3-Day Weekly Menu Planner

SCHOOL BREAKFAST PROGRAM

Menu			Daily Checklist	
Item	Serving Size	<u>Components (list all that apply)</u>		 1 cup milk (Two varieties offered; one is unflavored) cup(s) fruit/vegetable (Must be ≥ 1 cup) oz eq grain (Must be ≥ 1 oz eq) oz eq M/MA (No daily requirement)
	Menu			Daily Checklist
<u>Item</u>	Serving Size	<u>Components (list all that apply)</u>		 1 cup milk (Two varieties offered; one is unflavored) cup(s) fruit/vegetable (Must be ≥ 1 cup) oz eq grain (Must be ≥ 1 oz eq) oz eq M/MA (No daily requirement)
Menu				Daily Checklist
<u>Item</u>	<u>Serving Size</u>	<u>Components (list all that apply)</u>		 1 cup milk (Two varieties offered; one is unflavored) cup(s) fruit/vegetable (Must be ≥ 1 cup) oz eq grain (Must be ≥ 1 oz eq) oz eq M/MA (No daily requirement)
		WEEKLY CHECKLIST	L.	
 If crediting starchy vegetables, 2 cups of ve from other, dark green, red/orange, and/or to subgroups must be served in the same wee (Per the Consolidated Appropriations Act, 2023, service) may offer any vegetable in place of fruits at break including starchy vegetables, without including version 	bean/peas ek. schools kfast,	 total oz eq of grain offered weekly (Must be: 4-6 oz eq for Grades K-5, 5-6 oz eq 6-8, 6 oz eq for Grades K-8, 5.5-6 oz eq for Grades K-12.) total oz eq of M/MA offered weekly (No weekly requirement. Items count toward 	eq for Grades Grades 9-12, or Y	 No more than 50% of fruit/vegetables offered is juice At least 80% of grains are whole grain-rich Menu analyzed for sodium, saturated fat,

4-Day Weekly Menu Planner

SCHOOL BREAKFAST PROGRAM

Menu			Daily Checklist		
Item	<u>Serving Si</u>	ize	Components (list all that apply)	<u>Notes</u>	 1 cup milk (Two varieties offered; one is unflavored) cup(s) fruit/vegetable (Must be ≥ 1 cup) oz eq grain (Must be ≥ 1 oz eq) oz eq M/MA (No daily requirement)
	Men	าน			Daily Checklist
<u>Item</u>	<u>Serving Si</u>	ize	Components (list all that apply)	<u>Notes</u>	 1 cup milk (Two varieties offered; one is unflavored) cup(s) fruit/vegetable (Must be ≥ 1 cup) oz eq grain (Must be ≥ 1 oz eq) oz eq M/MA (No daily requirement)
	Men	nu			Daily Checklist
Item	<u>Serving Si</u>	ize	Components (list all that apply)	<u>Notes</u>	 1 cup milk (Two varieties offered; one is unflavored) cup(s) fruit/vegetable (Must be ≥ 1 cup) oz eq grain (Must be ≥ 1 oz eq) oz eq M/MA (No daily requirement)
Menu					Daily Checklist
<u>Item</u>	<u>Serving Si</u>	ize	<u>Components (list all that apply)</u>	<u>Notes</u>	 1 cup milk (Two varieties offered; one is unflavored) cup(s) fruit/vegetable (Must be ≥ 1 cup) oz eq grain (Must be ≥ 1 oz eq) oz eq M/MA (No daily requirement)
WEEKLY CHECKLIST					
 If crediting starchy vegetables, 2 cups of ve from other, dark green, red/orange, and/or l subgroups must be served in the same wee (Per the Consolidated Appropriations Act, 2023, may offer any vegetable in place of fruits at breat including starchy vegetables, without including ve from other subgroups in the weekly menus.) 	oean/peas ek. schools kfast,	0	total oz eq of grain offered wee (Must be 5.5-8 oz eq for Grades K-5, 5-8 6-8, 6.5-8 oz eq for Grades K-8, 7-8 oz eq or 7-8 oz eq for Grades K-12.) total oz eq of M/MA offered wee (No weekly requirement. Items count towa requirement when at least 1 oz eq grain is	oz eq for Grades q for Grades 9-12, ekly ard weekly grain	 No more than 50% of fruit/vegetables offered is juice At least 80% of grains are whole grain-rich Menu analyzed for sodium, saturated fat, and calories and meets requirements

5-Day Weekly Menu Planner

SCHOOL BREAKFAST PROGRAM

Monday Menu				Monday Daily Checklist	
ltem	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	 1 cup milk (Two varieties offered; one is unflavored) cup(s) fruit/vegetable (Must be ≥ 1 cup) oz eq grain (Must be ≥ 1 oz eq) oz eq M/MA (No daily requirement) 	
	Tuesday Me	enu		Tuesday Daily Checklist	
ltem	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	 1 cup milk (Two varieties offered; one is unflavored) cup(s) fruit/vegetable (Must be ≥ 1 cup) oz eq grain (Must be ≥ 1 oz eq) oz eq M/MA (No daily requirement) 	
	Wednesday N	lenu		Wednesday Daily Checklist	
Item	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	 1 cup milk (Two varieties offered; one is unflavored) cup(s) fruit/vegetable (Must be ≥ 1 cup) oz eq grain (Must be ≥ 1 oz eq) oz eq M/MA (No daily requirement) 	
	Thursday M	enu		Thursday Daily Checklist	
Item	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	 1 cup milk (Two varieties offered; one is unflavored) cup(s) fruit/vegetable (Must be ≥ 1 cup) oz eq grain (Must be ≥ 1 oz eq) oz eq M/MA (No daily requirement) 	
	Friday Daily Checklist				
ltem	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	0 1 cup milk (Two varieties offered; one is unflavored) 0 cup(s) fruit/vegetable (Must be ≥ 1 cup) 0 oz eq grain (Must be ≥ 1 oz eq) 0 oz eq M/MA (No daily requirement)	
	WEEKLY CHECKLIST				
 If crediting starchy vegetables, 2 cups of veg from other, dark green, red/orange, and/or b subgroups must be served in the same wee (Per the Consolidated Appropriations Act, 2023, s may offer any vegetable in place of fruits at break including starchy vegetables, without including veg from other subgroups in the weekly menus.) 	bean/peas k. schools kfast, ○	total oz eq of grain offered weel (Must be: 7-10 oz eq for Grades K-5, 8-10 6-8, 8-10 oz eq for Grades K-8, 9-10 oz e or 9-10 oz eq for Grades K-12.) total oz eq of M/MA offered wee (No weekly requirement. Items count towa requirement when at least 1 oz eq grain is) oz eq for Grades q for Grades 9-12, ekly ard weekly grain	 No more than 50% of fruit/vegetables offered is juice At least 80% of grains are whole grain-rich Menu analyzed for sodium, saturated fat, and calories and meets requirements 	

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6-Day Weekly Menu Planner SCHOOL BREAKFAST PROGRAM

	Menu			Daily Checklist
ltem	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	o 1 cup milk (Two varieties offered; one is unflavored) o cup(s) fruit/vegetable (Must be ≥ 1 cup) o oz eq grain (Must be ≥ 1 oz eq) o oz eq M/MA (No daily requirement)
	Menu			Daily Checklist
ltem	Serving Size	<u>Components (list all that apply)</u>	<u>Notes</u>	 1 cup milk (Two varieties offered; one is unflavored) cup(s) fruit/vegetable (Must be ≥ 1 cup) oz eq grain (Must be ≥ 1 oz eq) oz eq M/MA (No daily requirement)
	Menu			Daily Checklist
ltem	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	 1 cup milk (Two varieties offered; one is unflavored) cup(s) fruit/vegetable (Must be ≥ 1 cup) oz eq grain (Must be ≥ 1 oz eq) oz eq M/MA (No daily requirement)
	Menu			Daily Checklist
ltem	<u>Serving Size</u>	Components (list all that apply)	<u>Notes</u>	 1 cup milk (Two varieties offered; one is unflavored) cup(s) fruit/vegetable (Must be ≥ 1 cup) oz eq grain (Must be ≥ 1 oz eq) oz eq M/MA (No daily requirement)
	Menu			Daily Checklist
ltem	<u>Serving Size</u>	<u>Components (list all that apply)</u>	<u>Notes</u>	o 1 cup milk (Two varieties offered; one is unflavored) o cup(s) fruit/vegetable (Must be ≥ 1 cup) o oz eq grain (Must be ≥ 1 oz eq) o oz eq M/MA (No daily requirement)
	Menu			Daily Checklist
ltem	Serving Size	Components (list all that apply)	<u>Notes</u>	 1 cup milk (Two varieties offered; one is unflavored) cup(s) fruit/vegetable (Must be ≥ 1 cup) oz eq grain (Must be ≥ 1 oz eq) oz eq M/MA (No daily requirement)
		WEEKLY CHECKLIST	· · ·	
 If crediting starchy vegetables, 2 cups of veg from other, dark green, red/orange, and/or b subgroups must be served in the same wee (Per the Consolidated Appropriations Act, 2023, s may offer any vegetable in place of fruits at break including starchy vegetables, without including veg from other subgroups in the weekly menus.) 	bean/peas k. schools ⟨fast, ○	total oz eq of grain offered wee (Must be: 8.5-12 oz eq for Grades K-5, 9. 6-8, 9.5-12 oz eq for Grades K-8, 11-12 o or 11-12 oz eq for Grades K-12) total oz eq of M/MA offered wee (No weekly requirement. Items count towa requirement when at least 1 oz eq grain is	5-12 oz eq for Grade z eq for Grades 9-12 ekly ard weekly grain	

7-Day Weekly Menu Planner SCHOOL BREAKFAST PROGRAM

	Menu			Daily Checklist
ltem	Serving Size	Components (list all that apply)	Notes	• 1 cup milk (Two varieties offered; one is unflavored)
				\circ cup(s) fruit/vegetable (Must be ≥ 1 cup)
				 oz eq grain (Must be ≥ 1 oz eq)
				 o oz eq M/MA (No daily requirement)
	Menu			Daily Checklist
Item	Serving Size	Components (list all that apply)	Notes	• 1 cup milk (Two varieties offered; one is unflavored)
				 cup(s) fruit/vegetable (Must be ≥ 1 cup)
				\circ oz eq grain (Must be ≥ 1 oz eq)
				o oz eq M/MA (No daily requirement)
	Menu			Daily Checklist
Item	Serving Size	Components (list all that apply)	Notes	• 1 cup milk (Two varieties offered; one is unflavored)
				 cup(s) fruit/vegetable (Must be ≥ 1 cup)
				o oz eq grain (Must be ≥ 1 oz eq)
	Moreu			o oz eq M/MA (No daily requirement)
ltere	Menu	Components (list all that annual)	Natas	Daily Checklist
Item	Serving Size	Components (list all that apply)	Notes	 o 1 cup milk (Two varieties offered; one is unflavored) o cup(s) fruit/vegetable (Must be ≥ 1 cup)
				o cup(s) fruit/vegetable (Must be ≥ 1 cup) o oz eq grain (Must be ≥ 1 oz eq)
				 o z cq grain (Must be 2 r oz cq) o z cq M/MA (No daily requirement)
	Menu			Daily Checklist
Item	Serving Size	Components (list all that apply)	Notes	 1 cup milk (Two varieties offered; one is unflavored)
			10103	\circ cup(s) fruit/vegetable (Must be ≥ 1 cup)
				\circ oz eq grain (Must be ≥ 1 oz eq)
				 oz eq M/MA (No daily requirement)
	Menu			Daily Checklist
ltem	Serving Size	Components (list all that apply)	Notes	o 1 cup milk (Two varieties offered; one is unflavored)
				\circ cup(s) fruit/vegetable (Must be ≥ 1 cup)
				 oz eq grain (Must be ≥ 1 oz eq)
				 ooz eq M/MA (No daily requirement)
	Menu			Daily Checklist
Item	Serving Size	Components (list all that apply)	Notes	• 1 cup milk (Two varieties offered; one is unflavored)
				o cup(s) fruit/vegetable (Must be ≥ 1 cup)
				○ $oz eq grain (Must be ≥ 1 oz eq)$
				o oz eq M/MA (No daily requirement)
WEEKLY CHECKLIST				
 If crediting starchy vegetables, 2 cups of veg 		total oz eq of grain offered wee		 No more than 50% of fruit/vegetables
from other, dark green, red/orange, and/or b		(Must be: 10-14 oz eq for Grades K-5, 11 Grades 8, 11-14 oz eq for Grades K-8, 12		offered is juice
subgroups must be served in the same wee (Per the Consolidated Appropriations Act, 2023, s		Grades 8, 11-14 oz eq for Grades K-8, 12 Grades 9-12, or 12.5-14 oz eq for Grades		• At least 80% of grains are whole grain-rich
may offer any vegetable in place of fruits at break		total oz eq of M/MA offered we		
including starchy vegetables, without including ve		(No weekly requirement. Items count tow		 Menu analyzed for sodium, saturated fat,
from other subgroups in the weekly menus.)	-	requirement when at least 1 oz eq grain i	s served daily.)	and calories and meets requirements

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