



BREAKFAST MATRIX

WORKSHEET

Grades 6-8: No Choice (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. GRAINS					
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 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.



BREAKFAST MATRIX

WORKSHEET

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 2					
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 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.