



Milk



Whole
Grains

or



Meat or Meat
Alternative



Fruit or Vegetables



OFFER vs. SERVE

The
**3 MEAL
COMPONENTS**
for School Breakfast



YOU MUST CHOOSE

AT LEAST 3

COMPONENTS

ONE MUST BE
**1/2 CUP FRUIT OR
VEGETABLE** or both,
and at *least* two other
full components