

# Mobile County Public Schools

## Weekly Certification Worksheet

### D - MCPSS HIGH

5 Day Week	Mon 8/6/18	Tue 8/7/18	Wed 8/8/18	Thu 8/9/18	Fri 8/10/18			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)	1	1	1.625	1	2.25			6.875	5	Yes	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	1	0	1			2	0.5	Yes					
-Red/Orange	0	0	0.125	0.5	1			1.625	1.25	Yes					
-Legumes	0	0.5	0	0	0			0.5	0.5	Yes					
-Starchy	0.5	0.5	0	0	0			1	0.5	Yes					
-Other	0	0	0.5	0	0.25			0.75	0.75	Yes					
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2			10	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2			10	12	Yes					
Grain: Minimum (oz eq)	2	2.25	2	3	4			13.25	10	Yes					
Grain: Maximum (oz eq)	2	2.25	2	3	4			13.25	12	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	13.25	Weekly Whole Grain Rich Total	13.25	% of Whole Grain Rich	100%			100% whole grain rich	Yes					
	Mon 8/6/18	Tue 8/7/18	Wed 8/8/18	Thu 8/9/18	Fri 8/10/18			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	1	1	1	1	2			6	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.