



BREAKFAST MATRIX

WORKSHEET

Grades 9-12: No Choice (450-600 CALORIES)

MEAL COMPONENTS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAILY MINIMUM: 1 oz. eq. WEEKLY MINIMUM: 9 oz. eq.					
GRAIN					
MEAT/MEAT ALTERNATE (optional)					
DAILY MINIMUM: 1 cup					
FRUIT					
FRUIT					
DAILY MINIMUM: at least 2 options offered					
MILK					
MILK					
CONDIMENTS					
NOT CREDITED					

SODIUM ALLOWANCE: Offer breakfast menus that supply a weekly average of no more than the maximum sodium level for Grades 9-12.

SATURATED FAT ALLOWANCE: On average, daily menus should aim for less than 10 percent of calories to come from saturated fat, in order to achieve a weekly menu goal of less than 10 percent of total calories coming from saturated fat.



BREAKFAST MATRIX

WORKSHEET

Grades 9-12: Choices (450-600 CALORIES)

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAILY MINIMUM: 1 oz. eq.	GRAIN					
WEEKLY MINIMUM: 9 oz. eq.	GRAIN					
	MEAT/MEAT ALTERNATE (optional)					
DAILY MINIMUM: 1 cup	FRUIT					
	FRUIT					
DAILY MINIMUM: at least 2 options offered	MILK					
	MILK					
	CONDIMENTS					
	NOT CREDITED					

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SATURATED FAT ALLOWANCE: On average, daily menus should aim for less than 10 percent of calories to come from saturated fat, in order to achieve a weekly menu goal of less than 10 percent of total calories coming from saturated fat.