

The Full-Value Breakfast Meal



Fruits

1 or more of your choice



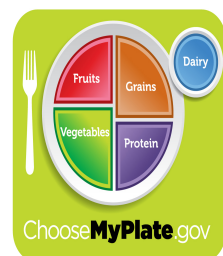
Bread or Grain

1 item or more of your choice



Fat-Free or Low-Fat milk

1/2 pint unflavored milk option must be offered



Additional Food Item

(Another Fruit and/or Vegetable or Grains serving

Or

Meat/Meat Alternate IF minimum Daily Grains requirement has been met)

Offer versus Serve: THE CHOICE IS YOURS!

Offer 4 Food Items + Unflavored Milk

Student must select 3 of the 4 items

Fruit -- Must offer 1 Cup

Student must take at least 1/2 cup of Fruit

Other 2 items must be selected in the quantity planned

This institution is an equal opportunity provider.