

Choose **3** or **4** food items
from the three food components:

Note: Some foods may equal 2 items

Offer Versus Serve

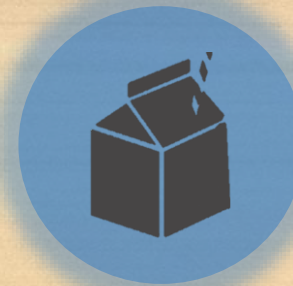
What Makes a
School **Breakfast** ?



Must take a **FRUIT**
(and/or *vegetable*)



GRAIN
(and/or *meat/meat alternate*)



MILK