

Offer Versus Serve at Breakfast

At breakfast the menu planner must offer at least **four food items** from the following **three components** every day.

Component	Required daily amount	Definition of an item
Fluid Milk	1 cup milk	1 cup = 1 food item
Fruit or Vegetable	1 cup	1/2 cup = 1 food item
Grains and/or M/MA	1 oz eq	1 oz eq = 1 food item




Large grain and/or M/MA (≥ 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.







What is considered a reimbursable meal?



A student must select at least **three food items**, one of which is **at least ½ cup fruit and/or vegetable**.

Practice

Below are some examples of sample breakfast menus with commentary to help identify the different ways a student can create a reimbursable meal.

Menu of the day	How to create a reimbursable meal
 <p>1 Cup Milk 1 Food Item</p> <p>½ Cup Fruit 1 Food Item</p> <p>4 fl oz Juice 1 Food Item</p> <p>1 oz eq Toast 1 Food Item</p>	Student can decline the milk, one fruit OR toast.
 <p>1 Cup Milk 1 Food Item</p> <p>½ Cup Fruit 1 Food Item</p> <p>4 fl oz Juice 1 Food Item</p> <p>2 oz eq Bagel 2 Food Items</p>	Student can decline the milk AND one fruit OR bagel.
 <p>1 Cup Milk 1 Food Item</p> <p>1 Cup Vegetable 2 Food Items</p> <p>1 oz eq Toast 1 Food Item</p>	Student can decline the milk OR toast but MUST take the carrots because they credit as two food items and are the only vegetable offered.

Menu of the day	How to create a reimbursable meal
 <p>1 Cup Milk 1 Food Item</p> <p>1 Cup Fruit 2 Food Items</p> <p>2 oz eq Bagel 2 Food Items</p>	<p>Student can decline the milk OR bagel but MUST take the pear because it credits as two food items and is the only fruit offered.</p>
 <p>1 Cup Milk 1 Food Item</p> <p>1 Cup Fruit 1 Food Item</p> <p>2 oz eq Bagel 2 Food Items</p>	<p>Student can decline the milk but MUST take the bagel because it credits as two food items and the pear because it is the only fruit offered.</p>
 <p>1 Cup Milk 1 Food Item</p> <p>1 Cup Vegetable 1 Food Item</p> <p>4 fl oz Juice 1 Food Item</p> <p>2 oz eq Bagel 2 Food Items</p>	<p>Student can decline the milk AND a fruit or vegetable OR the bagel.</p>
 <p>1 Cup Milk 1 Food Item</p> <p>1 Cup Fruit 1 Food Item</p> <p>4 fl oz Juice 1 Food Item</p> <p>1 oz eq Toast 1 Food Item</p>	<p>Student can decline the milk, one fruit OR the toast.</p>
 <p>1 Cup Milk 1 Food Item</p> <p>½ Cup Fruit 1 Food Item</p> <p>4 fl oz Juice 1 Food Item</p> <p>1 oz eq English Muffin, 1 oz eq Egg 2 Food Items</p>	<p>Student can decline the milk AND one fruit OR the breakfast sandwich.</p>
 <p>1 Cup Milk 1 Food Item</p> <p>½ Cup Fruit 1 Food Item</p> <p>4 fl oz Juice 1 Food Item</p> <p>1 oz eq Toast 1 Food Item</p> <p>4 oz Yogurt 1 Food Item</p>	<p>Student can decline two of the following items: milk, one fruit, toast, or yogurt.</p>

Menu of the day	How to create a reimbursable meal
 <p data-bbox="154 426 737 506"> 1 Cup Milk 1 Food Item 1 Cup Fruit 2 Food Items 1 oz eq English Muffin, 1 oz Egg 2 Food Items </p>	<p data-bbox="954 247 1455 420">Student can decline the milk OR breakfast sandwich but MUST take the carrots because they credit as two food items and are the only vegetable offered.</p>
 <p data-bbox="159 764 639 821"> 1 Cup Milk 1 Food Item 1 Cup Fruit 2 Food Items 4 oz Yogurt 1 Food Item </p>	<p data-bbox="954 567 1445 739">Student can decline one of the following items: milk or yogurt but MUST take the pear because it credits as two food items and is the only fruit offered.</p>