



REIMBURSABLE BREAKFAST

GRADES K-5

Food items must be offered in the minimum daily quantity from the 3 required components*

*In **Serve Only**, at least 4 food items must be offered. Students are not allowed to decline any food items under Serve Only.

*In **Offer versus Serve**, a school must offer at least 4 food items and students must select at least 3 food items and one of these items **MUST** be at least 1/2 cup of fruits or vegetables.

	Minimum per day	Amount of food per week
FRUITS	1 cup 1/2 cup equals 1 food item	5 cups
(optional VEGETABLES) Starchy vegetables may only credit toward the meal pattern if 2 or more cups of non-starchy vegetables are being served for breakfast during the week.		
GRAINS	1 oz equivalent Every oz eq of grains and/or meat/meat alternates equals 1 food item	7-10 oz equivalent
(optional MEAT/MEAT ALTERNATES) Meat/meat alternates may only credit towards the meal pattern once a minimum of 1 oz eq of an actual grain product is already offered for that meal service.		
MILK Offer 2 varieties of milk	1 cup	5 cups

Adapted from: <http://www.fns.usda.gov/sites/default/files/dietaryspecs.pdf>



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