Meal or No Meal? Identify a Reimbursable Breakfast

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|  **MENU** |  **STUDENT TRAY** | **REIMBURSABLE BREAKFAST?** |
| #1Fruit Cup ½ cupApple Juice ½ cupHard-Boiled Egg 1 Whole Wheat Toast 1 oz. eq.FF Chocolate Milk 8 oz.1% White Milk 8 oz.  | Fruit CupHard-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. |
| #2Orange Slices ½ cupBanana slices ½ cupBagel 2 oz. eq.Fat-Free Milk 8 oz. 1% Milk 8 oz. | Orange SlicesBagel | YES. The bagel counts as two items and the oranges are the third item/the required minimum ½ cup of fruit.  |
| #3Orange Juice ½ cupGrapes ½ cupBreakfast Sandwich:1.5 oz. eq. whole grain-rich Biscuit1 oz. CN-Labeled Sausage 1 oz. slice of Cheese FF Chocolate Milk 8 oz.1% White Milk 8 oz. | Breakfast SandwichMilk | 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 Pack1% 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. | PancakesFat-Free MilkApplesauce | 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.

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