

Breakfast 2015-2016

Offer vs. Serve

3 Components Must be Offered Daily in at least the following minimum quantities

	 O R  +	
Fluid Milk 1 cup milk	Fruit/Vegetable 1 cup [†]	Grains** 1 oz eq

****Meat/Meat Alternate can be credited as a GRAIN or EXTRA.**

GRAIN crediting counts as Food Item, **EXTRA** crediting does not count as Food Item.

Grain Details



1 oz eq Muffin (55g)
1 Food Item



2 oz eq Bagel[†]
2 Food Items



1 oz eq English Muffin,
1 oz Egg (as **GRAIN**)
2 Food Items



1 oz eq English Muffin,
1 oz Egg (as **EXTRA**)
1 Food Item

Reimbursable Meal: Must Take at Least 3 Food Items

NOTE: At least ½ cup of fruit/vegetable must be selected as part of the reimbursable meal

[†]Large grain (≥ 2 oz eq) or fruit/vegetable (≥ 1 cup) items may be planned as 1 food item or 2 food items at the discretion of the menu planner.

 +
  +
  +
 

1 Cup Milk
1 Food Item

½ Cup Fruit
1 Food Item

4 oz Fruit Juice
1 Food Item

1 oz eq Muffin
1 Food Item

Student can decline the Milk, 1 Fruit **OR** the Muffin.

 +
  +
  +
 

1 Cup Milk
1 Food Item

½ Cup Fruit
1 Food Item

4 oz Fruit Juice
1 Food Item

2 oz eq Bagel
2 Food Items

Student can decline the Milk **AND** 1 Fruit **OR** the Bagel.

 +
  +
 

1 Cup Milk
1 Food Item

1 Cup Fruit
2 Food Items

1 oz eq Muffin
1 Food Item

Student can decline the Milk **OR** Muffin, **MUST** take the Apple because it is crediting as 2 Food Items and the only fruit offered.

 +
  +
 

1 Cup Milk
1 Food Item

1 Cup Fruit
2 Food Items

2 oz eq Bagel
2 Food Items

Student can decline the Milk **OR** Bagel, **MUST** take the Apple because it is crediting as 2 Food Items and the only fruit offered.

 +
  +
 

1 Cup Milk
1 Food Item

1 Cup Fruit
1 Food Item

2 oz eq Bagel
2 Food Items

Student can decline the Milk **MUST** take the Bagel because it is crediting as 2 Food Items and the Apple because it is the only fruit offered.

 +
  +
  +
 

1 Cup Milk
1 Food Item

1 Cup Fruit
1 Food Item

4 oz Fruit Juice
1 Food Item

2 oz eq Bagel
2 Food Items

Student can decline the Milk **AND** 1 Fruit **OR** the Bagel.

 +
  +
  +
 

1 Cup Milk
1 Food Item

1 Cup Fruit
1 Food Item

4 oz Fruit Juice
1 Food Item

1 oz eq Muffin
1 Food Item

Student can decline the Milk, 1 Fruit **OR** the Muffin.

 +
  +
  +
 

1 Cup Milk
1 Food Item

1/2 Cup Fruit
1 Food Item

4 oz Fruit Juice
1 Food Item

1 oz eq English Muffin,
1 oz Egg (as **GRAIN**)
2 Food Items

Student can decline the Milk **AND** 1 Fruit **OR** the Breakfast Sandwich.

 +
  +
  +
 

1 Cup Milk
1 Food Item

1/2 Cup Fruit
1 Food Item

4 oz Fruit Juice
1 Food Item

1 oz eq English Muffin,
1 oz Egg (as **EXTRA**)
1 Food Item

Student can decline the Milk, 1 Fruit **OR** the Breakfast Sandwich.

 +
  +
 

1 Cup Milk
1 Food Item

1 Cup Fruit
2 Food Items

1 oz eq English Muffin,
1 oz Egg (as **GRAIN**)
2 Food Items

Student can decline the Milk **OR** Breakfast Sandwich, **MUST** take the Apple because it is crediting as 2 Food Items and the only fruit offered.

 +
  +
 

1 Cup Milk
1 Food Item

1 Cup Fruit
2 Food Items

1 oz eq English Muffin,
1 oz Egg (as **EXTRA**)
1 Food Items

Student can decline the Milk **OR** Breakfast Sandwich, **MUST** take the Apple because it is crediting as 2 Food Items and the only fruit offered.

Orange and orange juice images obtained from www.pachd.com.