

What makes a

BREAKFAST?

SELECT
< at least >
Food *Items*

3

USDA National
School Breakfast Requirements

Fruit

Grains

Milk

Choose
up to

2

Vegetable

and / or

Choose
up to

2

Protein

and / or

Choose

1

Must include 1/2 cup

Fruit

Note: Juice credits as a fruit

Breakfast

At breakfast, we are required to offer four components:

1-2 ounce equivalent servings of bread/grain

½ cup serving of fruit

½ cup serving of 100% juice

Milk

Students are required to take a serving of a fruit to be counted as a reimbursable meal. Offer vs. serve at breakfast requires students to take 3 of the 4 components. At minimum,