



REIMBURSABLE BREAKFAST

GRADES K-5

Food items
 1/2 cup equals 1 food item
 3 food items

	Milk	Another food
(optional VEGETABLES) Substitute vegetables may credit to a day meal pattern if 2 or more cups of non-starchy vegetables are served for each day of the week.	1 cup 1/2 cup equals 1 food item	5 cups
(optional MEAT/MEAT ALTERNATES) Meat/meat alternatives equal 1 day meal credit.	1 oz equivalent Every 1 oz of meat/meat alternatives equals 1 food item	7-10 oz equivalent
	1 cup	5 cups