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

Note: at least 4 food items* must be offered

<table>
<thead>
<tr>
<th>Fluid Milk</th>
<th>Fruit/Vegetable</th>
<th>Grains‡</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup milk</td>
<td>1 cup†</td>
<td>1 oz eq</td>
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</tbody>
</table>

* 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.

This institution is an equal opportunity provider.
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.