

carne
huevos
yogur

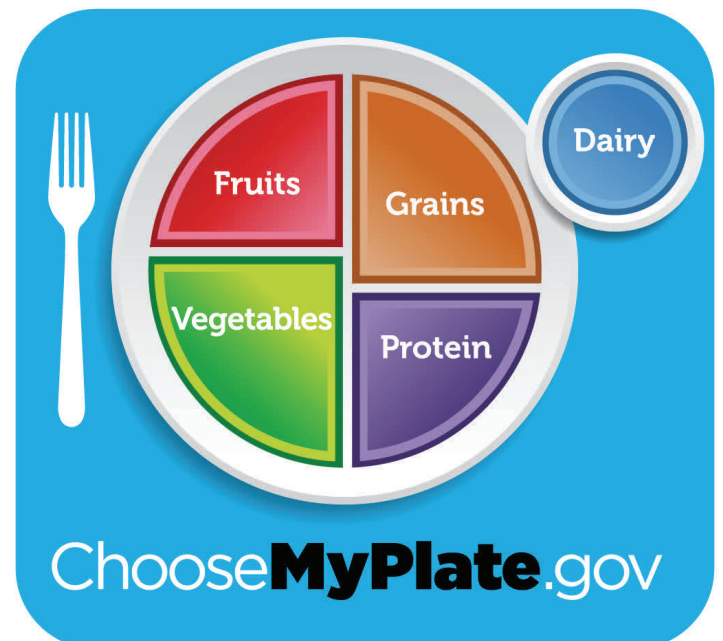
leche

pan
cereal
pasteli-
tos

jugos
frutas

verduras

**Empieza
Inteligente
en el desayuno
y elige
3 ó 4 alimentos diferentes.**



Offer vs. Serve Teaching Tool for Students

Food-based Breakfast—Version 2

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 and 1 M/MA item 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.

Examples:

1B/G:

- .9 oz toast
- 1.1 oz corn muffin/pancake/waffle
- 1.8 oz muffin (all except corn)/ doughnut (unfrosted)
- 2.7 oz coffeecake
- 2.2 oz. slice French toast or 2.2 oz toaster pastry/granola bar/doughnut (cake and yeast raised, frosted or glazed)
- 3/4 cup or 1 oz cold, dry cereal

1 M/MA:

- 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