

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: 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.

For More Information Contact:

School Nutrition Programs
Office of Public Instruction
PO Box 202501
Helena, MT 59620-2501
406-444-2501
or visit:

http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/Breakfast.html

This institution is an equal opportunity provider.



The Breakfast Meal Pattern

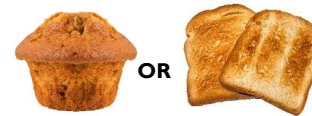
Start the day off right with a simple, delicious, and nutritious breakfast!



8 oz Fluid Milk

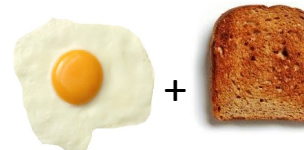


1 c Fruit/Vegetable



2 oz Grain

OR



1 oz Grain &

1 oz Meat/Meat Alternate



Offer vs Serve: Breakfast

Make sure students choose 3 out of 4 items from the three groups (milk, fruit/vegetable, grain/meat). All students must select at least 1/2c of fruit/vegetable.

{ An item = 1oz grain, 1oz Meat/Meat Alternate, 1/2 cup fruit, 8oz milk }

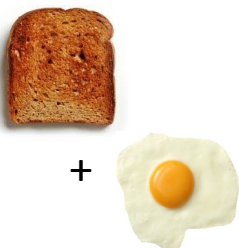
Offer



AND



= 1 Cup Fruit/2 Items



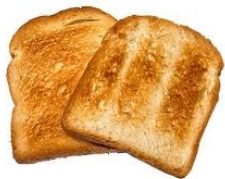
= 2 Items

OR



= 2 Items

OR



= 2 Items

Serve (These are all examples of reimbursable meal options)

