

Choose **3** or **4** food items  
from the three food components:

Note: Some foods may equal 2 items

# Offer Versus Serve

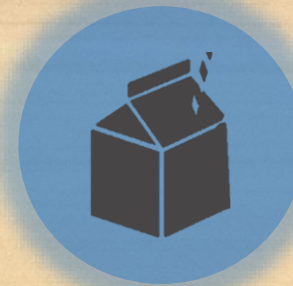
What Makes a  
School **Breakfast** ?



Must take a **FRUIT**  
(and/or *vegetable*)



**GRAIN**  
(and/or *meat/meat alternate*)



**MILK**