

Mobile County Public Schools

Weekly Certification Worksheet

C - MCPSS K-8

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	0.5	1	0.5	0.5			3.5	2.5	Yes		3.5	1	28.57%	Yes
Vegetables: Minimum (cups)	2	1	2.25	1	1.625			7.875	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	1	0	0	0	0.625			1.625	0.5	Yes					
-Red/Orange	0	0	1	0.5	0.375			1.875	0.75	Yes					
-Legumes	1	0	0	0	0			1	0.5	Yes					
-Starchy	0	0	0	0.5	0			0.5	0.5	Yes					
-Other	0	0.5	1	0	0.625			2.125	0.5	Yes					
Meat/Meat Alt: Minimum (oz eq)	4	2	4	2	4			16	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	4	2	4	2	4			16	10	OVER					
Grain: Minimum (oz eq)	2	2	2	2	2.25			10.25	8	Yes					
Grain: Maximum (oz eq)	2	2	2	2	2.25			10.25	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	10.25	Weekly Whole Grain Rich Total	10.25	% 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)	2	1	2	1	1			7	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.