

# COMPLETE BREAKFAST

What makes up a complete Breakfast? The USDA National School Breakfast Requirements include: milk, fruit, grain and optional meat (or an approved meat alternative). To be a reimbursable meal students **MUST** select three items; and, one selection **MUST** be a fruit or juice.

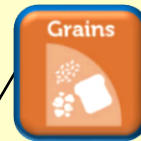
SELECT AT LEAST 3  
FOOD ITEMS!



**MUST** include a Fruit  
A full cup of fruit is available every day, providing nutrients that are important for kids' health, such as potassium, dietary fiber, vitamin D, and folate (folic acid).



**Dairy**  
Kids and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.



**GRAINS**  
Starting every day the whole grain way gives kids and teens B vitamins, minerals and fiber to feel fuller longer so they stay alert to concentrate at school.



**MEAT/MEAT ALTERNATIVE**  
Some breakfast menus may offer items such as eggs, yogurt or meats to pair with whole-grain options.



*Actual NEISD offered Elementary Breakfast  
2023-2024*