

The Breakfast Meal Pattern

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



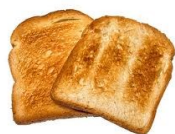
8 oz Fluid Milk



1 c Fruit/Vegetable



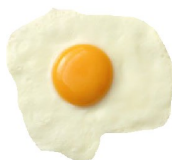
OR



2 oz Grain

OR

1 oz Grain &



+



1 oz Meat/Meat Alternate

When planning breakfast, keep in mind:

- ⇒ All grains offered, over the week, at breakfast must be whole grain or whole grain rich.
- ⇒ You must offer two milk fat choices every day, 1% and fat-free.
 - * If you offer flavored milk, it must be fat-free.
- ⇒ Offer vs Serve: You must offer 1 cup of fruit/vegetable. A child must take a 1/2 cup of fruit/vegetable.
- ⇒ No more than half of the total fruit/vegetable offerings over the week may be in the form of juice.