

Meal Pattern Check - Breakfast & Lunch w/Vegetable Subgroups

SCHOOL: _____

MENU WEEK: _____

BREAKFAST	Monday	Tuesday	Wednesday	Thursday	Friday	TOTALS	
Grains Indicate WGR (whole grain-rich) Specify serving size (oz or oz eq)						<input type="checkbox"/> Servings = 50% WGR <input type="checkbox"/> Daily Grain MIN 1 oz eq Weekly MIN <input type="checkbox"/> K-5 (7) <input type="checkbox"/> 6-8 (8) <input type="checkbox"/> 9-12 (9)	
Meat/Meat Alternate							
Fruit or Vegetable Specify serving size or Self-Serve (SS)						<input type="checkbox"/> 1 cup	
Fluid Milk -- 1 cup Must offer 2 types	CIRCLE type offered: Plain Skim Flavored Skim Plain 1% Flavored 1%					<input type="checkbox"/> 2 types	
LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday	TOTALS	
Meat/Meat Alternate Specify serving size (oz) Daily MIN (K-8 1oz) (9-12 2oz)						<input type="checkbox"/> Daily MIN Weekly MIN <input type="checkbox"/> K-8 (9oz) <input type="checkbox"/> 9-12 (10oz)	
Grains Specify serving size (oz or oz eq) Daily MIN (K-8 1oz) (9-12 2oz) Indicate WG (whole grain rich)						<input type="checkbox"/> Servings = 50% WGR Weekly MIN <input type="checkbox"/> K-8 (8oz) <input type="checkbox"/> 9-12 (10oz)	
Vegetables List vegetables offered on specific days. Next, identify subgroup below and list portion size (or SS)						Total Vegetable Portion: <input type="checkbox"/> K-8 (3/4c) <input type="checkbox"/> 9-12 (1c)	
Dark Green <i>*Leafy greens credit half the serving size</i>	"X" Subgroup List Portion Size or SS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 1/2 cup *Leafy greens credit Half the serving size <input type="checkbox"/> K-8 (3/4c) 9-12 (1 1/4c) <input type="checkbox"/> 1/2c <input type="checkbox"/> 1/2c <input type="checkbox"/> K-8 (1/2c) 9-12 (3/4c)
Red/Orange		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dried Beans/Peas		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Starchy		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Other		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fruits Specify serving size or SS						<input type="checkbox"/> K-8 (1/2c) <input type="checkbox"/> 9-12 (1c)	
Fluid Milk -- 1 cup Must offer 2 types	CIRCLE type offered: Plain Skim Flavored Skim Plain 1% Flavored 1%					<input type="checkbox"/> 2 types	
FRUIT/VEGETABLE (F/V) BAR Available to: <input type="checkbox"/> ALL Grades <input type="checkbox"/> ONLY _____						List all Fruits/Vegetables offered daily on the SS bar during the week.	