

# Mobile County Public Schools

## Weekly Certification Worksheet

### E - MCPSS BREAKFAST K-12

| 5 Day Week  | Mon<br>8/27/18            | Tue<br>8/28/18 | Wed<br>8/29/18                            | Thu<br>8/30/18 | Fri<br>8/31/18                 |      |   | Weekly<br>Total             | Weekly<br>Rqmt.      | Weekly<br>Rqmt.<br>Check | Weekly<br>Fruit Juice<br>Limit Check<br>( <= half of<br>total fruit)     | Total<br>Weekly<br>Fruit | Total<br>Weekly<br>Fruit<br>Juice | % of<br>Total<br>Weekly<br>Fruit<br>that is<br>Juice | Weekly<br>Rqmt.<br>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<br>Vegetable<br>Juice Limit<br>Check (<=<br>half of total<br>Veg) | Total<br>Weekly<br>Veg.  | Total<br>Weekly<br>Veg.<br>Juice  | % of<br>Total<br>Weekly<br>Veg.<br>that is<br>Juice  | Weekly<br>Rqmt.<br>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)  | 1                         | 0              | 0   | 1              | 1                              |      |   | 3                           | N/A                  | N/A                      |  |                          |                                   |  |                          |
| Meat/Meat Alt: Maximum (oz eq)  | 1                         | 0              | 0   | 1              | 1                              |      |   | 3                           | N/A                  | N/A                      |  |                          |                                   |  |                          |
| Grain: Minimum (oz eq)  | 2                         | 2              | 1   | 1              | 3                              |      |   | 9                           | 9                    | Yes                      |  |                          |                                   |  |                          |
| Grain: Maximum (oz eq)  | 2                         | 2              | 1   | 1              | 3                              |      |   | 9                           | 10                   | Yes                      |  |                          |                                   |  |                          |
| Grain Based Dessert Total for all weekly meals  |                           |                |   |                |                                |      |   | 0                           | No more<br>than 2 oz | Yes                      |  |                          |                                   |  |                          |
| Whole Grain Rich Weekly Amount  | Weekly<br>Grains<br>Total | 7.25           | Weekly<br>Whole<br>Grain<br>Rich<br>Total | 9              | % of<br>Whole<br>Grain<br>Rich | 124% |   | 100%<br>whole<br>grain rich | Yes                  |                          |  |                          |                                   |  |                          |
|   | Mon<br>8/27/18            | Tue<br>8/28/18 | Wed<br>8/29/18                            | Thu<br>8/30/18 | Fri<br>8/31/18                 |      |   | Weekly<br>Total             | Weekly<br>Rqmt.      | Weekly<br>Rqmt.<br>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.