

# Mobile County Public Schools

## Weekly Certification Worksheet

### I - MCPSS BIC K-12

5 Day Week	Mon 8/13/18	Tue 8/14/18	Wed 8/15/18	Thu 8/16/18	Fri 8/17/18			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check ( <= half of total fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
Fruit: Minimum (cups)	1	1	1	1	1			5	5	Yes		5	2.5	50.00%	Yes
Vegetables: Minimum (cups)								0	N/A	N/A	Weekly Vegetable Juice Limit Check (<= half of total Veg)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0	0	0	0		0	N/A	N/A						
-Red/Orange	0	0	0	0	0		0	N/A	N/A						
-Legumes	0	0	0	0	0		0	N/A	N/A						
-Starchy	0	0	0	0	0		0	N/A	N/A						
-Other	0	0	0	0	0		0	N/A	N/A						
Meat/Meat Alt: Minimum (oz eq)	0	1	0	2	0			3	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	1	0	2	0			3	N/A	N/A					
Grain: Minimum (oz eq)	2	2	1	2	2			9	9	Yes					
Grain: Maximum (oz eq)	2	2	1	2	2			9	10	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	7	Weekly Whole Grain Rich Total	7	% of Whole Grain Rich	100%		100% whole grain rich	Yes						
	Mon 8/13/18	Tue 8/14/18	Wed 8/15/18	Thu 8/16/18	Fri 8/17/18			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	3	3	3	3	3			15	5	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored	Yes	Yes	Yes	Yes	Yes										
Low-fat(1% or less), flavored															
Reduced fat(2%) or whole, unflavored and flavored															

\*\*Cells with this background color signify Requirements not being met!

If you have the appropriate waiver from your State Agency, then the menu must be at least 50% whole grain-rich or 1% flavored milk is an acceptable variety.