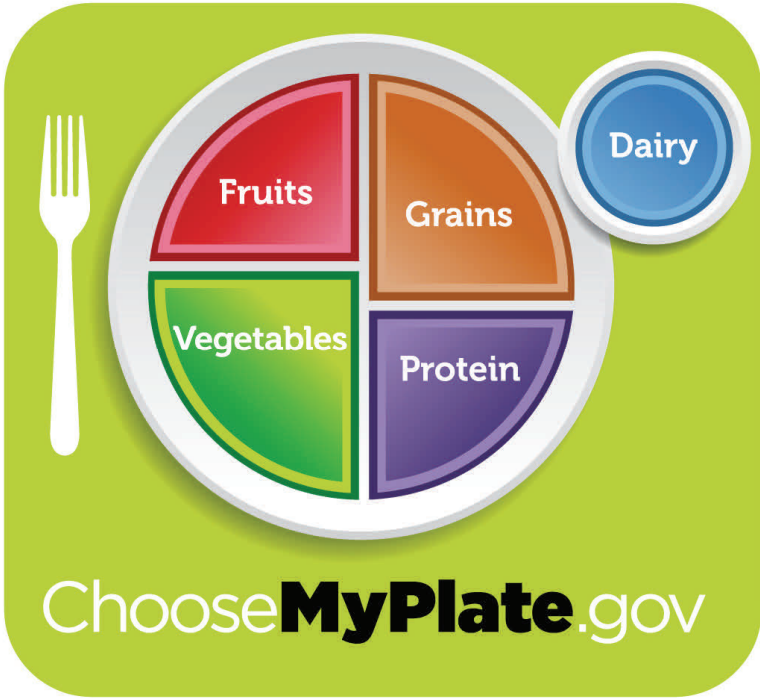




**Start Smart
at breakfast
by choosing
3 different
colors.**



Offer vs. Serve Teaching Tool for Students

Food-based Breakfast—Version 2

If students do not understand menus that allow them to take only 2 items (when one item contains 2 B/G, 2 M/MA or 1 B/G + 1 M/MA), it may be simpler to ask them to take all 3.

Students may select one of the above M/MA, B/G or B/G & M/MA items and one other item at a minimum for a reimbursable breakfast.

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

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

B/G—Bread/Grains
M/MA—Meat/Meat Alternate

DISPLAY color-coded/matching cling-on circles on sneeze guard and milk cooler. Overlap 2 B/G, 2 M/MA or 1 B/G & 1 M/MA whichever is appropriate.

Examples:

<p>2 B/G:</p> <ul style="list-style-type: none"> • 1.8 oz bagel/ biscuit/ English muffin 	<p>2 M/MA:</p> <ul style="list-style-type: none"> • 1 large egg • 8 oz yogurt
<p>1B/G + 1 M/MA:</p> <ul style="list-style-type: none"> • pancake and sausage on a stick* • sausage/egg/ham & biscuit sandwich* • breakfast pizza* • breakfast burrito* • cheese quesadilla* 	<p>1B/G:</p> <ul style="list-style-type: none"> • 9 oz toast • 1.1 oz corn muffin/pancake/waffle • 1.8 oz muffin (all except corn) • 2.7 oz coffeecake • 3/4 cup or 1 oz cold, dry cereal • 1.8 oz doughnut (unfrosted)
<p>1 M/MA:</p> <ul style="list-style-type: none"> • 1/2 large egg • 4 oz. yogurt • 2 TBSP. peanut butter • 1 oz cheese • 1.22 oz ham (water added) • 1 oz. cooked sausage • 1/4 cup cooked beans 	<ul style="list-style-type: none"> • 2.2 oz. slice French toast/toaster pastry/granola bar/doughnut (cake and yeast raised, frosted or glazed) • 1/2 cup cooked cereal <p>* per CN label or recipe</p>