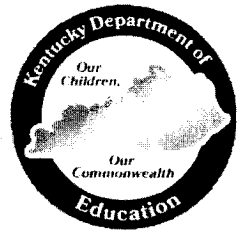
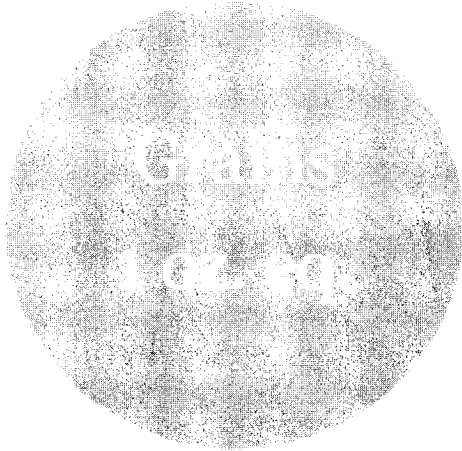


Breakfast Meal Pattern Basics

Grades K-5



Components & Daily Minimum Serving Amounts:



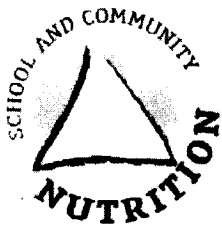
Offer vs. Serve

At least 4 food items must be *offered*.

Must choose at least 3 food *items* including:

- 1/2 cup fruit (or vegetable)
- At least 2 other items

Remember: If the grains (or meat/meat alternate offered for this component) and milk are selected, they must be in the daily minimum required amounts for the meal to be reimbursable.



Lunch Meal Pattern Basics

Grades K-5



Components & Daily Minimum Serving Amounts:

Vegetable
3/4 Cup

Fruit
1/2 Cup

Milk
1 Cup

Grains
1 oz. eq.

Meat/
Meat
Alternate
1 oz. eq.

Offer vs. Serve

- Must choose at least 3 components including:
 - 1/2 cup fruit or vegetable
 - At least 2 other FULL components
- Allowed to choose 3, 4, or 5 components

Remember: If only three components are selected, and two of them are fruit and vegetable, the student may only select the 1/2 cup portion for the fruit OR the vegetable. For the other two components, the student must select at least the minimum daily required serving for the meal to be reimbursable.