





Meal or No Meal – Breakfast

Essentials for School Nutrition: Nutritional Quality and Meal Pattern

Practice Activity Lesson 7: Offer vs. Serve

For each menu and meal below, indicate whether the planned and selected breakfasts meet the DAILY meal pattern requirements for the specific grade group. Does the menu or meal meet DAILY meal pattern requirements? If “no”, explain and indicate modifications needed.

Menu #1 – grades K-12	
Planned Menu Blueberry muffin (4 oz.; crediting as 2 oz. equivalents) Assorted fresh fruit (1/2 cup) Orange juice (1/2 cup) Milk (8 fl. oz.) – 1% plain or fat-free chocolate <div>  </div>	<input type="checkbox"/> Yes <input type="checkbox"/> No
Meal 1: Apple (1 cup) Muffin (2 oz. eq. grain) <div>  </div>	<input type="checkbox"/> Yes <input type="checkbox"/> No
Meal 2: Muffin (2 oz. eq. grain) 1% plain milk (8 fl. oz.) <div>  </div>	<input type="checkbox"/> Yes <input type="checkbox"/> No
Meal 3: Orange juice (1/2 cup) Banana (1/2 cup) 1% plain milk (8 fl. oz.) <div>  </div>	<input type="checkbox"/> Yes <input type="checkbox"/> No

Menu #2 – grades K-12

Planned Menu

Whole Cereal (1 oz. eq.)
String cheese (1 oz. eq.)
Cereal bar (1 oz. eq.)
Yogurt (1 oz. eq.)
Canned peaches (1 cup)
Milk (8 fl. oz.) – 1% plain or fat-free chocolate



☐ Yes

☐ No

Meal 1:

String cheese (1 oz. eq. m/ma)
Whole Grain Cereal (1 oz. eq. grain)
1% Fat White Milk (8 fl. oz.)



☐ Yes

☐ No

Meal 2:

Peaches (1/2 cup)
String cheese (1 oz. eq. m/ma)
1% plain milk (8 fl. oz.)



☐ Yes

☐ No

Menu #3 – grades K-12

Planned Menu

Egg omelet (2 oz. eq.)
Fresh grapes (1/2 cup)
Orange juice (1/2 cup)
Milk (8 fl. oz.) – 1% plain or fat-free chocolate



☐ Yes

☐ No

Menu #4 – grades K-12**Planned Menu**

Blueberry muffin (1.8 oz.; 0.75 oz. equivalents)

Canned peaches (1/2 cup)

Fresh banana (1/2 cup)

Milk (8 fl. oz.) – 1% plain or fat-free chocolate



☐ Yes

☐ No

Menu #5 – grades K-12

Blueberry muffin (4 oz.; 2 oz. equivalents)

Fresh orange (1/2 cup)

Milk (8 fl. oz.) – 1% plain or fat-free chocolate







☐ Yes

☐ No

Answer Key Lesson 7: Offer vs. Serve Breakfast

For each menu and meal below, indicate whether the planned and selected breakfasts meet the DAILY meal pattern requirements for the specific grade group. If “no”, explain and indicate modifications needed.

Menu #1 – grades K-12	
Planned Menu Blueberry muffin (4 oz.; crediting as 2 oz. equivalents) Assorted fresh fruit (1/2 cup) Orange juice (1/2 cup) Milk (8 fl. oz.) – 1% plain or fat-free chocolate 	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No This menu is planned to include all three required components in at least the minimum required portion sizes and at offers least four food items.
Meal 1: Apple (1 cup) Muffin (2 oz. eq. grain) 	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No This breakfast contains at least three items (muffin counts as two items because it credits as 2 oz. eq.) and one of those items is at least ½ cup of fruit or vegetable.
Meal 2: Muffin (2 oz. eq. grain) 1% plain milk (8 fl. oz.) 	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No This breakfast does not contain at least ½ cup of fruit or vegetable. The student would need to select ½ cup fruit or vegetable.
Meal 3: Orange juice (1/2 cup) Banana (1/2 cup) 1% plain milk (8 fl. oz.) 	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No This breakfast contains at least three items, and one of those items is ½ cup of fruit or vegetable.

Menu #2 – grades K-12

Planned Menu

Whole Cereal (1 oz. eq.)
String cheese (1 oz. eq.)
Cereal bar (1 oz. eq.)
Yogurt (1 oz. eq.)
Canned peaches (1 cup)
Milk (8 fl. oz.) – 1% plain or fat-free chocolate



☒ Yes

☐ No

This menu is planned to include all three components in at least the minimum required portion sizes and at least four food items.

Note: because at least 1 oz. eq. grain has been offered in this menu, a m/ma can also be offered, and counted, towards the grain component.

Meal 1:

String cheese (1 oz. eq. m/ma)
Whole Grain Cereal (1 oz. eq. grain)
1% Fat White Milk (8 fl. oz.)



☐ Yes

☒ No

This breakfast does not contain at least ½ cup of fruit or vegetable. The student would need to select ½ cup fruit or vegetable.

Meal 2:

Peaches (1/2 cup)
String cheese (1 oz. eq. m/ma)
1% plain milk (8 fl. oz.)



☒ Yes

☐ No

This breakfast contains at least three items, and one of those items is at least ½ cup of fruit or vegetable.

Note: if the menu is planned to offer at least 1 oz. eq. grain, it is allowable to count a m/ma as a food item at the point of service.

Menu #3 – grades K-12**Planned Menu**

Egg omelet (2 oz. eq.)

Fresh grapes (1/2 cup)

Orange juice (1/2 cup)

Milk (8 fl. oz.) – 1% plain or fat-free chocolate

☐ Yes☐ No

This menu does not contain at least 1 oz. eq. of grain. At least 1 oz. eq. of grain must be added to the planned menu.

Menu #4 – grades K-12**Planned Menu**

Blueberry muffin (1.8 oz.; 0.75 oz. equivalents)

Canned peaches (1/2 cup)

Fresh banana (1/2 cup)

Milk (8 fl. oz.) – 1% plain or fat-free chocolate

☐ Yes☒ No

This menu does not contain at least 1 oz. eq. of grain. The item only credits as 0.75 oz. eq. A larger muffin must be offered OR at a minimum, an additional 0.25 oz. eq of grain must be added to the menu.

Menu #5 – grades K-12

Blueberry muffin (4 oz.; 2 oz. equivalents)

Fresh orange (1/2 cup)

Milk (8 fl. oz.) – 1% plain or fat-free chocolate

☐ Yes☒ No

This menu does not contain at least 1 cup of fruit or vegetable. At a minimum, an additional ½ cup fruit or vegetable must be added to the planned menu.