

### USING THE BREAKFAST MATRIXES

Breakfast Matrixes are available for “Choices” and “No Choices” menu planning and are customized for daily and weekly requirements, according to three age/grade groups:

- Grades K-5 Menu (Elementary) 350-500 calories
- Grades 6-8 (Middle) 400-550 Calories
- Grades 9-12 (Secondary) 450-600 Calories

#### Blank template matrixes for each are provided for use in planning menus.

The columns in each matrix represent the five days of a school week and the rows relate to the individual meal components that make up each meal. Daily and/or weekly minimum servings are indicated on the left for each required meal component and the weekly sodium and saturated fat allowances are noted on each matrix.

The Breakfast Recipe Group Lists include recipes grouped according to calories. The majority of these items are convenience items that require little preparation. The Breakfast Recipe Group Lists, Fruit Group Lists, and Milk List can be used as resources to plan menus even without using the Breakfast Matrix.

Recipe lists (see Recipe Lists in this section) have been compiled according to specific calorie ranges and nutrition specifications (i.e., saturated fat, trans fat, and sodium), for each meal component indicated in the matrixes.

By referencing the individual recipe lists, menu planners can efficiently make selections that meet designated calorie ranges and saturated fat percentages.

Follow these instructions when developing menus with the Breakfast Matrix and referencing corresponding recipe lists:

#### EXAMPLE:

Grade K - 5 Menu (Elementary)  
No Choice 350-500

#### FOR DAY 1:

Choose a grain component  
from Group C List

—Biscuit (Whole Grain) (2 oz eq)—

Choose a meat/meat alternate component  
from the Group A List

—Ham Slice—

Choose a fruit component  
from Group B List

—Assorted Fruit Juices—

Choose a fruit component  
from Group A List

—Strawberries (Fresh)—

Choose two milk selections  
from Milk List

—Lowfat Unflavored Milk—

—Fat Free Chocolate Milk—

Choose a condiment  
from Condiments List

—Assorted Jellies—

Voila—a 430 calorie breakfast menu for K-5!

1. Choose a matrix by age/grade group (grades K-5, grades 6-8, or grades 9-12) and by whether your school offers a choices menu or not.
2. Refer to the Breakfast Recipe Lists for each meal component to fill in your menu for each day.
3. Following the matrix template, begin with the top row of Day 1 by selecting a grain recipe from the designated Recipe List and write it in place.
4. Continue with the selection of a meat/meat alternative to complement the grain recipe selected.
5. Now select one or two fruit options to provide the required 1 cup serving.
6. Decide on a variety of milk options. (The matrix lists two choices, but student preferences may require greater variety.)
7. Identify any condiments that may be needed to enhance the meal (i.e. assorted jellies to serve with a biscuit or ketchup to serve with hash browns).
8. Repeat selection process for Day 2, Day 3, Day 4, and Day 5, using grain and fruit options that match the suggested group list for each day and adding meat/meat alternates as needed for calories and condiments for student satisfaction.

After working out the entire week of menu selections, adjustments may be needed to fulfill calorie, saturated fat, and sodium requirements, keeping in mind that the weekly nutritional analysis of a menu must achieve:

- a) calories from saturated fat lower than 10% of total calories and
- b) sodium not exceeding the specified age/grade group weekly limit.

Efficient menu planning begins with recipes that have lower values in calories, saturated fat, and sodium to allow more flexibility in completing the menu planning process.

#### NOTES:

Once a weekly menu has been established, individual days within the matrix may be rearranged (for example: Day 4 may be served on Monday, Day 1 may be served on Tuesday, Day 2 may be served on Thursday). No matter the order, menu planners must make certain that a reimbursable meal is served every day.

## BREAKFAST MATRIX

### 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	Grain 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 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.

### Grades K-5: Choices (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 1	Grain 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 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 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.



# 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. <b>GRAIN</b>					
<b>MEAT/MEAT ALTERNATE</b> (optional)					
DAILY MINIMUM: 1 cup <b>FRUIT</b>					
<b>FRUIT</b>					
DAILY MINIMUM: at least 2 options offered <b>MILK</b>					
<b>MILK</b>					
<b>CONDIMENTS</b>					
<b>NOT CREDITED</b>					

**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.



# BREAKFAST MATRIX

WORKSHEET

## Grades K-5: Choices (350-500 CALORIES)

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

## 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.



# 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. <b>GRAINS</b>					
<b>MEAT/MEAT ALTERNATE</b> (optional)					
DAILY MINIMUM: 1 cup <b>FRUIT</b>					
<b>FRUIT</b>					
DAILY MINIMUM: at least 2 options offered <b>MILK</b>					
<b>MILK</b>					
<b>CONDIMENTS</b>					
<b>NOT CREDITED</b>					

**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.



## 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						

**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: 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					

**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.