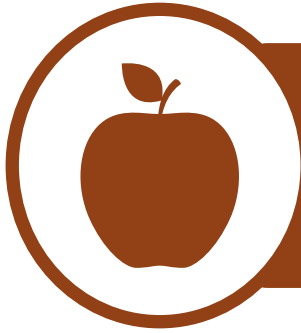


THE FULL-VALUE BREAKFAST MEAL



Fruits

1 or more of your choice



Bread or Grain

1 Item



Fat-Free or Low-Fat Milk

1/2 pint flavored or unflavored milk option must be offered (Unflavored 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 + flavored or 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