

Offer versus Serve for Breakfast

Select 3 or 4 Items from the 3 components

Component 1

Fruit (and optional vegetables)



Component 2

Milk



Component 3

Grains
(and optional meat/meat
alternate)



**Choose at least 3 items including:
1/2 cup of fruit or vegetable**

For best nutrition, choose all 4 items

**Note: Some grain components are more
than 1 item**

