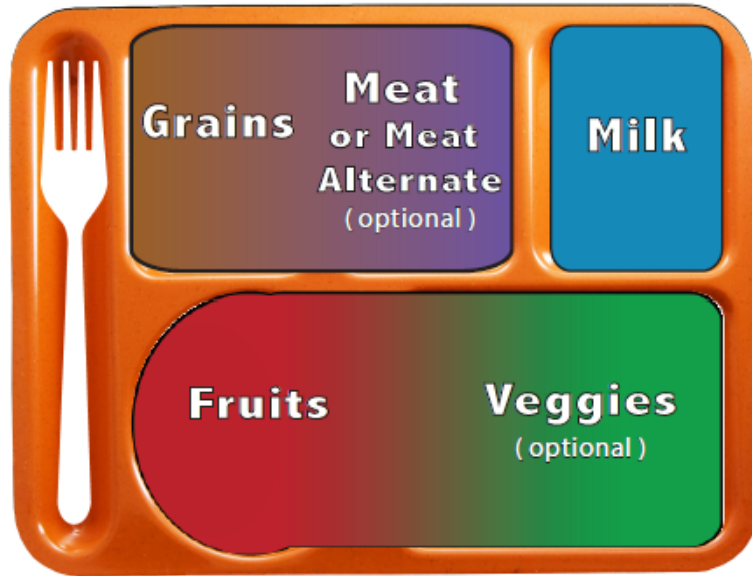


OFFER vs SERVE Food Items for School Breakfast

Choose **at least 3** including:

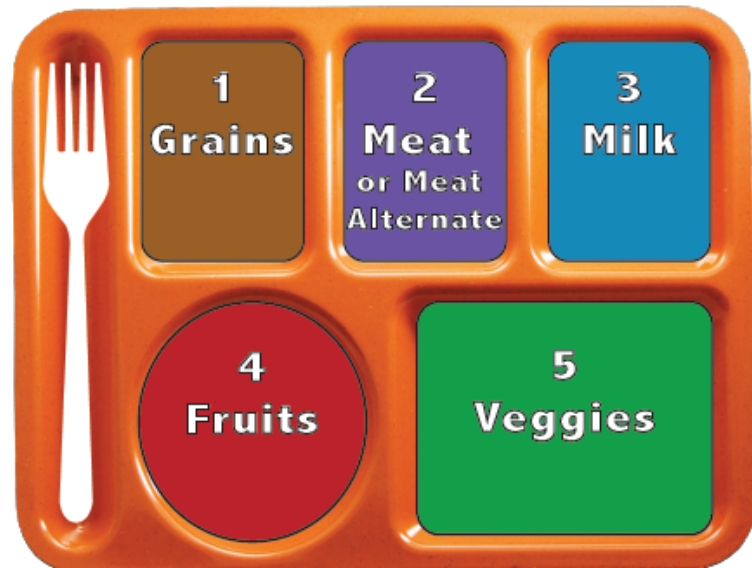


- $\frac{1}{2}$ Cup of **Fruits** or **Vegetables**
- At **Least 2** Other **Food Items**

For best nutrition, **choose all**

OFFER vs SERVE The Five Meal Components for School Lunch

Choose **at least 3** including:



- $\frac{1}{2}$ Cup of **Fruits** or **Vegetables**
- At **Least 2** Other **Food Groups**

For best nutrition, **choose all 5**

**Students in grades 9-12 can choose 1 cup of Fruit & Vegetable.*