

Menu Cycle USDA Nutritional Compliance

2020 5 Week Cycle

Week #1 Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fruit (cups)	1.000	1.000	1.000	1.000	1.000	5	5.000	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (oz equivalents)	Weekly Requirement Check
Minimum Grain	2.000	2.000	2.000	2.000	2.000	10	8.000	Yes
Maximum Grain	3.250	2.000	2.500	2.000	2.000	11.75	10.000	No

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fluid Milk	1.000	1.000	1.000	1.000	1.000	5	5.000	Yes
Variety: Skim/Fat-Free Unflavored, Skim/Fat-Free Flavored, Low-fat (1% or less) Unflavored, Low-fat (1% or less) Flavored	Yes	Yes	Yes	Yes	Yes			
Reduced fat (2% fat) or Whole, Unflavored and Flavored								

Weekly Total	Weekly Subtype Total	Percent of Total	Weekly Requirement	Weekly Requirement Check
31.750 (Total Grain)	31.750 (Whole Grain Rich)	100.000%	50% Whole Grain Rich	Yes
5.000 (Total Fruit)	2.500 (Fruit Juice)	50.000%	No more than 50% Fruit Juice	Yes

Nutrient	Measure	Required Range	Assessment
Calories	Daily Average 470.44	400-500kcal	Estimated Calories are within the required range.
Saturated Fat	Percent of Calories 5.84%	Less than 10% of total Calories.	Estimated percent of Saturated Fat meets the requirement.
Sodium	Daily Average 436.30	Less than or equal to 540 mg.	Estimated Sodium level meets the requirement.