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

| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Total** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Fruit or Vegetable:**1 cup daily5 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 daily5 cups weeklyAt least two varieties required |  |  |  |  |  |  |  |  |