

Iowa Breakfast Checklist

_____ Offer 3 components daily: Grain-----Fruit/Vegetable/100% Juice-----Milk

_____ Grain: must offer at least 1oz eq grain (not meat substituted for grain) to K-12 as daily minimum

Weekly grain minimums (NO maximum BUT calorie ranges are in effect):

_____ K-5: 7 oz eq/week

_____ K-8: 8 oz eq/week

_____ 6-8: 8 oz eq/week

_____ K-12: 9 oz eq/week

_____ 9-12: 9 oz eq/week

_____ 6-12: 9 oz eq/week

_____ All grains offered must be whole grain-rich (WG rich means at least 50% WG)

_____ Fruit/vegetable/100% juice: must offer at least 1 cup to K-12 as daily minimum (only half can be in the form of juice; can offer in ½ cup portions; starchy sub-group only credits if you are offering at least 2 cups of any other sub-group that week)

_____ Milk: must offer 1 cup to K-12 as daily minimum

_____ offer at least two choices; may be 1% unflavored, skim unflavored, skim flavored

_____ Calorie Ranges: average over the week

_____ K-5: 350-500 calories/week

_____ K-8: 400-500 calories/week

_____ 6-8: 400-550 calories/week

_____ K-12: 450-500 calories/week

_____ 9-12: 450-600 calories/week

_____ 6-12: 450-550 calories/week

_____ Meat/meat alternate as substitute for grain (optional); can use after first 1oz eq of grain is planned/offered; counts toward weekly grain totals; counts as a component/item.

_____ Meat/meat alternate as EXTRA (optional); can use after first 1oz eq of grain is planned/offered; does NOT count toward weekly grain total; does count in calories; does NOT count as component/item.

_____ Starchy vegetable as EXTRA (optional); if not offering at least 2 cups of any other vegetable sub-group that week; does NOT count toward daily fruit total; does count in calories; does NOT count as a component/item.

_____ Offer at least 4 items/day (under OVS, student must take at least 3 items regardless of how many items are offered, one item must be ½ cup fruit/vegetable)

_____ Zero grams trans-fat in products