

# 3-Day Weekly Menu Planner

SCHOOL BREAKFAST PROGRAM

Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ____ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ____ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ____ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ____ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ____ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ____ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ____ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ____ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ____ oz eq M/MA (No daily requirement)</li> </ul>
WEEKLY CHECKLIST				
<ul style="list-style-type: none"> <li>○ If crediting starchy vegetables, 2 cups of vegetables from other, dark green, red/orange, and/or bean/peas subgroups must be served in the same week. (Per the Consolidated Appropriations Act, 2023, schools may offer any vegetable in place of fruits at breakfast, including starchy vegetables, without including vegetables from other subgroups in the weekly menus.)</li> </ul>		<ul style="list-style-type: none"> <li>○ ____ total oz eq of grain offered weekly (Must be: 4-6 oz eq for Grades K-5, 5-6 oz eq for Grades 6-8, 6 oz eq for Grades K-8, 5.5-6 oz eq for Grades 9-12, or 5.5-6 oz eq for Grades K-12.)</li> <li>○ ____ total oz eq of M/MA offered weekly (No weekly requirement. Items count toward weekly grain requirement when at least 1 oz eq grain is served daily.)</li> </ul>		<ul style="list-style-type: none"> <li>○ No more than 50% of fruit/vegetables offered is juice</li> <li>○ At least 80% of grains are whole grain-rich</li> <li>○ Menu analyzed for sodium, saturated fat, and calories and meets requirements</li> </ul>

# 4-Day Weekly Menu Planner

SCHOOL BREAKFAST PROGRAM

Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ____ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ____ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ____ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ____ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ____ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ____ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ____ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ____ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ____ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ____ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ____ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ____ oz eq M/MA (No daily requirement)</li> </ul>
WEEKLY CHECKLIST				
<ul style="list-style-type: none"> <li>○ If crediting starchy vegetables, 2 cups of vegetables from other, dark green, red/orange, and/or bean/peas subgroups must be served in the same week. (Per the Consolidated Appropriations Act, 2023, schools may offer any vegetable in place of fruits at breakfast, including starchy vegetables, without including vegetables from other subgroups in the weekly menus.)</li> </ul>		<ul style="list-style-type: none"> <li>○ ____ total oz eq of grain offered weekly (Must be 5.5-8 oz eq for Grades K-5, 5-8 oz eq for Grades 6-8, 6.5-8 oz eq for Grades K-8, 7-8 oz eq for Grades 9-12, or 7-8 oz eq for Grades K-12.)</li> <li>○ ____ total oz eq of M/MA offered weekly (No weekly requirement. Items count toward weekly grain requirement when at least 1 oz eq grain is served daily.)</li> </ul>		<ul style="list-style-type: none"> <li>○ No more than 50% of fruit/vegetables offered is juice</li> <li>○ At least 80% of grains are whole grain-rich</li> <li>○ Menu analyzed for sodium, saturated fat, and calories and meets requirements</li> </ul>

# 5-Day Weekly Menu Planner

SCHOOL BREAKFAST PROGRAM

Monday Menu				Monday Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ____ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ____ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ____ oz eq M/MA (No daily requirement)</li> </ul>
Tuesday Menu				Tuesday Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ____ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ____ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ____ oz eq M/MA (No daily requirement)</li> </ul>
Wednesday Menu				Wednesday Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ____ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ____ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ____ oz eq M/MA (No daily requirement)</li> </ul>
Thursday Menu				Thursday Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ____ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ____ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ____ oz eq M/MA (No daily requirement)</li> </ul>
Friday Menu				Friday Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ____ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ____ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ____ oz eq M/MA (No daily requirement)</li> </ul>
WEEKLY CHECKLIST				
<ul style="list-style-type: none"> <li>○ If crediting starchy vegetables, 2 cups of vegetables from other, dark green, red/orange, and/or bean/peas subgroups must be served in the same week. (Per the Consolidated Appropriations Act, 2023, schools may offer any vegetable in place of fruits at breakfast, including starchy vegetables, without including vegetables from other subgroups in the weekly menus.)</li> </ul>		<ul style="list-style-type: none"> <li>○ ____ total oz eq of grain offered weekly (Must be: 7-10 oz eq for Grades K-5, 8-10 oz eq for Grades 6-8, 8-10 oz eq for Grades K-8, 9-10 oz eq for Grades 9-12, or 9-10 oz eq for Grades K-12.)</li> <li>○ ____ total oz eq of M/MA offered weekly (No weekly requirement. Items count toward weekly grain requirement when at least 1 oz eq grain is served daily.)</li> </ul>		<ul style="list-style-type: none"> <li>○ No more than 50% of fruit/vegetables offered is juice</li> <li>○ At least 80% of grains are whole grain-rich</li> <li>○ Menu analyzed for sodium, saturated fat, and calories and meets requirements</li> </ul>

# 6-Day Weekly Menu Planner

## SCHOOL BREAKFAST PROGRAM

Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ___ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ___ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ___ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ___ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ___ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ___ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ___ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ___ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ___ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ___ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ___ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ___ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ___ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ___ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ___ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ___ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ___ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ___ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>○ 1 cup milk (Two varieties offered; one is unflavored)</li> <li>○ ___ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>○ ___ oz eq grain (Must be ≥ 1 oz eq)</li> <li>○ ___ oz eq M/MA (No daily requirement)</li> </ul>
WEEKLY CHECKLIST				
<ul style="list-style-type: none"> <li>○ If crediting starchy vegetables, 2 cups of vegetables from other, dark green, red/orange, and/or bean/peas subgroups must be served in the same week. (Per the Consolidated Appropriations Act, 2023, schools may offer any vegetable in place of fruits at breakfast, including starchy vegetables, without including vegetables from other subgroups in the weekly menus.)</li> </ul>		<ul style="list-style-type: none"> <li>○ ___ total oz eq of grain offered weekly (Must be: 8.5-12 oz eq for Grades K-5, 9.5-12 oz eq for Grades 6-8, 9.5-12 oz eq for Grades K-8, 11-12 oz eq for Grades 9-12, or 11-12 oz eq for Grades K-12)</li> <li>○ ___ total oz eq of M/MA offered weekly (No weekly requirement. Items count toward weekly grain requirement when at least 1 oz eq grain is served daily.)</li> </ul>		<ul style="list-style-type: none"> <li>○ No more than 50% of fruit/vegetables offered is juice</li> <li>○ At least 80% of grains are whole grain-rich</li> <li>○ Menu analyzed for sodium, saturated fat, and calories and meets requirements</li> </ul>

# 7-Day Weekly Menu Planner

## SCHOOL BREAKFAST PROGRAM

Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>1 cup milk (Two varieties offered; one is unflavored)</li> <li>___ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>___ oz eq grain (Must be ≥ 1 oz eq)</li> <li>___ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>1 cup milk (Two varieties offered; one is unflavored)</li> <li>___ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>___ oz eq grain (Must be ≥ 1 oz eq)</li> <li>___ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>1 cup milk (Two varieties offered; one is unflavored)</li> <li>___ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>___ oz eq grain (Must be ≥ 1 oz eq)</li> <li>___ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>1 cup milk (Two varieties offered; one is unflavored)</li> <li>___ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>___ oz eq grain (Must be ≥ 1 oz eq)</li> <li>___ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>1 cup milk (Two varieties offered; one is unflavored)</li> <li>___ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>___ oz eq grain (Must be ≥ 1 oz eq)</li> <li>___ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>1 cup milk (Two varieties offered; one is unflavored)</li> <li>___ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>___ oz eq grain (Must be ≥ 1 oz eq)</li> <li>___ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>1 cup milk (Two varieties offered; one is unflavored)</li> <li>___ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>___ oz eq grain (Must be ≥ 1 oz eq)</li> <li>___ oz eq M/MA (No daily requirement)</li> </ul>
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	<ul style="list-style-type: none"> <li>1 cup milk (Two varieties offered; one is unflavored)</li> <li>___ cup(s) fruit/vegetable (Must be ≥ 1 cup)</li> <li>___ oz eq grain (Must be ≥ 1 oz eq)</li> <li>___ oz eq M/MA (No daily requirement)</li> </ul>
WEEKLY CHECKLIST				
<ul style="list-style-type: none"> <li>If crediting starchy vegetables, 2 cups of vegetables from other, dark green, red/orange, and/or bean/peas subgroups must be served in the same week. (Per the Consolidated Appropriations Act, 2023, schools may offer any vegetable in place of fruits at breakfast, including starchy vegetables, without including vegetables from other subgroups in the weekly menus.)</li> </ul>		<ul style="list-style-type: none"> <li>___ total oz eq of grain offered weekly (Must be: 10-14 oz eq for Grades K-5, 11-14 oz eq for Grades 8, 11-14 oz eq for Grades K-8, 12.5-14 oz eq for Grades 9-12, or 12.5-14 oz eq for Grades K-12)</li> <li>___ total oz eq of M/MA offered weekly (No weekly requirement. Items count toward weekly grain requirement when at least 1 oz eq grain is served daily.)</li> </ul>		<ul style="list-style-type: none"> <li>No more than 50% of fruit/vegetables offered is juice</li> <li>At least 80% of grains are whole grain-rich</li> <li>Menu analyzed for sodium, saturated fat, and calories and meets requirements</li> </ul>