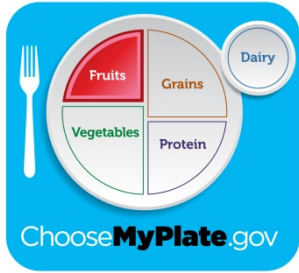
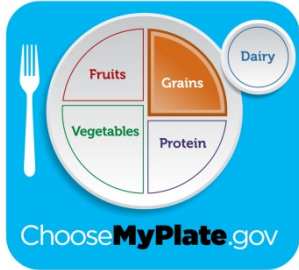


Offer Daily 3 Food Components



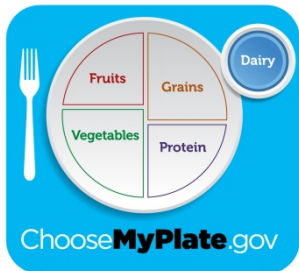
1. Fruits

1 Cup Offered daily
(Must take at least ½ Cup)



2. Grains

1 item or more of your choice
(1 oz eq daily)



3. Fat-Free or Low-Fat Milk

½ Pint



4.
Additional Food Item
(Another Fruit and/or
Vegetable or Grains
serving
OR
Meat/Meat Alternate IF
minimum daily Grains
requirement has been
met)

Breakfast Menu

Offer versus Serve: THE CHOICE IS YOURS!

Offer 4 Food Items

Student must take 3 of the 4 items

Fruit—Must offer 1 Cup; Student must take at least 1/2 Cup

Other 2 items must be selected in quantity planned