





Breakfast 2014-2015

Offer vs. Serve

3 Components Must be Offered Daily in at least the following minimum quantities

	 O R  +	
Fluid Milk 1 cup milk	Fruit/Vegetable 1 cup [†]	Grains** 1 oz eq

****Meat/Meat Alternate can be credited as a GRAIN or EXTRA.**

GRAIN crediting counts as Food Item, **EXTRA** crediting does not count as Food Item.

Grain Details



1 oz eq Muffin (55g)

1 Food Item



2 oz eq Bagel[†]

2 Food Items



1 oz eq English Muffin,
1 oz Egg (as **GRAIN**)

2 Food Items

















1 oz eq English Muffin,
1 oz Egg (as **EXTRA**)

1 Food Item

Reimbursable Meal: Must Take at Least 3 Food Items

NOTE: At least ½ cup of fruit/vegetable must be selected as part of the reimbursable meal

[†]Large grain (≥ 2 oz eq) or fruit/vegetable (≥ 1 cup) items may be planned as 1 food item or 2 food items at the discretion of the menu planner.

	+		+		+		→	Student can decline the Milk, 1 Fruit OR the Muffin.
1 Cup Milk 1 Food Item		½ Cup Fruit 1 Food Item		4 oz Fruit Juice 1 Food Item		1 oz eq Muffin 1 Food Item		
	+		+		+		→	Student can decline the Milk AND 1 Fruit OR the Bagel.
1 Cup Milk 1 Food Item		½ Cup Fruit 1 Food Item		4 oz Fruit Juice 1 Food Item		2 oz eq Bagel 2 Food Items		
	+		+		→	Student can decline the Milk OR Muffin, MUST take the Apple because it is crediting as 2 Food Items and the only fruit offered.		
1 Cup Milk 1 Food Item		1 Cup Fruit 2 Food Items		1 oz eq Muffin 1 Food Item				
	+		+		→	Student can decline the Milk OR Bagel, MUST take the Apple because it is crediting as 2 Food Items and the only fruit offered.		
1 Cup Milk 1 Food Item		1 Cup Fruit 2 Food Items		2 oz eq Bagel 2 Food Items				



Student can decline the Milk **MUST** take the Bagel because it is crediting as 2 Food Items and the Apple because it is the only fruit offered.



Student can decline the Milk **AND** 1 Fruit **OR** the Bagel.



Student can decline the Milk, 1 Fruit **OR** the Muffin.



Student can decline the Milk **AND** 1 Fruit **OR** the Breakfast Sandwich.



Student can decline the Milk, 1 Fruit **OR** the Breakfast Sandwich.



Student can decline the Milk **OR** Breakfast Sandwich, **MUST** take the Apple because it is crediting as 2 Food Items and the only fruit offered.



Student can decline the Milk **OR** Breakfast Sandwich, **MUST** take the Apple because it is crediting as 2 Food Items and the only fruit offered.

Orange and orange juice images obtained from www.pachd.com.