Harvest High School Café Breakfast Menu

9-12

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	Were the Weekly
Whole Grain Cereal (1 oz eq Grain)	Breakfast Sandwich (2 oz eq English muffin 1 oz eq sausage patty	Hard Boiled Egg on a Stick (1 egg= 2 oz eq M/MA)	Fruit and Yogurt Parfait w/Maine Blueberries (1/2 cup blueberries	Breakfast Pizza (2 oz eq Grain & 2 oz eq M/MA)	Requirements met? Grain (9 oz eq)? YES NO
Whole Grain Toast (1 oz eq Grain)	1 oz eq egg patty) Dried Cranberries	Cheese stick (1 oz eq M/MA)	1 oz eq granola 1 cup yogurt= 2 oz eq M/MA)	Home Fries (1/2 Cup)	Fruit (5 cup)? YES NO
Banana (1/2 Cup) Assorted 100% Juice (1/2 Cup)	(% Cup) Assorted 100% Juice (1/2 Cup)	Fresh Maine Apple (½ Cup) Assorted 100% Juice	1% White Milk - 8 oz	Assorted 100% Juice (½ Cup) 1% White Milk - 8 oz	If vegetables substituted for fruit, were 2 cups of nonstarchy vegetables offered? YES NO
1% White Milk - 8 oz FF Choc. Milk - 8 oz		(1/2 Cup) 1% White Milk - 8 oz FF Choc. Milk - 8 oz		FF Choc. Milk - 8 oz	Milk (5 cup)? YES NO
Were the following requirements met?					
Monday Totals <u>Amt. Y/N</u>	Tuesday Totals <u>Amt. Y/N</u>	Wednesday Totals <u>Amt. Y/N</u>	Thursday Totals <u>Amt. Y/N</u>	Friday Totals Amt. Y/N	WEEKLY Totals Amt. Y/N
Grain:	Grain:	Grain:	Grain:	Grain:	Grain:
Fruit:	Fruit:	Fruit:	Fruit:	Fruit:	Fruit:
Milk:	Milk:	Milk:	Milk:	Milk:	Milk: