

carne  
huevos  
yogur

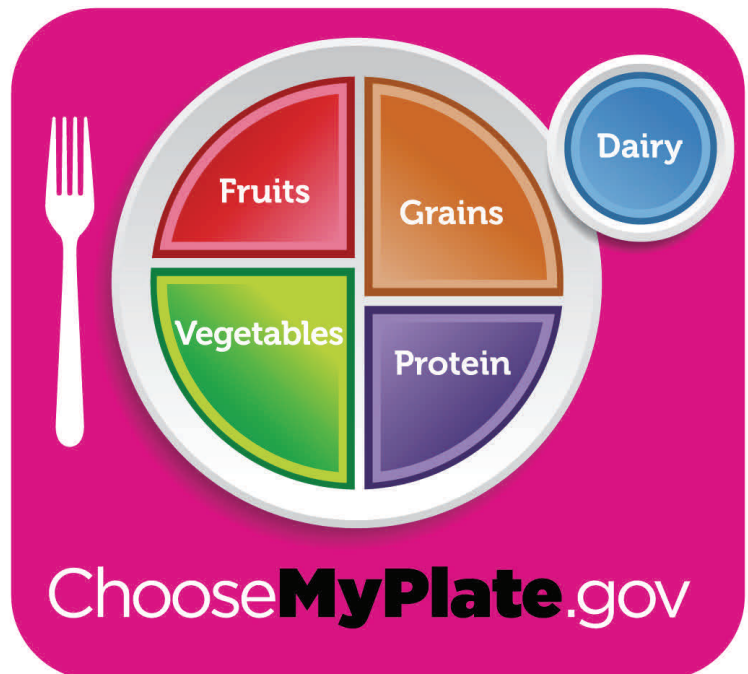
leche

pan  
cereal  
pasteli-  
tos

jugos  
frutas

verduras

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



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