



# Breakfast

**TAKE 3 or  
MORE ★s**

**At least 1 ★ item  
must be a **FRUIT****

**Choose a balanced meal for your  
Mind and Body  
to Thrive!**



**FRUITS**



**MEAT/  
MEAT  
ALTERNATE**



**GRAINS**



**MILK**

In compliance with USDA Offer vs. Serve guidelines, 3 food components are required.  
For a reimbursable meal, select a minimum of 3 food items of which 1 must be a fruit.

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