



Breakfast Portion Guide

Menu Item	ALLERGENS	Portion Size			Meal Patterns			Carbohydrate		
		ES	MS	HS	ES	MS	HS	ES	MS	HS
Breakfast - Monday										
Breakfast Cereal, Assorted	<i>Gluten Free, Nut Free</i>	1oz	2oz	2oz	1G	2G	2G	23g	46g	46g
Yogurt, Assorted	<i>Milk</i>	4oz	4oz	4oz	1G or 1MMA	1G or 1MMA	1G or 1MMA	20g	20g	20g
Whole Fruit, Assorted	<i>None</i>	1 each	1 each	1 each	1/2C Fruit	1/2C Fruit	1/2C Fruit	15g	15g	15g
Applesauce	<i>None</i>	4oz	4oz	4oz	1/2C Fruit	1/2C Fruit	1/2C Fruit	17g	17g	17g
Breakfast - Tuesday										
Blueberry Muffin, Whole Grain	<i>Wheat, Soy, Egg</i>	1ea (2oz)	1ea (2oz)	1ea (2oz)	2G	2G	2G	30g	30g	30g
Whole Fruit, Assorted	<i>None</i>	1 each	1 each	1 each	1/2C Fruit	1/2C Fruit	1/2C Fruit	15g	15g	15g
Fruit Cup, Assorted	<i>None</i>	4oz	4oz	4oz	1/2C Fruit	1/2C Fruit	1/2C Fruit			
Breakfast - Wednesday										
Breakfast Cereal, Assorted	<i>Gluten Free, Nut Free</i>	1oz	2oz	2oz	1G	2G	2G	23g	46g	46g
Yogurt, Assorted	<i>Milk</i>	4oz	4oz	4oz	1G or 1MMA	1G or 1MMA	1G or 1MMA	20g	20g	20g
Whole Fruit, Assorted	<i>None</i>	1 each	1 each	1 each	1/2C Fruit	1/2C Fruit	1/2C Fruit	15g	15g	15g
Applesauce	<i>None</i>	4oz	4oz	4oz	1/2C Fruit	1/2C Fruit	1/2C Fruit	17g	17g	17g
Breakfast - Thursday										
UBR, Breakfast Bar	<i>Wheat, Milk, Soy, Eggs (Certified Peanut and Tree Nut Free)</i>	1ea (2oz)	1ea (2oz)	1ea (2oz)	2G	2G	2G	30g	30g	30g
Whole Fruit, Assorted	<i>None</i>	1 each	1 each	1 each	1/2C Fruit	1/2C Fruit	1/2C Fruit	15g	15g	15g
Fruit Cup, Assorted	<i>None</i>	4oz	4oz	4oz	1/2C Fruit	1/2C Fruit	1/2C Fruit			
Breakfast - Friday										
Breakfast Cereal, Assorted	<i>Gluten Free, Nut Free</i>	1oz	2oz	2oz	1G	2G	2G	23g	46g	46g
Yogurt, Assorted	<i>Milk</i>	4oz	4oz	4oz	1G or 1MMA	1G or 1MMA	1G or 1MMA	20g	20g	20g
Whole Fruit, Assorted	<i>None</i>	1 each	1 each	1 each	1/2C Fruit	1/2C Fruit	1/2C Fruit	15g	15g	15g
Applesauce	<i>None</i>	4oz	4oz	4oz	1/2C Fruit	1/2C Fruit	1/2C Fruit	17g	17g	17g
Secondary Option (Middle & High School)										
Smoothie	<i>Milk</i>		8oz	8oz		1G / 1/2C Fruit	1G / 1/2C Fruit		40g	40g
Cheese Omelette	<i>Egg, Milk</i>		1ea (3.5oz)	1ea (3.5oz)		2MMA	2MMA		4g	4g
Turkey Ham & Cheese Breakfast Sandwich (OSPI)	<i>Wheat, Milk, Soy</i>		1 ea (3.10oz)	1 ea (3.10oz)		2MMA 2G	2MMA 2G		27g	27g
Egg Patty	<i>Egg, Milk</i>		1 ea (1.25oz)	1 ea (1.25oz)		1MMA	1MMA		1g	1g
Whole Wheat Pancakes (OSPI)	<i>Wheat, Milk, Egg & Soy</i>		2 ea (2.4oz)	2 ea (2.4oz)		2G	2G		26g	26g
Breakfast Pizza (OSPI)	<i>Wheat, Milk, Egg & Soy</i>		1ea (2.47oz)	1ea (2.47oz)		1MMA 1G	1MMA 1G		13g	13g
Breakfast Wrap, Egg, Cheese, Potato & Sausage	<i>Wheat, Milk, Egg & Soy</i>		1 ea (2.5oz)	1 ea (2.5oz)		1MMA 1G	1MMA 1G		18g	18g

NSLP Daily Meal Pattern > Elementary 1cup Milk, 1 Cup Fruit, 1 oz Grain > Middle School 1cup Milk, 1 Cup Fruit, 1 oz Grain > High School 1cup Milk, 1 Cup Fruit, 1 oz Grain

Revised on 1/24