

## Grades K-12 Breakfast Menu Sample - Five Day

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Grade Group **K-12**

|                                                                                                                                  |                                   | Day 1                       | Day 2                     | Day 3                     | Day 4               | Day 5                          |
|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-----------------------------|---------------------------|---------------------------|---------------------|--------------------------------|
| COMPONENTS ↓                                                                                                                     | MENU NAME →                       | Monday                      | Tuesday                   | Wednesday                 | Thursday            | Friday                         |
| <b>Fruits</b><br><br>100% Juice<br><i>(no more than ½ of total fruit)</i><br><br>Daily minimum:<br>1 cup                         | Item                              | Red/Green Grapes            | Raisins                   | Pineapple Tidbits         | Florida Orange      | Sliced Florida Strawberries    |
|                                                                                                                                  | Portion in cups                   | 1/2 cup                     | 1/4 cup = credits 1/2 cup | 1/2 cup                   | 1/2 cup (1 whole)   | 1/2 cup                        |
|                                                                                                                                  | 2 <sup>nd</sup> Item (If planned) | 100% Florida Orange Juice   | Warm Cinnamon Apples      | 100% Fruit Juice Blend    | 100% Grape Juice    | 100% Pineapple Orange Juice    |
|                                                                                                                                  | Portion in cups                   | 4 fl. oz.                   | 1/2 cup                   | 4 fl. oz.                 | 4 fl. oz.           | 4 fl. oz.                      |
| <b>Grains</b><br><b>(2<sup>nd</sup> item may be M/MA)</b><br><br>Daily minimum:<br>1 oz. eq.<br><br>Weekly minimum:<br>9 oz. eq. | Item                              | WG French Toast Sticks (CN) | WG Oatmeal                | WG Tortilla               | WG Blueberry Muffin | WG Bagel Pizza                 |
|                                                                                                                                  | Portion                           | 2.4 oz. = 1 oz. eq.         | 1/2cup = 1 oz. eq.        | 1 oz. = 1 oz. eq.         | 2 oz. = 1 oz. eq.   | 1 oz. = 1 oz. eq.              |
|                                                                                                                                  | Contribution (oz. eq.)            | 1 oz. eq.                   | 1 oz. eq.                 | 1 oz. eq.                 | 1 oz. eq.           | 1 oz. eq.                      |
|                                                                                                                                  | 2 <sup>nd</sup> Item (If planned) | French Toast Sticks (CN)    | Turkey Sausage (CN)       | Scrambled Eggs and Cheese | Low-Fat Yogurt      | Turkey Sausage (CN) and Cheese |
|                                                                                                                                  | Portion                           | 2.4 oz.                     | 1.5 oz.                   | 1/2 egg<br>0.5 oz. cheese | 4 oz. = 1/2 cup     | 1 oz.                          |
|                                                                                                                                  | Contribution (oz. eq.)            | 1 oz. eq.                   | 1.5 M/MA                  | 1.5 M/MA                  | 1 M/MA              | 1 M/MA                         |
| <b>Other Foods/Condiments</b><br><br>(If planned)                                                                                | Item                              | Syrup                       |                           | Salsa                     |                     | Hash Browns                    |
|                                                                                                                                  | Portion size                      | 1 oz.                       |                           | ¼ cup                     |                     | 2.25 oz.                       |
|                                                                                                                                  | Item                              |                             |                           |                           |                     |                                |
|                                                                                                                                  | Portion size                      |                             |                           |                           |                     |                                |

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

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| Notes |
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