

## Offer Versus Serve at Breakfast

1

Offer four food items in the minimum serving size from the following food components:



Fluid Milk

+



Grain

+



Vegetable/ Fruit

+



Meat/Meat Alternate or Vegetable/Fruit or Grain

2

Participants must take at least three different food items.

Here are some examples of reimbursable ✓ and non-reimbursable meals ✗:



Fluid Milk



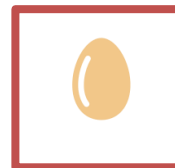
Bread



Kiwi



Fluid Milk



Egg



Kiwi



Spinach



Bread



Kiwi



Fluid Milk



Cereal 1



Cereal 2

All food items must be different; two types of cereals can only count as one item



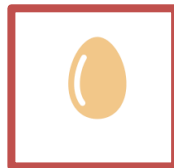
Kiwi



Bread



Fluid Milk



Egg



Bread



Kiwi

Only two items selected, missing one item

Participants may take more than three different items

## Offer Versus Serve at Lunch or Supper

1

Offer at least one item from each of the five food components:



Fluid Milk

+



Grain

+



Fruit

+



Vegetable

+



Meat/Meat Alternate  
(M/MA)

2

Participants must take at least three different food components.

Here are some examples of reimbursable ✓ and non-reimbursable meals ✗ :



Fluid Milk



Grain and  
M/MA



Fruit



Vegetable



Grain and  
M/MA

Missing one component



Fluid Milk



Grain and  
M/MA



Fluid Milk



Vegetable



Fruit



Fruit



Vegetable



Fruit

Missing one component



Vegetable



Grain and  
M/MA