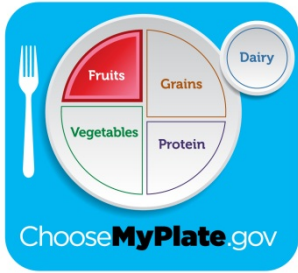


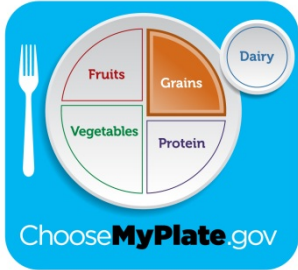
## Offer Daily 3 Food Components

## Breakfast Menu



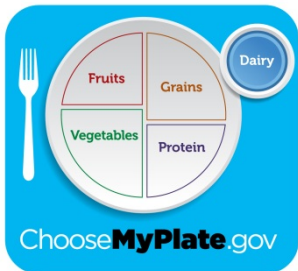
### 1. Fruits

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)


**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**