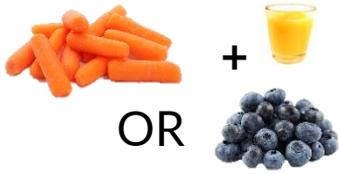
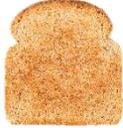


Breakfast Offer vs. Serve

4 food items from the following 3 components must be offered daily in at least the following minimum quantities

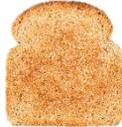
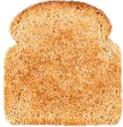
		
Fluid Milk 1 cup milk (1 food item)	Fruit or Vegetable 1 cup (1/2 cup = 1 food item)	Grains[‡] 1 oz eq (1 oz eq = 1 food item)

[†]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.

[‡]Meat/Meat Alternate can be credited as a **GRAIN** only if at least 1 oz eq of true grain is also offered.

Reimbursable meal

At least three food items, one of which is at least ½ cup fruit and/or vegetable. Below are examples of how to select a reimbursable meal with a given menu.

	+		+		+		→	Student can decline the milk, one fruit OR toast.
1 Cup Milk 1 Food Item		½ Cup Fruit 1 Food Item		4 fl oz Juice 1 Food Item		1 oz eq Toast 1 Food Item		
	+		+		+		→	Student can decline the milk AND one fruit OR bagel.
1 Cup Milk 1 Food Item		½ Cup Fruit 1 Food Item		4 fl oz Juice 1 Food Item		2 oz eq Bagel 2 Food Items		
	+		+		→	Student can decline the milk OR toast, but MUST take the carrots because they credit as two food items and are the only vegetable offered.		
1 Cup Milk 1 Food Item		1 Cup Vegetable 2 Food Items		1 oz eq Toast 1 Food Item				
	+		+		→	Student can decline the milk OR bagel, but MUST take the pear because it credits as two food items and is the only fruit offered.		
1 Cup Milk 1 Food Item		1 Cup Fruit 2 Food Items		2 oz eq Bagel 2 Food Items				

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1 Cup Milk
1 Food Item

1 Cup Fruit
1 Food Item

2 oz eq Bagel
2 Food Items

Student can decline the milk, but **MUST** take the bagel because it credits as two food items and the pear because it is the only fruit offered.






1 Cup Milk
1 Food Item

1 Cup Vegetable
1 Food Item

4 fl oz Juice
1 Food Item

2 oz eq Bagel
2 Food Items

Student can decline the milk **AND** a fruit or vegetable **OR** the bagel.






1 Cup Milk
1 Food Item

1 Cup Fruit
1 Food Item

4 fl oz Juice
1 Food Item

1 oz eq Toast
1 Food Item

Student can decline the milk, one fruit **OR** the toast.






1 Cup Milk
1 Food Item

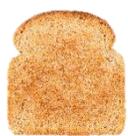
1/2 Cup Fruit
1 Food Item

4 fl oz Juice
1 Food Item

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

Student can decline the milk **AND** one fruit **OR** the breakfast sandwich.




1 Cup Milk
1 Food Item

1/2 Cup Fruit
1 Food Item

4 fl oz Juice
1 Food Item

1 oz eq Toast
1 Food Item

4 oz Yogurt
(as **GRAIN**)
1 Food Item

Student can decline two of the following items: milk, one fruit, toast, or yogurt.





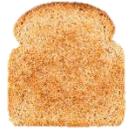
1 Cup Milk
1 Food Item

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, but **MUST** take the carrots because they credit as two food items and are the only vegetable offered.






1 Cup Milk
1 Food Item

1 Cup Fruit
2 Food Items

1 oz eq Toast
1 Food Item

4 oz Yogurt
(as **GRAIN**)
1 Food Item

Student can decline two of the following items: milk, toast, or yogurt, but **MUST** take the pear because it credits as two food items and is the only fruit offered.