

MENU PLAN for BREAKFAST

NM Summer Food Service Program

Form 5.1

Sponsoring Organization: _____

Week of: _____

	DAY _____	DATE _____	DAY _____	DATE _____	DAY _____	DATE _____
COMPONENT	ITEM	SERVING SIZE	ITEM	SERVING SIZE	ITEM	SERVING SIZE
MILK						
VEGETABLES/ FRUITS		<input type="checkbox"/> CN		<input type="checkbox"/> CN		<input type="checkbox"/> CN
GRAINS/ BREADS ²		<input type="checkbox"/> CN		<input type="checkbox"/> CN		<input type="checkbox"/> CN
ADDITIONAL ³		<input type="checkbox"/> CN		<input type="checkbox"/> CN		<input type="checkbox"/> CN
ADDITIONAL ³						

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MILK				
VEGETABLES/ FRUITS		<input type="checkbox"/> CN		<input type="checkbox"/> CN
GRAINS/ BREADS ²		<input type="checkbox"/> CN		<input type="checkbox"/> CN
ADDITIONAL ³		<input type="checkbox"/> CN		<input type="checkbox"/> CN
ADDITIONAL ³				

The minimum amount for components & serving size to be served at **breakfast** follows:¹

MILK	1 CUP
VEGETABLES/FRUITS	1/2 CUP
GRAINS/BREADS ²	1 SLICE or EQUIVALENT

- For specific information on components or serving size, consult the Admin. Guidance for Sponsors, Menu Record Book, USDA Food Buying Guide for Child Nutrition Programs or the NM Purchasing & Production Guide.
- For equivalents and alternates, consult the Menu Record Book or the USDA Food Buying Guide for Child Nutrition Programs.
- Record food items that are not required components or those served but not counted toward meal pattern requirements.