

## Grades K-5 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.	7 oz. eq.	All grains offered must be whole grain or whole grain rich

Daily amount based on the weekly average: 350-500 calories; sodium ≤ 540 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 MENU 1

Agreement #	Sponsor	Contact Name
<u>1199</u>	<u>Kidz Choice Charter School</u>	<u>Maria Ramirez</u>

Grade Groups: **K-5**

		Day 1	Day 2	Day 3	Day 4	Day 5
<b>Fruits</b> (or vegetable)  100% Juice only ½ of total  Minimum Day: 1 cup	Item	Banana	Mandarins	Cantaloupe	Fruit Cocktail	Red/ Green Grapes
	Portion in cups	1 whole = ½ c	½ c	½ c	½ c	½ c
	2 <sup>nd</sup> Item (If planned)	100% Apple Juice	100% Grape Juice	100% Orange Juice	100% Grape Juice	100% Apple Juice
	Portion in cups	½ c	½ c	½ c	½ c	½ c
<b>Whole Grains/ Whole Grain Rich</b>  Minimums: Day: 1 oz. Week: 7 oz.	Item	WG Pancakes	Cheerios Cereal	WG Blueberry Muffins	WG Waffles	100 % Whole Wheat Toast
	Portion (Cooked cereal in cups)	2 pancakes	1 cup (round/flakes)	1 muffin	2 waffles	1 oz. slice
	Contribution (oz. eq.)	2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz.	1 oz. eq.
	2 <sup>nd</sup> Item (If planned, can be M/MA)		String Cheese	LF Yogurt		Scrambled Eggs
	Portion (Cooked cereal in cups)		1 stick	½ c.		1 egg
	Contribution (oz. eq.)		1 oz. eq.	4 oz.		2 oz.
<b>Other Foods/ Condiments</b> (If planned)	Item	Syrup			Syrup	Fruit Spread
	Portion size	1 oz			1 oz.	1 oz.

		White	Chocolate	Strawberry	Other (specify)
<b>Daily Milk</b>	Fat Content	1 %	Fat Free	Fat Free	
	Fluid oz.	8 oz	8 oz	8 oz	

Notes