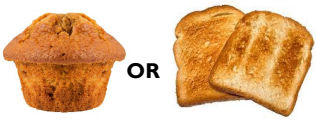
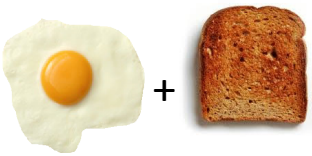
The New Breakfast Meal Pattern

Start the day off right with a simple, delicious, and nutritious breakfast!

8 oz Fluid Milk

1/2 c Fruit/Vegetable





2 oz Grain

OR

1 oz Grain &

1 oz Meat/Meat Alternate

When planning breakfast, keep in mind:

⇒ Half of all grains offered, over the week, at breakfast must be whole grain rich in SY 2013-14.

⇒ You must offer two milk fat choices every day, 1% and fat–free.

- If you offer flavored milk, it must be fat-free.

Changes for SY2014-15:

⇒ The fruit/vegetable serving will increase to 1 cup.

⇒ All grains offered must be whole grain rich.

Montana
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