

SBP/NSLP OFFER VERSUS SERVE

TODAY'S CHOICES

Grains

Meat/Meat Alternate

Milk

Fruit

Vegetables

Notes

Build a complete meal by selecting foods from at least 3 groups, including a ½ c of fruit, vegetable, or a fruit/vegetable combination

This institution is an equal opportunity provider.



**CHILD
NUTRITION
PROGRAMS**

Fueling Oregon's Future

SBP OFFER VERSUS SERVE

FOOD ITEMS FOR BREAKFAST

Choose **at least 3** including:



- 1/2 cup of **Fruit** or **Vegetable**
- At least 2 other items

Select all 3 components to build a healthy breakfast!

NSLP OFFER VERSUS SERVE

FOOD COMPONENTS FOR LUNCH

Choose ***at least 3*** including:



• 1/2 cup **Fruit**
and/or

Vegetable

• At least 2 other
Components

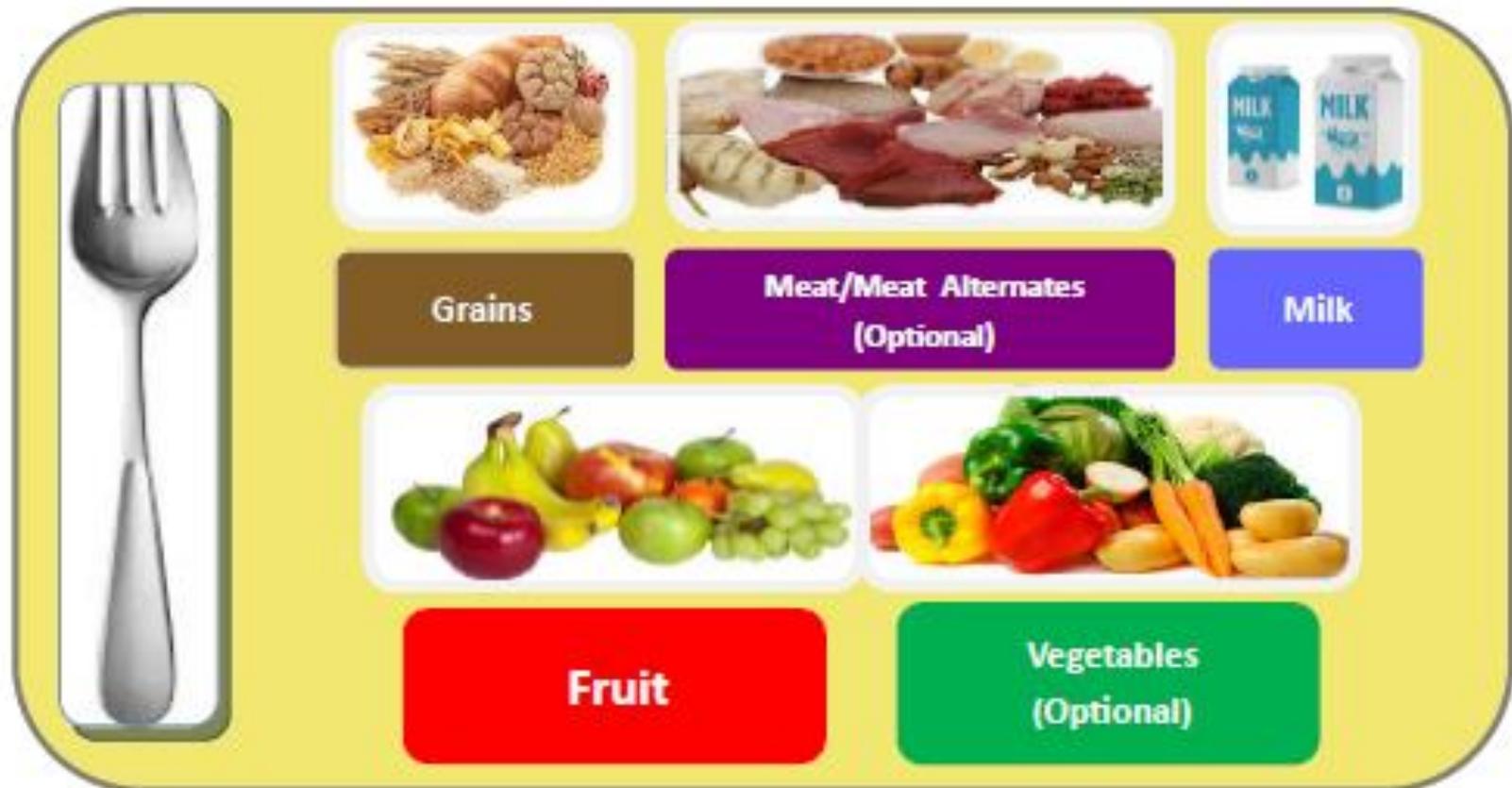
Select all 5 components to build a healthy lunch!



SBP REIMBURSABLE MEAL

FOOD COMPONENTS FOR BREAKFAST

A reimbursable breakfast includes:



Build a healthy breakfast!

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NSLP REIMBURSABLE MEAL

FOOD COMPONENTS FOR LUNCH

A reimbursable lunch includes:



Build a healthy lunch!