

## 4 — Weekly Requirements

The weekly requirements for the lunch and breakfast meal patterns include minimum servings of the five food components, servings of the five vegetable subgroups, limits for juice at lunch and breakfast, and a limit for grain-based desserts at lunch.

### Weekly Food Components for Lunch and Breakfast

In addition to the minimum daily amounts, lunch and breakfast menus must meet the minimum weekly amounts for milk, fruits, vegetables (including the vegetable subgroups), 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 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 at least 7 ounce equivalents for grades K-5, at least 8 ounce equivalents for grades 6-8, and at least 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 patterns 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
<b>Milk (cups)</b>	5	7	5	7	5	7
<b>Fruits (cups)</b>	2½	3½	2½	3½	5	7
<b>Vegetables (cups)<sup>1</sup></b>	3¾	5¼	3¾	5¼	5	7
<b>Grains (ounce equivalents)<sup>2</sup></b> Must be WGR	8-9	11-12½	8-10	11-14	10-12	14-17
<b>Meat/meat alternates (ounce equivalents)<sup>2</sup></b>	8-10	11-14	9-10	12½-14	10-12	14-17

<sup>1</sup> 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.

<sup>2</sup> 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 fats, and sodium. For information on the dietary specifications, see section 6.



**Table 4-2. Weekly meal patterns 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
<b>Milk (cups)</b>	5	7	5	7	5	7
<b>Fruits (cups)<sup>1</sup></b>	5	7	5	7	5	7
<b>Grains (ounce equivalents)<sup>2</sup></b> Must be WGR	7-10	10-14	8-10	11-14	9-10	12½-14

<sup>1</sup> Through June 30, 2021, SFAs may substitute any vegetables for the fruits component. For more information, see “Vegetables at Breakfast” in section 3.

<sup>2</sup> 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 fats, 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 1 ounce equivalent of grains. For more information, see “Meat/Meat Alternates at Breakfast” in section 3.



## Weekly Requirements for Lunch

The weekly requirements for the lunch meal pattern include juice limits, minimum servings of the grains component, minimum servings of the meat/meat alternates component; and a limit for grain-based desserts.

### Weekly Juice Limits at Lunch

Fruit juice cannot exceed half of the total amount of fruits offered to students during the week. Vegetable juice cannot exceed half of the total 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 “Frozen 100 percent juice products” in section 3);
- pureed fruits and vegetables in fruit/vegetable smoothies (see “Crediting Smoothies” in section 3); and
- juice from canned fruit served in 100 percent juice (see “Crediting Canned Fruits” in section 3).

### Juice limits for grades K-5 and 6-8

Tables 4-3 and 4-4 indicate 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 lunch 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 lunch 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 4-3. Weekly juice limits for five-day lunch menus			
Grade group	Required weekly servings of food component	Maximum weekly juice contribution (50 percent)	Maximum weekly ½-cup juice servings
<b>Fruits component</b>			
K-5	2½ cups	1¼ cups	2
6-8	2½ cups	1¼ cups	2
9-12	5 cups	2½ cups	5
<b>Vegetables component</b>			
K-5	3¾ cups	1 <sup>7</sup> / <sub>8</sub> cups	3
6-8	3¾ cups	1 <sup>7</sup> / <sub>8</sub> cups	3
9-12	5 cups	2½ cups	5

Table 4-4. 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
<b>Fruits component</b>			
K-5	3½ cups	1¾ cups	3
6-8	3½ cups	1¾ cups	3
9-12	7 cups	3½ cups	7
<b>Vegetables component</b>			
K-5	5¼ cups	2 <sup>5</sup> / <sub>8</sub> cups	5
6-8	5¼ cups	2 <sup>5</sup> / <sub>8</sub> cups	5
9-12	7 cups	3½ cups	7

### Juice limits for grades 9-12

Five-day and seven-day lunch menus for grades 9-12 may offer  $\frac{1}{2}$  cup of fruit juice each day and  $\frac{1}{2}$  cup of vegetable juice each day. However, SFAs must be careful not to exceed the weekly calorie limit when offering each day because juice contains more calories than whole fruits and vegetables. For example,  $\frac{1}{2}$  cup of grape juice contains 76 calories while  $\frac{1}{2}$  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 4-5 shows a sample calculation for determining if a five-day lunch menu for grades 6-8 meets the weekly fruit juice limit.



**Table 4-5. 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 fruits, drained canned fruits <sup>1</sup>, 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. <sup>2</sup> 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.

<sup>1</sup> Drained canned fruit 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 Fruits” in section 3.

<sup>2</sup> 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 4-6 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. 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 fats, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.



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 weekly limits for calories, saturated fats, and sodium.

**Table 4-6. Required weekly grains and meat/meat alternates at lunch**

Grades	Ounce equivalents			
	Grains <sup>1,2</sup>		Meat/meat alternates <sup>1</sup>	
	Five-day week	Seven-day week	Five-day week	Seven-day week
<b>K-5</b>	8-9	11-12½	8-10	11-14
<b>6-8</b>	8-10	11-14	9-10	12½-14
<b>9-12</b>	10-12	14-17	10-12	14-17

<sup>1</sup> Menus are not required to meet the weekly maximums, but must meet the weekly minimums. The weekly maximums provide a guide for planning age-appropriate meals that meet the dietary specifications for calories, saturated fats, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.

<sup>2</sup> Grain-based desserts credited at lunch cannot exceed 2 ounce equivalents per week. For more information, see “Crediting Grain-based Desserts” in section 3.

### Calculating weekly grains and meat/meat alternates at lunch

SFAs must determine the weekly grains and meat/meat alternates 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 grain requirements.

When menus include grain choices or meat/meat alternate choices with different ounce equivalents each day or over the week, SFAs must ensure that the menu provides the minimum weekly ounce equivalents. Table 4-7 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 4-7. Calculating weekly grains and meat/meat alternates in five-day 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	<b>No.</b> While the daily amount is <b>at least</b> the minimum, the weekly total is <b>less</b> than the minimum amount. The weekly menu must provide another 2 ounce equivalents.
Week 2	1½	1½	2	1½	1½	8	<b>Yes.</b> The daily amount is <b>at least</b> the minimum and the weekly total is the <b>same</b> as the minimum amount.

**Table 4-7. Calculating weekly grains and meat/meat alternates in five-day 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 *	<b>Yes.</b> The daily amount is <b>at least</b> the minimum and the weekly total <b>exceeds</b> the minimum amount.
Week 4	1½	1½	2	2	1	8	<b>Yes.</b> The daily amount is <b>at least</b> the minimum and the weekly total is the <b>same</b> as the minimum amount.
Week 5	1	2	2	1	3	9 *	<b>Yes.</b> The daily amount is <b>at least</b> the minimum and the weekly total <b>exceeds</b> the minimum amount.
* Menus that consistently offer larger amounts of the grains component might exceed the weekly limits for calories, saturated fats, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.							

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

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

- The five-day weekly grains and meat/meat alternates requirement for grades 9-12 is 10 ounce equivalents. A high school menu that offers all daily grain and meat/meat alternate choices as 2 ounce equivalents provides 10 ounce equivalents per week.
- The seven-day weekly grains and meat/meat alternates requirement for grades 9-12 is 14 ounce equivalents. A high school menu that offers all daily grain and meat/meat alternate choices as 2 ounce equivalents provides 10 ounce equivalents per week.

The daily lunch menu for grades 9-12 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 fats, and sodium.

Table 4-8 shows examples of acceptable menu planning for grades 9-12. Weekly menu 1 offers the same ounce equivalents for each choice on an individual day, but varies the ounce equivalents between days. Weekly menu 2 offers different 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.



<b>Table 4-8. Acceptable menu planning for a five-day lunch menu for grades 9-12</b>							
Minimum daily grains and meat/meat alternates: 2 ounce equivalents each Minimum weekly grains and meat/meat alternates: 10 ounce equivalents each							
<b>Weekly menu 1</b>							
<b>Daily grain choices</b>	<b>Ounce equivalents offered</b> (Same amounts on an individual day but different amounts between days)						<b>Meets minimum daily and weekly requirements?</b>
	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Weekly Total</b>	
Choice 1	2	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>2</sub>	2	2	10 <sup>3</sup> / <sub>4</sub> *	<b>Yes.</b> Each daily choice provides <b>at least</b> the minimum amount and the weekly total <b>exceeds</b> the minimum amount.
Choice 2	2	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>2</sub>	2	2	10 <sup>3</sup> / <sub>4</sub> *	
Choice 3	2	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>2</sub>	2	2	10 <sup>3</sup> / <sub>4</sub> *	
<b>Weekly menu 2</b>							
<b>Daily meat/meat alternate choices</b>	<b>Ounce equivalents offered</b> (Different amounts on an individual day)						<b>Meets minimum daily and weekly requirements?</b>
	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Weekly Total</b>	
<b>Choice 1</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>10</b>	<b>Yes.</b> Each daily choice provides <b>at least</b> the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) is <b>at least</b> the minimum amount.
Choice 2	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	11 <sup>1</sup> / <sub>4</sub> *	
Choice 3	2 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>2</sub>	12 <sup>1</sup> / <sub>2</sub> *	
* Menus that consistently offer larger amounts of the grains component might exceed the weekly limits for calories, saturated fats, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.							

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

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 required weekly 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 ounce equivalents, the menu planner must ensure that the lunch 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 ounce equivalents of grains or meat/meat alternates on an individual day, but different ounce equivalents 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 amounts equivalents:** The lunch menu offers multiple choices that provide different ounce equivalents of grains or meat/meat alternates on an individual day. For example, the lunch menu each day includes three meal choices with different 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 ounce equivalents. 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 or meat/meat alternate choices between days for grades K-5 and 6-8 at lunch

Tables 4-9 and 4-10 show examples of acceptable lunch menus for grades K-5 and 6-8 that offer multiple meal choices with the same ounce equivalents 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, and the weekly total is at least the minimum.

Table 4-9. 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	
<b>Grades K-5:</b> Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 8 ounce equivalents							
Choice 1	2	1	2	2	1	8	<b>Yes.</b> Each daily choice provides at least the minimum amount and the weekly total is the <b>same</b> as the minimum amount.
Choice 2	2	1	2	2	1	8	
Choice 3	2	1	2	2	1	8	
<b>Grades 6-8:</b> Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 9 ounce equivalents							
Choice 1	2	2	2	2	1	9	<b>Yes.</b> Each daily choice provides at least the minimum amount and the weekly total is the <b>same</b> as the minimum amount.
Choice 2	2	2	2	2	1	9	
Choice 3	2	2	2	2	1	9	

**Table 4-10. 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 <b>at least</b> the minimum amount and the weekly total is the <b>same</b> as the minimum amount.
Choice 2	2	1	2	2	1	8	
Choice 3	2	1	2	2	1	8	





Tables 4-11 and 4-12 show examples of unacceptable lunch menus for grades K-5 and 6-8 that offer multiple meal choices with the same ounce equivalents 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 4-11. 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	<b>No.</b> All daily choices provide <b>at least</b> the minimum amount, but the weekly total is <b>less</b> than the minimum amount.
Choice 2	2	1	1	2	1	7	
Choice 3	2	1	1	2	1	7	



**Table 4-12. 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	
<b>Grades K-5:</b> Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 8 ounce equivalents							
Choice 1	2	1	1	2	1	7	<b>No.</b> All daily choices provide <b>at least</b> the minimum amount, but the weekly total is <b>less</b> than the minimum amount.
Choice 2	2	1	1	2	1	7	
Choice 3	2	1	1	2	1	7	
<b>Grades 6-8:</b> Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 9 ounce equivalents							
Choice 1	2	2	1	2	1	8	<b>No.</b> All daily choices provide <b>at least</b> the minimum amount, but the weekly total is <b>less</b> 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 or meat/meat alternate choices on the same day for grades K-5 and 6-8 at lunch

Tables 4-13 through 4-15 show examples of acceptable lunch menus for grades K-5 and 6-8 that offer multiple meal choices with different ounce equivalents 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, and the weekly total is at least the minimum.

Table 4-13. 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	
<b>Choice 1</b>	<b>1<sup>3</sup>/<sub>4</sub></b>	<b>1<sup>3</sup>/<sub>4</sub></b>	<b>1<sup>3</sup>/<sub>4</sub></b>	<b>1<sup>3</sup>/<sub>4</sub></b>	<b>1<sup>3</sup>/<sub>4</sub></b>	<b>8<sup>3</sup>/<sub>4</sub> *</b>	<b>Yes.</b> Each daily choice <b>exceeds</b> the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) <b>exceeds</b> the minimum amount.
Choice 2	2	2	2	2	2	<b>10 *</b>	
Choice 3	2	2	2	2	2	<b>10 *</b>	
* Menus that consistently offer larger amounts of the grains component might exceed the weekly limits for calories, saturated fats, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.							



Table 4-14. 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	
<b>Grades K-5:</b> Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 8 ounce equivalents							
<b>Choice 1</b>	<b>1<sup>3</sup>/<sub>4</sub></b>	<b>1<sup>3</sup>/<sub>4</sub></b>	<b>1<sup>3</sup>/<sub>4</sub></b>	<b>1<sup>3</sup>/<sub>4</sub></b>	<b>1<sup>3</sup>/<sub>4</sub></b>	<b>8<sup>3</sup>/<sub>4</sub> *</b>	<b>Yes.</b> Each daily choice <b>exceeds</b> the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) <b>exceeds</b> the minimum amount.
Choice 2	2	2	2	2	2	<b>10 *</b>	
Choice 3	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	<b>11<sup>1</sup>/<sub>4</sub> *</b>	
<b>Grades 6-8:</b> Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 9 ounce equivalents							
<b>Choice 1</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>10 *</b>	<b>Yes.</b> Each daily choice <b>exceeds</b> the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) <b>exceeds</b> the minimum amount.
Choice 2	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	<b>11 *</b>	
Choice 3	2 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>2</sub>	<b>12<sup>1</sup>/<sub>2</sub> *</b>	
* Menus that consistently offer larger amounts of the grains component might exceed the weekly limits for calories, saturated fats, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.							

**Table 4-15. 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	
<b>Choice 1</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>10 *</b>	<b>Yes.</b> Each daily choice <b>exceeds</b> the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) <b>exceeds</b> the minimum amount.
Choice 2	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>4</sub>	<b>11 *</b>	
Choice 3	2 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>2</sub>	<b>12<sup>1</sup>/<sub>2</sub> *</b>	

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

Tables 4-16 and 4-17 show examples of unacceptable lunch menus for grades K-5 and 6-8 that offer multiple meal choices with different ounce equivalents 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 4-16. 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	
<b>Choice 1</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>7½</b>	No. While each daily choice <b>exceeds</b> minimum amount, the weekly sum of the smallest daily choice (highlighted in yellow) is <b>less</b> than the minimum amount.
Choice 2	1¾	1¾	1¾	1¾	1¾	8¾	
Choice 3	2	2	2	2	2	10	

Table 4-17. 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	
<b>Grades K-5:</b> Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 8 ounce equivalents							
<b>Choice 1</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>7½ *</b>	<b>No.</b> While each daily choice <b>exceeds</b> minimum amount, the weekly sum of the smallest daily choice (highlighted in yellow) is <b>less</b> than the minimum amount.
Choice 2	2	2	2	2	2	<b>10 *</b>	
Choice 3	2¼	2¼	2¼	2¼	2¼	<b>11¼ *</b>	
<b>Grades 6-8:</b> Minimum daily meat/meat alternates: 1 ounce equivalent Minimum weekly meat/meat alternates: 9 ounce equivalents							
<b>Choice 1</b>	<b>1¾</b>	<b>1¾</b>	<b>1¾</b>	<b>1¾</b>	<b>1¾</b>	<b>8¾ *</b>	<b>No.</b> While each daily choice <b>exceeds</b> minimum amount, the weekly sum of the smallest daily choice (highlighted in yellow) is <b>less</b> than the minimum amount.
Choice 2	2	2	2	2	2	<b>10 *</b>	
Choice 3	2	2	2	2	2	<b>10 *</b>	

## Weekly Requirements for Breakfast

The weekly menu planning requirements for breakfast include juice limits and minimum 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 4-18 and 4-19 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 4-18. Weekly juice limits for five-day breakfast menus**

Grade group	Required weekly servings of food component	Maximum weekly juice contribution <sup>1</sup> (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

<sup>1</sup> Juice includes 100 percent fruit juice; frozen juice pops made from 100 percent juice; pureed fruits and vegetables in fruit/vegetable smoothies; and juice from canned fruit served in 100 percent juice. 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 “[Calculating weekly juice offerings at breakfast](#)” in this section and “Vegetables at Breakfast” in section 3.



**Table 4-19. Weekly juice limits for seven-day breakfast menus**

Grade group	Required weekly servings of food component	Maximum weekly juice contribution <sup>1</sup> (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

<sup>1</sup> Juice includes 100 percent fruit juice; frozen juice pops made from 100 percent juice; pureed fruits and vegetables in fruit/vegetable smoothies; and juice from canned fruit served in 100 percent juice. 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 “[Calculating weekly juice offerings at breakfast](#)” in this section and “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).

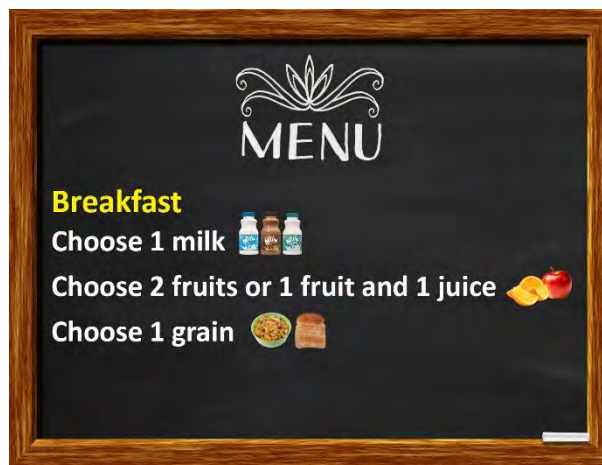
Juice does not provide the same nutritional benefits as whole fruits and vegetables. Whole fruits and vegetables should be served most often, as recommended by the *Dietary Guidelines for Americans*. School menus might exceed the weekly calorie limits if juice is served frequently.

### 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 “Frozen 100 percent juice products” 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 Fruits” 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 4-20 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 fats, and sodium requirements.

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

Table 4-20. Required weekly grains at breakfast

Grades	Ounce equivalents <sup>1</sup>	
	Five-day week	Seven-day week
K-5	7-10	10-14
6-8	8-10	11-14
9-12	9-10	12½-14

<sup>1</sup> The maximum weekly serving is not required, but provides a guide for planning age-appropriate meals that meet the weekly limits for calories, saturated fats, 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 1 ounce equivalent of grains. 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** 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 ounce equivalents each day or over the week, SFAs must ensure that the menu provides the minimum weekly ounce equivalents. Table 4-21 shows examples of how to calculate the weekly ounce equivalents for a five-day breakfast menu for grades 6-8.



Table 4-21. 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	<b>No.</b> While the daily amount is <b>at least</b> the minimum, the weekly total is <b>less</b> than the minimum amount.
Week 2	1½	1½	2	1½	1½	8	<b>Yes.</b> The daily amount is <b>at least</b> the minimum and the weekly total is the <b>same</b> as the minimum amount.
Week 3	2	2	2	2	2	10 *	<b>Yes.</b> The daily amount is <b>at least</b> the minimum and the weekly total <b>exceeds</b> the minimum amount.
Week 4	1	2	2	1	3	9 *	<b>Yes.</b> The daily amount is <b>at least</b> the minimum and the weekly total <b>exceeds</b> the minimum amount.
* Menus that consistently offer larger amounts of the grains component might exceed the weekly limits for calories, saturated fats, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.							

### Offering the minimum daily 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 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 ounce equivalents 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 ounce equivalents of grains on an individual day. For example, the breakfast menu each day includes three meal choices with different 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 4-22 shows examples of acceptable breakfast menus for each grade group when the menu planner offers multiple meal choices with the same ounce equivalents 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 4-23 shows examples of unacceptable breakfast menus for each grade group when the menu planner offers multiple meal choices with the same ounce equivalents 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 4-22. 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	
<b>Grades K-5:</b> Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 7 ounce equivalents							
Choice 1	1½	1¾	1	2	1½	7¾ *	<b>Yes.</b> All daily choices are <b>at least</b> the minimum amount and the weekly total <b>exceeds</b> the minimum amount.
Choice 2	1½	1¾	1	2	1½	7¾ *	
Choice 3	1½	1¾	1	2	1½	7¾ *	
<b>Grades 6-8:</b> Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 8 ounce equivalents							
Choice 1	1½	1¾	2	2	1½	8¾ *	<b>Yes.</b> All daily choices are <b>at least</b> the minimum amount and the weekly total <b>exceeds</b> the minimum amount.
Choice 2	1½	1¾	2	2	1½	8¾ *	
Choice 3	1½	1¾	2	2	1½	8¾ *	
<b>Grades 9-12:</b> Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 9 ounce equivalents							
Choice 1	2	2½	2	2	2	10½ *	<b>Yes.</b> All daily choices are <b>at least</b> the minimum amount and the weekly total <b>exceeds</b> 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 fats, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.							



Table 4-23. 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	
<b>Grades K-5:</b> Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 7 ounce equivalents							
Choice 1	1½	1	1	2	1	6½	<b>No.</b> 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	
<b>Grades 6-8:</b> Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 8 ounce equivalents							
Choice 1	1½	1½	1	2	1½	7½	<b>No.</b> 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	
<b>Grades 9-12:</b> Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 9 ounce equivalents							
Choice 1	2	1	2	1	2	8	<b>No.</b> 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 4-24 shows examples of acceptable breakfast menus for each grade group when the menu planner offers multiple meal choices with different ounce equivalents 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 4-24. 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	
<b>Grades K-5:</b> Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 7 ounce equivalents							
<b>Choice 1</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>7.5 *</b>	<b>Yes.</b> Each daily choice <b>exceeds</b> the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) <b>exceeds</b> the minimum amount.
Choice 2	1¾	1¾	1¾	1¾	1¾	<b>8¾ *</b>	
Choice 3	2	2	2	2	2	<b>10 *</b>	
<b>Grades 6-8:</b> Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 8 ounce equivalents							
<b>Choice 1</b>	<b>1¾</b>	<b>1¾</b>	<b>1¾</b>	<b>1¾</b>	<b>1¾</b>	<b>8¾ *</b>	<b>Yes.</b> Each daily choice <b>exceeds</b> the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) <b>exceeds</b> the minimum amount.
Choice 2	2	2	2	2	2	<b>10 *</b>	
Choice 3	2¼	2¼	2¼	2¼	2¼	<b>11¼ *</b>	

Table 4-24. 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	
<b>Grades 9-12:</b> Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 9 ounce equivalents							
<b>Choice 1</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>10 *</b>	<b>Yes.</b> Each daily choice <b>exceeds</b> the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) <b>exceeds</b> 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 fats, and sodium. For information on planning school meals to meet the dietary specifications, see section 6.							

Tables 4-25 shows examples of unacceptable breakfast menus for each grade group when the menu planner offers multiple meal choices with different ounce equivalents 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 4-25. 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	
<b>Grades K-5:</b> Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 7 ounce equivalents							
<b>Choice 1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>5</b>	<b>No.</b> All daily choices are <b>at least</b> the minimum amount, but the weekly total of the smallest daily choice (highlighted in yellow) is <b>less</b> than the minimum amount.
Choice 2	1 <sup>3</sup> / <sub>4</sub>	1 <sup>3</sup> / <sub>4</sub>	1 <sup>3</sup> / <sub>4</sub>	1 <sup>3</sup> / <sub>4</sub>	1 <sup>3</sup> / <sub>4</sub>	8 <sup>3</sup> / <sub>4</sub>	
Choice 3	2	2	2	2	2	10	



Table 4-25. 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	
<b>Grades 6-8:</b> Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 8 ounce equivalents							
<b>Choice 1</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>7½</b>	<b>No.</b> All daily choices are <b>at least</b> the minimum amount, but the weekly total of the smallest daily choice (highlighted in yellow) is <b>less</b> than the minimum amount.
Choice 2	1¾	1¾	1¾	1¾	1¾	<b>8¾</b>	
Choice 3	2	2	2	2	2	<b>10</b>	
<b>Grades 9-12:</b> Minimum daily grains: 1 ounce equivalent Minimum weekly grains: 9 ounce equivalents							
<b>Choice 1</b>	<b>1¾</b>	<b>1¾</b>	<b>1¾</b>	<b>1¾</b>	<b>1¾</b>	<b>8¾</b>	<b>No.</b> All daily choices are <b>at least</b> the minimum amount, but the weekly total of the smallest daily choice (highlighted in yellow) is <b>less</b> than the minimum amount.
Choice 2	2	2	2	2	2	<b>10</b>	
Choice 3	2½	2½	2½	2½	2½	<b>12½</b>	

