

Students must select at least three of the four offered food items under OVS at breakfast, including at least  $\frac{1}{2}$  cup of fruit and/or vegetable. Please note, OVS is optional at breakfast for all grade levels.

## Required Components at Breakfast



**Fruit**

1 cup



**Grains**

1 ounce equivalent  
(oz eq)



**Fluid Milk\***

1 cup

### Sample OVS breakfast menu:

Variety of milk\*: fat free or low-fat (1 cup milk)  
Slice of whole grain-rich toast (1 oz eq grain)  
Whole grain-rich cereal (1 oz eq grain)  
Orange slices (1 cup fruit)

## Optional Components at Breakfast

### Vegetables

- Vegetables may be offered as a substitute for fruits.

### Meats/Meat Alternates

- A meat/meat alternate may be served to meet the weekly grain requirement, as long as a 1 oz eq minimum of grains is offered daily.

# Color Your Lunch Tray!

**Choose 3 or more food groups**

**Pick at least  $\frac{1}{2}$  cup fruit and/or vegetable**

