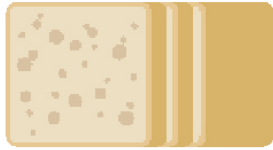


What Makes a School Breakfast



grain



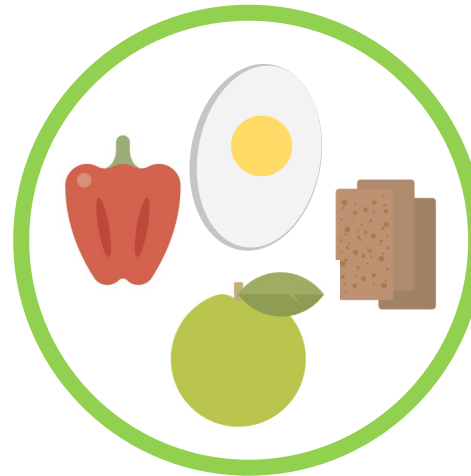
**fruit (or
vegetable)**



milk

Offer Vs. Serve

Choose **at least 3 items** from the four offered, **One must be** a 1/2 cup of **fruit** (or **vegetable**).



The fourth item offered may be another grain, another fruit or veggie, or a meat or meat alternate.