

BREAKFAST MATRIX

Grades 6-8: No Choice (400-550 CALORIES)

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAILY MINIMUM: 1oz. eq. WEEKLY MINIMUM: 8 oz. eq.	GRAINS	Grain C & C 150-200 cal.	Grain B & C 100-200 cal.	Grain D or E 200-299 or 300+ cal.	Grain D 200-299 cal.	Grain A & C 0-99 or 150-199 cal.
	MEAT/MEAT ALTERNATE (optional)	Meat A 0-99 cal.	Meat A 0-99 cal.	Meat B 100+ cal.	Meat B 100+ cal.	Meat A 0-99 cal.
DAILY MINIMUM: 1 cup	FRUIT	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.
	FRUIT	Fruit A 0-49 cal.	Fruit C or D 75-99 or 100+ cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.
DAILY MINIMUM: at least 2 options offered	MILK	Milk	Milk	Milk	Milk	Milk
	MILK	Milk	Milk	Milk	Milk	Milk
CONDIMENTS		Condiments	Condiments	Condiments	Condiments	Condiments
NOT CREDITED						

SODIUM ALLOWANCE: Offer breakfast menus that supply a weekly average of no more than the maximum sodium level for Grades 6-8.

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.

Grades 6-8: Choices (400-550 CALORIES)

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAILY MINIMUM: 1 oz. eq. WEEKLY MINIMUM: 8 oz. eq.	GRAIN 1	Grain C & C 150-200 cal.	Grain B & C 100-200 cal.	Grain D or E 200-299 or 300+ cal.	Grain D 200-299 cal.	Grain A & C 0-99 or 150-199 cal.
	GRAIN 2	Grain C & C 150-200 cal.	Grain B & C 100-200 cal.	Grain D or E 200-299 or 300+ cal.	Grain D 200-299 cal.	Grain A & C 0-99 or 150-199 cal.
MEAT/MEAT ALTERNATE (optional)		Meat A 0-99 cal.	Meat A 0-99 cal.	Meat B 100+ cal.	Meat B 100+ cal.	Meat A 0-99 cal.
DAILY MINIMUM: 1 cup	FRUIT	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.
	FRUIT	Fruit A 0-49 cal.	Fruit C or D 75-99 or 100+ cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.
DAILY MINIMUM: at least 2 options offered	MILK	Milk	Milk	Milk	Milk	Milk
	MILK	Milk	Milk	Milk	Milk	Milk
CONDIMENTS		Condiments	Condiments	Condiments	Condiments	Condiments
NOT CREDITED						

SODIUM ALLOWANCE: Offer breakfast menus that supply a weekly average of no more than the maximum sodium level for Grades 6-8.

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.