**Menu Planning Worksheet: Breakfast – 7-Day Week**

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Fruit or Vegetable:**  1 cup daily  5 cups weekly |  |  |  |  |  |  |  |  |
| **Grains (whole grain-rich):**  1 ounce equivalent daily  Weekly Requirement:  **K-5:** ≥ 10 oz eq  **K-8:** ≥ 11 oz eq  **6-8:** ≥ 11 oz eq  **9-12:** ≥ 12.5 oz eq  **K-12:** ≥ 12.5 oz eq |  |  |  |  |  |  |  |  |
| **Meat/meat alternate:**  Record all meat/meat alternates served in this section. If counting the meat/meat alternate as a grain, remember to include it when determining daily minimum and maximum for grains. If counting as an extra, record in this section with a line through it as a future reminder to include the product when analyzing the dietary specifications. |  |  |  |  |  |  |  |  |
| **Daily and Weekly Minimum and Maximum for Grains** (and meat/meat alternates counting as grains) | **Min:**  **Max:** | **Min:**  **Max:** | **Min:**  **Max:** | **Min:**  **Max:** | **Min:**  **Max:** | **Min:**  **Max:** | **Min:**  **Max:** | **Min:**  **Max:** |
| **Milk:**  1 cup daily  5 cups weekly  At least two varieties required |  |  |  |  |  |  |  |  |