Meal or No Meal? Identify a Reimbursable Breakfast

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| **MENU** | **STUDENT TRAY** | **REIMBURSABLE BREAKFAST?** |
| #1  Fruit Cup ½ cup  Apple Juice ½ cup  Hard-Boiled Egg 1  Whole Wheat Toast 1 oz. eq.  FF Chocolate Milk 8 oz.  1% White Milk 8 oz. | Fruit Cup  Hard-Boiled Egg | YES. The egg counts as two items and the fruit cup counts as one item/the minimum required ½ cup of fruit. ½ of a large egg will fulfill the 1 oz. meat/meat alternate serving size requirement. |
| #2  Orange Slices ½ cup  Banana slices ½ cup  Bagel 2 oz. eq.  Fat-Free Milk 8 oz.  1% Milk 8 oz. | Orange Slices  Bagel | YES. The bagel counts as two items and the oranges are the third item/the required minimum ½ cup of fruit. |
| #3  Orange Juice ½ cup  Grapes ½ cup  Breakfast Sandwich:  1.5 oz. eq. whole grain-rich Biscuit 1 oz. CN-Labeled Sausage  1 oz. slice of Cheese  FF Chocolate Milk 8 oz.  1% White Milk 8 oz. | Breakfast Sandwich  Milk | NO. Although, they have 4 items, they are missing the required minimum ½ cup of fruit. |
| #4  Sliced Peaches ½ cup  Raisins ¼ cup  Cereal Bowl Pack 1 oz. eq.  Cereal Bar 1 oz. eq.  Fat-Free Milk 8 oz.  1% Milk 8 oz. | Raisins  Cereal Bowl Pack  1% milk | YES. The student has three items, including the required minimum ½ cup of fruit. Dried fruit credits at double the volume, therefore the ¼ cup of raisins counts as ½ cup of fruit. |
| #5  Applesauce ½ cup  Apple slices ½ cup  2 Pancakes 1 oz. eq.  Fat-Free Milk 8 oz.  1% Milk 8 oz. | Pancakes  Fat-Free Milk  Applesauce | YES. The student has 3 items, including the required minimum ½ cup of fruit. |

Use this activity at staff trainings to test your knowledge of and comfort level with the meal pattern. Determine if the sample student trays have a reimbursable breakfast.

This institution is an equal opportunity provider and employer.