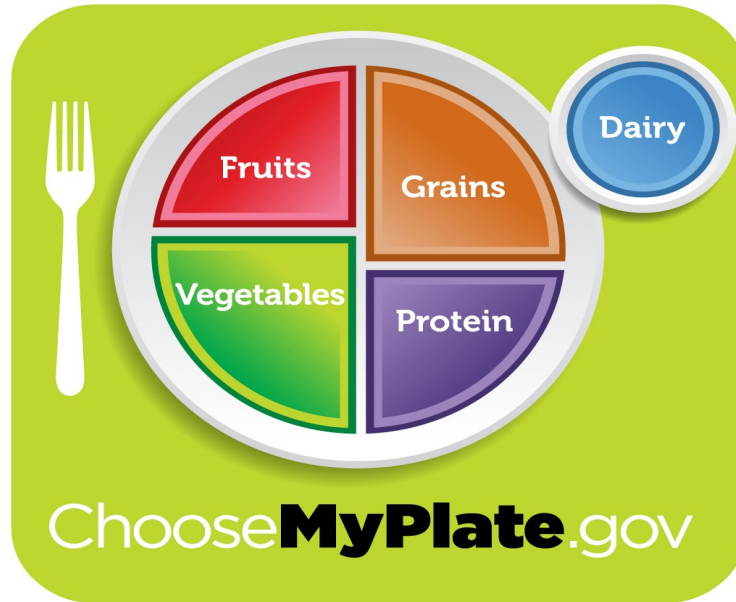


THE BREAKFAST MEAL PATTERN



Breakfast
Revives
Eat
Awesome
kinds of
Foods
And
Satisfy
Taste



Under the “Offer Versus Serve” provision, a student must be offered at least 4 food items at breakfast.
 Students must select at least 3 full portions of the food items offered. In doing so the student will meet 1/4 of the Recommended Daily Allowances for nutrient intake.

THE BREAKFAST MEAL PATTERN

Grain/Bread w Optional Meat/Meat alternative
 Juice or Fresh Fruit or Hot Vegetable
 Assorted 0% Fat or 1% Low fat Milk



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