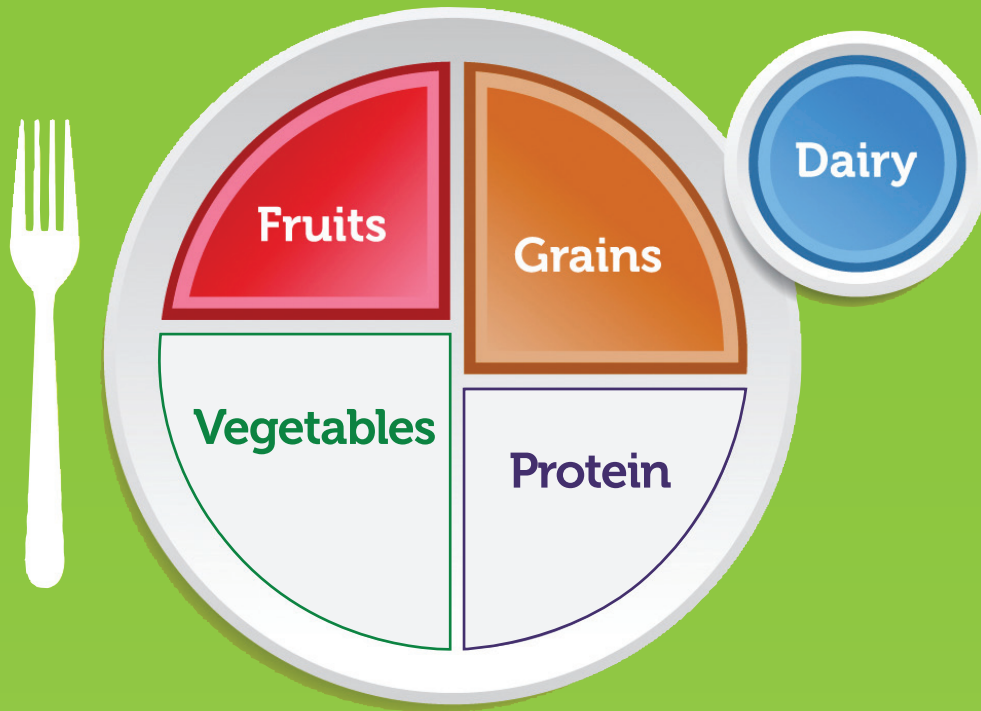


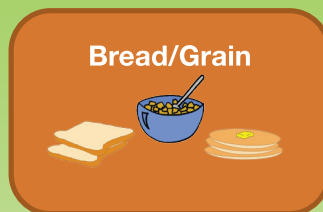
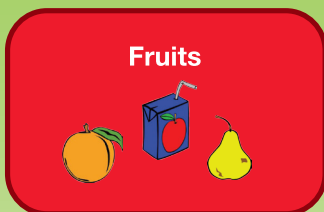
# Create Your Own Breakfast



Choose **MyPlate.gov**

It's easy!

Choose at least 3 items from a variety of food groups to complete your meal.



Selection of more than 4 items will result in a charge for the additional items.

# Reimbursable Meal - Breakfast

Students must select a minimum of 3 food items to make a meal.  
They can select items in any combination *as listed below*.

## Minimum Requirements:

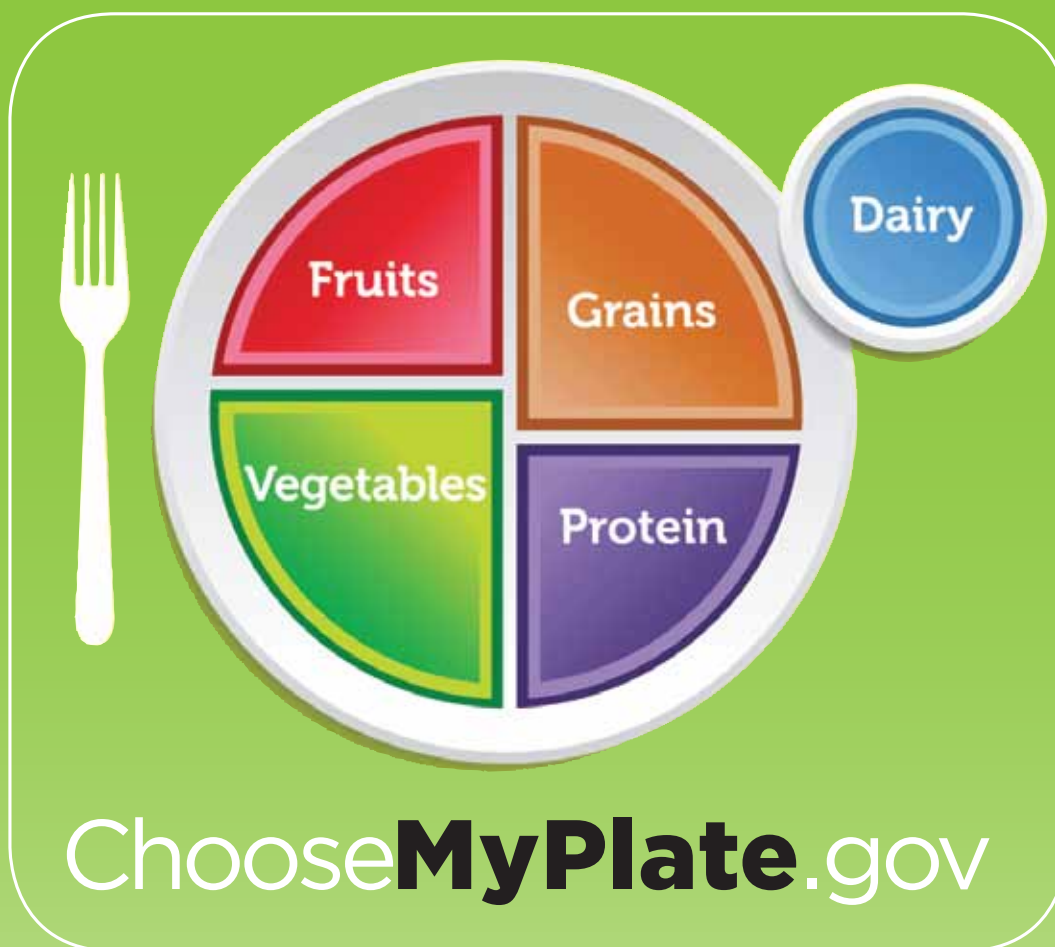
Grain (1 oz)	Fruit (½ cup)	Milk (8 fl oz)
XXX		
XX	1/2 cup	
XX		X
X	1/2 cup	X
	1 cup	X

*\*1 oz Meat/Meat Alternate can be counted as a Grain/Bread if daily minimums for the grain/bread group have been met*

# Create Your Own Lunch

Choose at least 3 of the 5 meal components

\*1 fruit **OR** 1 vegetable plus a minimum of 2 other components



It's easy!

\*Extra servings of the same component or 6 or more components will result in an additional charge.

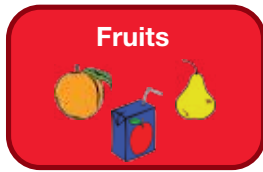


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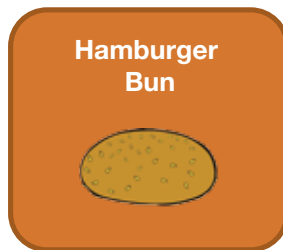
# Reimbursable Meal - Lunch

Students must select a minimum of 3 meal components, at least one of which must be a fruit or vegetable



*Extra full servings from any food group will be charged at a la carte prices.*

## Food Group Samples



## Sample Lunch

**1/2 cup fruit or 1/2 cup vegetable plus a minimum of 2 full servings from other food groups are required for a reimbursable meal.**

