

Five Day Breakfast Meal Pattern

	Minimum Per Day	Minimum Per Week	Notes
Milk	1 cup	5 cups	Two choices required daily
Fruit	1 cup	5 cups	From a single source or from a combination of two or more smaller portions with 1/8 cup being the smallest creditable amount. ¼ cup dried fruit counts at ½ cup fruit.
Vegetables	N/A	N/A	Can be substituted for fruits, but the first two cups cannot be a starchy vegetable (hash browns, tater tots, etc.)
Meat/Meat Alternate	N/A	N/A	Can be substituted for grains (1 oz M/MA = 1 oz. eq. grain) after daily grain requirement is met
Grains	1 oz. eq.	9 oz. eq.	All grains offered must be whole grain or whole grain rich
Daily amount based on the weekly average: 450-600 calories; sodium ≤ 640 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.

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
- 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
- Recipe that includes the ingredients and ingredient amounts by weight and volume
- USDA Foods Fact Sheet (applicable for USDA Foods indicated as meeting the whole grain-rich criteria. Please note that fact sheets must be accompanied by acceptable manufacturer documentation if it is not clear that the item meets whole grain-rich criteria)

For more information on grain crediting: [USDA Whole Grain Rich Resource](#)

Breakfast Template – Five Days

Agreement #	Sponsor	Contact Name	Grade Groups: 6-8 Week 1 (8/13-8/17)
	<u>Innovations Charter School</u>	<u>Angela Hauke</u>	

		Day 1	Day 2	Day 3	Day 4	Day 5
Fruits (or vegetable) 100% Juice only ½ of total Minimum Day: 1 cup	Item		Sliced Apples	Orange Cuties	Sliced Peaches	Sliced Banana
	Portion in cups		½ Cup = 1 whole	½ Cup	½ Cup	½ Cup= 1 whole Banana
	2 nd Item (If planned)	100% Grape Juice	100% Grape Juice	100% Fruit Blend Juice	100% Apple Juice	100% Apple Juice
	Portion in cups	4 oz. = ½ Cup	4 oz. =½ Cup	4 oz. = ½ Cup	4 oz. = ½ Cup	4 oz. = ½ Cup
Whole Grains/ Whole Grain Rich Minimums: Day: 1 oz. Week: 9 oz.	Item	Grits	1 Cup (flakes /round =1 oz.eg 1.25 Cups (puff cereal) =1 oz.eg	WG Pancakes	1 Cup (flakes /round =1 oz.eg 1.25 Cups (puff cereal) =1 oz.eg	WG French Toast Sticks
	Portion (Cooked cereal in cups)		1/2 Cup = 1 oz. eq.	1.2 oz. =1 Oz.	1.2 oz.=1 Oz	2.4 oz. = 1 oz. eq.
	Contribution (oz. eq.)	1 oz. eq	1 oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.
	2 nd Item (If planned, can be M/MA)	WG Wheat Roll		Scrambled Eggs		Scramble Eggs
	Portion (Cooked cereal in cups)			1 Egg		1 egg
	Contribution (oz. eq.)	1 oz		2 M/MA		2 M/M
Other Foods/ Condiments (If planned)	Item	Turkey Sausage		Eggs		Syrup/Margarine
	Portion size			1 oz packet of syrup/Margarine	1 oz/1 Packet	1 oz. packet syrup/margarine

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

Notes

Abbreviations: oz. eq. = ounce equivalent, WGR = whole grain-rich, M/MA = meat/meat alternate