

Breakfast Menu – Week 2

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →					
Fruits 100% Juice <i>(no more than ½ of total fruit)</i> Daily minimum: 1 cup	Item	Fruit	Fruit	Fruit	Fruit	Fruit
	Portion in cups	½ cup	½ cup	½ cup	½ cup	½ cup
	2 nd Item (If planned)	100 % Fruit Juice	100 % Fruit Juice	100 % Fruit Juice	100 % Fruit Juice	100 % Fruit Juice
	Portion in cups	½ cup	½ cup	½ cup	½ cup	½ cup
Grains (2nd item may be M/MA) Daily minimum: 1 oz. eq. Weekly minimum: 8 oz. eq.	Item	WGR Cereal	WGR Banana Bread	WGR Cereal	WGR Blueberry Muffin	French Toast Stick
	Portion	1.oz	3.45 oz	1 oz	2 oz	2.25 oz
	Contribution (oz. eq.)	1 oz eq		1 oz eq		2.25 oz eq
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Other Foods/ Condiments (If planned)	Item					
	Portion size					
	Item					
	Portion size					

Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1 %	Fat Free		
Fluid oz.	8 oz	8 oz		

Notes: Week 2