3 Components Must be Offered Daily in at least the following minimum quantities

<table>
<thead>
<tr>
<th>Fluid Milk</th>
<th>Fruit/Vegetable</th>
<th>Grains**</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup milk</td>
<td>1 cup†</td>
<td>1 oz eq</td>
</tr>
</tbody>
</table>

**Meat/Meat Alternate can be credited as a GRAIN or EXTRA.

GRAIN crediting counts as Food Item, EXTRA crediting does not count as Food Item.

Reimbursable Meal: Must Take at Least 3 Food Items

NOTE: At least ½ cup of fruit/vegetable must be selected as part of the reimbursable meal

†Large grain (≥ 2 oz eq) or fruit/vegetable (≥ 1 cup) items may be planned as 1 food item or 2 food items at the discretion of the menu planner.

Student can decline the Milk, 1 Fruit OR the Muffin.

Student can decline the Milk AND 1 Fruit OR the Bagel.

Student can decline the Milk OR Muffin, MUST take the Apple because it is crediting as 2 Food Items and the only fruit offered.

Student can decline the Milk OR Bagel, MUST take the Apple because it is crediting as 2 Food Items and the only fruit offered.
### Diets

**Milk and Bagel**

- 1 Cup Milk (1 Food Item)
- 1 Cup Fruit (1 Food Item)
- 2 oz eq Bagel (2 Food Items)

**Student can decline the Milk MUST take the Bagel because it is crediting as 2 Food Items and the Apple because it is the only fruit offered.**

**Milk and Fruit Juice**

- 1 Cup Milk (1 Food Item)
- 1 Cup Fruit Juice (1 Food Item)

**Student can decline the Milk AND 1 Fruit OR the Bagel.**

**Milk, Fruit Juice, and Muffin**

- 1 Cup Milk (1 Food Item)
- 1 Cup Fruit Juice (1 Food Item)
- 1 oz eq Muffin (1 Food Item)

**Student can decline the Milk, 1 Fruit OR the Muffin.**

**Milk, Fruit Juice, and English Muffin**

- 1 Cup Milk (1 Food Item)
- 1 Cup Fruit Juice (1 Food Item)
- 1 oz eq English Muffin, 1 oz Egg (as GRAIN) (2 Food Items)

**Student can decline the Milk AND 1 Fruit OR the Breakfast Sandwich.**

**Milk, Fruit Juice, and English Muffin**

- 1 Cup Milk (1 Food Item)
- 1 Cup Fruit Juice (1 Food Item)
- 1 oz eq English Muffin, 1 oz Egg (as EXTRA) (1 Food Item)

**Student can decline the Milk, 1 Fruit OR the Breakfast Sandwich.**

**Milk and Breakfast Sandwich**

- 1 Cup Milk (1 Food Item)
- 1 oz eq English Muffin, 1 oz Egg (as GRAIN) (2 Food Items)

**Student can decline the Milk OR Breakfast Sandwich, MUST take the Apple because it is crediting as 2 Food Items and the only fruit offered.**

**Milk and Breakfast Sandwich**

- 1 Cup Milk (1 Food Item)
- 1 oz eq English Muffin, 1 oz Egg (as EXTRA) (1 Food Item)

**Student can decline the Milk OR Breakfast Sandwich, MUST take the Apple because it is crediting as 2 Food Items and the only fruit offered.**

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Orange and orange juice images obtained from www.pachd.com.
Adapted from Wisconsin Department of Public Instruction

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