

K-12

FOOD-BASED MEAL PATTERN – **Solid Rock Academy BREAKFAST MENU** – FIVE DAYS – **SY 2017-2018 REQUIREMENTS K-12**

FBMP - Breakfast: 8 fl. oz. Fluid Milk; 1 c. Fruits/100% Juice (Juice is limited to no more than half of the total weekly offerings. All or some of the Fruits portion may be substituted with Vegetables as long as 2 cups of any non-starchy vegetables are planned before a starchy vegetable is planned for the week.); Minimum 9 oz. eq. of Grains per five-day week with all offerings from whole grain or whole grain-rich sources; may offer Meat/Meat Alternate for Grains after the minimum daily Grains requirement is met. Daily nutrient standards are based on the weekly average: 450-500 calories; <10% of total calories from saturated fat; sodium ≤540 mg; 0 grams trans fat

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two choices required daily from: Fat-Free flavored or unflavored; 1% or less unflavored		Fat content(s)	1%, Fat-Free	Fat-Free		
		Portion in fl. oz.	8 oz.	8 oz.		
Components Week 1	Menu Item Name & Info	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits/100% Juice (1 c/day minimum)	Item	Fresh /Canned Fruit	Fresh/Canned Fruit	Fresh/Canned Fruit	Fresh/Canned Fruit	Fresh/Canned Fruit
	Portion in cups	½ Cup	½ Cup	½ Cup	½ Cup	½ Cup
2nd Fruits/100% Juice (If planned) OR Vegetables²	Item	100% Apple Juice/Grape Juice	100% Apple Juice/Grape Juice	100% Apple Juice/Grape Juice	100% Apple Juice/Grape Juice	100% Apple Juice/Grape Juice
	Portion in cups	4 oz. = ½ Cup	4 oz. = ½ Cup	4 oz. = ½ Cup	4 oz. = ½ Cup	4 oz. = ½ Cup
Grains¹ (Minimum of 1 oz. eq. per day and 9 oz. eq. per week) All choices WG or WGR	Item	WG Pop Tart	WG Assorted Cereal	WG Biscuit	WG Pancakes	WW Chicken Biscuit
	Portion in oz.¹ (Cooked cereal in cup measures)	2.4 oz. = 1 oz. eq. Serving size is 50 g. (1 pastry)	1 Cup (flakes/rounds) = 1 oz. eq. 1.25 Cups (puffed cereal) = 1 oz. eq.	1 biscuit=1.0 oz. = 1.0 oz. eq.	2.4 oz. = 2 oz. eq.(2 pancakes)	1 oz. chicken +1.75 oz WW Biscuit
2nd Grains (If planned) OR Meat/Meat Alternate* (If planned)	Item	WG Assorted Cereal	Scrambled Eggs and Cheese	Turkey Sausage		
	Portion size or oz.	1 Cup (flakes/rounds)= 1 oz.eq. 1.25 Cups (puffed cereal) = 1 oz. eq.	½ Egg 0.5 oz. cheese	1 patty=1 oz.		
	Contribution in oz.*		1 M/MA	.5 oz. eq. WGR bread and 1 M/MA		.5 M/MA
Other Foods/ Condiments (If planned)	Item	Syrup/Margarine (TFF)			Syrup/Margarine (TFF)	
	Portion size	1 oz./1 packet			1 oz./1 packet	

K-12

FOOD-BASED MEAL PATTERN –**Solid Rock Academy BREAKFAST MENU**– FIVE DAYS – **SY 2017-2018 REQUIREMENTS K-12**

¹ Please use specific product weights in comparison with the USDA Whole-Grain Rich Ounce Equivalency (oz. eq.) Requirements Chart. (½ cup cooked oatmeal provides 1 oz. eq. Whole Grain.)

***Contribution in oz.** is the **cooked** portion (if planning a meat substitution for part of the grain), i.e., ½ large egg **or** 2.13 oz. raw pork sausage yields 1 oz. **cooked** pork and each provides **1 oz.** M/MA.

² Vegetable substitution for Fruit is allowed; two (2) cups of any one or more non-starchy vegetable subgroups (R/O, DG, B/P or Other) must be planned before a starchy vegetable may be planned on any day during the same week. Under Offer Versus Serve (OVS), it is recommended that vegetable substitutions are made in at least ½ cup portions (i.e. ½ cup of fruit offered along with ½ cup of vegetables).

Note: A ½ cup portion of fruit, vegetable, or 100% juice is required with meals served under the OVS Provision and can be from a single source or from a combination of two or more smaller portions with 1/8 cup being the smallest creditable amount.

Note: FBMP = Food-Based Meal Pattern, eq. = equivalent, c = cup, WG or WGR = whole grain or whole grain-rich, M/MA = Meat/Meat Alternate, oz. eq. = grains, TFF= Trans Fat-Free.

This institution is an equal opportunity provider.