

Meal Pattern Check - Breakfast & Lunch w/Vegetable Subgroups

SCHOOL: _____

MENU WEEK: _____

BREAKFAST		Monday	Tuesday	Wednesday	Thursday	Friday	TOTALS
Grains Indicate WG-R (whole grain-rich) Specify serving size (oz or oz eq)							<input type="checkbox"/> Servings = 80% WG-R <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: Unflavored Skim Flavored Skim Unflavored 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-R (whole grain-rich)							
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: Unflavored Skim Flavored Skim Unflavored 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.