

What's for Breakfast?

Offer vs Serve

For a Reimbursable Meal, Students Must Select:

 **At Least 3**

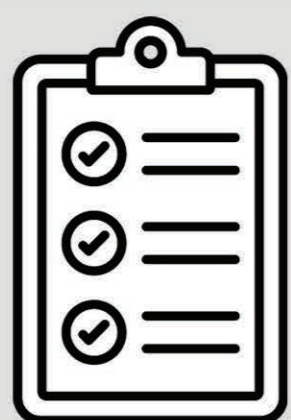
Grains <hr/> <hr/> <hr/> <hr/> ___ Grains	Meat/ Meat Alternate <hr/> <hr/> <hr/> <hr/> ___ M/MA
Fruits and/or Vegetables <hr/> <hr/> <hr/> <hr/> ___ Cup	Milk <hr/> <hr/> <hr/> <hr/> ___ Cup



One Must Be

1/2 CUP

Fruit OR Vegetable



REMINDER:

Students must select two full components, and the third selection must be at least 1/2 cup of fruit or vegetable.

