

# OSSE - DC

## Weekly Certification Worksheet

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### A - (SAMPLE) Elementary Breakfast

5 Day Week	Mon 7/8/19	Tue 7/9/19	Wed 7/10/19	Thu 7/11/19	Fri 7/12/19			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	0	1	0			1.5	5	NO		1.5	0	0.00%	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	4	0	2	0			6	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	4	0	2	0			6	N/A	N/A					
Grain: Minimum (oz eq)	2	1	4	2	2			11	7	Yes					
Grain: Maximum (oz eq)	2	1	4	2	2			11	10	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	9	Weekly Whole Grain Rich Total	10	% of Whole Grain Rich	111%			100% whole grain rich	Yes					
	Mon 7/8/19	Tue 7/9/19	Wed 7/10/19	Thu 7/11/19	Fri 7/12/19			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, Low-fat (1% or less) flavored	NO	NO	NO	NO	NO										
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.