

Breakfast Menu Week 1: Component Credit

	Monday	Tuesday	Wednesday	Thursday	Friday		
Meal Components	Bodacious Breakfast Burrito Pineapple Banana Choice of Milk	Pumpkin Honey Wheat Muffin Cheese Stick Fresh Pear Apricots Choice of Milk	Choice of Cereal Cinnamon Toast Cherries Kiwi Choice of Milk	Hawaiian Bagel Apple Peaches Choice of Milk	Biscuit and Sausage Gravy Watermelon Mixed Fruit Choice of Milk	Week 1 Total	Required Amount (Grades 6 – 8)
<i>Grain 1</i>	Whole Grain Rich Tortilla 1.5 oz. eq.	Whole Grain Rich Muffin 1 oz. eq.	Choice of Whole Grain Rich Cold Cereal 1 oz. eq.	Whole Grain Rich Bagel 1 oz. eq.	Whole Grain Rich Biscuit 2 oz. eq.	10.5 oz. eq.	8 oz. eq.
<i>Grain 2 or Meat 1</i>	Scrambled Eggs 2 oz. eq.	Cheese Stick 1 oz. eq.	Toast 1 oz. eq.				
<i>Fruit 1</i>	Pineapple .5 cup	Medium Pear .5 cup credit Raisins (in muffin) .125 cup	Cherries .5 cup	Medium Apples .5 cup credit Pineapple(in bagel recipe) - .125 cup	Watermelon chunks .5 cup	5.25 cups	5 cups
<i>Fruit 2</i>	Medium Banana .5 cup credit	Apricots .5 cup	Kiwi chunks .5 cup	Peaches .5 cup	Mixed Fruit .5 cup		
<i>Milk (1%, skim, flavored skim)</i>	Milk 1 cup	Milk 1 cup	Milk 1 cup	Milk 1 cup	Milk 1 cup	5 cups	5 cups
<i>Extras:</i>	Salsa Cheese		Margarine Cinnamon Sugar	Cottage Cheese (in bagel receipe) Cinnamon (in recipe)	Sausage Gravy		NA

Breakfast Menu Week 2: Component Credit

	Monday	Tuesday	Wednesday	Thursday	Friday		
Meal Components	Blueberry Bubble Bread Sausage Applesauce Banana Choice of Milk	French Toast Peaches Blueberries Choice of Milk	Hot Egg and Biscuit Sandwich Oranges Apricots Choice of Milk	Scrumptious Cinnamon Roll Raisins Cantaloupe Choice of Milk	Hearty Maple Nut Muffin Top Hard Boiled Egg Grapes Pears Choice of Milk	Week 2 Total	Required Amount (Grades 6 – 8)
	<i>Grain 1</i>	Whole Grain Rich Blueberry Bubble Bread 1.75 oz. eq.	Whole Grain Rich French Toast Slice 1 oz. eq.	Whole Grain Rich Biscuit 2 oz. eq.	Whole Grain Rich Cinnamon Roll 1.75 oz. eq.		
<i>Grain 2 or Meat 1</i>	Sausage Link 1 oz. eq.		Scrambled Eggs 2 oz. eq.		Egg 1 oz. eq.		
<i>Fruit 1</i>	Applesauce .5 cup	Peaches .5 cup	Medium Orange Half .5 cup credit	Raisins ¼ cup = .5 cup credit	15 Grapes .5 cup	5 cups	5 cups
<i>Fruit 2</i>	Medium Banana .5 cup credit	Blueberries .5 cup	Apricots .5 cup	Cantaloupe chunks .5 cup	Pears .5 cup		
<i>Milk (1%, skim, flavored skim)</i>	Milk 1 cup	Milk 1 cup	Milk 1 cup	Milk 1 cup	Milk 1 cup	5 cups	5 cups
<i>Extras:</i>		Syrup		Frosting			NA

Breakfast Menu Week 3: Component Credit

	Monday	Tuesday	Wednesday	Thursday	Friday		
Meal Components	Homestyle Pancakes Blueberries Oranges Choice of Milk	Veggie English Muffin Watermelon Choice of Milk	Yogurt Parfait with Strawberries and Bananas Choice of Milk	Banana Bread Cheese Stick Cantaloupe Peaches Choice of Milk	Oatmeal Muffin Sausage Kiwi Pears Choice of Milk	Week 3 Total	Required Amount (Grades 6 – 8)
<i>Grain 1</i>	Whole Grain Rich Pancakes 2.5 oz. eq.	Whole Grain Rich English Muffin 2.25 oz. eq.	Whole Grain Rich Granola 1 oz. eq.	Whole Grain Rich Banana Bread Square 1 oz. eq.	Whole Grain Rich Oatmeal Muffin Square 1 oz. eq.	10.75 oz. eq.	8 oz. eq.
<i>Grain 2 or Meat 1</i>			Yogurt 4 oz. serving = 1 oz. eq.	Cheese Stick 1 oz. eq.	Sausage 1.0 oz. eq.		
<i>Fruit 1 (or vegetable)</i>	Blueberries .5 cup	Broccoli, Carrots, Tomatoes (in recipe) .625 cup	Strawberries .5 cup	Cantaloupe chunks .5 cup	Kiwi chunks .5 cup	5.125 cups	5 cups
<i>Fruit 2</i>	Medium Orange Half .5 cup credit	Watermelon chunks .5 cup	Sliced Bananas .5 cup	Peaches .5 cup	Pears .5 cup		
<i>Milk (1%, skim, flavored skim)</i>	Milk 1 cup	Milk 1 cup	Milk 1 cup	Milk 1 cup	Milk 1 cup	5 cups	5 cups
<i>Extras:</i>	Syrup	Cream Cheese Spread (in recipe)					NA