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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 MMA. 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, refer to section 1.

For fruits, vegetables, and milk, 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 grains and MMA are different for each grade group. For grades 9-12 at lunch, the weekly requirements for the grains and MMA components are the sum of the daily requirements. For a five-day week, lunch menus for grades 9-12 must provide at least 2 oz eq of grains and MMA daily, and 10 oz eq weekly. For a seven-day week, lunch menus for grades 9-12 must provide at least 2 oz eq of grains and MMA daily, and 14 oz eq 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 MMA 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 MMA component on some days of the week. For example, the breakfast meal pattern requires 1 oz eq of grains daily for all grades, but the weekly grains requirement is at least 7 oz eq for grades K-5, at least 8 oz eq for grades 6-8, and at least 9 oz eq for grades 9-12. For more information on meeting the weekly minimums for the grains and MMA components, refer to [“Weekly Grains and MMA 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
Milk (cups)	5	7	5	7	5	7
Fruits (cups)	2½	3½	2½	3½	5	7
Vegetables (cups) ¹	3¾	5¼	3¾	5¼	5	7
Grains (oz eq) ² Must be WGR or enriched	8-9	11-12½	8-10	11-14	10-12	14-17
MMA (oz eq) ²	8-10	11-14	9-10	12½-14	10-12	14-17

¹ The weekly requirement includes minimum servings of five vegetable subgroups. For more information, refer to the lunch meal patterns in section 1 and “Vegetable Subgroups at Lunch” in section 3.

² The maximum weekly servings of the grains and MMA 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, refer to 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
Milk (cups)	5	7	5	7	5	7
Fruits (cups) ¹	5	7	5	7	5	7
Grains (oz eq) ² Must be WGR or enriched	7-10	10-14	8-10	11-14	9-10	12½-14

¹ Through June 30, 2024, SFAs may substitute any vegetables for the fruits component. For more information, refer to “Vegetables at Breakfast” in section 3.

² The maximum weekly servings of the grains and MMA 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 oz eq of MMA for 1 oz eq of grains after offering the minimum daily 1 oz eq of grains. For more information, refer to “MMA 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 MMA 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 (refer to “Crediting Fruit Juice” in section 3);
- frozen juice pops made from 100 percent juice (refer to “Frozen 100 percent juice products” in section 3);
- pureed fruits and vegetables in fruit/vegetable smoothies (refer to “Crediting Smoothies” in section 3); and
- juice from canned fruit served in 100 percent juice (refer to “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 serve 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 serve juice in 4-fluid ounce ($\frac{1}{2}$ cup) containers, the lunch menu may offer fruit juice three times per week and vegetable juice five 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
Fruits component			
K-5	2½ cups	1¼ cups	2
6-8	2½ cups	1¼ cups	2
9-12	5 cups	2½ cups	5
Vegetables component			
K-5	3¾ cups	1 ⁷ / ₈ cups	3
6-8	3¾ cups	1 ⁷ / ₈ 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
Fruits component			
K-5	3½ cups	1¾ cups	3
6-8	3½ cups	1¾ cups	3
9-12	7 cups	3½ cups	7
Vegetables component			
K-5	5¼ cups	2 ⁵ / ₈ cups	5
6-8	5¼ cups	2 ⁵ / ₈ 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 juice 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, refer to 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. Some examples are below.

- May choose any two fruit servings (no more than one juice).
- May choose two fruit servings or one fruit and one juice.
- May choose up to two servings of fruit (no more than one juice).
- May choose two fruit servings and two vegetable servings (no more than one juice).
- May choose two fruits or one fruit and one juice.
- May 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, refer to “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 ¹, 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. ² 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.

¹ 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, refer to “Crediting Canned Fruits” in section 3.

² 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 WGR Requirement at Lunch

At least 80 percent of the grains offered at lunch each week must be whole WGR. Grains that are not WGR must be enriched. For guidance on WGR grains, refer to “Part B: WGR Criteria” in section 3.

The determination of whether a weekly lunch or breakfast menu offers at least 80 percent WGR grains is based on the total oz eq of all grain items offered with all menu choices during the week. SFAs may calculate the weekly menu’s percentage of WGR grains using the CSDE’s Excel worksheet, *Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in School Lunch and Breakfast Menus for Grades K-12*. For additional guidance, refer to the CSDE’s resource, *Calculating the Weekly Percentage of WGR Menu Items in the NSLP and SBP*.

Weekly Limit for Grain-based Desserts

The total amount of WGR and enriched grain-based desserts at lunch cannot exceed 2 oz eq per week. For example, the lunch menu may include a 2-oz eq grain-based dessert once per week or a 1-oz eq grain-based dessert twice per week.

The limit for grain-based desserts also applies to non-WGR grain products offered as extra foods at lunch. For example, if an enriched fortune cookie credits as at least $\frac{1}{4}$ oz eq, SFAs must count it toward the weekly limit for grain-based desserts.

For additional guidance, refer to “Crediting Grain-based Desserts” in section 3.



Weekly Grains and MMA at Lunch

Table 4-6 shows the minimum weekly meal pattern requirements for the grains component and MMA component at lunch. In July 2013, the USDA eliminated the maximum weekly requirements for the grains component and MMA 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, refer to section 6.



Menu planners must consider the dietary specifications when serving larger amounts of the grains component and MMA 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 oz eq of grains and MMA at lunch

Grades	Grains ^{1,2}		MMA ¹	
	Five-day week	Seven-day week	Five-day week	Seven-day week
K-5	8-9	11-12½	8-10	11-14
6-8	8-10	11-14	9-10	12½-14
9-12	10-12	14-17	10-12	14-17

¹ 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, refer to section 6.

² Grain-based desserts credited at lunch cannot exceed 2 oz eq per week. For more information, refer to “Crediting Grain-based Desserts” in section 3.

Calculating weekly grains and MMA at lunch

SFAs must determine the weekly grains and MMA at lunch by adding the oz eq 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** oz eq to count toward the weekly requirements. For example, if the lunch menu offers two daily grain choices that include a 1½-oz eq item and a 2-oz eq item, the menu planner must count the 1½-oz eq item toward the weekly grain requirements.

When menus include grain choices or MMA choices with different oz eq each day or over the week, SFAs must ensure that the menu provides the minimum weekly oz eq. Table 4-7 shows an example of how to calculate the weekly oz eq of grains and MMA for a five-day lunch menu for grades K-5.

Table 4-7. Calculating weekly grains and MMA in five-day lunch menus for grades K-5							
Minimum daily grains and MMA: 1 oz eq each Minimum weekly grains and MMA: 8 oz eq each							
Menu	Oz eq 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	No. While the daily amount is at least the minimum, the weekly total is less than the minimum amount. The weekly menu must provide another 2 oz eq.
Week 2	1½	1½	2	1½	1½	8	Yes. The daily amount is at least the minimum and the weekly total is the same as the minimum amount.

Table 4-7. Calculating weekly grains and MMA in five-day lunch menus for grades K-5, <i>continued</i>							
Minimum daily requirement: 1 oz eq Minimum weekly requirement: 8 oz eq							
Menu	Oz eq 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 *	Yes. The daily amount is at least the minimum and the weekly total exceeds the minimum amount.
Week 4	1½	1½	2	2	1	8	Yes. The daily amount is at least the minimum and the weekly total is the same as the minimum amount.
Week 5	1	2	2	1	3	9 *	Yes. The daily amount is at least the minimum and the weekly total exceeds 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, refer to section 6.							



Offering the minimum daily grains and MMA for grades 9-12 at lunch

Lunch menus for grades 9-12 that offer the minimum daily 2 oz eq of the grains component or MMA component will meet the minimum weekly requirement. The weekly sum of the daily oz eq is the **same** as the minimum weekly oz eq.

- The five-day weekly grains and MMA requirement for grades 9-12 is 10 oz eq. A high school menu that offers all daily grain and MMA choices as 2 oz eq provides 10 oz eq per week.
- The seven-day weekly grains and MMA requirement for grades 9-12 is 14 oz eq. A high school menu that offers all daily grain and MMA choices as 2 oz eq provides 10 oz eq per week.

The daily lunch menu for grades 9-12 may offer more than 2 oz eq of grains and MMA. 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 oz eq for each choice on an individual day, but varies the oz eq between days. Weekly menu 2 offers different oz eq for each daily choice. For this menu, the 2-oz eq menu item counts toward the weekly requirements because it is the smallest choice offered each day.



Table 4-8. Acceptable menu planning for a five-day lunch menu for grades 9-12

Minimum daily grains and MMA: 2 oz eq each
 Minimum weekly grains and MMA: 10 oz eq each

Weekly menu 1							
Daily grain choices	Oz eq offered (Same amounts on an individual day but different amounts between days)						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly total	
Choice 1	2	2 ¹ / ₄	2 ¹ / ₂	2	2	10 ³ / ₄ *	Yes. Each daily choice provides at least the minimum amount and the weekly total exceeds the minimum amount.
Choice 2	2	2 ¹ / ₄	2 ¹ / ₂	2	2	10 ³ / ₄ *	
Choice 3	2	2 ¹ / ₄	2 ¹ / ₂	2	2	10 ³ / ₄ *	
Weekly menu 2							
Daily MMA choices	Oz eq offered (Different amounts on an individual day)						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Choice 1	2	2	2	2	2	10	Yes. Each daily choice provides at least the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) is at least the minimum amount.
Choice 2	2 ¹ / ₄	2 ¹ / ₄	2 ¹ / ₄	2 ¹ / ₄	2 ¹ / ₄	11 ¹ / ₄ *	
Choice 3	2 ¹ / ₂	2 ¹ / ₂	2 ¹ / ₂	2 ¹ / ₂	2 ¹ / ₂	12 ¹ / ₂ *	
* 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, refer to section 6.							

Offering the minimum daily grains and MMA for grades K-5 and 6-8 at lunch

Lunch menus for grades K-5 and 6-8 that offer the minimum daily 1 oz eq of the grains and MMA components do not meet the weekly requirements because the sum of the daily oz eq is **less** than the minimum weekly requirement. For example, a five-day lunch menu for grades 6-8 that offers 1 oz eq of the grains component daily provides 5 oz eq over the week. To meet the required weekly 8 oz eq, the menu planner must offer **more** than the minimum daily 1 oz eq of grains and MMA on some days.

When lunch menus for grades K-5 and 6-8 offer choices of grains and MMA with different oz eq, 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 oz eq of grains or MMA on an individual day, but different oz eq between days. For example, Monday, Wednesday, and Friday offer three lunch choices that each provide 2 oz eq; and Tuesday and Thursday offer three lunch choices that each provide 1½ oz eq.
2. **Different amounts equivalents:** The lunch menu offers multiple choices that provide different oz eq of grains or MMA on an individual day. For example, the lunch menu each day includes three meal choices with different grain items, including a 1-oz eq grain item, a 1½-oz eq grain item, and a 2-oz eq grain item. In this example, the menu planner must count the 1-oz eq grain item toward the sum of the weekly oz eq because it is the daily menu item with the **smallest** oz eq.

The sections below provide guidance on how to determine if lunch menus with grain and MMA choices meet the weekly meal pattern requirements.

Reminder: When the lunch menu offers two or more daily choices with different oz eq, each choice must provide at least the minimum daily oz eq. The determination of whether the menu meets the minimum weekly requirement is based on the daily item with the **smallest** oz eq.

Offering different amounts of grain or MMA 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 oz eq of grains or MMA 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 MMA choices between days for grades K-5 and 6-8							
Daily MMA choices	Oz eq offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly total	
Grades K-5: Minimum daily MMA: 1 oz eq Minimum weekly MMA: 8 oz eq							
Choice 1	2	1	2	2	1	8	Yes. Each daily choice provides at least the minimum amount and the weekly total is the same as the minimum amount.
Choice 2	2	1	2	2	1	8	
Choice 3	2	1	2	2	1	8	
Grades 6-8: Minimum daily MMA: 1 oz eq Minimum weekly MMA: 9 oz eq							
Choice 1	2	2	2	2	1	9	Yes. Each daily choice provides at least the minimum amount and the weekly total is the same 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 oz eq
Minimum weekly grains: 8 oz eq

Daily grain choices	Oz eq offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly total	
Choice 1	2	1	2	2	1	8	Yes. Each daily choice provides at least the minimum amount and the weekly total is the same 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 oz eq of grains or MMA 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 oz eq Minimum weekly grains: 8 oz eq							
Daily grain choices	Oz eq 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	No. All daily choices provide at least the minimum amount, but the weekly total is less 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 MMA choices between days for grades K-5 and 6-8							
Daily MMA choices	Oz eq offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly total	
Grades K-5: Minimum daily MMA: 1 oz eq Minimum weekly MMA: 8 oz eq							
Choice 1	2	1	1	2	1	7	No. All daily choices provide at least the minimum amount, but the weekly total is less than the minimum amount.
Choice 2	2	1	1	2	1	7	
Choice 3	2	1	1	2	1	7	
Grades 6-8: Minimum daily MMA: 1 oz eq Minimum weekly MMA: 9 oz eq							
Choice 1	2	2	1	2	1	8	No. All daily choices provide at least the minimum amount, but the weekly total is less 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 MMA 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 oz eq of grains or MMA 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 oz eq Minimum weekly grains: 8 oz eq							
Daily grain choices	Oz eq offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Choice 1	1¾	1¾	1¾	1¾	1¾	8¾ *	Yes. Each daily choice exceeds the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) exceeds the minimum amount.
Choice 2	2	2	2	2	2	10 *	
Choice 3	2	2	2	2	2	10 *	
* 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, refer to section 6.							

Table 4-14. Acceptable lunch menu planning for different amounts of MMA choices on the same day for grades K-5 and 6-8

Daily MMA choices	Oz eq offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly total	
Grades K-5: Minimum daily MMA: 1 oz eq Minimum weekly MMA: 8 oz eq							
Choice 1	1³/₄	1³/₄	1³/₄	1³/₄	1³/₄	8³/₄ *	Yes. Each daily choice exceeds the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) exceeds the minimum amount.
Choice 2	2	2	2	2	2	10 *	
Choice 3	2 ¹ / ₄	2 ¹ / ₄	2 ¹ / ₄	2 ¹ / ₄	2 ¹ / ₄	11¹/₄ *	
Grades 6-8: Minimum daily MMA: 1 oz eq Minimum weekly MMA: 9 oz eq							
Choice 1	2	2	2	2	2	10 *	Yes. Each daily choice exceeds the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) exceeds the minimum amount.
Choice 2	2 ¹ / ₄	2 ¹ / ₄	2 ¹ / ₄	2 ¹ / ₄	2 ¹ / ₄	11 *	
Choice 3	2 ¹ / ₂	2 ¹ / ₂	2 ¹ / ₂	2 ¹ / ₂	2 ¹ / ₂	12¹/₂ *	
* 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, refer to 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 oz eq
Minimum weekly grains: 9 oz eq

Daily MMA choices	Oz eq offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly total	
Choice 1	2	2	2	2	2	10 *	Yes. Each daily choice exceeds the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) exceeds the minimum amount.
Choice 2	2¼	2¼	2¼	2¼	2¼	11 *	
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, refer to 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 oz eq of grains or MMA 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 oz eq Minimum weekly grains: 8 oz eq							
Daily grain choices	Oz eq offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	
Choice 1	1½	1½	1½	1½	1½	7½	No. While each daily choice exceeds minimum amount, the weekly sum of the smallest daily choice (highlighted in yellow) is less 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 MMA choices on the same day for grades K-5 and 6-8							
Daily MMA choices	Oz eq offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly total	
Grades K-5: Minimum daily MMA: 1 oz eq Minimum weekly MMA: 8 oz eq							
Choice 1	1½	1½	1½	1½	1½	7½ *	No. While each daily choice exceeds minimum amount, the weekly sum of the smallest daily choice (highlighted in yellow) is less than the minimum amount.
Choice 2	2	2	2	2	2	10 *	
Choice 3	2¼	2¼	2¼	2¼	2¼	11¼ *	
Grades 6-8: Minimum daily MMA: 1 oz eq Minimum weekly MMA: 9 oz eq							
Choice 1	1¾	1¾	1¾	1¾	1¾	8¾ *	No. While each daily choice exceeds minimum amount, the weekly sum of the smallest daily choice (highlighted in yellow) is less than the minimum amount.
Choice 2	2	2	2	2	2	10 *	
Choice 3	2	2	2	2	2	10 *	

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 ¹ (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

¹ 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, refer to [“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 ¹ (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

¹ 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, refer to “[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, refer to “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 (refer to 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. Some examples are below.

- May choose any two fruit servings (no more than one juice).
- May select up to two servings of fruit (no more than one juice).
- May choose two fruit servings (no more than one juice).
- May choose two fruits or one fruit and one juice.
- May 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, refer to “Meal Identification Signage” in section 5. For additional guidance on signage, refer to the CSDE’s *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 (refer to “Crediting Fruit Juice” in section 3);
- frozen juice pops made from 100 percent juice (refer to “Frozen 100 percent juice products” in section 3);
- pureed fruits and vegetables in fruit/vegetable smoothies (refer to “Crediting Fruit and Vegetable Smoothies” in section 3); and
- juice from canned fruit served in 100 percent juice (refer to “Crediting Canned Fruits” in section 3).

For a sample calculation of the weekly juice limit, refer to [table 4-11](#) in the “Weekly Requirements for Lunch” section.

Weekly WGR Requirement at Breakfast

At least 80 percent of the grains offered at breakfast each week must be whole WGR. Grains that are not WGR must be enriched. For guidance on WGR grains, refer to “Part B: WGR Criteria” in section 3.

The determination of whether a weekly lunch or breakfast menu offers at least 80 percent WGR grains is based on the total oz eq of all grain items offered with all menu choices during the week. SFAs may calculate the weekly menu’s percentage of WGR grains using the CSDE’s Excel worksheet, *Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in School Lunch and Breakfast Menus for Grades K-12*. For additional guidance, refer to the CSDE’s resource, *Calculating the Weekly Percentage of WGR Menu Items in the NSLP and SBP*.

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 oz eq of the grains component and optional MMA 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, refer to section 6.

Table 4-20. Required weekly oz eq of grains at breakfast ¹

Grades	Five-day week	Seven-day week
K-5	7-10	10-14
6-8	8-10	11-14
9-12	9-10	12½-14

¹ 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 oz eq of the MMA component for 1 oz eq of the grains component, after offering the minimum daily 1 oz eq of grains. For more information, refer to “MMA at Breakfast” in section 3.

Calculating weekly grains at breakfast

SFAs must determine the weekly amount of the grains component at breakfast (including MMA substitutions, if offered) by adding the oz eq 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 oz eq to count toward the weekly requirements. For example, if the menu offers two daily grain choices that include a 1½-oz eq item and a 2-oz eq item, the menu planner must count the 1½-oz eq item toward the weekly total.

When menus include grain choices with different oz eq each day or over the week, SFAs must ensure that the menu provides the minimum weekly oz eq. Table 4-21 shows examples of how to calculate the weekly oz eq for a five-day breakfast menu for grades 6-8.



Table 4-21. Calculating weekly grains in breakfast menus for grades 6-8							
<p>Minimum daily grains: 1 oz eq Minimum weekly grains: 8 oz eq</p>							
Menu	Oz eq offered						Meets minimum requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly total	
Week 1	1	1½	1½	1	1	6	No. While the daily amount is at least the minimum, the weekly total is less than the minimum amount.
Week 2	1½	1½	2	1½	1½	8	Yes. The daily amount is at least the minimum and the weekly total is the same as the minimum amount.
Week 3	2	2	2	2	2	10 *	Yes. The daily amount is at least the minimum and the weekly total exceeds the minimum amount.
Week 4	1	2	2	1	3	9 *	Yes. The daily amount is at least the minimum and the weekly total exceeds the minimum amount.
<p>* 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, refer to section 6.</p>							

Offering the minimum daily grains at breakfast

Breakfast menus for grades K-12 that offer the minimum daily 1 oz eq of the grains component do not meet the weekly requirement because the sum of the daily oz eq is less than the minimum weekly oz eq. For example, a five-day breakfast menu that offers 1 oz eq of the grains component daily provides 5 oz eq over the week.

- **Five-day weeks:** The weekly breakfast meal pattern requires at least 7 oz eq of the grains component for grades K-5, at least 8 oz eq of the grains component for grades 6-8, and at least 9 oz eq of the grains component for grades 9-12.
- **Seven-day weeks:** The weekly breakfast meal pattern requires at least 10 oz eq of the grains component for grades K-5, at least 11 oz eq of the grains component for grades 6-8, and at least 12½ oz eq of the grains component for grades 9-12.

To reach these minimum weekly requirements, menu planners must offer more than 1 oz eq on some days.

When breakfast menus offer grain choices with different oz eq, 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 oz eq 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 oz eq of grains; and Tuesday and Thursday offer three breakfast choices that each provide 1½ oz eq of grains.
2. **Different daily amounts:** The breakfast menu offers multiple choices that provide different oz eq of grains on an individual day. For example, the breakfast menu each day includes three meal choices with different grain items, including a 1-oz eq grain item, a 1½-oz eq grain item, and a 2-oz eq grain item. In this example, the menu planner must count the 1-oz eq grain item toward the sum of the weekly oz eq because it is the daily menu item with the smallest oz eq.

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 oz eq 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 oz eq 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 oz eq, 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** oz eq.



Table 4-22. Acceptable breakfast menu planning for different amounts of grain choices between days for grades K-12							
Daily grain choices	Oz eq offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly total	
Grades K-5: Minimum daily grains: 1 oz eq Minimum weekly grains: 7 oz eq							
Choice 1	1½	1¾	1	2	1½	7¾ *	Yes. All daily choices are at least the minimum amount and the weekly total exceeds the minimum amount.
Choice 2	1½	1¾	1	2	1½	7¾ *	
Choice 3	1½	1¾	1	2	1½	7¾ *	
Grades 6-8: Minimum daily grains: 1 oz eq Minimum weekly grains: 8 oz eq							
Choice 1	1½	1¾	2	2	1½	8¾ *	Yes. All daily choices are at least the minimum amount and the weekly total exceeds the minimum amount.
Choice 2	1½	1¾	2	2	1½	8¾ *	
Choice 3	1½	1¾	2	2	1½	8¾ *	
Grades 9-12: Minimum daily grains: 1 oz eq Minimum weekly grains: 9 oz eq							
Choice 1	2	2½	2	2	2	10½ *	Yes. All daily choices are at least the minimum amount and the weekly total exceeds 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, refer to section 6.							

Table 4-23. Unacceptable breakfast menu planning for different amounts of grain choices between days for grades K-12							
Daily grain choices	Oz eq offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly total	
Grades K-5: Minimum daily grains: 1 oz eq Minimum weekly grains: 7 oz eq							
Choice 1	1½	1	1	2	1	6½	No. 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	
Grades 6-8: Minimum daily grains: 1 oz eq Minimum weekly grains: 8 oz eq							
Choice 1	1½	1½	1	2	1½	7½	No. 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	
Grades 9-12: Minimum daily grains: 1 oz eq Minimum weekly grains: 9 oz eq							
Choice 1	2	1	2	1	2	8	No. 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 oz eq 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	Oz eq offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly total	
Grades K-5: Minimum daily grains: 1 oz eq Minimum weekly grains: 7 oz eq							
Choice 1	1½	1½	1½	1½	1½	7.5 *	Yes. Each daily choice exceeds the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) exceeds the minimum amount.
Choice 2	1¾	1¾	1¾	1¾	1¾	8¾ *	
Choice 3	2	2	2	2	2	10 *	
Grades 6-8: Minimum daily grains: 1 oz eq Minimum weekly grains: 8 oz eq							
Choice 1	1¾	1¾	1¾	1¾	1¾	8¾ *	Yes. Each daily choice exceeds the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) exceeds the minimum amount.
Choice 2	2	2	2	2	2	10 *	
Choice 3	2¼	2¼	2¼	2¼	2¼	11¼ *	

Table 4-24. Acceptable breakfast menu planning for different amounts of grain choices on the same day for grades K-12, *continued*

Daily grain choices	Oz eq offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly total	
Grades 9-12: Minimum daily grains: 1 oz eq Minimum weekly grains: 9 oz eq							
Choice 1	2	2	2	2	2	10*	Yes. Each daily choice exceeds the minimum amount, and the weekly sum of the smallest daily choice (highlighted in yellow) exceeds 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, refer to 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 oz eq 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	Oz eq offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly total	
Grades K-5: Minimum daily grains: 1 oz eq Minimum weekly grains: 7 oz eq							
Choice 1	1	1	1	1	1	5	No. All daily choices are at least the minimum amount, but the weekly total of the smallest daily choice (highlighted in yellow) is less than the minimum amount.
Choice 2	1 ³ / ₄	1 ³ / ₄	1 ³ / ₄	1 ³ / ₄	1 ³ / ₄	8 ³ / ₄	
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	Oz eq offered						Meets minimum daily and weekly requirements?
	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly total	
Grades 6-8: Minimum daily grains: 1 oz eq Minimum weekly grains: 8 oz eq							
Choice 1	1½	1½	1½	1½	1½	7½	No. All daily choices are at least the minimum amount, but the weekly total of the smallest daily choice (highlighted in yellow) is less than the minimum amount.
Choice 2	1¾	1¾	1¾	1¾	1¾	8¾	
Choice 3	2	2	2	2	2	10	
Grades 9-12: Minimum daily grains: 1 oz eq Minimum weekly grains: 9 oz eq							
Choice 1	1¾	1¾	1¾	1¾	1¾	8¾	No. All daily choices are at least the minimum amount, but the weekly total of the smallest daily choice (highlighted in yellow) is less than the minimum amount.
Choice 2	2	2	2	2	2	10	
Choice 3	2½	2½	2½	2½	2½	12½	