IOWA BREAKFAST MENU-PLANNING TEMPLATE

DATE						Weekly Totals
MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Grain Fruit/Veg/Juice Milk **Daily item count:** (offer at least 4 items/day)	**Item count:_____**	**Item count:_____**	**Item count:_____**	**Item count:_____**	**Item count:_____**	Daily Calorie Average: **K-5: 350-500** **6-8: 400-550** **9-12: 450-600** K-12: 450-500 K-8: 400-500 6-12: 450-550
Grain/Bread **(1 oz. minimum per day)** **K-5: min 7oz eq/week** **6-8: min 8oz eq/week** **9-12: min 9oz eq/week** **K-12: min 9oz eq/week** **K-8: min 8oz eq/week** **6-12: min 9oz eq/week** - **Meat/Meat alternate** **(optional; record calories here or above in grain area)** **Substitute for grain or extra?**	**√ WG Rich** Calories: _____ - - - - - - - - - - - - - - - - - - - Calories: _____ Grain or Extra?	**√ WG Rich** Calories: _____ - - - - - - - - - - - - - - - - - - - Calories: _____ Grain or Extra?	**√ WG Rich** Calories: _____ - - - - - - - - - - - - - - - - - - - Calories: _____ Grain or Extra?	**√ WG Rich** Calories: _____ - - - - - - - - - - - - - - - - - - - Calories: _____ Grain or Extra?	**√ WG Rich** Calories: _____ - - - - - - - - - - - - - - - - - - - Calories: _____ Grain or Extra?	Weekly G/B Component total: K-5: ---------- 6-8: ---------- 9-12: ---------- K-12: ---------- K-8: ---------- 6-12:
Fruit/Veg/100% Juice (1/2cup min/day SY2013-14; 1cup min/day SY2014-15)	Calories: _____	Calories: _____	Calories: _____	Calories: _____	Calories: _____	2 ½ cups/week
Fluid Milk **(1 c/day 5/wk; at least 2 types)**	Calories: _____	Calories:_____	Calories: _____	Calories: _____	Calories: _____	5 cups/week
Extra Foods, condiments, etc.	Calories:_____	Calories:_____	Calories: _____	Calories:_____	Calories:_____	
Total Average Calories/day:						Average calories: