***Dear Student:***

***Every breakfast is planned to include three food Components:***

1. ***Fruit/Juice\* 2. Grains(with optional Meat/Meat Alternate) 3. Milk***

**The food components for each breakfast will be posted at the beginning of the serving line. You are encouraged to take all the foods offered; however, you MUST take at least three food items and one of those MUST be a minimum ½ cup serving of fruit\*. Whether you take three items or more, the meal is the same price.**

***Step 1: Choose 1/2 cup fruit/juice\* of the 1 cup offered***

* ***Step 2: Choose Two or more of the following items:***
  + ***​​~Grains (1oz equivalent) OR optional Meat/Meat Alternate(1oz)***
  + ***~Milk (1 cup)***
  + ***~Additional Different Fruit\* Serving (1/2 cup***

***Example Menu:    
Whole Grain Cereal(Grains)  
Whole Grain Poptart (Grains)  
Apple Slices (Fruit\*)  
Orange Juice (Fruit\*)  
Skim Chocolate Milk (Milk)  
  
  
You may take ALL FIVE food items OR a combination of any three, but you MUST take 1/2 cup serving of Fruit\*  
  
Example Combinations:*  
Apple Slices, Poptart, Milk  
Apple Slices, Cereal, Milk  
Apple Slices, Cereal, Poptart, Milk  
Apple Slices, Orange Juice, Poptart (the fruit and juice must be different!)  
Orange Juice, Cereal, Milk  
Orange Juice, Poptart, Cereal  
Orange Juice, Poptart, Cereal, Milk, Apple Slices  
  
The Choice is up to you; just be sure to choose at least 1/2 cup fruit\* plus two other items. C  
Check the menu daily so you know what you want to eat BEFORE getting in line.   
School Meals meet federal nutrition standards and give you the fuel you need to stay healthy and do well in school   
  
\*with approved vegetable offerings**