

Mobile County Public Schools

Weekly Certification Worksheet

C - MCPSS K-8

5 Day Week	Mon 9/3/18	Tue 9/4/18	Wed 9/5/18	Thu 9/6/18	Fri 9/7/18			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)	0.5	0.5	0.5	0.5	0.5			2.5	2.5	Yes		2.5	1	40.00%	Yes
Vegetables: Minimum (cups)	1	1.125	1	1	1			5.125	3.75	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	0.5	0	0		0.5	0.5	Yes						
-Red/Orange	0	0.5	0	0.5	0		1	0.75	Yes						
-Legumes	0	0	0	0	0.5		0.5	0.5	Yes						
-Starchy	0.5	0.5	0.5	0	0		1.5	0.5	Yes						
-Other	0	0	0	0.5	0		0.5	0.5	Yes						
								5.125	0	0.00%	Yes				
Meat/Meat Alt: Minimum (oz eq)	2	2	3	2	2			11	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	3	2	2			11	10	OVER					
Grain: Minimum (oz eq)	3	2	2	2.5	2			11.5	8	Yes					
Grain: Maximum (oz eq)	3	2	2	2.5	2			11.5	9	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	11.5	Weekly Whole Grain Rich Total	11.5	% of Whole Grain Rich	100%		100% whole grain rich	Yes						
	Mon 9/3/18	Tue 9/4/18	Wed 9/5/18	Thu 9/6/18	Fri 9/7/18			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	1	1	1	1	1			5	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.