

Smart Choices for a Complete School Meal

Complete Breakfast Meals include a variety of food choices from offered menu items. Select from:

* 2 **Grain** servings (cereals, crackers, & other grain options)
or

* 1 **Grain** and 1 **Meat/Meat Alternate** serving
(Entrée or 1 grain from above + cheese, yogurt, peanut butter, eggs, sausage, etc.)

Choices of up to 2 **Fruit** and/or
Vegetable* servings
(1/2 cup each)

* Fresh Fruit/Vegetable

* Chilled Fruit Cups *

100% Juices

* Dried Fruit Packs
(1/4 cup = 1/2 cup serving)

* 1 **Milk** Choice from Low-fat, Fat Free,
Reduced-Fat or Whole Milk

**A complete Breakfast includes each of the foods above
and is the best nutrition value to *Start Your Day!***

To avoid ala carte charges, complete student meals must include 3 items with one being a 1/2 cup fruit/veg or fruit/veg juice serving. May select both fruit/veg and juice for 1 cup total. A second juice or fresh fruit/veg may be purchased for a small additional charge.

When offered, a 1/2 cup of vegetables can be selected as one fruit choice.

Some items, like breakfast pizza, breakfast sandwiches, etc., count as 2 items.
Ask for any help if needed.

*Schools may substitute vegetables for fruits at breakfast; if done once weekly, any vegetable subgroup may be used. If done two or more times weekly, vegetables from at least two different subgroups must be offered.