

Grades K-5 Five Day Breakfast Meal Pattern MENU 2

Agreement #	Sponsor	Contact Name
<u>1199</u>	<u>Kidz Choice Charter School</u>	<u>Maria Ramirez</u>

Grade Groups: **K-5**

Components	Day 1	Day 2	Day 3	Day 4	Day 5		
Fruits (or vegetable)	Item	Banana	Red/Green Grapes	Applesauce	Mandarins	Fruit Cocktail	
	Portion in cups	1 Whole= ½ c	½ c	½ c	½ c	½ c	
	100% Juice only ½ of total	2 nd Item (If planned)	100 % Grape Juice	100% Apple Juice	100 % Orange Juice	100% Grape Juice	100 % Orange Juice
	Minimum Day: 1 cup	Portion in cups	½ c	½ c	½ c	½ c	½ c
Whole Grains/ Whole Grain Rich	Item	WG French Toast	100% Whole Wheat Toast	WG Blueberry Muffin	WG Pancakes	Cheerios Cereal	
	Portion (Cooked cereal in cups)	2 oz.	1 oz.	2 oz.	2 oz.	1 cup (flakes/ round)= 1 oz. eq.	
	Contribution (oz. eq.)	2 oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.	1 oz. eq.	
	Minimums: Day: 1 oz. Week: 7 oz.	2 nd Item (If planned, can be M/MA)	Scrambled Eggs	Turkey Sausage		Mozzarella String Cheese	
	Portion (Cooked cereal in cups)		1 egg	1 oz.		1 stick	
	Contribution (oz. eq.)		2 oz. eq.	1 oz. eq.		1 oz. eq.	
Other Foods/ Condiments (If planned)	Item	Syrup	Fruit Spread		Syrup		
	Portion size	1 oz.	1 oz.		1 oz.		

	White	Chocolate	Strawberry	Other (specify)
Daily Milk	Fat Content	1 %	Fat Free	Fat Free
	Fluid oz.	8 oz.	8 oz.	8 oz.