

4 — Weekly Requirements

This section addresses the weekly menu planning requirements for the lunch and breakfast meal patterns. The weekly requirements include minimum weekly servings of the five food components, weekly juice limits, and minimum weekly WGR grains.

Weekly Food Components for Lunch and Breakfast

In addition to the minimum daily amounts, menus must meet the minimum weekly amounts for milk, fruits, vegetables, grains, and meat/meat alternates. Table 4-1 summarizes the weekly meal pattern requirements for lunch. Table 4-2 summarizes the weekly meal pattern requirements for breakfast. For more information on the lunch and breakfast meal patterns, see section 1.

For the fruits, vegetables, and milk components, the weekly requirements for all grades are the **sum** of the daily requirements. For example, for a five-day week, the daily milk requirement for breakfast and lunch is 1 cup, and the weekly requirement is 5 cups.



The weekly requirements for the grains and meat/meat alternates components are different for each grade group. For grades 9-12 at lunch, the weekly requirements for the grains and meat/meat alternates components are the **sum** of the daily requirements.

- For a five-day week, lunch menus for grades 9-12 must provide at least 2 ounce equivalents of grains and meat/meat alternates daily, and 10 ounce equivalents weekly.
- For a seven-day week, lunch menus for grades 9-12 must provide at least 2 ounce equivalents of grains and meat/meat alternates daily, and 14 ounce equivalents weekly.

However, for grades K-5 and 6-8 at lunch and breakfast, and grades 9-12 at breakfast, the weekly requirements for the grains and meat/meat alternates components are **more** than the sum of the daily requirements. To meet the weekly requirement for these meals and grade groups, SFAs must serve **more** than the minimum daily serving of the grains and meat/meat alternates component on some days. For example, the breakfast meal pattern requires 1 ounce equivalent of grains daily for all grades, but the weekly grains requirement is greater. For a five-day week, SFAs must serve at least 7 ounce equivalents for grades K-5, 8 ounce equivalents for grades 6-8, and 9 ounce equivalents for grades 9-12.

For more information on meeting the weekly minimums for the grains and meat/meat alternates components, see “[Weekly Grains and Meat/Meat Alternates at Lunch](#)” and “[Weekly Grains at Breakfast](#)” in this section.

Table 4-1. Weekly meal pattern requirements for lunch

Food components	Grades K-5		Grades 6-8		Grades 9-12	
	Five-day Week	Seven-day Week	Five-day Week	Seven-day Week	Five-day Week	Seven-day Week
Milk (cups)	5	7	5	7	5	7
Fruits (cups)	2½	3½	2½	3½	5	7
Vegetables (cups) ¹	3¾	5¼	3¾	5¼	5	7
Grains (ounce equivalents) ² Must be WGR or enriched	8-9	11-12½	8-10	11-14	10-12	14-17
Meat/meat alternates (ounce equivalents) ²	8-10	11-14	9-10	12½-14	10-12	14-17

¹ The weekly requirement includes minimum servings of five vegetable subgroups. For more information, see the lunch meal patterns in section 1 and “Vegetable Subgroups at Lunch” in section 3.

² The maximum weekly servings of the grains and meat/meat alternates components are not required, but provide a guide to help schools plan age-appropriate meals that meet the weekly dietary specifications for calories, saturated fat, and sodium. For information on the dietary specifications, see section 6.



Table 4-2. Weekly meal pattern requirements for breakfast

Food components	Grades K-5		Grades 6-8		Grades 9-12	
	Five-day Week	Seven-day Week	Five-day Week	Seven-day Week	Five-day Week	Seven-day Week
Milk (cups)	5	7	5	7	5	7
Fruits (cups) ¹	5	7	5	7	5	7
Grains (ounce equivalents) ² Must be WGR or enriched	7-10	10-14	8-10	11-14	9-10	12½-14

¹ Through September 30, 2019, SFAs may substitute any vegetables for the fruits component. For more information, see “Vegetables at Breakfast” in section 3.

² The maximum weekly servings of the grains and meat/meat alternates components are not required, but provide a guide to help schools plan age-appropriate meals that meet the weekly dietary specifications for calories, saturated fat, and sodium. At breakfast, schools may substitute 1 ounce equivalent of meat/meat alternates for 1 ounce equivalent of grains after offering the minimum daily grains requirement (1 ounce equivalent). For more information, see “Meat/Meat Alternates at Breakfast” in section 3.



Weekly WGR Requirements for Lunch and Breakfast

At least half of the weekly grains offered at lunch and breakfast must be WGR. The CSDE strongly encourages SFAs to continue to serve only WGR grains, and offer 100 percent whole grains most often. This provides the best nutrition for children.

SFAs that choose to offer enriched grains must document that lunch and breakfast menus meet this requirement. SFAs must maintain this documentation on file for the Administrative Review of school nutrition programs. SFAs may calculate the menu's percentage of WGR grains using the CSDE's Excel worksheet, *Calculating Weekly Percentage of Whole Grain-rich Menu Items in the NSLP and SBP*. For more information, see *CSDE Operational Memorandum No. 11-19: Weekly Whole Grain-rich (WGR) Requirement for the NSLP and SBP Meal Patterns for Grades K-12*.

Steps for Calculating the Weekly Percentage of WGR Menu Items

The determination of whether a weekly menu offers at least 50 percent WGR grains is based on the total ounce equivalents for all grain items offered with all menu choices during the week. SFAs must calculate the weekly percentage of WGR menu items separately for lunch and breakfast.



1. Determine the total ounce equivalents of all creditable grain menu items (WGR and enriched) offered during the week by adding the ounce equivalents for each grain menu item for all daily meal choices. For example, if Monday's lunch menu offers three daily grain choices (1½ ounce equivalents of whole-wheat roll, 2 ounce equivalents of brown rice, and 1 ounce equivalent of enriched crackers), the daily total is 4½ ounce equivalents.
 - SFAs must determine ounce equivalents using either the appropriate grain group in the USDA's ounce equivalent chart (method 1) or the creditable grains per serving (method 2), based on the manufacturer's PFS for commercial foods or the SFA's standardized recipe for foods made on site. For more information, see "Part E: Serving Size for Grains" in section 3. **Note:** There are some situations when SFAs must obtain a PFS and use the creditable grains method for commercial products, instead of using the USDA's ounce equivalent chart. For more information, see "When Method 2 is Required for Commercial Products" in part E of section 3.
 - SFAs must maintain documentation on file that demonstrates the ounce equivalents contribution of each grain item in the weekly menu, and indicates whether the grain item is WGR. Acceptable documentation includes Nutrition Facts labels and ingredients for all commercial grain products (or CN labels if

the grain is part of a meat/meat alternate product); and standardized recipes for foods made on site. In some situations, SFAs might need to obtain a manufacturer’s PFS. For guidance on these situations, see “When Method 2 is Required for Commercial Products” in past E of section 3.

2. Determine the total ounce equivalents of all WGR menu items offered during the week by adding the ounce equivalents for each WGR grain menu item for all daily meal choices. For example, if Monday’s lunch menu offers three daily grain choices (1½ ounce equivalents whole-wheat roll, 2 ounce equivalents brown rice, and 1 ounce equivalent enriched crackers), the daily WGR total is 3½ ounce equivalents.

3. Determine the percentage of WGR grains offered during the week. Divide the total ounce equivalents of all WGR grain menu items (from step 2) by the total ounce equivalents of all grain menu items (from step 1); then multiply by 100.

Table 4-3 shows a sample calculation of the weekly percentage of WGR menu items. In this example, the weekly menu provides 38 ounce equivalents from all grain menu items, including 30 ounce equivalents of WGR menu items and 8 ounce equivalents of enriched menu items. This menu meets the weekly WGR requirement because 78.9 percent of all offered weekly grains are WGR.

Table 4-3. Steps for calculating the weekly WGR percentage								
1. List the total ounce equivalents of all creditable grain menu items (WGR and enriched) offered during the week.	<ul style="list-style-type: none"> • Add the ounce equivalents for each grain menu item for all daily meal choices. 	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="background-color: #0066b3; color: white; padding: 5px;">A</td> <td style="padding: 5px;">38</td> <td style="padding: 5px;">Total grains (ounce equivalents)</td> </tr> </table>	A	38	Total grains (ounce equivalents)			
A	38	Total grains (ounce equivalents)						
2. List the total ounce equivalents of all WGR menu items offered during the week.	<ul style="list-style-type: none"> • Add the ounce equivalents for each WGR grain menu item for all daily meal choices 	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="background-color: #0066b3; color: white; padding: 5px;">B</td> <td style="padding: 5px;">30</td> <td style="padding: 5px;">WGR grains (ounce equivalents)</td> </tr> </table>	B	30	WGR grains (ounce equivalents)			
B	30	WGR grains (ounce equivalents)						
3. Calculate the percentage of WGR grain items for the weekly menu.	<ul style="list-style-type: none"> • Divide A (step 1) by B (step 2). • Multiply C by 100. 	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="background-color: #0066b3; color: white; padding: 5px;">C</td> <td style="padding: 5px;">0.789</td> <td></td> </tr> <tr> <td style="background-color: #0066b3; color: white; padding: 5px;">D</td> <td style="padding: 5px;">78.9</td> <td style="padding: 5px;">Percent WGR</td> </tr> </table>	C	0.789		D	78.9	Percent WGR
C	0.789							
D	78.9	Percent WGR						
4. Is D at least 50 percent? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If “yes,” at least half of the weekly grains offered are WGR.								

Percentage of weekly WGR menu items versus weekly grains requirement

It is important to note that the calculation of the percentage of weekly WGR menu items is different from the calculation of the minimum weekly meal pattern requirements for grains for each grade group. For example, for grades 6-8, SFAs must offer at least 8 ounce equivalents of grains per week. If a menu offers multiple daily grain choices, the menu planner must use the **smallest** ounce equivalents when determining if the menu meets the weekly grains requirement. For example, if the lunch menu offers two daily grain choices that include a 1½-ounce equivalent WGR item and a 2-ounce equivalent WGR item, the menu planner must count the 1½-ounce equivalent WGR item toward the weekly grain requirements. For more information, see [“Weekly Grains and Meat/Meat Alternates at Lunch”](#) and [Weekly Grains at Breakfast](#)” in this section.

However, when determining the percentage of weekly WGR menu items, the menu planner must add the ounce equivalents for **all** daily grain choices. In the example above, the two daily grain items (a 1½-ounce equivalent WGR item and a 2-ounce equivalent WGR item) provide a total of 3½ ounce equivalents. The menu planner would add this daily total to the totals for all other days in the week to determine the weekly ounce equivalents of grain menu items and the percentage of WGR menu items offered to students.

Table 4-4 shows an example of how to calculate the total weekly ounce equivalents of grains for a lunch menu for grades 6-8. The lunch meal pattern for grades 6-8 requires at least 1 ounce equivalent of grains per day and 8 ounce equivalents of grains per week. This menu meets the meal pattern requirements because each daily grain choice provides at least 1 ounce equivalent and the weekly menu provides 9 ounce equivalents (based on the smallest grain choice offered each day). This menu meets the weekly WGR requirement because it offers 20 ounce equivalents of grain items during the week, and 12½ ounce equivalents (62.5 percent) are WGR.



Table 4-4. Sample calculation of weekly grain ounce equivalents for grades 6-8 ¹				
Grain items (all menu choices)	Serving size (amount)	Grain group ²	Ounce equivalents	
			WGR	Enriched
Day 1				
Whole-wheat bread	2 slices	B	2	0
Pasta, WGR	1 cup	H	2	0
Day 2				
Dinner roll, whole wheat	2 ounces	B	2	0
Brown rice	1 cup	H	2	0
Day 3				
WGR breading on chicken nuggets	0.8 ounce	A	1	0
WGR crackers	4 crackers (1.2 ounces)	A	1½	0
Day 4				
Cornbread, enriched, school recipe	3 ounces	C	0	2½
Croutons, enriched	1.6 ounces	A	2	0
Day 5				
Pizza crust, enriched	3 ounces	B	0	3
Hamburger bun, enriched	2 ounces	B	0	2
Total ounce equivalents per week ³			12½	7½
Percentage			62.5%	37.5%
<p>¹ The NSLP and SBP meal patterns require minimum weekly amounts of the grains component for each grade group. When menus offer a choice of more than one grain item on an individual day, the menu planner must use the daily grain item with the smallest ounce equivalents when calculating the weekly grain requirements.</p> <p>² The grain group is from the USDA’s ounce equivalents chart. For more information, see table 3-41 in part E of section 3.</p> <p>³ The “Total ounce equivalents per week” includes all grain items. This calculation is different from the minimum weekly meal pattern grain requirements for each grade group. For more information, see “Percentage of Weekly WGR Menu Items versus Weekly Grains Requirement” on the previous page.</p>				

Weekly Requirements for Lunch

This section addresses the lunch meal pattern requirements for weekly juice limits and minimum weekly servings of the grains component and the meat/meat alternates component.

Weekly Juice Limits at Lunch

Fruit juice cannot exceed half of the weekly amount of fruits offered to students during the week. Vegetable juice cannot exceed half of the weekly amount of vegetables offered to students during the week. The weekly juice limit is based on the amount of fruits or vegetables that students are allowed to select at a given meal, regardless of the number of options or variety of fruits or vegetables available. SFAs must calculate the lunch menu's compliance with the weekly juice limit separately for fruits and vegetables.

- **Fruits component:** Divide the total amount (cups) of 100 percent fruit juice that students may select at all lunches during the week by the total amount (cups) of fruits that students may select at all lunches during the week.
- **Vegetables component:** Divide the total amount (cups) of 100 percent vegetable juice that students may select at all lunches during the week by the total amount (cups) of vegetables that students may select at all lunches during the week.

Juice blends credit based on the first juice ingredient. If the first juice ingredient is fruit juice, the product credits as the fruits component. If the first juice ingredient is vegetable juice, the product credits as the “other” or the “additional” vegetables requirement, depending on the needs of the menu planner.



Menu planners must count all sources of 100 percent juice available to students during the week toward the weekly juice limit. These include:

- juice that is fresh, frozen, and made from concentrate (see “Crediting Fruit Juice” in section 3);
- frozen juice pops made from 100 percent juice (see “Crediting Fruit Juice” in section 3);
- pureed fruits and vegetables in fruit/vegetable smoothies (see “Crediting Fruit and Vegetable Smoothies” in section 3); and
- juice from canned fruit served in 100 percent juice (see “Crediting Canned Fruit” in section 3).

Juice limits for grades K-5 and 6-8

Tables 4-5 and 4-6 show the weekly juice limits at lunch, based on the minimum servings of the fruits component and vegetables component in the NSLP meal pattern. If SFAs serve larger amounts of fruits and vegetables, the weekly juice limit also increases.

- Five-day lunch menus:** If the menu offers the minimum amount of fruits and vegetables in the five-day lunch meal pattern, fruit juice cannot exceed $1\frac{1}{4}$ cups per week and vegetable juice cannot exceed $1\frac{7}{8}$ cups per week. When SFAs purchase juice in 4-fluid ounce ($\frac{1}{2}$ cup) containers, the menu may offer fruit juice twice per week and vegetable juice three times per week.
- Seven-day lunch menus:** If the menu offers the minimum amount of fruits and vegetables in the seven-day lunch meal pattern, fruit juice cannot exceed $1\frac{3}{4}$ cups per week and vegetable juice cannot exceed $2\frac{5}{8}$ cups per week. When SFAs purchase juice in 4-fluid ounce ($\frac{1}{2}$ cup) containers, the menu may offer fruit juice twice per week and vegetable juice three times per week.

Alternatively, elementary and middle schools could serve larger quantities of juice on one or two days if the weekly total complies with the limit. For example, a five-day lunch menu for grades 6-8 could offer 1 cup of fruit juice once per week instead of offering $\frac{1}{2}$ cup of fruit juice twice per week.

Table 4-5. Weekly juice limits for five-day lunch menus			
Grade group	Required weekly servings of food component	Maximum weekly juice contribution (50 percent)	Maximum weekly $\frac{1}{2}$ -cup juice servings
Fruits component			
K-5	2½ cups	1¼ cups	2
6-8	2½ cups	1¼ cups	2
9-12	5 cups	2½ cups	5
Vegetables component			
K-5	3¾ cups	1⅞ cups	3
6-8	3¾ cups	1⅞ cups	3
9-12	5 cups	2½ cups	5

Table 4-6. Weekly juice limits for seven-day lunch menus			
Grade group	Required weekly servings of food component	Maximum weekly juice contribution (50 percent)	Maximum weekly ½-cup juice servings
Fruits component			
K-5	3½ cups	1¾ cups	3
6-8	3½ cups	1¾ cups	3
9-12	7 cups	3½ cups	7
Vegetables component			
K-5	5¼ cups	2 ⁵ / ₈ cups	5
6-8	5¼ cups	2 ⁵ / ₈ cups	5
9-12	7 cups	3½ cups	7

Juice limits for grades 9-12

For five-day and seven-day lunch menus for grades 9-12, SFAs may offer ½ cup of fruit juice each day and ½ cup of vegetable juice each day. However, SFAs must be careful not to exceed the weekly calorie limit of the dietary specifications when offering juice daily because juice contains more calories than whole fruits and vegetables. For example, ½ cup of grape juice contains 76 calories while ½ cup of fresh grapes contains 34 calories; and 1 cup of fresh sliced peaches contains 60 calories while 1 cup of canned sliced peaches in juice contains 109 calories. For more information, see table 6-1 in section 6.

Juice does not provide the same nutritional benefits as whole fruits and vegetables. Whole fruits and vegetables should be served most often, as recommended by the *Dietary Guidelines for Americans*. School menus might exceed the weekly calorie limits if juice is served frequently.

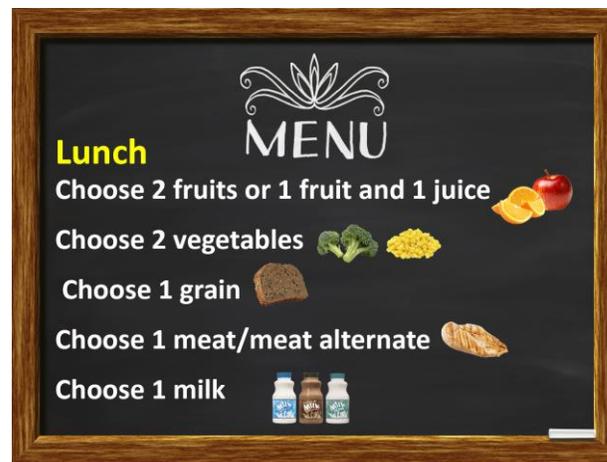


Required signage for juice limits at lunch

Cafeteria menus and signage must clearly indicate the specific amount of fruits, vegetables, and juice that students may select with each meal. If SFAs offer juice, signage must reflect the juice limit, for example:

- choose any two fruit servings (no more than one juice);
- choose two fruit servings or one fruit and one juice;
- choose up to two servings of fruit (no more than one juice);
- choose two fruit servings and two vegetable servings (no more than one juice);
- choose two fruits or one fruit and one juice; and
- choose one fruit and one juice.

This signage must be on the serving line where the fruits, vegetables, and juice are located. For more information, see “Meal Identification Signage” in section 5.



Juice limit calculation for lunch

Table 4-7 shows a sample calculation for determining if a five-day lunch menu for grades 6-8 meets the weekly fruit juice limit.

Table 4-7. Sample calculation of the weekly fruit juice limit for a five-day lunch menu for grades 6-8

A lunch menu for grades 6-8 offers 1 cup of fruit daily, which is $\frac{1}{2}$ cup more than the minimum daily requirement for the fruits component. Students can select up to two servings from a variety of $\frac{1}{2}$ -cup fruit choices, including fresh fruit, drained canned fruit ¹, and 100 percent fruit juice. Cafeteria menus and signage instruct students to select two servings of fruit or one serving of fruit and one serving of juice. ² This lunch menu meets the weekly juice limit because the amount of juice ($2\frac{1}{2}$ cups) offered to students during the week is half of the amount of fruits (5 cups) offered to students during the week.

1. Calculate total weekly juice offerings:

Multiply the total daily amount (cups) of juice that students are allowed to select by the number of days in the week.

A $2\frac{1}{2}$ cups

Students may select one $\frac{1}{2}$ -cup serving of fruit daily:

$\frac{1}{2}$ cup multiplied by 5 days equals $2\frac{1}{2}$ cups.

2. Calculate total weekly fruit offerings:

Multiply the total daily amount (cups) of fruit that students are allowed to select by the number of days in the week.

B 5 cups

Students may select two $\frac{1}{2}$ -cup servings of fruit daily (1 cup total): 1 cup multiplied by 5 days equals 5 cups.

3. Calculate weekly percentage of juice offerings:

Divide A by B and multiply by 100.

C 50 percent

$2\frac{1}{2}$ cups divided by 5 cups equals 0.5 multiplied by 100 equals 50 percent.

4. Are the juice offerings 50 percent or less? Yes No
If “yes,” the menu meets the weekly juice limit.

¹ Since the canned fruit is drained, it does not count toward the juice limit. If the menu planner credits the juice from canned fruit toward the fruits component, it must also count toward the weekly juice limit. For more information, see “Crediting Canned Fruit” in section 3.

² Students cannot be allowed to choose more than one serving ($\frac{1}{2}$ cup) of juice because this would exceed the weekly juice limit.

Weekly Grains and Meat/Meat Alternates at Lunch

Table 4-8 shows the minimum weekly meal pattern requirements for the grains component and meat/meat alternates component at lunch. In July 2013, the USDA eliminated the maximum weekly requirements for the grains component and meat/meat alternates component. However, the lunch meal patterns still include the weekly maximums for each grade group to provide a guide for planning age-appropriate meals that meet the weekly dietary specifications for calories, saturated fat, and sodium.

Menu planners must consider the dietary specifications when serving larger amounts of the grains component and meat/meat alternates component. Menus that consistently offer larger amounts of these food components might exceed the dietary specifications for calories, saturated fat, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.



Table 4-8. Weekly requirements for grains and meat/meat alternates at lunch

Grades	Ounce equivalents ¹			
	Grains		Meat/meat alternates	
	Five-day week	Seven-day week	Five-day week	Seven-day week
K-5	8-9	11-12½	8-10	11-14
6-8	8-10	11-14	9-10	12½-14
9-12	10-12	14-17	10-12	14-17

¹ Menus are not required to meet the weekly maximum ounce equivalents for meat/meat alternates, but must meet the weekly minimums. The weekly maximum ounce equivalents provide a guide for planning age-appropriate meals that meet the dietary specifications for calories, saturated fat, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.

Calculating weekly grains and meat/meat alternates at lunch

SFAs must determine the weekly servings of the grains and meat/meat alternates components at lunch by adding the ounce equivalents of all daily offerings during the week, separately for each component. If the menu offers a choice of more than one item on an individual day, the menu planner must use the daily item with the **smallest** ounce equivalents to count toward the weekly requirements. For example, if the lunch menu offers two daily grain choices that include a 1½-ounce equivalent item and a 2-ounce equivalent item, the menu planner must count the 1½-ounce equivalent item toward the weekly requirements.

When menus include grain choices or meat/meat alternate choices with different amounts of ounce equivalents each day or over the week, SFAs must ensure that the menu complies with the minimum weekly requirements. Table 4-9 shows an example of how to calculate the weekly ounce equivalents of grains and meat/meat alternates for a five-day lunch menu for grades K-5.

Table 4-9. Calculating weekly grains and meat/meat alternates in lunch menus for grades K-5							
Minimum daily requirement: 1 ounce equivalent Minimum weekly requirement: 8 ounce equivalents							
Menu	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Week 1	1	1½	1½	1	1	6	No. While the daily amount is at least the minimum, the weekly total is less than the minimum amount. The weekly menu must provide another 2 ounce equivalents.
Week 2	1½	1½	2	1½	1½	8	Yes. The daily amount is at least the minimum and the weekly total is the same as the minimum amount.

Table 4-9. Calculating weekly grains and meat/meat alternates in lunch menus for grades K-5, *continued*

Minimum daily requirement: 1 ounce equivalent
Minimum weekly requirement: 8 ounce equivalents

Menu	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Week 3	2	2	2	2	2	10 *	Yes. The daily amount is at least the minimum and the weekly total exceeds the minimum amount.
Week 4	1½	1½	2	2	1	8	Yes. The daily amount is at least the minimum and the weekly total is the same as the minimum amount.
Week 5	1	2	2	1	3	9 *	Yes. The daily amount is at least the minimum and the weekly total exceeds the minimum amount.

* Menus that consistently offer larger amounts of the grains component might exceed the weekly limits for calories, saturated fat, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.

Offering the minimum daily amount of grains and meat/meat alternates at lunch for grades 9-12

Lunch menus for grades 9-12 that offer the minimum daily amount (2 ounce equivalents) of the grains component or meat/meat alternates component will always meet the minimum weekly requirement. The weekly sum of the daily ounce equivalents is the **same** as the minimum weekly ounce equivalents.

- The weekly grains and meat/meat alternates requirement for grades 9-12 is 10 ounce equivalents for five-day weeks. If a high school menu offers all daily choices as 2 ounce equivalents, the weekly menu provides 10 ounce equivalents.
- The weekly grains and meat/meat alternates requirement for grades 9-12 is 14 ounce equivalents for seven-day weeks. If a high school menu offers all daily choices as 2 ounce equivalents, the weekly menu provides 14 ounce equivalents.

Menus may offer more than 2 ounce equivalents of grains and meat/meat alternates. However, menus that consistently offer larger amounts might exceed the weekly limits for calories, saturated fat, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.

Table 4-10 shows examples of acceptable menu planning for grades 9-12. Weekly menu 1 offers the same amount of ounce equivalents for each choice on an individual day, but varies the amounts between days. Weekly menu 2 offers different amounts of ounce equivalents for each daily choice. For this menu, the 2-ounce equivalent menu item counts toward the weekly requirements because it is the smallest choice offered each day.



Table 4-10. Acceptable menu planning for a five-day lunch menu for grades 9-12							
Minimum daily grains and meat/meat alternates: 2 ounce equivalents each Minimum weekly grains and meat/meat alternates: 10 ounce equivalents each							
Weekly menu 1							
Daily grain choices	Ounce equivalents offered (Same amounts on an individual day but different amounts between days)						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Choice 1	2	2¼	2½	2	2	10¾ *	Yes. Each daily choice provides at least the minimum amount and the weekly total exceeds the minimum amount.
Choice 2	2	2¼	2½	2	2	10¾ *	
Choice 3	2	2¼	2½	2	2	10¾ *	
Weekly menu 2							
Daily meat/meat alternate choices	Ounce equivalents offered (Different amounts on an individual day)						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Choice 1	2	2	2	2	2	10	Yes. Each daily choice provides at least the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) is at least the minimum amount.
Choice 2	2¼	2¼	2¼	2¼	2¼	11¼*	
Choice 3	2½	2½	2½	2½	2½	12½ *	
* Menus that consistently offer larger amounts of the grains component might exceed the weekly limits for calories, saturated fat, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.							

Offering the minimum daily amount of grains and meat/meat alternates at lunch for grades K-5 and 6-8

Lunch menus for grades K-5 and 6-8 that offer the minimum daily 1 ounce equivalent of the grains and meat/meat alternates components do not meet the weekly requirements because the sum of the daily ounce equivalents is **less** than the minimum weekly requirement. For example, a five-day lunch menu for grades 6-8 that offers 1 ounce equivalent of the grains component daily provides 5 ounce equivalents over the week. To meet the minimum weekly requirement of 8 ounce equivalents, the menu planner must offer **more** than the minimum daily 1 ounce equivalent of grains and meat/meat alternates on some days.

When lunch menus for grades K-5 and 6-8 offer choices of grains and meat/meat alternates with different amounts of ounce equivalents, the menu planner must ensure that the menu meets the minimum weekly requirement. For example, SFAs must carefully review lunch menus for weekly meal pattern compliance when they are planned using the approaches below.

1. **Different amounts between days:** The lunch menu offers multiple meal choices that provide the same amounts of grains or meat/meat alternates on an individual day, but different amounts between days. For example, Monday, Wednesday, and Friday offer three lunch choices that each provide 2 ounce equivalents; and Tuesday and Thursday offer three lunch choices that each provide 1½ ounce equivalents.
2. **Different daily amounts:** The lunch menu offers multiple choices that provide different amounts of grains or meat/meat alternates on an individual day. For example, the lunch menu each day includes three meal choices with different amounts of grain items, including a 1-ounce equivalent grain item, a 1½-ounce equivalent grain item, and a 2-ounce equivalent grain item. In this example, the menu planner must count the 1-ounce equivalent grain item toward the sum of the weekly ounce equivalents because it is the daily menu item with the **smallest** ounce equivalents.

The sections below provide guidance on how to determine if lunch menus with grain and meat/meat alternate choices meet the weekly meal pattern requirements.

Reminder: When the lunch menu offers two or more daily choices with different ounce equivalents, each choice must provide at least the minimum daily amount. The determination of whether the menu meets the minimum weekly requirement is based on the daily item with the **smallest** ounce equivalents.

Offering different amounts of grain and of meat/meat alternate choices between days for grades K-5 and 6-8 at lunch

Tables 4-11 and 4-12 show examples of acceptable lunch menus for grades K-5 and 6-8 that offer multiple meal choices with the same amounts of grains or meat/meat alternates on an individual day. These examples comply with the lunch meal pattern because each daily choice provides at least the minimum amount, and the weekly total is at least the minimum amount.

Table 4-11. Acceptable lunch menu planning for different amounts of meat/meat alternate choices between days for grades K-5 and 6-8							
Daily meat/meat alternate choices	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Grades K-5: Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 8 ounce equivalents							
Choice 1	2	1	2	2	1	8	Yes. Each daily choice provides at least the minimum amount and the weekly total is the same as the minimum amount.
Choice 2	2	1	2	2	1	8	
Choice 3	2	1	2	2	1	8	
Grades 6-8: Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 9 ounce equivalents							
Choice 1	2	2	2	2	1	9	Yes. Each daily choice provides at least the minimum amount and the weekly total is the same as the minimum amount.
Choice 2	2	2	2	2	1	9	
Choice 3	2	2	2	2	1	9	

Table 4-12. Acceptable lunch menu planning for different amounts of grain choices between days for grades K-5 and 6-8

Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 8 ounce equivalents							
Daily grain choices	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total 1	
Choice 1	2	1	2	2	1	8	Yes. Each daily choice provides at least the minimum amount and the weekly total is the same as the minimum amount.
Choice 2	2	1	2	2	1	8	
Choice 3	2	1	2	2	1	8	



Tables 4-13 and 4-14 show examples of unacceptable lunch menus for grades K-5 and 6-8 that offer multiple meal choices with the same amounts of grains or meat/meat alternates on an individual day. These examples do not comply with the lunch meal pattern because the weekly total is less than the minimum amount.

Table 4-13. Unacceptable lunch menu planning for different amounts of grain choices between days for grades K-5 and 6-8							
Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 8 ounce equivalents							
Daily grain choices	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Choice 1	2	1	1	2	1	7	No. All daily choices provide at least the minimum amount, but the weekly total is less than the minimum amount.
Choice 2	2	1	1	2	1	7	
Choice 3	2	1	1	2	1	7	



Table 4-14. Unacceptable lunch menu planning for different amounts of meat/meat alternate choices between days for grades K-5 and 6-8

Daily meat/meat alternate choices	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Grades K-5: Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 8 ounce equivalents							
Choice 1	2	1	1	2	1	7	No. All daily choices provide at least the minimum amount, but the weekly total is less than the minimum amount.
Choice 2	2	1	1	2	1	7	
Choice 3	2	1	1	2	1	7	
Grades 6-8: Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 9 ounce equivalents							
Choice 1	2	2	1	2	1	8	No. All daily choices provide at least the minimum amount, but the weekly total is less than the minimum amount.
Choice 2	2	2	1	2	1	8	
Choice 3	2	2	1	2	1	8	



Offering different amounts of grain and meat/meat alternate choices on the same day for grades K-5 and 6-8 at lunch

Tables 4-15 through 4-17 show examples of acceptable lunch menus for grades K-5 and 6-8 that offer multiple meal choices with different amounts of grains or meat/meat alternates on an individual day. These examples comply with the lunch meal pattern because each daily choice provides at least the minimum amount, and the weekly total is at least the minimum amount.

Table 4-15. Acceptable lunch menu planning for different amounts of grain choices on the same day for grades K-5 and 6-8							
Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 8 ounce equivalents							
Daily grain choices	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Choice 1	1³/₄	1³/₄	1³/₄	1³/₄	1³/₄	8³/₄ *	Yes. Each daily choice exceeds the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) exceeds the minimum amount.
Choice 2	2	2	2	2	2	10 *	
Choice 3	2	2	2	2	2	10 *	
* Menus that consistently offer larger amounts of the grains component might exceed the weekly limits for calories, saturated fat, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.							



Table 4-16. Acceptable lunch menu planning for different amounts of meat/meat alternate choices on the same day for grades K-5 and 6-8							
Daily meat/meat alternate choices	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Grades K-5: Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 8 ounce equivalents							
Choice 1	1³/₄	1³/₄	1³/₄	1³/₄	1³/₄	8³/₄ *	Yes. Each daily choice exceeds the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) exceeds the minimum amount.
Choice 2	2	2	2	2	2	10 *	
Choice 3	2 ¹ / ₄	11¹/₄ *					
Grades 6-8: Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 9 ounce equivalents							
Choice 1	2	2	2	2	2	10 *	Yes. Each daily choice exceeds the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) exceeds the minimum amount.
Choice 2	2 ¹ / ₄	11 *					
Choice 3	2 ¹ / ₂	12¹/₂ *					
* Menus that consistently offer larger amounts of the grains component might exceed the weekly limits for calories, saturated fat, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.							

Table 4-17. Acceptable lunch menu planning for different amounts of grain choices on the same day for grades 6-8

Minimum daily grains: 1 ounce equivalent
Minimum weekly grains: 9 ounce equivalents

Daily meat/ meat alternate choices	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Choice 1	2	2	2	2	2	10 *	Yes. Each daily choice exceeds the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) exceeds the minimum amount.
Choice 2	2 ¹ / ₄	11 *					
Choice 3	2 ¹ / ₂	12¹/₂ *					

* Menus that consistently offer larger amounts of the grains component might exceed the weekly limits for calories, saturated fat, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.

Tables 4-18 and 4-19 show examples of unacceptable lunch menus for grades K-5 and 6-8 that offer multiple meal choices with different amounts of grains or meat/meat alternates on the same day. These examples do not comply with the lunch meal pattern because the weekly total is less than the minimum amount.

Table 4-18. Unacceptable lunch menu planning for different amounts of grain choices on the same day for grades K-5 and 6-8							
Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 8 ounce equivalents							
Daily grain choices	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Choice 1	1½	1½	1½	1½	1½	7½	No. While each daily choice exceeds minimum amount, the weekly sum of the smallest daily choice (highlighted in yellow) is less than the minimum amount.
Choice 2	1¾	1¾	1¾	1¾	1¾	8¾	
Choice 3	2	2	2	2	2	10	

Table 4-19. Unacceptable lunch menu planning for different amounts of meat/meat alternate choices on the same day for grades K-5 and 6-8							
Daily meat/meat alternate choices	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Grades K-5: Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 8 ounce equivalents							
Choice 1	1½	1½	1½	1½	1½	7½ *	No. While each daily choice exceeds minimum amount, the weekly sum of the smallest daily choice (highlighted in yellow) is less than the minimum amount.
Choice 2	2	2	2	2	2	10 *	
Choice 3	2¼	2¼	2¼	2¼	2¼	11¼ *	
Grades 6-8: Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 9 ounce equivalents							
Choice 1	1¾	1¾	1¾	1¾	1¾	8¾ *	No. While each daily choice exceeds minimum amount, the weekly sum of the smallest daily choice (highlighted in yellow) is less than the minimum amount.
Choice 2	2	2	2	2	2	10 *	
Choice 3	2	2	2	2	2	10 *	

Weekly Requirements for Breakfast

The weekly menu planning requirements for breakfast include weekly juice limits and minimum weekly servings of the grains component.

Weekly Juice Limits at Breakfast

Fruit juice together with vegetable juice (including fruit and vegetable juice blends) cannot exceed half of the total amount (cups) of fruits and vegetables offered at breakfast during the week. The weekly juice limit is based on the amount of fruits (and vegetables, if offered) that students are allowed to select at a given meal, regardless of the number of options or variety of fruits and vegetables available. For example, if the breakfast menu offers 5 cups of the fruits component over the week, the breakfast menu can offer up to 2½ cups of juice over the week.

To calculate the breakfast menu's compliance with the weekly juice limit, the menu planner must divide the total amount (cups) of 100 percent fruit juice (and vegetable juice, if offered) that students may select at all breakfasts during the week by the total amount (cups) of fruits (and vegetables, if offered) that students may select at all breakfasts during the week. Tables 4-20 and 4-21 show the weekly juice limits at breakfast, based on the minimum servings of the fruits component in the five-day and seven-day breakfast meal patterns.

Table 4-20. Weekly limits for juice for five-day breakfast menus ¹

Grade group	Required weekly servings of food component	Maximum weekly juice contribution (50 percent)	Maximum weekly ½-cup juice servings
K-5	5 cups	2½ cups	5
6-8	5 cups	2½ cups	5
9-12	5 cups	2½ cups	5

¹ Juice includes 100 percent fruit juice, 100 percent vegetable juice, and any combination of 100 percent fruit and vegetable juices. The SBP meal pattern does not require the vegetables component. Through September 30, 2019, SFAs may substitute any vegetables (including vegetable juice) for the fruits component. For more information, see “Vegetables at Breakfast” in section 3.

Table 4-21. Weekly limits for juice for seven-day breakfast menus ¹

Grade group	Required weekly servings of food component	Maximum weekly juice contribution (50 percent)	Maximum weekly ½-cup juice servings
K-5	7 cups	3½ cups	7
6-8	7 cups	3½ cups	7
9-12	7 cups	3½ cups	7

¹ Juice includes 100 percent fruit juice, 100 percent vegetable juice, and any combination of 100 percent fruit and vegetable juices. The SBP meal pattern does not require the vegetables component. SFAs may substitute vegetables (including vegetable juice) for the fruits component at any time. For more information, see “Vegetables at Breakfast” in section 3.

Breakfast menus must include a minimum of 1 cup of the fruits component daily for all grades. If the breakfast menu offers a variety of ½-cup fruit and juice choices, and allows students to select any two choices, students cannot select more than one serving (½ cup) of juice to comply with the weekly juice limit. The SFA must provide clear signage regarding fruit and juice choices. For more information, see “Required signage for juice limits at breakfast” in on the next page.

Offering more than the minimum daily fruits component at breakfast

If the breakfast menu offers more than 1 cup of the fruits component daily, the maximum amount of juice that can be served also increases. For example, a breakfast menu that offers 2 cups of the fruits component daily could offer 1 cup (8 fluid ounces) of juice daily. However, menu planners must be careful not to exceed the weekly calorie limit of the dietary specifications when offering juice daily, because juice contains more calories than whole fruits and vegetables. For example, ½ cup of grape juice contains 76 calories while ½ cup of fresh grapes contains 34 calories; and 1 cup of canned sliced peaches in juice contains 109 calories while 1 cup of fresh sliced peaches contains 60 calories (see table 6-1 in section 6).

Juice does not provide the same nutritional benefits as whole fruits and vegetables. Whole fruits and vegetables should be served most often, as recommended by the *Dietary Guidelines for Americans*. School menus might exceed the weekly calorie limits if juice is served frequently.

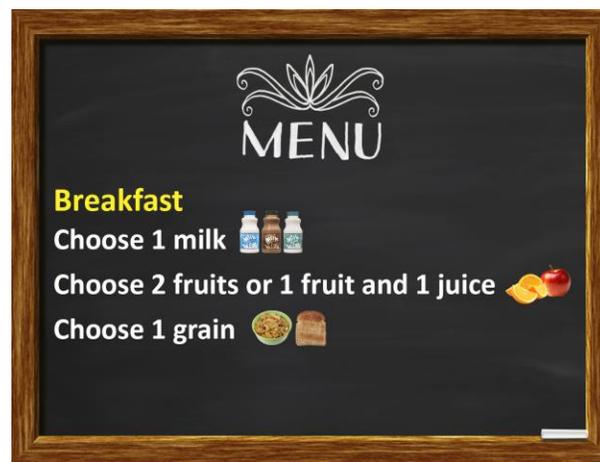
Required signage for juice limits at breakfast

Cafeteria menus and signage must clearly indicate the specific amount of fruit and juice that students may select with each meal, for example:

- choose any two fruit servings (no more than one juice);
- select up to two servings of fruit (no more than one juice);
- choose two fruit servings (no more than one juice);
- choose two fruits or one fruit and one juice; and
- choose one fruit and one juice.



This signage must be on the serving line where the fruits, vegetables, and juice are located. For more information, see “Meal Identification Signage” in section 5. For additional guidance on signage, see the CSDE’s guide, *Offer versus Serve Guide for School Meals*.



Calculating weekly juice offerings at breakfast

SFAs must calculate the breakfast menu’s compliance with the weekly juice limit by dividing the total amount (cups) of 100 percent fruit juice (and vegetable juice, if offered) that students may select at all breakfasts during the week by the total amount (cups) of fruits (and vegetables, if offered) that students may select at all breakfasts during the week. Menu planners must count all sources of 100 percent juice available to students during the week count toward the weekly juice limit, including:

- juice that is fresh, frozen, and made from concentrate (see “Crediting Fruit Juice” in section 3);
- frozen juice pops made from 100 percent juice (see “Crediting Fruit Juice” in section 3);

- pureed fruits and vegetables in fruit/vegetable smoothies (see “Crediting Fruit and Vegetable Smoothies” in section 3); and
- juice from canned fruit served in 100 percent juice (see “Crediting Canned Fruit” in section 3).

For a sample calculation of the weekly juice limit, see [table 4-11](#) in the “Weekly Requirements for Lunch” section.

Weekly Grains at Breakfast

Table 4-22 shows the minimum weekly requirements for the grains component at breakfast. In July 2013, the USDA eliminated the maximum weekly requirements for the grains component. However, the breakfast meal patterns still include the weekly maximums for each grade group to provide a guide for planning age-appropriate meals that meet the calorie, saturated fat, and sodium requirements.

Menu planners must consider the dietary specifications when serving larger amounts of the grains component and optional meat/meat alternate substitutions. Menus that consistently offer larger amounts of these food components might exceed the dietary specifications for calories, saturated fat, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.

Table 4-22. Weekly requirements for grains at breakfast ¹		
Ounce equivalents		
Grades	Five-day week	Seven-day week
K-5	7-10	10-14
6-8	8-10	11-14
9-12	9-10	12½-14

¹ The maximum weekly serving is not required, but provides a guide for planning age-appropriate meals that meet the weekly limits for calories, saturated fat, and sodium. SFAs may substitute 1 ounce equivalent of the meat/meat alternates component for 1 ounce equivalent of the grains component, after offering the minimum daily grains requirement (1 ounce equivalent). For more information, see “Meat/Meat Alternates at Breakfast” in section 3.

Calculating weekly grains at breakfast

SFAs must determine the weekly amount of the grains component at breakfast (including meat/meat alternate substitutions, if offered) by adding the ounce equivalents of all daily offerings during the week. If the breakfast menu offers a daily choice of more than one grain item on an individual day, the menu planner must use the grain item with the **smallest** amount of ounce equivalents to count toward the weekly requirements. For example, if the menu offers two daily grain choices that include a 1½-ounce equivalent item and a 2-ounce equivalent item, the menu planner must count the 1½-ounce equivalent item toward the weekly total.

When menus include grain choices with different amounts of ounce equivalents each day or over the week, SFAs must ensure that the menu complies with the minimum weekly requirements. Table 4-23 shows examples of how to calculate the weekly ounce equivalents for a five-day breakfast menu for grades 6-8.



Table 4-23. Calculating weekly grains in breakfast menus for grades 6-8							
Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 8 ounce equivalents							
Menu	Ounce equivalents offered						Meets minimum requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Week 1	1	1½	1½	1	1	6	No. While the daily amount is at least the minimum, the weekly total is less than the minimum amount.
Week 2	1½	1½	2	1½	1½	8	Yes. The daily amount is at least the minimum and the weekly total is the same as the minimum amount.
Week 3	2	2	2	2	2	10 *	Yes. The daily amount is at least the minimum and the weekly total exceeds the minimum amount.
Week 4	1	2	2	1	3	9 *	Yes. The daily amount is at least the minimum and the weekly total exceeds the minimum amount.
* Menus that consistently offer larger amounts of the grains component might exceed the weekly limits for calories, saturated fat, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.							

Offering the minimum daily amounts of grains at breakfast

Breakfast menus for grades K-12 that offer the minimum daily 1 ounce equivalent of the grains component do not meet the weekly requirement because the sum of the daily ounce equivalents is **less** than the minimum weekly ounce equivalents. For example, a five-day breakfast menu that offers 1 ounce equivalent of the grains component daily provides 5 ounce equivalents over the week.

- **Five-day weeks:** The weekly breakfast meal pattern requires at least 7 ounce equivalents of the grains component for grades K-5, at least 8 ounce equivalents of the grains component for grades 6-8, and at least 9 ounce equivalents of the grains component for grades 9-12.
- **Seven-day weeks:** The weekly breakfast meal pattern requires at least 10 ounce equivalents of the grains component for grades K-5, at least 11 ounce equivalents of the grains component for grades 6-8, and at least 12½ ounce equivalents of the grains component for grades 9-12.

To reach these minimum weekly requirements, menu planners must offer **more** than 1 ounce equivalent on some days.

When breakfast menus offer grain choices with different amounts of ounce equivalents, the menu planner must ensure that the weekly menu meets the minimum amounts. For example, SFAs must carefully review breakfast menus for weekly meal pattern compliance when they are planned using the approaches below.

1. **Different amounts between days:** The breakfast menu offers multiple meal choices that provide the same amounts of grains on an individual day, but different amounts between days. For example, Monday, Wednesday, and Friday offer three breakfast choices that each provide 2 ounce equivalents of grains; and Tuesday and Thursday offer three breakfast choices that each provide 1½ ounce equivalents of grains.
2. **Different daily amounts:** The breakfast menu offers multiple choices that provide different amounts of grains on an individual day. For example, the breakfast menu each day includes three meal choices with different amounts of grain items, including a 1-ounce equivalent grain item, a 1½-ounce equivalent grain item, and a 2-ounce equivalent grain item. In this example, the menu planner must count the 1-ounce equivalent grain item toward the sum of the weekly ounce equivalents because it is the daily menu item with the **smallest** ounce equivalents.

The sections below provide guidance on how to determine if breakfast menus with grain choices meet the weekly meal pattern requirements.

Offering different amounts of grain choices between days at breakfast

Tables 4-24 shows examples of acceptable breakfast menus for each grade group when the menu planner offers multiple meal choices with the same amounts of grains on an individual day. These examples comply with the breakfast meal pattern because each daily choice provides at least the minimum amount, and the weekly total is at least the minimum amount.

Tables 4-25 shows examples of unacceptable breakfast menus for each grade group when the menu planner offers multiple meal choices with the same amounts of grains on an individual day. These examples do not comply with the breakfast meal pattern because the weekly total is less than the minimum amount.

Reminder: When the breakfast menu offers two or more daily grain choices with different ounce equivalents, each choice must provide at least the minimum daily amount. The determination of whether the menu meets the minimum weekly requirement is based on the daily grain item with the **smallest** ounce equivalents.



Table 4-24. Acceptable breakfast menu planning for different amounts of grain choices between days for grades K-12							
Daily grain choices	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Grades K-5: Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 7 ounce equivalents							
Choice 1	1½	1¾	1	2	1½	7¾ *	Yes. All daily choices are at least the minimum amount and the weekly total exceeds the minimum amount.
Choice 2	1½	1¾	1	2	1½	7¾ *	
Choice 3	1½	1¾	1	2	1½	7¾ *	
Grades 6-8: Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 8 ounce equivalents							
Choice 1	1½	1¾	2	2	1½	8¾ *	Yes. All daily choices are at least the minimum amount and the weekly total exceeds the minimum amount.
Choice 2	1½	1¾	2	2	1½	8¾ *	
Choice 3	1½	1¾	2	2	1½	8¾ *	
Grades 9-12: Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 9 ounce equivalents							
Choice 1	2	2½	2	2	2	10½ *	Yes. All daily choices are at least the minimum amount and the weekly total exceeds the minimum amount.
Choice 2	2	2½	2	2	2	10½ *	
Choice 3	2	2½	2	2	2	10½ *	
* Menus that consistently offer larger amounts of the grains component might exceed the weekly limits for calories, saturated fat, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.							

Table 4-25. Unacceptable breakfast menu planning for different amounts of grain choices between days for grades K-12							
Daily grain choices	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Grades K-5: Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 7 ounce equivalents							
Choice 1	1½	1	1	2	1	6½	No. All daily choices are at least the minimum amount, but the weekly total is less than the minimum amount.
Choice 2	1½	1	1	2	1	6½	
Choice 3	1½	1	1	2	1	6½	
Grades 6-8: Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 8 ounce equivalents							
Choice 1	1½	1½	1	2	1½	7½	No. All daily choices are at least the minimum amount, but the weekly total is less than the minimum amount.
Choice 2	1½	1½	1	2	1½	7½	
Choice 3	1½	1½	1	2	1½	7½	
Grades 9-12: Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 9 ounce equivalents							
Choice 1	2	1	2	1	2	8	No. All daily choices are at least the minimum amount, but the weekly total is less than the minimum amount.
Choice 2	2	1	2	1	2	8	
Choice 3	2	1	2	1	2	8	

Offering different amounts of grain choices on the same day at breakfast

Tables 4-26 shows examples of acceptable breakfast menus for each grade group when the menu planner offers multiple meal choices with different amounts of grains on an individual day. These examples comply with the breakfast meal pattern because each daily choice provides at least the minimum amount, and the weekly total is at least the minimum amount.

Table 4-26. Acceptable breakfast menu planning for different amounts of grain choices on the same day for grades K-12							
Daily grain choices	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Grades K-5: Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 7 ounce equivalents							
Choice 1	1½	1½	1½	1½	1½	7.5 *	Yes. Each daily choice exceeds the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) exceeds the minimum amount.
Choice 2	1¾	1¾	1¾	1¾	1¾	8¾ *	
Choice 3	2	2	2	2	2	10 *	
Grades 6-8: Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 8 ounce equivalents							
Choice 1	1¾	1¾	1¾	1¾	1¾	8¾ *	Yes. Each daily choice exceeds the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) exceeds the minimum amount.
Choice 2	2	2	2	2	2	10 *	
Choice 3	2¼	2¼	2¼	2¼	2¼	11¼ *	

Table 4-26. Acceptable breakfast menu planning for different amounts of grain choices on the same day for grades K-12, <i>continued</i>							
Daily grain choices	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Grades 9-12: Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 9 ounce equivalents							
Choice 1	2	2	2	2	2	10*	Yes. Each daily choice exceeds the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) exceeds the minimum amount.
Choice 2	2¼	2¼	2¼	2¼	2¼	11¼*	
Choice 3	2½	2½	2½	2½	2½	12½*	
* Menus that consistently offer larger amounts of the grains component might exceed the weekly limits for calories, saturated fat, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.							

Tables 4-27 shows examples of unacceptable breakfast menus for each grade group when the menu planner offers multiple meal choices with different amounts of grains on an individual day. These examples do not comply with the breakfast meal pattern because the weekly total is less than the minimum amount.

Table 4-27. Unacceptable breakfast menu planning for different amounts of grain choices on the same day for grades K-12							
Daily grain choices	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Grades K-5: Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 7 ounce equivalents							
Choice 1	1	1	1	1	1	5	No. All daily choices are at least the minimum amount, but the weekly total of the smallest daily choice (highlighted in yellow) is less than the minimum amount.
Choice 2	1 ³ / ₄	8 ³ / ₄					
Choice 3	2	2	2	2	2	10	



Table 4-27. Unacceptable breakfast menu planning for different amounts of grain choices on the same day for grades K-12, <i>continued</i>							
Daily grain choices	Ounce equivalents offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Grades 6-8: Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 8 ounce equivalents							
Choice 1	1½	1½	1½	1½	1½	7½	No. All daily choices are at least the minimum amount, but the weekly total of the smallest daily choice (highlighted in yellow) is less than the minimum amount.
Choice 2	1¾	1¾	1¾	1¾	1¾	8¾	
Choice 3	2	2	2	2	2	10	
Grades 9-12: Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 9 ounce equivalents							
Choice 1	1¾	1¾	1¾	1¾	1¾	8¾	No. All daily choices are at least the minimum amount, but the weekly total of the smallest daily choice (highlighted in yellow) is less than the minimum amount.
Choice 2	2	2	2	2	2	10	
Choice 3	2½	2½	2½	2½	2½	12½	

