



## Build a Healthy Breakfast

**Professional Standards:** Operations - Serving Food (2220 Offer vs Serve)

### Webcast

[Build a Healthy Breakfast](#) – 14 minutes

Provides an overview of the meal requirements for the School Breakfast Program, the difference between components and items, explanation of Offer vs. Serve, and practice identifying a reimbursable meal.

### Activities

- Use food models or print off food pictures and cafeteria trays. Divide staff up into groups of 4-5 and provide each group a tray and food items. Have them create different meal options and report out to the large group.

### Quiz

The quiz questions can be completed as group, in pairs, or individually as a way to reinforce concepts learned.

1. Which of the following are required components that must be offered to make a reimbursable breakfast?
  - a) Meat/Meat Alternate
  - b) Fruit
  - c) Vegetable
  - d) Grain
  - e) Milk

*Fruit, grain, and milk are the required components that must be offered. Meat/meat alternate can be counted as an item with the grain component, but a grain still needs to be offered. A vegetable can be counted as an item with the fruit component requirement.*

2. At least four items must be offered at breakfast. Students must select at least 3 food items with one being at least  $\frac{1}{2}$  cup of fruit or vegetable, however students are allowed to select all 4 items served. True or False.

True!

3. Which of the following servings does not count as a fruit or vegetable item on a tray with no other fruit and vegetable item choices?

- a)  $\frac{1}{2}$  cup orange slices
- b) 1 cup apple juice

$\frac{1}{4}$  cup of strawberries *Minimum serving size is  $\frac{1}{2}$  cup.*

- c)  $\frac{1}{2}$  cup of tomato juice

4. Which of the following are ways to encourage students to select a reimbursable meal?

- a) Post school breakfast menus that list daily items that are part of a meal
- b) Ensure staff understands which items make a meal and can assist students in making a meal
- c) Post signage and have attractive displays to promote the selection of fruit

- d) All of the above

## Additional Build a Healthy Breakfast Trainings and Resources

[School Breakfast Reimbursable Meal Signage](#) – Iowa Department of Education

[What Makes a School Breakfast Handout](#) – Ohio Department of Education

[Breakfast at a Glance Handouts](#) – Oregon Department of Education