

# Menu Cycle Week – Food Components

Menu Cycle Name: 22/23 BREAKFAST K-8, Week 1

Site Group: Elementary

Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014+

Meal Type: Breakfast

Fruit (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Fruits	[1.000 - 1.500] (Pass)	1.000 (Pass)	1.000 (Pass)	1.500 (Pass)	1.000 (Pass)	[5.500 - 6.000]	≥ 5.000	Pass		
<b>Weekly Fruit Juice Limit Requirement</b>		<b>Weekly Fruit Offering</b>		<b>Weekly Fruit Juice Offering</b>		<b>% of Weekly Fruit that is Juice</b>		<b>Weekly Check</b>		
≤ 50.000 % of		6.000		3.000		50.000%		Pass		
Vegetables (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Vegetables (cups)	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass		
Dark Green	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass		
Red/Orange	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass		
Beans/Peas (Legumes)	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass		
Starchy	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass		
Other	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass		
Extra	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass		
<b>Additional Vegetables</b>		<b>Weekly Vegetable Juice Limit Requirement</b>		<b>Weekly Vegetables Offering</b>		<b>Weekly Vegetable Juice Offering</b>		<b>% of Weekly Vegetables that is Juice</b>	<b>Weekly Check</b>	
0.00		≥ 0.00%		0.000		0.000		0.00%	Pass	
M/MA (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Meat/Meat Alternates	0.000	0.000	0.000	0.000	0.000	0.000	≥ 0.00	Pass		
Grains (oz eq.)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Grains (oz eq.)	2.000 (Pass)	2.000 (Pass)	[1.000 - 2.000] (Pass)	2.000 (Pass)	2.000 (Pass)	[9.000 - 10.000]	[8.000 - 10.000]	Pass		
<b>Weekly Whole Grain Rich</b>		<b>Weekly Grains Offering</b>		<b>Weekly Non-Whole Grain Rich Offering</b>		<b>% of Whole Grain Rich</b>		<b>Whole Grain Rich Check</b>	<b>Grain Based Dessert Total for All Weekly Meals</b>	<b>No More Than 2oz eq. of Grain Based Desserts</b>
≥ 80.000 % of		19.000		0.000		100.000 %		Pass	3.000	N/A
Milk (cups)	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total	Weekly Requirement	Weekly Check		
Varieties of Milk	Pass	Pass	Pass	Pass	Pass					
Skim/fat-free, unflavored	Served	Served	Served	Served	Served					
Skim/fat-free, flavored	Served	Served	Served	Served	Served					
Low-fat (1% or less), unflavored										
Low-fat (1% or less), flavored										
Reduced fat (2% fat) or whole, unflavored										

PrimerEdge will flag based on USDA requirements starting School Year 2022-2023 for WGR and 1% flavored milk, for prior years, please consult your State Agency for that School Year requirements and waiver status.

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		Meat/MA	Total	Non-WGR	WGR	Fruit	Juice	Total	Veg-DG	Veg-RO	Veg-BP	Veg-S	Veg-O	Veg-X	Juice	Cups	Varieties
Day 1																	
Menu: BREAKFAST 22/23 K-8 MONDAY																	
Entrees - May Choose: 1																	
Breakfast Breaks, Cinnamon WG Poptart, ES Foods, 61244, WGR, F (SR108548)	1 ea.		2.000		2.000	0.500	Yes										
CEREAL ASSORTMENT (LR1078)	1 svg		2.000		2.000												
Fruits - May Choose: 2																	
JUICE ASSORTMENT (LR1080)	1 ea.					0.500	Yes										
Peaches, clingstone, canned, diced, packed in extra light syrup [100220, A409] (SR105220)	1/2 c.					0.500	No										
Milk - May Choose: 1																	
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, (SR101155)	1 cup serving															1.000	Skim/fat-free, flavored
Milk, Fat Free Skim Milk, Half Pint, Schneider's, (SR100657)	1 cup serving															1.000	Skim/fat-free, unflavored
<b>Total</b>		<b>0.000</b>	<b>2.000</b>	<b>0.000</b>	<b>4.000</b>	<b>[1.000 - 1.500]</b>		<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>1.000</b>	Skim/fat-free, unflavored; Skim/fat-free, flavored
Day 2																	
Menu: BREAKFAST 22/23 K-8 TUESDAY																	
Entrees - May Choose: 1																	
CEREAL ASSORTMENT (LR1078)	1 svg		2.000		2.000												
Mini Pancakes, Eggo Bites Mini Pancakes Blueberry, 1 Pouch, Kellogg's, 38000-92560, WGR (SR106351)	1 pouch		2.000		2.000												
Fruits - May Choose: 2																	

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JUICE ASSORTMENT (LR1080)	1 ea.					0.500	Yes										
Pears, Bartlett, canned, diced, packed in extra light sucrose syrup [110237] (SR105228)	1/2 c.					0.500	No										
Milk - May Choose: 1																	
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, (SR101155)	1 cup serving															1.000	Skim/fat-free, flavored
Milk, Fat Free Skim Milk, Half Pint, Schneider's, (SR100657)	1 cup serving															1.000	Skim/fat-free, unflavored
<b>Total</b>		<b>0.000</b>	<b>2.000</b>	<b>0.000</b>	<b>4.000</b>	<b>1.000</b>		<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>1.000</b>	Skim/fat-free, unflavored; Skim/fat-free, flavored
Day 3																	
Menu: BREAKFAST 22/23 K-8 WEDNESDAY																	
Entrees - May Choose: 1																	
CEREAL ASSORTMENT (LR1078)	1 svg		2.000		2.000												
Granola Bar, Quaker Chewy Granola Bar - 25% Less Sugar Chocolate Chip, Quaker Oats/PepsiCo, 31175, WGR (SR107359)	2 ea.		1.000		1.000												
Fruits - May Choose: 2																	
Applesauce, canned, unsweetened, regular (pureed) form, without salt [100208, A350] (SR105080)	1/2 c.					0.500	No										
JUICE ASSORTMENT (LR1080)	1 ea.					0.500	Yes										
Milk - May Choose: 1																	
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, (SR101155)	1 cup serving															1.000	Skim/fat-free, flavored
Milk, Fat Free Skim Milk, Half Pint, Schneider's, (SR100657)	1 cup serving															1.000	Skim/fat-free, unflavored

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		Meat/MA	Total	Non-WGR	WGR	Fruit	Juice	Total	Veg-DG	Veg-RO	Veg-BP	Veg-S	Veg-O	Veg-X	Juice	Cups	Varieties	
<b>Total</b>		<b>0.000</b>	<b>[1.000 - 2.000]</b>	<b>0.000</b>	<b>3.000</b>	<b>1.000</b>		<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>1.000</b>	Skim/fat-free, unflavored; Skim/fat-free, flavored

Day 4

Menu: BREAKFAST 22/23 K-8 THURSDAY

Entrees - May Choose: 1

CEREAL ASSORTMENT (LR1078)	1 svg		2.000		2.000													
Strudel, Apple Frudel K-12 Hot Breakfast, Pillsbury, General Mills, 127852000, WGR (SR100158)	1 frudel		2.000		2.000													

Fruits - May Choose: 2

Apples, raw, with skin, F (SR105078)	1 medium (3 dia)"					1.000	No											
JUICE ASSORTMENT (LR1080)	1 ea.					0.500	Yes											

Milk - May Choose: 1

Milk, Fat Free Chocolate Milk, Half Pint, WAWA, (SR101155)	1 cup serving																1.000	Skim/fat-free, flavored
Milk, Fat Free Skim Milk, Half Pint, Schneider's, (SR100657)	1 cup serving																1.000	Skim/fat-free, unflavored
<b>Total</b>		<b>0.000</b>	<b>2.000</b>	<b>0.000</b>	<b>4.000</b>	<b>1.500</b>		<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>1.000</b>	Skim/fat-free, unflavored; Skim/fat-free, flavored

Day 5

Menu: BREAKFAST 22/23 K-8 FRIDAY

Entrees - May Choose: 1

CEREAL ASSORTMENT (LR1078)	1 svg		2.000		2.000													
Roll, Cinnamon WG Cinnamon Roll with Drizzle Icing, Frozen, Hadley Farms, 3751W, WG (SR109366)	1 roll.		2.000		2.000													

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		M/MA (oz eq.)	Grains(oz eq.)			Fruit(cups)		Vegetables(cups)							Milk		
Menu Item	Serving Size	Meat/MA	Total	Non-WGR	WGR	Fruit	Juice	Total	Veg-DG	Veg-RO	Veg-BP	Veg-S	Veg-O	Veg-X	Juice	Cups	Varieties
Fruits - May Choose: 2																	
JUICE ASSORTMENT (LR1080)	1 ea.					0.500	Yes										
Oranges; varieties include Navel, Valencia, Pineapple or Hamlin, raw [100283, A357] (SR105218)	1 medium (2-5/8" dia)					0.500	No										
Milk - May Choose: 1																	
Milk, Fat Free Chocolate Milk, Half Pint, WAWA, (SR101155)	1 cup serving															1.000	Skim/fat-free, flavored
Milk, Fat Free Skim Milk, Half Pint, Schneider's, (SR100657)	1 cup serving															1.000	Skim/fat-free, unflavored
<b>Total</b>		<b>0.000</b>	<b>2.000</b>	<b>0.000</b>	<b>4.000</b>	<b>1.000</b>		<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>		<b>1.000</b>	Skim/fat-free, unflavored; Skim/fat-free, flavored