



BREAKFAST MATRIX

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 | 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 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.

Grades 9-12: Choices (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 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 | | | | | | |

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