

# What Makes a Breakfast?

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**USDA National School  
Lunch Requirements:**

**Select 3-5**

**Different ITEMS**

**Each color dot below represents a meal component:**

## FRUIT/VEGETABLE

100% Juice Cup = 1 item  
Fresh Fruit = 1 item  
Fruit Cup = 1 item

## GRAINS

Pancakes = 2 items  
Bagel = 2 items  
Cinnamon Roll = 2 items  
Cereal = 1 item  
Muffin = 1 items  
Poptart = 2 items  
Granola = 1 item

## PROTEIN

Egg = 1 item  
Sausage = 1 item  
Ham = 1 item  
Yogurt = 1 item

## MILK

Skim Milk = 1 item  
1% Milk = 1 item

**A meal may contain a combination of 3-5 items  
Breakfast meals MUST INCLUDE at least 1 Serving  
of Fruit/Vegetable. May take up to 2 servings of  
Fruit/Vegetable.**