Menu Planning

BREAKFAST MATRIX
WORKSHEET

Grades K-5: No Choice
(350-500 CALORIES)

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAILY MINIMUM: 1 oz. eq. WEEKLY MINIMUM: 7 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 K-5.
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.

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