



MAKING IT COUNT

School Meals Accountability & Responsibility Training Tools

Daily and Weekly Requirements Worksheet

Select Age/grade Group: K-5 K-8 6-8 9-12

MINIMUM Servings Required	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL servings for the week
Fruits _____ cup(s) daily _____ cup(s) weekly Daily total: _____						Fruits _____ cup(s) total
Vegetables _____ cups daily _____ cups weekly Dark green _____ cup weekly Red/orange _____ cup weekly Beans, Peas, (legumes) _____ cup weekly Starchy _____ cup weekly Other _____ cup weekly Additional vegetables _____ weekly Daily total: _____						Vegetables _____ cup(s) total Dark green _____ cup(s) total Red/orange _____ cup(s) total Beans, Peas, (legumes) _____ cup(s) total Starchy _____ cup(s) total Other _____ cup(s) total Additional vegetables _____ cup(s) total
Grains _____ oz eq daily _____ oz eq weekly Daily total: _____						Grains _____ total oz eq
Meat/Meat Alternates _____ oz eq daily _____ oz eq weekly Daily total: _____						Meat/Meat Alternates _____ total oz eq
Milk _____ cup daily _____ cups weekly Daily total: _____						Milk _____ cup(s) total
Other/Extras Daily total: _____						