



Department
of Education



What makes up a reimbursable breakfast?

Schools must offer a grain, a fruit (and/or appropriate vegetable) and fat free or low-fat milk daily. Below are some fundamental rules about school breakfast meals:

- To practice offer versus serve, a school must offer at least four items and the students must take at least three items for a reimbursable meal.
- Upon offering a grain, a school may then offer, and credit toward the daily and weekly grain requirement, a meat/meat alternate. This will allow the meat/meat alternate to count as an item under offer vs. serve.
- Ensure one cup of fruit (and/or appropriate vegetable) is offered daily and that ALL students take at least $\frac{1}{2}$ cup of fruit (or appropriate vegetable) for the meal to be reimbursable.
 - Definition of appropriate vegetable: many schools want to offer a starchy vegetable occasionally at breakfast such as hash browns. In order to credit the starchy vegetable (in this case hash browns) towards the daily fruit (or appropriate vegetable) requirement, the school must offer two cups of vegetable over the course of the week from one of the following groups: dark green, red/orange, beans/peas or other.
 - If not enough vegetable is offered from these subgroups during the week, the school could offer the hash brown occasionally as an "extra". The hash brown would still factor into the calories, saturated fat and sodium for the week but does not credit toward the daily fruit (or appropriate vegetable) requirement. No more than half of your weekly fruit offerings may be in the form of juice at breakfast.
- Ensure a variety of milk is available at breakfast (offer at least two different flavors and/or milk fat percentages).