

# Offer versus Serve for Breakfast

## Select 3 or 4 Items from the 3 components

### Component 1

Fruit (and optional vegetables)



### Component 2

Milk



### Component 3

Grains  
(and optional meat/meat  
alternate)



Choose at least 3 items including:  
 $\frac{1}{2}$  cup of fruit or vegetable

For best nutrition, choose all 4 items

Note: Some grain components are more  
than 1 item

