

**Breakfast Menu – Week 3**

		Day 1	Day 2	Day 3	Day 4	Day 5
<b>COMPONENTS ↓</b>	<b>MENU NAME →</b>					
<b>Fruits</b>  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 <sup>nd</sup> 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
<b>Grains</b> <b>(2<sup>nd</sup> item may be M/MA)</b>  Daily minimum: 1 oz. eq.  Weekly minimum: 8 oz. eq.	Item	WGR Corn Muffin	WGR Cereal	WGR Blueberry Muffin	WGR Cinnamon Bread	WGR Cereal
	Portion	1.5 oz	1 oz	2 oz	1 oz	1 oz
	Contribution (oz. eq.)	2 oz eq	1 oz eq	1 oz eq	1 oz eq	1 oz eq
	2 <sup>nd</sup> Item (If planned)	WGR Graham				
	Portion	1 oz				
	Contribution (oz. eq.)	1 oz eq				
<b>Other Foods/ Condiments</b>  (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 3