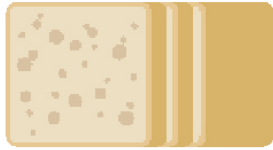


# What Makes a School Breakfast



**grain**



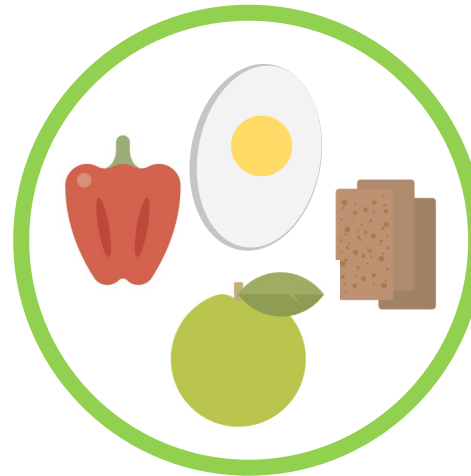
**fruit (or  
vegetable)**



**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.