

Meal Pattern Check - Breakfast & Lunch w/Vegetable Subgroups

SCHOOL: \_\_\_\_\_

MENU WEEK: \_\_\_\_\_

BREAKFAST	Monday	Tuesday	Wednesday	Thursday	Friday	TOTALS
<b>Grains</b> Indicate WGR (whole grain-rich) Specify serving size (oz or oz eq)						ALL offerings = WGR Daily Grain MIN 1 oz eq Weekly MIN K-5 (7)      6-8 (8) 9-12 (9)
<b>Meat/Meat Alternate</b> Specify serving size or Self-Serve (SS)						1 cup
<b>Fluid Milk -- 1 cup</b> Must offer 2 types	<b>CIRCLE</b> type offered:    Plain Skim    Flavored Skim    Plain 1%					2 types
LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday	TOTALS
<b>Meat/Meat Alternate</b> Specify serving size (oz) Daily MIN (K-8 1oz) (9-12 2oz)						Daily MIN Weekly MIN K-8 (9oz) 9-12 (10oz)
<b>Grains</b> Specify serving size (oz or oz eq) Daily MIN (K-8 1oz) (9-12 2oz) Indicate WG (whole grain rich)						ALL offerings=WGR Weekly MIN K-8 (8oz) 9-12 (10oz)
<b>Vegetables</b> List vegetables offered on specific days. Next, identify subgroup below and list portion size (or SS)						Total Vegetable Portion: K-8 (3/4c) 9-12 (1c)
<b>Dark Green</b> <i>*Leafy greens credit half the serving size</i>	"X" Subgroup List Port ion Size or SS					1/2 cup <i>*Leafy greens credit Half the serving size</i>
<b>Red/Orange</b>						K-8 (3/4c) 9-12 (1 1/4c)
<b>Dried Beans/Peas</b>						1/2c
<b>Starchy</b>						1/2c
<b>Other</b>						K-8 (1/2c) 9-12 ( 3/4c)
<b>Fruits</b> Specify serving size or SS						K-8 (1/2c) 9-12 (1c)
<b>Fluid Milk -- 1 cup</b> Must offer 2 types	<b>CIRCLE</b> type offered:    Plain Skim    Flavored Skim    Plain 1%					2 types
<b>FRUIT/VEGETABLE (F/V) BAR</b> Available to:    ALL Grades ONLY _____						List all Fruits/Vegetables offered daily on the SS bar during the week.