

ADMINISTRATIVE TEACHING TOOL

School Breakfast Meal Pattern

Build a Healthy Breakfast!

Choose at least 3 components,

1 is required to be a fruit or vegetable!

NutriStudents K-12 breakfast menus meet all the USDA Healthy Hunger-Free Kids Act guidelines.

Following your sample NutriStudents K-12 breakfast menu will ensure you are offering the correct breadgrains per week. At least 1 grain component must be offered each day. Students do not need to choose a grain but they do need to select 1/2 cup fruit and 2 additional components. Please note that some items have an equivalent of 2 grain components. Use your menu to identify the component value of each menu item.

Meal components are noted on your school menu for easy reference.

Examples of a reimbursable meal:

Example A

1 Bowl Cereal (1 meal component)
8 oz Milk (1 meal component)
4 oz. 100% Fruit Juice (1 meal component)

Example B

Raisins (1 meal component)
Raisin Bagel (2 meal components)

Example C **Reimbursable even though the student did not select a grain

Raisins (1 meal component)
4 oz. 100% Apple Juice (1 meal component)
8 oz. Milk (1 meal component)

Example: NOT reimbursable because no fruit was chosen

1 Bowl Cereal (1 meal component) Small Muffin (1 meal component)
8 oz. Milk (1 meal component)