






What's for Breakfast? Menu Planning

For each menu below, indicate whether the **planned breakfast** meets the **DAILY** meal pattern requirements for the specified grade group. If the breakfast does not meet the meal pattern, indicate what modifications are needed for a reimbursable meal.

Menu	Does menu meet DAILY meal pattern requirements? If "no," indicate modifications needed.
<p>Breakfast Menu 1 – Grades K-8 Whole grain-rich cereal, 1 box (0.9 oz. eq) 100% Orange Juice, ½ cup Raisins, ¼ cup Choice of 1% unflavored or fat-free chocolate milk, 1 cup</p> 	<p><input type="checkbox"/> yes <input checked="" type="checkbox"/> no</p> <p>The grain component requires 1 oz. eq for grades K-12 but this meal contains only 0.9 oz. eq.</p> <p>Find a cereal that is at least 1 oz. eq.</p>
<p>Breakfast Menu 2 – Grades 9-12 Whole Wheat French Toast, 1 slice (1 oz. eq grain and 1 oz. eq meat/meat alternate) Orange, whole ½ cup Choice of 1% unflavored or fat-free chocolate milk, 1 cup</p> 	<p><input type="checkbox"/> yes <input checked="" type="checkbox"/> no</p> <p>The fruit component requires 1 cup for grades 9-12 but this meal contains only ½ cup.</p> <p>Either increase the serving size of the orange to 1 cup or serve ½ cup of another fruit.</p>
<p>Breakfast Menu 3 – Grades K-12 Brown rice, ½ cup Turkey Sausage Patty, 1 each (1 oz. eq meat/meat alternate) Sliced Peaches, ½ cup Pineapple, ½ cup Choice of 1% unflavored or fat-free chocolate milk, 1 cup</p> 	<p><input checked="" type="checkbox"/> yes <input type="checkbox"/> no</p> <p>This menu contains all 3 components (grain, fruit, milk) in at least the minimum required portion sizes for grades K-12.</p>