





Breakfast Offer vs. Serve

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

Note: at least 4 food items must be offered*



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Fluid Milk 1 cup milk	Fruit/Vegetable 1 cup [†]	Grains[‡] 1 oz eq

*A food item at breakfast is defined as: 1 cup milk, ½ cup fruit/vegetable and 1 oz eq grain.

[†]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** or **EXTRA. GRAIN** crediting counts as a Food Item, **EXTRA** crediting does not.



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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.

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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.

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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.

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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.



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.



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



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



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



Student can decline two of the following items: Milk, 1 Fruit, Muffin, Yogurt.



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.



Student can decline two of the following items: Milk, Muffin, Yogurt, but **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.