

**2017 SBW Suggested Menu: Component Contribution (K-12 Meal Pattern)**

Menu Item	Recipe #	Serving	M/MA	G	F/V	V(DG)	V(RO)	V(S)	V(LG)	V(O)
<b>Day 1</b>										
Yogurt Parfait Cups	TDA-SBP 3	1 each	1 ounce	1 WGR *	1/2 cup	0	0	0	0	0
Pancakes	USDA-B-13	1 each	0	1	0	0	0	0	0	0
Low Fat Sausage Link #	N/A	1 each	1 ounce	0	0	0	0	0	0	0
Choice of Juice	4 ounces	1 each	0	0	1/2 cup	0	0	0	0	0
Grapefruit and Orange Smiles	TDA-NSLW 3	1 each	0	0	1/2 cup	0	0	0	0	0
Variety of Milk ^^	N/A-1 cup each	1 each	0	0	0	0	0	0	0	0
<b>Day 2</b>										
Cheesy Scrambled Eggs	USDA D-15	1 piece	2 ounce	0	0	0	0	0	0	0
Morning Muffin Squares	USDA B-12	1 piece	0	1	0	0	0	0	0	0
Whole Wheat Toast #	N/A	1 slice	0	1 WGR *	0	0	0	0	0	0
Berry Medley	TDA NSLW-8	1/2 cup	0	0	1/2 cup	0	0	0	0	0
Variety of Milk ^^	N/A-1 cup each	1 each	0	0	0	0	0	0	0	0
<b>Day 3</b>										
Breakfast Burrito w/Salsa	USDA J-02	1 each	2 ounce	1 1/2 WGR *	1/4 cup	0	0	0	0	0
Top Your Own Oatmeal	TDA SBP 1	1/2 cup	0	1 WGR *	0	0	0	0	0	0
Toppings for oatmeal:										
Dried Cranberries	N/A-	1/4 cup	0	0	1/2 cup	0	0	0	0	0
Raisins	N/A	1/4 cup	0	0	1/2 cup	0	0	0	0	0
Granola	USDA J-01	1/8 cup	0	.50 WGR *	0	0	0	0	0	0
Brown sugar/cinnamon	N/A	2 teaspoons	0	0	0	0	0	0	0	0
Diced apples (fresh or canned)	N/A	1/2 cup	0	0	1/2 cup	0	0	0	0	0
Choice of Juice	4 ounces	1/2 cup	0	0	1/2 cup	0	0	0	0	0
Variety of Milk ^^	N/A-1 cup each	1 each	0	0	0	0	0	0	0	0
<b>Day 4</b>										
Baked French Toast with	USDA J-03	2 strips	1 ounce	1 WGR **	0	0	0	0	0	0
Spiced Apple Topping	USDA G-09	1/3 cup (#12 scoop)	0	0	1/4 cup	0	0	0	0	0
Fresh Banana #	N/A	1 each	0	0	1/2 cup	0	0	0	0	0
"Plum-good" Muffin Squares	USDA B-18	1 each	0	1.75	1/8 cup ^	0	1/8 cup	0	0	0
Variety of Milk ^^	N/A-1 cup each	1 each	0	0	0	0	0	0	0	0
<b>Day 5</b>										
Spinach Mushroom Quiche	TDA SBP 2	1 piece	2 ounce	0.5	1/2 cup ^	1/4 cup	0	0	0	1/4 cup
Low Fat Sausage Link #	N/A	1 each	1 ounce	0	0	0	0	0	0	0
Whole Wheat Toast #	N/A	1 slice	0	1 WGR *	0	0	0	0	0	0
Oatmeal Muffin Squares	USDA B-20	1 square	0	1	0	0	0	0	0	0
Fresh Grapes	N/A	1/2 cup	0	0	1/2 cup	0	0	0	0	0
Grapefruit Half	N/A	1/2 each	0	0	1/2 cup	0	0	0	0	0
Variety of Milk ^^	N/A-1 cup each	1 each								

**KEY**  
 ^ = See Vegetable Sub-group Credit  
 \* = See WGR Crediting Requirements  
 \*\* = Use WGR bread for this recipe  
 # = Suggested Purchased Item;  
 component credit of purchased products  
 requires appropriate documentation  
 ^^ = Serve milk options allowed by meal  
 pattern  
  
 WGR = Whole Grain Rich  
 V(DG) =Dark Green Vegetable  
 V(RO) = Red/Orange Vegetable  
 V(S) =Starchy Vegetable  
 V(LG) = Legume Vegetable

<b>Totals</b>	10 oz. eq.	12.5	6 3/8 cup	1/4 cup	1/8 cup	0	0	1/4 cup
<b>Meal Pattern</b>	N/A	7 to 10	2 1/2	N/A	N/A	N/A	N/A	N/A