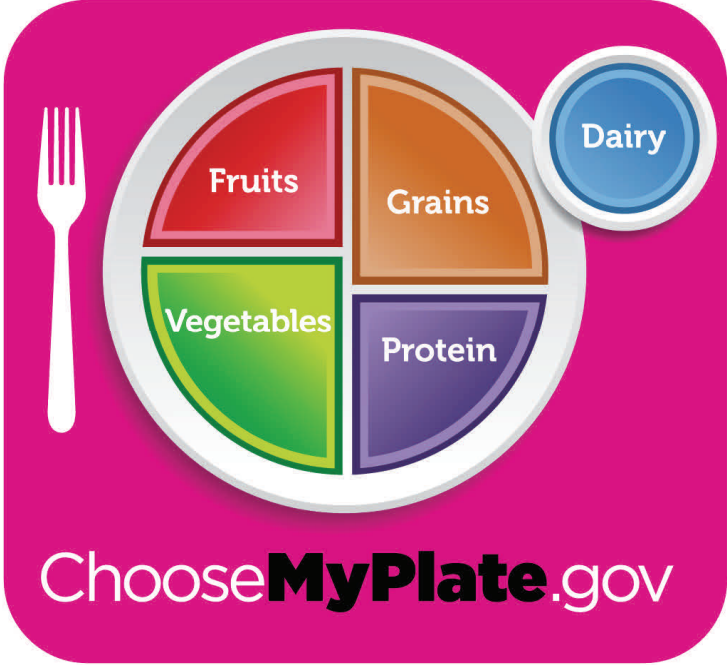




**Start Smart  
at breakfast  
by choosing  
2 or 3 different  
colors.**



# Offer vs. Serve Teaching Tool for Students

## Food-based Breakfast—Version 1

**DISPLAY** this sign when the reimbursable food-based breakfast menu consists of:

- A single food item containing 2 B/G or 2 M/MA or a single item containing 1 B/G & 1 M/MA and;
- 1 serving fruit/juice/vegetable and;
- 1 serving of fluid milk.

B/G—Bread/Grain M/MA –Meat/Meat Alternate
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**DISPLAY** color-coded/matching cling-on circles on sneeze guard and milk cooler. Position 2 orange cling-on circles for the 2 B/G item or 2 purple cling-ons for the 2 M/MA item on the sneeze guard. Position a purple and orange for the item containing 1 B/G and 1 M/MA.

This version can only be used if the students understand they must select an orange or purple menu item as one of the two minimum required for a reimbursable meal. If students have not learned this concept, use version 2.

### Examples:

2 B/G: 1.8 oz bagel/biscuit/ English muffin

2 M/MA:

- 1 medium egg
- 8 oz yogurt

1B/G and 1 M/MA:

- pancake and sausage on a stick
- sausage/egg/ham & biscuit sandwich
- breakfast pizza
- breakfast burrito
- cheese (1 oz) quesadilla