

Meal Components	Minimum Per Day	Minimum Per Week	Notes
Milk	1 cup	5 cups	A minimum of two choices must be offered from: <ul style="list-style-type: none"> Fat-free flavored and unflavored milks and/or Low-fat (1%) unflavored choices Unflavored milk must be offered at every meal.
Fruit	1 cup	5 cups	May be from a single source or from a combination of two or more smaller portions with 1/8 cup being the smallest creditable amount. 100% (full-strength) fruit and vegetable juices are creditable ounce-for-ounce but no more than half of the fruit offerings planned for both breakfast and lunch may be in the form of juice. ¼ cup of dried fruit credits as ½ cup fruit.
Vegetables	<i>Optional at breakfast</i>	N/A	Can be substituted for fruits, but the first two cups offered each week cannot be from the starchy vegetable subgroup (e.g. hash browns, tater tots).
Meat/Meat Alternate	<i>Optional at breakfast</i>	N/A	Can be substituted for grains after the minimum daily grain requirement is met (1 oz. M/MA = 1 oz. eq. grain).
Grains	1 oz. eq.	7 oz. eq.	All grains offered must be whole grain or whole grain-rich. Cooked cereals/grains should be listed in cups (e.g. oatmeal, grits). USDA's Whole Grain Rich Resource provides information on how to credit grains.

w sees see wei we everything Bree Daily amount based on the weekly average: 350-500 calories; sodium ≤ 485 mg; < 10% of total calories from saturated fat; 0 grams trans fat

INSTRUCTIONS: Your menu template will be reviewed by a Registered Dietitian for adequate components and acceptable products.

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Please send one of the following forms of documentation for each item that consists of 2 or more ingredients:

- Recipe that includes the ingredients and ingredient amounts by weight and volume, serving size and total yield (numbnombs seeowiiis er of servings)
- USDA-Authorized CN Label (provide a digital photo or photocopy of the CN Label and the nutrition facts with ingredient list) or
- Product formulation statement on manufacturer’s letterhead that demonstrates how the processed product contributes to the meal pattern requirement and digital photo or photocopy of the product’s nutrition facts with ingredient list.

For each grain item, send one of the following forms of documentation:

- Digital photo or photocopy of the product’s ingredient list showing whole grain as the primary ingredient by weight
- Digital photo or photocopy of the food label showing the amount of whole grain in grams for the appropriate NSLP/SBP serving size or one of the FDA whole-grain health claims
- USDA-Authorized CN Label
- Product formulation statement on manufacturer letterhead or

Grades K-12 Breakfast Menu Planning Template-Five Day

September 2022

Sponsor #	Sponsor	Contact Name	Grade Group: K-12 Week 1
	Academy Prep Tampa		

COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits 100% Juice <i>(no more than ½ of total fruit)</i> Daily minimum: 1 cup	Item	Whole Apples	Pineapples	Mandarin Oranges	Mixed Fruit	Pineapples
	Portion in cups	1 cup	1 cup	1 cup	1 cup	½ cup
	2 nd Item (If planned)	100% Assorted Juice				100% Assorted Juice
	Portion in cups	½ cup				½ cup
Grains (2 nd item may be M/MA) Daily minimum: 1 oz. eq. Weekly minimum: 7 oz. eq.	Item	WGR Cereal	WGR Mini Confetti Pancakes	WGR Cinnamon Buns	WGR Mini Waffles	WGR Cinnamon toast crunch
	Portion	1 cup	1 pack	1	1 pack	1 cup
	Contribution (oz. eq.)	WGR Animal Crackers 1oz	2 oz.	2 oz	2oz	WGR Animal Crackers 1 oz
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Other Foods/ Condiments (If planned)	Item					
	Portion size					
	Item					
	Portion size		syrup 1 each		syrup 1 each	

Daily Milk

White

Chocolate

Strawberry

Other (specify)

Fat content	100%	Fat Fee		
Fluid oz.	8 oz	8 oz		

Grades K-12 Breakfast Menu Planning Template-Five Day

September 2022

Sponsor #	Sponsor	Contact Name	Grade Group: K-5 <u>Week 2</u>

COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits 100% Juice <i>(no more than ½ of total fruit)</i> Daily minimum: 1 cup	Item	Whole Apples	Fruit Cocktail	Peaches	Pineapples	Mandarin Oranges
	Portion in cups	1 cup	1 cup	½ cup	1 cup	½ cup
	2 nd Item (If planned)	100% Assorted Juice		100% Assorted Juice		100% Assorted Juice
	Portion in cups	½ cup		½ cup		½ cup
Grains (2 nd item may be M/MA) Daily minimum: 1 oz. eq. Weekly minimum: 7 oz. eq.	Item	Reduced Sugar Trix	WGR Mini Confetti Pancakes	WGR Apple Jacks	WGR Mini Waffles	WGR Cinnamon toast crunch
	Portion	1 cup	1 pack	1 cup	1 pack	1 cup
	Contribution (oz. eq.)	WGR Animal Crackers 1oz	2 oz	WGR Animal Crackers 1oz	2oz	WGR Animal Crackers 1 oz
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Other Foods/ Condiments (If planned)	Item					
	Portion size					
	Item					
	Portion size		syrup 1 each		syrup 1 each	

Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	100%	Fat Fee		
Fluid oz.	8 oz	8 oz		

Grades K-12 Breakfast Menu Planning Template-Five Day

September 2022

Sponsor #	Sponsor	Contact Name	Grade Group: K-5 week 3

COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits 100% Juice <i>(no more than ½ of total fruit)</i> Daily minimum: 1 cup	Item	Whole Apples	Mandarin Oranges	Pears	Pineapples	Mandarin Oranges
	Portion in cups	1 cup	1 cup	1 cup	1 cup	½ cup
	2 nd Item (If planned)	100% Assorted Juice				100% Assorted Juice
	Portion in cups	½ cup				½ cup
Grains (2 nd item may be M/MA) Daily minimum: 1 oz. eq. Weekly minimum: 7 oz. eq.	Item	WGR Apple Jacks	WGR Mini Confetti Pancakes	WGR Poptarts	WGR Mini Waffles	WGR Cinnamon toast crunch
	Portion	1 cup	1 pack	2 pack	1 pack	1 cup
	Contribution (oz. eq.)	WGR Animal Crackers 1oz	2 oz	2 oz	2oz	WGR Animal Crackers 1 oz
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Other Foods/ Condiments (If planned)	Item					
	Portion size					
	Item					
	Portion size		syrup 1 each		syrup 1 each	

Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	100%	Fat Fee		
Fluid oz.	8 oz	8 oz		

Grades K-12 Breakfast Menu Planning Template-Five Day

September 2022

Sponsor #	Sponsor	Contact Name	Grade Group: K-5 week 4

COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits 100% Juice <i>(no more than ½ of total fruit)</i> Daily minimum: 1 cup	Item	Whole Apples	Diced Pears	Peaches	Pineapples	Mandarin Oranges
	Portion in cups	1 cup	1 cup	½ cup	1 cup	½ cup
	2 nd Item (If planned)	100% Assorted Juice		100% Assorted Juice		100% Assorted Juice
	Portion in cups	½ cup		½ cup		½ cup
Grains (2 nd item may be M/MA) Daily minimum: 1 oz. eq. Weekly minimum: 7 oz. eq.	Item	WGR Lucky Charms	WGR Mini Confetti Pancakes	WGR Apple Jacks	WGR Mini Waffles	WGR Cinnamon toast crunch
	Portion	1 cup	1 pack	1 cup	1 pack	1 cup
	Contribution (oz. eq.)	WGR Animal Crackers 1oz	2 oz	WGR Animal Crackers 1oz	2oz	WGR Animal Crackers 1 oz
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Other Foods/ Condiments (If planned)	Item					
	Portion size					
	Item					
	Portion size		syrup 1 each		syrup 1 each	

Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	100%	Fat Fee		
Fluid oz.	8 oz	8 oz		

Grades K-12 Breakfast Menu Planning Template-Five Day

September 2022

Sponsor #	Sponsor	Contact Name
	Academy Prep Lakeland	

Grade Group: **K-5**
week 5

COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits 100% Juice <i>(no more than ½ of total fruit)</i> Daily minimum: 1 cup	Item	Whole Apples	Mandarin Oranges	Peaches	Pineapples	Mandarin Oranges
	Portion in cups	1 cup	1 cup	1 cup	1 cup	½ cup
	2 nd Item (If planned)	100% Assorted Juice				100% Assorted Juice
	Portion in cups	½ cup				½ cup
Grains (2 nd item may be M/MA) Daily minimum: 1 oz. eq. Weekly minimum: 7 oz. eq.	Item	WGR Apple Jacks	WGR Mini Confetti Pancakes	WGR Cinnamon Buns	WGR Mini Waffles	WGR Cinnamon toast crunch
	Portion	1 cup	1 pack	1	1 pack	1 cup
	Contribution (oz. eq.)	WGR Animal Crackers 1 oz	2 oz	2 oz	2oz	WGR Animal Crackers 1 oz
	2 nd Item (If planned)					
	Portion					
Contribution (oz. eq.)						
Other Foods/ Condiments (If planned)	Item					
	Portion size					
	Item					
	Portion size		syrup 1 each		syrup 1 each	

Daily Milk

White

Chocolate

Strawberry

Other (specify)

Fat content	100%	Fat Fee		
Fluid oz.	8 oz	8 oz		

