



WHAT MAKES A REIMBURSABLE BREAKFAST

THREE COMPONENTS

**1 Cup
Fruit or
Vegetable**



**8 oz.
Lowfat
Milk**



**1 oz. Whole
Grain.
Optional
Meat/ Meat
Alternate**



K-12

**ONE ITEM MAY BE COMPOSED
OF MORE THAN ONE
COMPONENT.**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.