

## Breakfast Information

**Breakfast consists of 3 food components: grains, fruits, and milk.**

\*\*Meat/Meat alternates and vegetables are optional components at breakfast.\*\*

**Food component:** represents 1 of the 5 food groups used for planning reimbursable meals and include grains, meat/meat alternates, fruits, vegetables, and milk.

**Food item:** a menu item that represents at least one of the 5 food components

### Breakfast Menu Planning Information

A minimum of 4 items are offered daily at breakfast. Most entrees credit as 2 items; either 2 grains or 1 grain and 1 meat/meat alternate. A ½ cup serving of fresh fruit and a ½ cup (4 ounce) serving of 100% fruit juice make up the fruit component. A variety of low-fat and fat-free milk is offered to students.

### Offer vs Serve

Students are able to select all items from the planned menu. However, the minimum requirement for a reimbursable meal is 3 food items from the planned breakfast menu and one of those items must be a ½ cup serving of fruit or vegetable.

### Examples of Reimbursable Breakfast Meals

#### **Whole Grain Breakfast Bar, 4 oz. fruit juice, ½ cup fresh fruit, 8 oz. milk**

- Breakfast Bar (2 grains) and 4 oz. fruit juice (½ cup fruit) = 3 items
- Breakfast Bar (2 grains) and ½ cup fresh fruit = 3 items
- 4 oz. fruit juice (½ cup fruit), ½ cup fresh fruit, milk = 3 items
- Breakfast Bar (2 grains), 4 oz. fruit juice (½ cup fruit), ½ cup fresh fruit, milk = 5 items

#### **Breakfast Pizza, 4 oz. fruit juice, ½ cup fresh fruit, 8 oz. milk**

- Breakfast Pizza (1 grain + 1 meat) and 4 oz. fruit juice (½ cup fruit) = 3 items
- Breakfast Pizza (1 grain + 1 meat) and ½ cup fresh fruit = 3 items
- 4 oz. fruit juice (½ cup fruit), ½ cup fresh fruit, milk = 3 items
- Breakfast Pizza (1 grain + 1 meat), 4 oz. fruit juice (½ cup fruit), ½ cup fresh fruit, milk = 5 items

#### **Cereal, 4 oz. Yogurt, 4 oz. fruit juice, ½ cup fresh fruit, 8 oz. milk**

- Cereal (1 grain), 4 oz. fruit juice (½ cup fruit), milk = 3 items
- Cereal (1 grain), yogurt (1 meat alternate), 4 oz. fruit juice (½ cup fruit) = 3 items
- Yogurt (1 meat alternate), ½ cup fresh fruit, milk = 3 items
- Yogurt (1 meat alternate), 4 oz. fruit juice (½ cup fruit), ½ cup fresh fruit = 3 items
- Cereal (1 grain), yogurt (1 meat alternate), 4 oz. fruit juice (½ cup fruit), ½ cup fresh fruit, milk = 5 items