

Offer Versus Serve at Breakfast

At breakfast the menu planner must offer at least **four food items** from the following **three components** every day.

Component	Required daily amount	Definition of an item
Fluid Milk	1 cup milk	1 cup = 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.







What is considered a reimbursable meal?



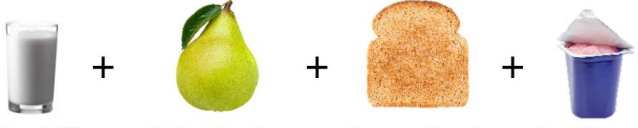
A student must select at least **three food items**, one of which is at least **½ cup fruit and/or vegetable**.

Practice

Below are some examples of sample breakfast menus with commentary to help identify the different ways a student can create a reimbursable meal.

Menu of the day	How to create a reimbursable meal
 +  +  +  1 Cup Milk ½ Cup Fruit 4 fl oz Juice 1 oz eq Toast 1 Food Item 1 Food Item 1 Food Item 1 Food Item	Student can decline the milk, one fruit OR toast.
 +  +  +  1 Cup Milk ½ Cup Fruit 4 fl oz Juice 2 oz eq Bagel 1 Food Item 1 Food Item 1 Food Item 2 Food Items	Student can decline the milk AND one fruit OR bagel.

Menu of the day	How to create a reimbursable meal
 <p>1 Cup Milk 1 Food Item</p> <p>1 Cup Vegetable 2 Food Items</p> <p>1 oz eq Toast 1 Food Item</p>	<p>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.</p>
 <p>1 Cup Milk 1 Food Item</p> <p>1 Cup Fruit 2 Food Items</p> <p>2 oz eq Bagel 2 Food Items</p>	<p>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.</p>
 <p>1 Cup Milk 1 Food Item</p> <p>1 Cup Fruit 1 Food Item</p> <p>2 oz eq Bagel 2 Food Items</p>	<p>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.</p>
 <p>1 Cup Milk 1 Food Item</p> <p>1 Cup Vegetable 1 Food Item</p> <p>4 fl oz Juice 1 Food Item</p> <p>2 oz eq Bagel 2 Food Items</p>	<p>Student can decline the milk AND a fruit or vegetable OR the bagel.</p>
 <p>1 Cup Milk 1 Food Item</p> <p>1 Cup Fruit 1 Food Item</p> <p>4 fl oz Juice 1 Food Item</p> <p>1 oz eq Toast 1 Food Item</p>	<p>Student can decline the milk, one fruit OR the toast.</p>
 <p>1 Cup Milk 1 Food Item</p> <p>½ Cup Fruit 1 Food Item</p> <p>4 fl oz Juice 1 Food Item</p> <p>1 oz eq English Muffin, 1 oz eq Egg (as GRAIN) 2 Food Items</p>	<p>Student can decline the milk AND one fruit OR the breakfast sandwich.</p>

Menu of the day	How to create a reimbursable meal
 <p>1 Cup Milk 1 Food Item</p> <p>½ Cup Fruit 1 Food Item</p> <p>4 fl oz Juice 1 Food Item</p> <p>1 oz eq Toast 1 Food Item</p> <p>4 oz Yogurt (as GRAIN) 1 Food Item</p>	<p>Student can decline two of the following items: milk, one fruit, toast, or yogurt.</p>
 <p>1 Cup Milk 1 Food Item</p> <p>1 Cup Vegetable 2 Food Items</p> <p>1 oz eq English Muffin, 1 oz Egg (as GRAIN) 2 Food Items</p>	<p>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.</p>
 <p>1 Cup Milk 1 Food Item</p> <p>1 Cup Fruit 2 Food Items</p> <p>1 oz eq Toast 1 Food Item</p> <p>4 oz Yogurt (as GRAIN) 1 Food Item</p>	<p>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.</p>