



Daily Requirement Summary
Breakfast, Grades K-12

Go to instructions	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Fruit, Vegetable, Fruit Juice or Vegetable Juice Servings	1	1	1	1	1	5	5	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (oz equivalents)	Weekly Requirement Check
Minimum Grain	3.00	3.50	3.50	3.25	2.00	15.25	9	Yes
Maximum Grain	3.00	3.50	3.50	3.25	2.00	15.25	10	No
Whole Grain Rich Weekly Amount (oz eq)	Weekly Grains Total	9.00	Weekly Whole Grain-Rich Total	9	Percent of Whole Grain-Rich	100%	100%	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fluid Milk (cups)	1	1	1	1	1	5	5	Yes
Variety: Skim/fat-free unflavored, Skim/fat-free flavored, Low-fat (less than 1%), unflavored	Yes	Yes	Yes	Yes	Yes			
Low-fat (1% or less), flavored								
Reduced fat (2% fat) or whole, unflavored and flavored								

Weekly Fruit Juice Limit (no more than half of total fruit)	Total Weekly Fruit	Total Weekly Juice	Percent of totally weekly fruit that is juice	Weekly Requirement check
	5	2 1/2	50.00%	Yes

Starchy vegetable fruit crediting		Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
		Must serve at least 2 cups of non-starchy prior to crediting starchy vegetables as fruit	Non-starchy	0	0	0	0
	Starchy	0	0	0	0	0	0
Starchy vegetable crediting check							