.
- C. Yes, but only if the fruits are in the same form (all fresh, all dried, all canned, or all frozen)
- D. Yes. You can plan 2 varieties of fruit in ½ cup servings. This meets the 1 cup daily requirement.**

You must plan 1 cup of fruit daily, but it can be made up of ½ cup servings of 2 different fruits. The fruits **do not** need to be in the same form (i.e. fresh, dried, canned, frozen).



# Comprehension Check

- Which of the following **does not** meet the meal pattern for milk varieties?
  - A. Fat free plain and 1% plain
  - B. Fat free chocolate and fat free plain
  - C. 1% plain and 1% chocolate
  - D. Fat free strawberry and 1% plain



# Comprehension Check ANSWER

- Which of the following **does not** meet the meal pattern for milk varieties?
  - A. Fat free plain and 1% plain
  - B. Fat free chocolate and fat free plain
  - C. 1% plain and 1% chocolate**
  - D. Fat free strawberry and 1% plain

Refer to the fluid milk section of the meal pattern chart. This shows the allowable varieties of milk, including fat free flavored, fat free plain, and 1% plain. In the example above, 1% chocolate would not be allowable. Only fat free flavored milk can be offered.



Check to Make Sure the  
Menu Meets the Weekly  
Meal Pattern Requirements

I'll have to refer to the meal pattern chart to make sure I planned enough food to meet the weekly requirements. Let's start with the grains.



(5-Day) Meal Pattern for School Breakfast Program						
Required	Grade K-4	Grade 5-8	Grade 9-12	Grade K-12	Grade K-12	Grade K-12
<b>Fluid Milk</b> Must offer one serving of fluid milk per day. For the purpose of this chart, 1% milk is acceptable.	1 cup daily					
<b>Fruits/Juices/Vegetables</b> Must offer one serving of fruit, juice, or vegetable per day. Fruit and vegetable servings are based on the USDA Daily Food Intake Guidelines. Juice must be 100% fruit juice with no added sugar. Vegetables must be cooked or raw.	1 cup daily					
<b>Grains/Breads</b> Only hot cereals, breads, and pastas are acceptable for grain requirements. All of grains offered must be whole grains.	1 serving (daily)					
<b>Optional</b>						
<b>1 Item of Meat/Meat Alternate</b> No daily requirement. Must be offered at least once per week.	0	0	0	0	0	0
	300-500	400-550	400-550	400-550	400-550	400-550
	25-40	35-50	35-50	35-50	35-50	35-50
	10%	10%	10%	10%	10%	10%
	10%	10%	10%	10%	10%	10%
	10%	10%	10%	10%	10%	10%

Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly
<b>GRAIN</b> 1 oz/eq Daily	Whole Grain-Rich Toast Serving Size: <u>1 oz/eq</u>	Mini Banana Loaf Serving Size: <u>2 oz/eq</u>	Mini Pancakes Serving Size: <u>1 oz/eq</u>	Whole Grain-Rich Tortilla Serving Size: <u>1 oz /q</u>	Whole Grain-Rich Bagel Slice Serving Size: <u>1 oz/eq</u>	Total Grains Offered: _____
<b>ADDITIONAL GRAIN or M/MA (Optional)</b>	_____	*Note, this loaf credits as a 2 oz/eq, so it counts as my daily grain and an additional grain.	Turkey Sausage <u>1 oz/eq</u>	Eggs and cheese <u>1 oz/eq</u>	Eggs, Cheese and Sausage <u>2 oz/eq</u>	
<b>FRUIT</b> 1 cup minimum Daily	Edible  Apple Slices <u>1 cup</u>	Fresh Strawberries <u>1 cup</u>	Canned Peaches <u>1 cup</u>	Pineapple Chunks <u>½ cup</u>	Canned Pears <u>½ cup</u>	Total Fruit Offered: _____
	Juice  _____	_____	_____	Grapes <u>½ cup</u>	Orange Juice <u>½ cup</u>	Total Amount of Juice Offered: _____
<b>MILK</b> 8 fluid ounces Daily	Variety 1: Fat Free Plain Variety 2: Fat Free Chocolate	Variety 1: Fat Free Plain Variety 2: 1% Plain	Variety 1: Fat Free Plain Variety 2: Fat Free Chocolate	Variety 1: Fat Free Plain Variety 2: 1% Plain	Variety 1: Fat Free Plain Variety 2: Fat Free Chocolate	

The meal pattern chart says I needed to plan 8-10 oz/eq of grains for the week to meet the requirements for grades K-8. If I look at just the grains, it looks like I offered 6 oz/eq of grains. I might be a little bit short...



Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly
<b>GRAIN</b> 1 oz/eq Daily	<b>Whole Grain-Rich Toast</b> Serving Size: 1 oz/eq	<b>Mini Banana Loaf</b> Serving Size: 2 oz/eq	<b>Mini Pancakes</b> Serving Size: 1 oz/eq	<b>Whole Grain-Rich Tortilla</b> Serving Size: 1 oz/eq	<b>Whole Grain-Rich Bagel Slice</b> Serving Size: 1 oz/eq	<b>1+2+1+1+1 = 6 oz/eq</b>
<b>ADDITIONAL GRAIN or M/MA (Optional)</b>	_____	*Note, this loaf credits as a 2 oz/eq, so it counts as my daily grain and an additional grain.	<b>Turkey Sausage</b> 1 oz/eq	<b>Eggs and cheese</b> 1 oz/eq	<b>Eggs, Cheese and Sausage</b> 2 oz/eq	Total Grains Offered: _____
<b>FRUIT</b>	Edible <b>Apple Slices</b> 1 cup	<b>Fresh Strawberries</b> 1 cup	<b>Canned Peaches</b> 1 cup	<b>Pineapple Chunks</b> 1/2 cup	<b>Canned Pears</b> 1/2 cup	Total Fruit Offered: _____
				<b>Grapes</b> 1/2 cup	<b>Orange Juice</b> 1/2 cup	Total Amount of Juice Offered: _____
				Variety 1: <b>Fat Free Plain</b> Variety 2: <b>1% Plain</b>	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>Fat Free Chocolate</b>	

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a 1/2 cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)

I remember though, that the meal pattern chart also says I can plan meat/meat alternates and count them toward my grain requirements. When I look at this weekly menu, I planned 4 oz/eq of meat/meat alternate.



Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly
<b>GRAIN</b> 1 oz/eq Daily	Whole Grain-Rich Toast Serving Size: 1 oz/eq	Mini Banana Loaf Serving Size: 2 oz/eq	Mini Pancakes Serving Size: 1 oz/eq	Whole Grain-Rich Tortilla Serving Size: 1 oz/eq	Whole Grain-Rich Bagel Slice Serving Size: 1 oz/eq	
<b>ADDITIONAL GRAIN or M/MA (Optional)</b>	_____	*Note, this loaf credits as a 2 oz eq, so it counts as my daily grain and an additional grain.	Turkey Sausage 1 oz/eq	Eggs and cheese 1 oz/eq	Eggs, Cheese and Sausage 2 oz/eq	1+1+2 = 4 oz/eq
<b>FRUIT</b>	Edible Apple Slices	Fresh Strawberries	Canned Peaches 1 cup	Pineapple Chunks 1/2 cup	Canned Pears 1/2 cup	Total Fruit Offered: _____
				Grapes 1/2 cup	Orange Juice 1/2 cup	Total Amount of Juice Offered: _____
				Variety 1: Fat Free Plain Variety 2: 1% Plain	Variety 1: Fat Free Plain Variety 2: Fat Free Chocolate	

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a 1/2 cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement		0	0	0	0	0

When I combine the grains and meat/meat alternates planned for the week, I can see that a total of 10 oz/eq of are available to students. This menu meets the weekly requirement for grains.



Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly
<b>GRAIN</b> 1 oz/eq Daily	<b>Whole Grain-Rich Toast</b> Serving Size: 1 oz/eq	<b>Mini Banana Loaf</b> Serving Size: 2 oz/eq	<b>Mini Pancakes</b> Serving Size: 1 oz/eq	<b>Whole Grain-Rich Tortilla</b> Serving Size: 1 oz/eq	<b>Whole Grain-Rich Bagel Slice</b> Serving Size: 1 oz/eq	1+2+1+1+1 = 6 oz/eq
<b>ADDITIONAL GRAIN or M/MA (Optional)</b>	_____	*Note, this loaf credits as a 2 oz/eq, so it counts as my daily grain and an additional grain.	<b>Turkey Sausage</b> 1 oz/eq	<b>Eggs and cheese</b> 1 oz/eq	<b>Eggs, Cheese and Sausage</b> 2 oz/eq	1+1+2= 4 oz/eq <b>Total Grains Offered: 10 oz/eq</b>
<b>FRUIT</b>	Edible <b>Apple Slices</b> 1 cup	<b>Fresh Strawberries</b> 1 cup	<b>Canned Peaches</b> 1 cup	<b>Pineapple Chunks</b> 1/2 cup	<b>Canned Pears</b> 1/2 cup	Total Fruit Offered: _____
				<b>Grapes</b> 1/2 cup	<b>Orange Juice</b> 1/2 cup	Total Amount of Juice Offered: _____

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a 1/2 cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0	0	0

1:	Variety 1:	Variety 1:				
ee Plain	<b>Fat Free Plain</b>	<b>Fat Free Plain</b>				
2:	Variety 2:	Variety 2:				
e	<b>1% Plain</b>	<b>Fat Free Chocolate</b>				
ate						

Now let's look at Fruit.

The requirement is 1 cup daily, and the menu meets that requirement.

This menu has 4 cups of edible fruit planned and 1 cup of juice, for a total of 5 cups of fruit offered.



Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly
<b>GRAIN</b> 1 oz/eq Daily	Whole Grain-Rich Toast Serving Size: <u>1 oz/eq</u>	Mini Banana Loaf Serving Size: <u>2 oz/eq</u>	Mini Pancakes Serving Size: <u>1 oz/eq</u>	Whole Grain-Rich Tortilla Serving Size: <u>1 oz/eq</u>	Whole Grain-Rich Bagel Slice Serving Size: <u>1 oz/eq</u>	Total Grains Offered: <u>10 oz/eq</u>
<b>ADDITIONAL GRAIN or M/MA (Optional)</b>	_____	*Note, this loaf credits as a 2 oz eq, so it counts as my daily grain and an additional grain.	Turkey Sausage  <u>1 oz/eq</u>	Eggs and cheese  <u>1 oz/eq</u>	Eggs, Cheese and Sausage  <u>2 oz/eq</u>	
<b>FRUIT</b> 1 cup minimum Daily	Edible  Apple Slices <u>1 cup</u>	Fresh Strawberries <u>1 cup</u>	Canned Peaches <u>1 cup</u>	<u>1 cup total</u> Pineapple Chunks <u>1/2 cup</u>	<u>1 cup total</u> Canned Pears <u>1/2 cup</u>	Total Fruit Offered: <u>5 cups</u>  Total Amount of Juice Offered: <u>1 cup</u>
	Juice  _____	_____	_____	Grapes <u>1/2 cup</u>	Orange Juice <u>1/2 cup</u>	
			Variety 1: Free Plain Variety 2: Free Chocolate	Variety 1: Fat Free Plain Variety 2: 1% Plain	Variety 1: Fat Free Plain Variety 2: Fat Free Chocolate	

**(5-Day) Meal Pattern for School Breakfast Program**

Serve Only	Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>	<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a 1/2 cup Fruit/Juice/Vegetable</li> </ul>				
Required	Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily



The meal pattern chart also says no more than 50% of the fruit offerings for the week can be juice. Since I planned a total of 5 cups, no more than 2 ½ cups of juice can be planned.

This menu has 4 cups of edible fruit planned and 1 cup of juice. That is less than 50%, so the menu is in compliance with the juice requirement!



Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly
<b>GRAIN</b> 1 oz/eq Daily	Whole Grain-Rich Toast Serving Size: <u>1 oz/eq</u>	Mini Banana Loaf Serving Size: <u>2 oz/eq</u>	Mini Pancakes Serving Size: <u>1 oz/eq</u>	Whole Grain-Rich Tortilla Serving Size: <u>1 oz/eq</u>	Whole Grain-Rich Bagel Slice Serving Size: <u>1 oz/eq</u>	Total Grains Offered: <u>10 oz/eq</u>
<b>ADDITIONAL GRAIN or M/MA (Optional)</b>	_____	*Note, this loaf credits as a 2 oz eq, so it counts as my daily grain and an additional grain.	Turkey Sausage  <u>1 oz/eq</u>	Eggs and cheese  <u>1 oz/eq</u>	Eggs, Cheese and Sausage  <u>2 oz/eq</u>	
<b>FRUIT</b> 1 cup minimum Daily	Edible  Apple Slices <u>1 cup</u>	Fresh Strawberries <u>1 cup</u>	Canned Peaches <u>1 cup</u>	Pineapple Chunks <u>½ cup</u>	Canned Pears <u>½ cup</u>	Total Fruit Offered: <u>5 cups</u>
	Juice  _____	_____	_____	Grapes <u>½ cup</u>	Orange Juice <u>½ cup</u>	Total Amount of Juice Offered: <u>1 cup</u>
			Variety 1: Free Plain Variety 2: Free Chocolate	Variety 1: Fat Free Plain Variety 2: 1% Plain	Variety 1: Fat Free Plain Variety 2: Fat Free Chocolate	

(5-Day) Meal Pattern for School Breakfast Program						
Serve Only	Offer vs. Serve (OVS)					
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>	<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>					
Required	Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12	
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	

Finally, I have to plan 1 cup of milk in 2 varieties every day. Looks like the menu does that, and it meets the meal pattern too.



Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly	
<b>GRAIN</b> 1 oz/eq Daily	Whole Grain-Rich Toast Serving Size: <u>1 oz/eq</u>	Mini Banana Loaf Serving Size: <u>2 oz/eq</u>	Mini Pancakes Serving Size: <u>1 oz/eq</u>	Whole Grain-Rich Tortilla Serving Size: <u>1 oz/eq</u>	Whole Grain-Rich Bagel Slice Serving Size: <u>1 oz/eq</u>	Total Grains Offered: <u>10 oz/eq</u>	
<b>ADDITIONAL GRAIN or M/MA</b> (Optional)	_____	*Note, this loaf credits as a 2 oz/eq, so it counts as my daily grain and an additional grain.	Turkey Sausage <u>1 oz/eq</u>	Eggs and cheese <u>1 oz/eq</u>	Eggs, Cheese and Sausage <u>2 oz/eq</u>		
<b>(5-Day) Meal Pattern for School Breakfast Program</b>							
Serve Only			Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>			<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
<b>Required</b>			Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain							
<b>MILK</b> 8 fluid ounces Daily	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>Fat Free Chocolate</b>	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>1% Plain</b>	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>Fat Free Chocolate</b>	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>1% Plain</b>	Variety 1: <b>Fat Free Plain</b> Variety 2: <b>Fat Free Chocolate</b>	Total Offered: <b>1 cup, 2 varieties every day</b>	
					<b>Canned Pears</b> <u>½ cup</u>	Total Fruit Offered: <u>5 cups</u>	
					<b>Orange Juice</b> <u>½ cup</u>	Total Amount of Juice Offered: <u>1 cup</u>	

## School Breakfast Menu Planner (5-Day)

Grade Group: K-5 6-8 K-8 9-12 K-12

Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly
<b>GRAIN</b> 1 oz/eq Daily	Food: _____					
	Serving Size: _____					
<b>ADDITIONAL GRAIN or M/MA (Optional)</b>	_____	_____	_____	_____	_____	Total Grains Offered: _____
<b>FRUIT</b> 1 cup minimum Daily	Edible _____	_____	_____	_____	_____	Total Fruit Offered: _____
	Juice _____	_____	_____	_____	_____	Total Amount of Juice Offered: _____
<b>MILK</b> 8 fluid ounces Daily	Variety 1: _____					
	Variety 2: _____					

Review for meal pattern compliance. All boxes should be checked to ensure the menu planned meets the meal pattern.

- Meets the daily serving requirements for all components.
- Meets the weekly serving requirements for all components.
- All grains are whole grain-rich.
- At least one grain product is offered daily.
- Weekly, no more than 50% of fruit offered is juice.



Revised and released July 2015

When we look at the Breakfast Menu Planner Template, there's a checklist at the bottom of the page. This checklist looks at the same areas we just looked at. You can use this as a tool to ensure all the requirements are met.



# Meal Pattern Charts

## Dietary Specifications

Now that we know the menu meets the daily and weekly requirements for the components, we need to also make sure the menu meets the dietary specifications.



## (5-Day) Meal Pattern for School Breakfast Program

Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0	0	0

Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average	≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average	≤10				
Trans Fat Daily	0g/serving				



In order to do that, we will need to look at our nutrition facts labels for all the products to determine the number of calories, grams of saturated fat and milligrams of sodium that are planned every day.



## (5-Day) Meal Pattern for School Breakfast Program

Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich		1 oz/eq (daily) 7-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 8-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)	1 oz/eq (daily) 9-10 oz/eq (weekly)
Optional						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.		0	0	0	0	0

Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average	≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average	≤10				
Trans Fat Daily	0g/serving				



# Breakfast Menu Planning Recap



We started by reviewing the meal pattern chart and selecting the grade group we would plan for.

<b>(5-Day) Meal Pattern for School Breakfast Program</b>						
<b>Serve Only</b>		<b>Offer vs. Serve (OVS)</b>				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain.</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/alternate)</li> <li>Students must have at least 3 items on tray at POS. 1 item must be a ½ cup Fruit/Juice/Vegetable.</li> </ul>				
<b>Required</b>		<b>Grade K-5</b>	<b>Grade 6-8</b>	<b>Grade K-8</b>	<b>Grade 9-12</b>	<b>Grade K-12</b>
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Items must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/pea subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich.		1 oz/req (daily) 7-10 oz/req (weekly)	1 oz/req (daily) 8-10 oz/req (weekly)	1 oz/req (daily) 8-10 oz/req (weekly)	1 oz/req (daily) 9-10 oz/req (weekly)	1 oz/req (daily) 9-10 oz/req (weekly)
<b>Optional</b>						
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement. 1 item (1 oz/req). Item counts towards grain weekly requirement.		0	0	0	0	0
<b>Calories Weekly Average</b>		350-500	400-550	400-500	450-600	450-500
<b>Sodium (mg) Weekly Average</b>		≤540	≤600	≤540	≤640	≤540
<b>Saturated Fat (% of total calories) Weekly Average</b>		≤10		≤10		≤10
<b>Trans Fat Daily</b>		0g/serve				

Arizona Department of Education, School Breakfast Program Meal Pattern Charts. Released May 2015

Then, we planned a menu for each day and compared it with the daily requirements on the chart. This helps us know we planned a menu that meets the daily requirements.



(5-Day) Meal Pattern for School Breakfast Program					
Serve Only		Offer vs. Serve (OVS)			
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain.</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate).</li> <li>Students must have at least 3 items on tray at POS. 1 item must be a 1/2 cup Fruit/Juice/Vegetable.</li> </ul>			
Required	Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored; Fat-free plain; 1% plain.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/pea subgroups in same week.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich.	1 oz/req (daily) 7-10 oz/req (weekly)	1 oz/req (daily)	1 oz/req (daily)	1 oz/req (daily)	1 oz/req (daily)
<b>Optional</b> <b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement. 1 item (1 oz/req) item counts towards grain weekly requirement.	0	0	0	0	0
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average	≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average			≤10		
Trans Fat Daily			0g/serve		



MONDAY
<b>Grain</b> 1 slice of whole grain rich toast 1 oz/eq
<b>Fruit:</b> Apple Slices 1 cup
<b>Fluid Milk:</b> Fat Free Plain Fat Free Chocolate 1 cup each

TUESDAY
<b>Grain</b> Mini Banana Loaf 2 oz/eq
<b>Fruit:</b> Fresh Strawberries 1 cup
<b>Fluid Milk:</b> Fat Free Plain 1% Plain 1 cup each

WEDNESDAY
<b>Grain</b> Mini Pancakes 1 oz eq
<b>Meat/Meat Alternate</b> Turkey Sausage 1 oz eq
<b>Fruit:</b> Canned Peaches 1 cup
<b>Fluid Milk:</b> Fat Free Plain Fat Free Chocolate 1 cup each

THURSDAY
<b>Grain</b> Whole Grain-Rich Tortilla 1 oz/eq
<b>Meat/Meat Alternate</b> Eggs and Cheese 1 oz/eq
<b>Fruit:</b> Edible pieces Pineapple Chunks 1/2 cup
<b>Fruit:</b> Juice Grapes 1/2 cup
<b>Fluid Milk:</b> 1% Plain Fat Free Plain 1 cup each

FRIDAY
<b>Grain</b> Whole Grain-Rich Bagel Slice 1 oz/eq
<b>Meat/Meat Alternate</b> Eggs, Cheese and Sausage 2 oz/eq
<b>Fruit:</b> Edible Canned Pears 1/2 cup
<b>Fruit:</b> Juice Orange Juice 1/2 cup
<b>Fluid Milk:</b> Fat Free Plain Fat Free Chocolate 1 cup each

Once we had our daily meals planned and the requirements were met, we compared the menu to the meal pattern chart to make sure our menu also met the weekly meal pattern requirements including the nutrient specifications.



(5-Day) Meal Pattern for School Breakfast Program					
Serve Only	Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain.</li> </ul>	<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/alternate).</li> <li>Students must have at least 3 items on tray at POS. 1 item must be a 1/2 cup Fruit/Juice/Vegetable.</li> </ul>				
Required	Grade K-5	Grade 6-8	Grade 9-12	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Size must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/pea subgroups in same week.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich.	1 oz/eq (daily)	1 oz/eq (daily)	1 oz/eq (daily)	1 oz/eq (daily)	1 oz/eq (daily)
<b>Optional</b> 1 item of Meat/Meat Alternate No daily or weekly requirement. 1 item (1 oz/eq). Item counts towards grain weekly requirement.	0	0	0	0	0
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average	≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average			≤10		
Trans Fat Daily			0g/erving		



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Grain</b> 1 slice of whole grain rich toast 1 oz/eq	<b>Grain</b> Mini Banana Loaf 2 oz/eq	<b>Grain</b> Mini Pancakes 1 oz eq	<b>Grain</b> Whole Grain-Rich Tortilla 1 oz/eq	<b>Grain</b> Whole Grain-Rich Bagel Slice 1 oz/eq
<b>Fruit:</b> Apple Slices 1 cup	<b>Fruit:</b> Fresh Strawberries 1 cup	<b>Meat/Meat Alternate</b> Turkey Sausage 1 oz eq	<b>Meat/Meat Alternate</b> Eggs and Cheese 1 oz/eq	<b>Meat/Meat Alternate</b> Eggs, Cheese and Sausage 2 oz/eq
<b>Fluid Milk:</b> Fat Free Plain Fat Free Chocolate 1 cup each	<b>Fluid Milk:</b> Fat Free Plain 1% Plain 1 cup each	<b>Fruit:</b> Canned Peaches 1 cup	<b>Fruit:</b> Edible pieces Pineapple Chunks 1/2 cup	<b>Fruit:</b> Edible Canned Pears 1/2 cup
		<b>Fluid Milk:</b> Fat Free Plain Fat Free Chocolate 1 cup each	<b>Fruit:</b> Juice Grapes 1/2 cup	<b>Fruit:</b> Juice Orange Juice 1/2 cup
			<b>Fluid Milk:</b> 1% Plain Fat Free Plain 1 cup each	<b>Fluid Milk:</b> Fat Free Plain Fat Free Chocolate 1 cup each



Nutrition Facts	
Serving Size: 1 serving (297g) (297 g)	
Servings per container: 1	
Amount Per Serving	Calories from Fat 45
Calories 232	% Daily Value*
Total Fat 5g	9%
Saturated Fat 2g	4%
Trans Fat 0g	0%
Cholesterol 30mg	6%
Sodium 633mg	15%
Total Carbohydrate 26g	5%
Dietary Fiber 4g	8%
Sugars 4g	8%
Protein 20g	40%
Vitamin A	31% • Vitamin C
Calcium	16% • Iron
*Percent Daily Values are based on a diet of other people's misdeeds.	
Your daily values may be higher or lower depending on your calorie needs:	
Calories	2,000
Total Fat	Less than 65g
Sat Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	Less than 300g
Fiber	25g
Protein	50g



Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly
<b>GRAIN</b> 1 oz/eq Daily	Whole Grain-Rich Toast Serving Size: 1 oz/eq	Mini Banana Loaf Serving Size: 2 oz/eq	Mini Pancakes Serving Size: 1 oz/eq	Whole Grain-Rich Tortilla Serving Size: 1 oz/eq	Whole Grain-Rich Bagel Slice Serving Size: 1 oz/eq	Total Grains Offered: _____
<b>ADDITIONAL GRAIN or M/MA (Optional)</b>		*Note, this loaf credits as a 2 oz/eq, so it counts as my daily grain and an additional grain.	Turkey Sausage 1 oz/eq	Eggs and cheese 1 oz/eq	Eggs, Cheese and Sausage 2 oz/eq	
<b>FRUIT</b> 1 cup minimum Daily	Edible Apple Slices 1 cup	Fresh Strawberries 1 cup	Canned Peaches 1 cup	Pineapple Chunks 1/2 cup	Canned Pears 1/2 cup	Total Fruit Offered: _____
	Juice			Grapes 1/2 cup	Orange Juice 1/2 cup	Total Amount of Juice Offered: _____
<b>MILK</b> 8 fluid ounces Daily	Variety 1: Fat Free Plain Variety 2: Fat Free Chocolate	Variety 1: Fat Free Plain Variety 2: 1% Plain	Variety 1: Fat Free Plain Variety 2: Fat Free Chocolate	Variety 1: Fat Free Plain Variety 2: 1% Plain	Variety 1: Fat Free Plain Variety 2: Fat Free Chocolate	

Although we didn't review it in detail in this presentation, remember that you must also have documentation for all menu items to determine the nutrient content, as well as the crediting information for grains and meat/meat alternates.



(5-Day) Meal Pattern for School Breakfast Program					
Serve Only		Offer vs. Serve (OVS)			
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain.</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate).</li> <li>Students must have at least 3 items on tray at POS. 1 item must be a 1/2 cup Fruit/Juice/Vegetable.</li> </ul>			
Required		Grade K-5	Grade 6-8	Grade 9-12	Grade K-12
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored; Fat-free plain; 1% plain.		1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Fruits/Juice/Vegetables</b> Items must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or beans/peas subgroups in same week.		1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich.		1 oz/eq (daily)	1 oz/eq (daily)	1 oz/eq (daily)	1 oz/eq (daily)
<b>Optional</b>					
<b>1 item of Meat/Meat Alternate</b> No daily or weekly requirement. 1 item (1 oz/eq). Item counts towards grain weekly requirement.		0	0	0	0
Calories Weekly Average		350-500	400-550	400-500	450-500
Sodium (mg) Weekly Average		≤540	≤600	≤540	≤640
Saturated Fat (% of total calories) Weekly Average				≤10	
Trans Fat Daily				0g/serve	



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Grain</b> 1 slice of whole grain rich toast 1 oz/eq	<b>Grain</b> Mini Banana Loaf 2 oz/eq	<b>Grain</b> Mini Pancakes 1 oz eq	<b>Grain</b> Whole Grain-Rich Tortilla 1 oz eq	<b>Grain</b> Whole Grain Rich Bagel 1 oz eq
<b>Fruit:</b> Apple Slices 1 cup	<b>Fruit:</b> Fresh Strawberries 1 cup	<b>Meat/Meat Alternate</b> Turkey Sausage 1 oz eq	<b>Meat/Meat Alternate</b> Eggs and Cheese 1 oz eq	<b>Meat/Meat Alternate</b> Eggs, Cheese and Sausage 2 oz eq
<b>Fluid Milk:</b> Fat Free Plain Fat Free Chocolate 1 cup each	<b>Fluid Milk:</b> Fat Free Plain 1% Plain 1 cup each	<b>Fruit:</b> Canned Peaches 1 cup	<b>Fruit:</b> Edible pieces Pineapple Chunks 1/2 cup	<b>Fruit:</b> Edible Raisins 1/4 cup
		<b>Fluid Milk:</b> Fat Free Plain Fat Free Chocolate 1 cup each	<b>Fruit:</b> Apple Juice 1/2 cup	<b>Fruit:</b> Orange Juice 1/2 cup
			<b>Fluid Milk:</b> 1% Plain Fat Free Plain 1 cup each	<b>Fluid Milk:</b> Fat Free Plain Fat Free Chocolate 1 cup each

CN Labels

Product Formulation Statements

Grade Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL Offered Weekly
<b>GRAIN</b> 1 oz/eq Daily	Whole Grain-Rich Toast Serving Size: 1 oz/eq	Mini Banana Loaf Serving Size: 2 oz/eq	Mini Pancakes Serving Size: 1 oz/eq	Whole Grain-Rich Tortilla Serving Size: 1 oz/g	Whole Grain-Rich Bagel Slice Serving Size: 1 oz/eq	Total Grains Offered: _____
<b>ADDITIONAL GRAIN or M/MA (Optional)</b>	_____	*Note, this loaf credits as a 2 oz/eq, so it counts as my daily grain and an additional grain.	Turkey Sausage 1 oz/eq	Eggs and cheese 1 oz/eq	Eggs, Cheese and Sausage 2 oz/eq	
<b>FRUIT</b> 1 cup minimum Daily	Edible Apple Slices 1 cup	Fresh Strawberries 1 cup	Canned Peaches 1 cup	Pineapple Chunks 1/2 cup	Canned Pears 1/2 cup	Total Fruit Offered: _____
	Juice _____	_____	_____	Grapes 1/2 cup	Orange Juice 1/2 cup	Total Amount of Juice Offered: _____
<b>MILK</b> 8 fluid ounces Daily	Variety 1: Fat Free Plain Variety 2: Fat Free Chocolate	Variety 1: Fat Free Plain Variety 2: 1% Plain	Variety 1: Fat Free Plain Variety 2: Fat Free Chocolate	Variety 1: Fat Free Plain Variety 2: 1% Plain	Variety 1: Fat Free Plain Variety 2: Fat Free Chocolate	

Nutrition Fact Labels

# Technical Assistance

For menu planning tools and additional information regarding crediting and meal pattern documentation, visit the

**ADE Meal Pattern Webpage**

<http://www.azed.gov/health-nutrition/meal-pattern/>

Happy menu  
planning!



# End of Training

## Congratulations!

You have completed the Step by Step Instruction: ***How to Plan a Breakfast Menu***.

In order to count this training towards your Professional Standards training hours, the training content must align with your job duties.

- Information to include when documenting this training for Professional Standards:
  - Training Title: *Step by Step Instruction: **How to Plan a Breakfast Menu***
  - Learning Code: 1100
  - Key Area: 1000- Nutrition
  - Length: 1.5 hours
- *Please note, attendees must document the amount of training hours indicated on the training despite the amount of time it takes to complete it.*

**Request a  
Certificate**

## End of Training

# Requesting a Training Certificate

Please click on the link below to complete a brief survey about this training. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey. *\*This will not appear in your Event Management System (EMS) Account.*

<https://www.surveymonkey.com/r/OnlineHowToGuides>

The information below is for your reference when completing the survey.

Training Title: *Step by Step Instruction: **How to Plan a Breakfast Menu***

Professional Standards Learning Code: **1100**

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